

OLD TESTAMENT 2022

# Come, Follow Me

with

## Living Scriptures

STREAMING

## Trust in God

Daniel 1-6

### Objectives:

- Learn about Daniel and his friends and their courage to trust in God even when their lives were on the line.

### Reinforces Principles of:

- Trust in God

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## Reverence Time

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### Song:

Follow the Prophet (verse 8), Children's Songbook page 110

<https://www.churchofjesuschrist.org/music/library/childrens-songbook/follow-the-prophet>

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### Scripture:

Daniel 6:26-27

"I make a decree, That in every dominion of my kingdom men tremble and fear before the God of Daniel: for he is the living God, and steadfast for ever, and his kingdom that which shall not be destroyed, and his dominion shall be even unto the end. He delivereth and rescueth, and he worketh signs and wonders in heaven and in earth, who hath delivered Daniel from the power of the lions."

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### Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-daniel>

### Lesson

#### Summary:

Daniel is known for his great faith. When he was a boy, he and his friends (who the king called Shadrach, Meshach, and Abed-nego) were taken captive to serve in the king's court. When the king wanted the boys to eat his meat and drink his wine, which was against the law of Moses, they stayed true to the Lord and refused. When the king later decreed that everyone should worship a golden statue of him, Shadrach, Meshach, and Abed-nego refused and were thrown into a fiery furnace. They were unharmed, and a fourth person was seen inside the furnace with them (who looked like the Son of God!). Later, Daniel was thrown into a lion's den because he refused to stop praying to the Lord instead of following the king's decree to only pray to the king. The Lord shut the mouths of the lions and Daniel was unharmed. In each of these events, Daniel and his friends risked death if they didn't do what the king asked, but they trusted in God and believed He could protect them.

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#### Quote:

*"If you do your best, it will all work out. Put your trust in God, and move forward with faith and confidence in the future. The Lord will not forsake us....If we will put our trust in Him, if we will pray to Him, if we will live worthy of His blessings, He will hear our prayers."*  
Gordon B. Hinckley

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#### Questions:

What does it mean to trust in God?  
Why should we put our trust in the Lord?  
Will all our trials be removed if we always trust in God?  
How did Daniel and his friends show their trust in God?

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## Activity Time

## Trust in God TV

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**Description:** Make your own TV show and learn about how Daniel trusted in God no matter what. Then discuss how these lessons apply to your family.

**What you need:**

- A copy of the “Trust in God” TV screen and film roll (artwork included with this lesson), scissors, poster board or card stock, tape and glue.

**Preparation:**

1. Print out the artwork.
2. Cut out.
3. TV screen:
  - A. Glue onto poster board.
  - B. Cut along dotted lines.
4. Film roll:
  - A. Fold along dotted lines and glue or tape together.
  - B. Glue or tape a picture of your children where indicated.
  - C. Glue or tape the sections together by matching up letters.

