



Digging Deeper:

Standing Strong when temptation surrounds you!

Read Daniel 1:5, 8-16 together. In this portion of the bible, Daniel decides that he doesn't want to defile himself. Talk about the word defile.

Defile: to make foul, dirty, or unclean; pollute; taint; debase.

Go around and suggest ways that we can defile ourselves today. Next, talk about how we can "Stand Strong" instead. Remember to consider Ephesians 6:11,13:

"A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil... then after the battle you will still be standing strong."

Now go around and share a time when you had to stand strong or be "defiled". It doesn't have to be a big issue; it can be a simple situation... maybe you were tempted to use bad language... or someone gave you too much change at the store. Be ready to share an example from your life. It's also OK if it's a time when you didn't stand strong like you should have. You could also talk about what you

Activity:

Daniel knew God had given directions to the Israelites on what they could and could not eat, yet the king of Babylon graciously was seeking to give him what they considered to be the best foods of all.

Offer a plate of rotten food along with wholesome food and junk food.

In addition to your regular food, you will need some moldy food or something equally unappealing. Make sure the regular food has some obviously healthy choices and some obvious non healthy choices. (Hopefully with great appeal and little nutritional value) The goal is to offer your child a choice between eating rotten food (obvious sin/temptation), healthy food (God's way), and junk food (temptation/sin disguised as very appealing maybe even good.)

Talk about the food choices they made and why they chose them. Talk about the three types of food and what they represent.

Discuss:

- How are you tempted to do things that are not God's way?
- Talk about the three types of food and what they represent.
- How do you recognize temptation?
- How do you resist temptation when it is appealing?