

Lesson No. (29)

FASTING

DANIEL AND THE FOOD OF THE ROYAL COURT

References:

Daniel 1.

Notes for Servants

- ★ Fasting is a Holy sacrifice which we offer to the Lord Christ. As He sacrificed His body and blood for us through His fasting and crucifixion, we also sacrifice our body through hunger and blood through thirst.
- ★ Fasting is grace and calmness and a blessing for the senses of the body. This kindles the soul and releases her through her worships and activities without any obstacles.
- ★ Observe fasting Wednesday and Friday and all the church fasting - Let it be associated with prayer, contemplation on the Word of God and receiving communion.

Objectives

General: The blessings of fasting in our life and the necessity of fasting with the church.

Specific:

The children will be able to ...

- A. Learn to fast 2 or 3 weeks
- B. Understand the importance of fasting for Christians.
- C. Know about how to fast.

Bible Verse

"When the bridegroom shall be taken from them, and then shall they fast."

(Matthew 9:15)

Teaching Aids

A big picture - the picture of the lesson - Acting some scenes.

Instruction

- (1) Review last week's lesson.
- (2) Who remembers the verse?
- (3) Remind the children about the church occasions for the coming week.
- (4) Teacher should prepare the appropriate questions to emphasize the objectives during the lesson.
- (5) Explain the blessings and the spiritual benefit of fasting. Let us fast Wednesday and Friday. Let us convince our parents that it is necessary to fast. The meaning of fasting.

Story Time

Fasting is an old virtue that was practised in the Old Testament and The Lord ordered Adam and Eve not to eat the fruits of the Tree. If they had fasted, they would not have done that... This is fasting... David fasted and Daniel fasted... Daniel was a pious young man. He was an Israelite. When the Babylonians besieged Jerusalem and attacked it, they brought him to Babylon as a captive... He was a good looking young man. He was an educated intelligent young man... He was successful in his life. He did not stop worshipping God even when he was in the land of his enemies - He was not afraid of them.

King Nebuchadnezzar of Babylon ordered Ashpenaz, his chief official, to select from among the Israelite exiles some young men of the Royal family and of the noble families. They had to be handsome, intelligent, well-trained, quick to learn, and free from physical defects so that they would be qualified to serve in the royal court. Ashpenaz and his slaves went out to search for such young men among the captives. Then they brought a number of them (among whom was Daniel and the three young men). Ashpenaz gave them new names, Daniel was named Belteshazzar. (Explain how the young men entered the great palace and the meeting Ashpenaz held for them)... You will stay here. The king ordered that they should be given royal food and wine. After three years you will see the king so that he may choose whichever he wanted to serve him. They all bowed down and thanked Ashpenaz and declared their complete obedience. The time for dinner came - A filling meal - wine and sweets. The young men rejoiced and began to eat but Daniel and the three young men refused to eat that food. Ashpenaz was surprised. He asked them (a lively conversation filled with blessed teachings about the necessity of self-control - The importance of holding fast to the commandment of God whatever the circumstances may be... Attempts made by Ashpenaz to convince them to eat but they insisted on not eating the royal food) ... Ashpenaz was a good hearted man - Daniel suggested they would eat legumes - (vegetables - lentils - beans) and then test them for ten days. He agreed... Ashpenaz was afraid they might be weak in body and health. Daniel told him that everything would be all right.

The ten days were over and they entered Ashpenaz's room. They were healthy, lively and good looking - Ashpenaz was amazed. Daniel bore witness to the work of God which rewards us for our fasting and holding fast to His commandments by giving us spiritual blessings. He blesses our bodies, souls and health. Ashpenaz admired them and admired their faith and principles. He praised them. They went on like that - When the time came for them to be presented before the king, they were much better than the others. The king came (Describe in detail the rites of the meeting and its awesome atmosphere) - The king chose the four young men. He tested them in wisdom and intelligence. They impressed him more than any of the others. No matter what question the king asked, or what problem he raised, these four knew ten times more than any fortune-teller or magician in his whole kingdom. He appointed them as members of the court.

Discussion

- 1 - Follow up the story by talking about it with the children.
- 2 - Continue the discussion while they do the activity.

Learning Activities

Activity Sheet.