

## IDENTITY & SELF ACCEPTANCE | WEEK 17

### LEADERS GOAL

Help students recognize that courage grows as the learn to trust God.

### SUPPLIES

- Bristol Board, 1 per Small Group, for Pictionary for the Bible Story
- Markers
- YES/FEAR cards
- Index Cards
- Pens/Pencils
- Bible open to Daniel 1 & 6

### SCRIPTURES

Daniel 1 & 6

### ACTIVITIES

Say Yes Relay  
Purpose Playlist

### PRAY

### BOTTOM LINE

God can give us courage to do what He's calling us to do.

### AS STUDENTS ARRIVE

As students come in, ask student to share a time when they felt confident that they could do a skill, trick, or activity, and they did it. Perhaps in a school assembly or talent show.

### STORY CONNECTION

Simba was born to be king of the Pride Land, but he ran away from his purpose. He believed Scar's lies when Scar cast him out. It took him years to come back and take his place as rightful king. In the meantime, the Pride Land suffered.

When Nala encouraged him to return home, he refused. He was afraid he will let everyone down. Then Rafiki appeared and helped Simba remember his father. (He Lives in You, Script, p105)

With newfound courage in his purpose, Simba returned to the Pride Land, challenged his Uncle Scar, and took his place as king.

### OUR STORIES

- Can you remember a time when you overcame fear and did something new? How did it turn out?
- Any moments in your life where you needed to stand up or stand out?
- What makes it hard to stand up for what we believe in, especially when it goes against the popular opinion?

## TRUTH & TREASURE

*Have students draw what comes to mind as the Small Group Leader narrates the story of Daniel.*

*Invite students to choose one section of the labelled Bristol board to draw key parts of the story while they are listening to what's happening. Allow students to continue drawing for as long as they like- even repeating stories if they'd like to hear them again.*

*Encourage creativity and teamwork as students decide what to draw to represent different moments in the story.*

### **Daniel and His Friends Choose a Special Diet – Daniel 1:6-21**

Supplies: Bristol Board (cut in half and labelled with different sections of the story), 1 per Small Group, markers

1. Daniel and his three friends lived in Jerusalem. King Nebuchadnezzar, King of Babylon, came to Jerusalem and conquered it, taking Daniel and his people captive.
2. Daniel and his three friends were chosen to serve King Nebuchadnezzar in his palace. While living in the palace, they decided that they would eat a special diet of vegetables and water, not all of the fancy food the King ate.
3. Daniel stood up for God and what was right, and asked the King to test them for ten days to see if they were healthier than the others serving in the palace.
4. At the end of ten days, they were healthier than everyone else.
5. It takes courage to stand up for what we believe in, and to do what God asks us to do, but God will help you like he helped Daniel.

### **Daniel and the Lions' Den - Daniel 6:1-23**

1. Daniel went on to serve King Darius faithfully. He did everything right as commissioner for the King.
2. Others were jealous of Daniel so another trap was set for him. It was decided that no one in the kingdom should pray to any god or man besides King Darius.
3. Even after King Darius signed the decree, Daniel entered his house with his window open toward Jerusalem and prayed to God. He stayed faithful to pray three times a day as he had always done.
4. Well, Daniel was caught and brought before the King. King Darius was heartbroken because he liked Daniel, but he had to follow his decree. Daniel was thrown into a den of lions.
5. The next morning, the King ran to the lions' den and had the stone rolled away. "Daniel, servant of the living God, has your God, whom you constantly serve, been able to deliver you from the lions?" Daniel shouted back up from the bottom of the pit, "My God sent angels and shut the lions' mouths, and they have not harmed me. I was innocent toward God and you. O King, I have committed no crime."

Daniel stood up for God and what was right. It takes courage to stand up for what we believe in, and to do what God asks us to do, but God will help you like he helped Daniel.

Our God is a God who "works wonders" or the "God who performs miracles." (Psalm 77:14)



What does it mean when we say God “works wonders”?

It means that God does things we couldn’t do on our own—bringing hope, help, healing, or change in ways we don’t always expect. Sometimes His wonders are big and obvious, and other times they’re quiet and happen over time. Either way, they show God’s power, care, and faithfulness in our lives.

That’s a powerful God on your side, ready to help you with the task, purpose, or assignment God has for your life.

He will work wonders in your life if you say Yes! to what God asks you to do, step out in faith, and say no to fear holding you back.

Remember, fear is more than facing danger. You might feel fear when wondering if you can trust others, fear of making a mistake, or others laughing if you step out and do something brave. Sometimes we still have to do something afraid because it is new and we don’t know yet how it will turn out. Go for it, and let God work wonders for you.

## DISCOVERY

### GAME | Say Yes Relay

#### Set-Up

- Divide students into two teams
- Mark a start line and a card-pickup zone
- Place a mixed stack of YES and FEAR cards at the far end

#### How to Play

1. On “Go,” first player runs to the card pile and draws one card.
2. YES card:
  - Run to the finish line, drop the card in your team pile, run back, tag next player.
3. FEAR card:
  - Player freezes where they are.
  - A teammate must run out, link arms, and escort them to the finish line together.
  - Both return and tag the next player.

Game ends after a set time (2-3 minute rounds).

Team with the most Yes cards wins. Shuffle cards, reset, and play as many rounds as your group would like.

## GAME | Purpose Playlist

Music can remind us who we are, give us courage, and help us take brave steps—just like Simba remembering his purpose or Daniel staying faithful.

Ask students to think of songs that help them feel brave, confident, or hopeful.

These can be:

- Worship songs
- Popular music
- Movie soundtracks
- Instrumental music

Students write down 3–5 songs that:

- Encourage them
- Help them face something hard
- Remind them they're not alone

Invite students to circle one song that best represents saying YES to courage.

Students can take their Purpose Playlist index card home with them. Leader can play little snippets of songs on iPad if it is appropriate.

## PRAYER

God, it takes courage to say Yes! to what you ask us to do. We might need to step out in faith and say no to fear holding us back. We are so glad that you are the God who works wonders. Help us to stand up for what we believe in. Help us to know the best choice to make especially when there's more than one right choice to make. Amen.

### WEEKLY CHALLENGE

Remember Daniel the next time you need courage to say Yes! to what God asks you to do, to step out in faith, and say no to fear holding you back. The God of wonders is on your side.

**YES**

**YES**

**YES**

**YES**

**YES**

**YES**

**YES**

**YES**

**FEAR**

**FEAR**

**FEAR**

**FEAR**

**FEAR**

**FEAR**

**FEAR**

**FEAR**