**Activity:**

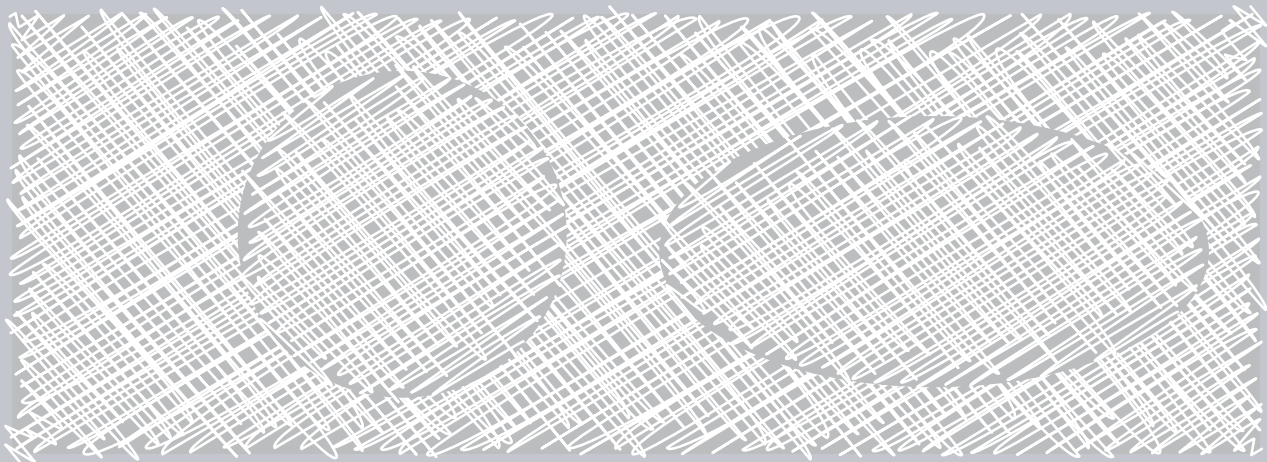
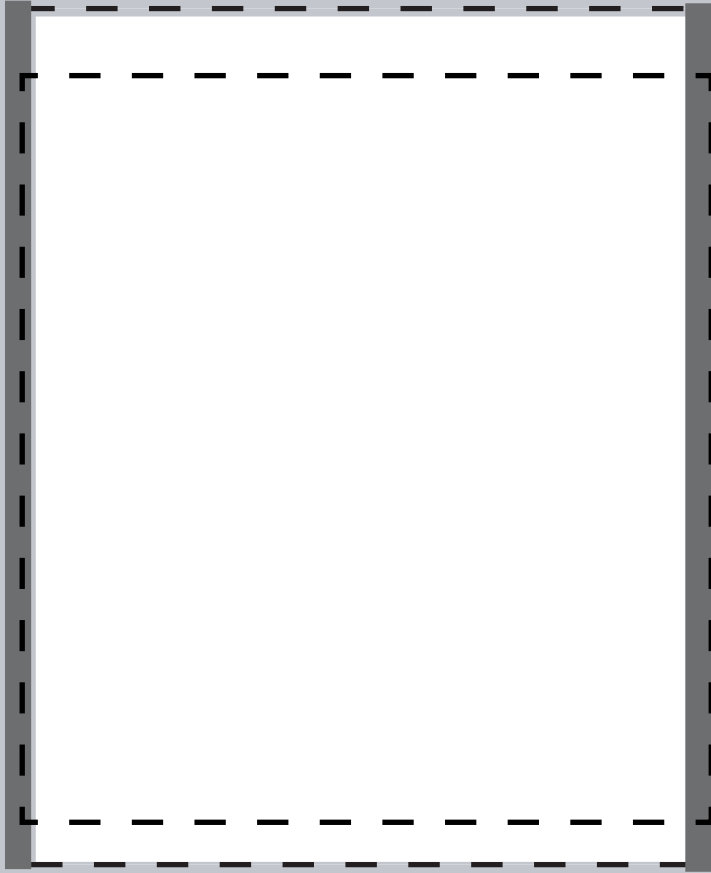
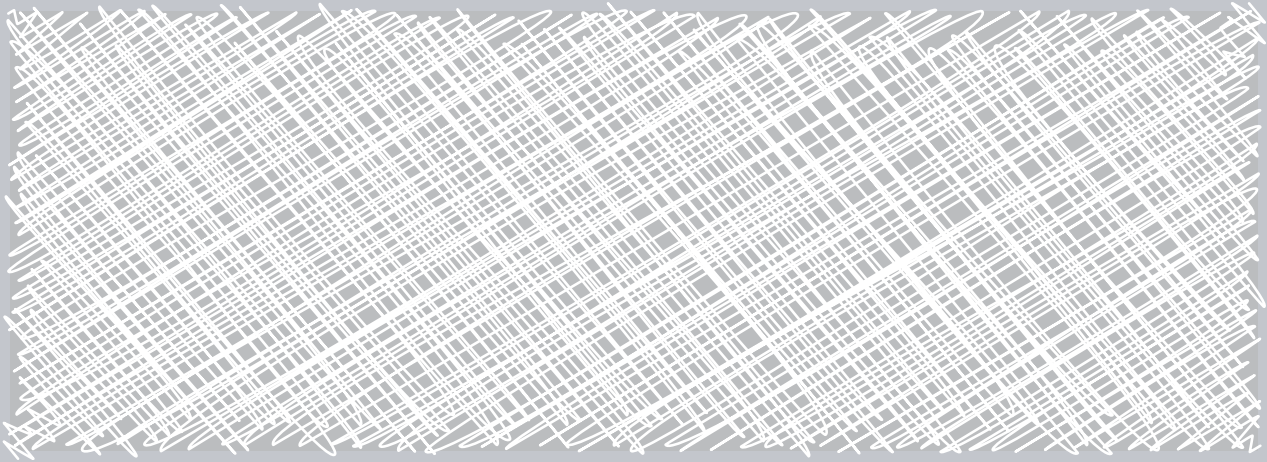
1. Roll up movie roll.
2. Insert the start of the movie roll into the viewer slots as shown in picture.
3. Read the scripture and talk about how it applies to your family.
4. Read the dialogue on the back of the movie roll as you pull it through the viewer.
5. Discuss each situation with your family (if desired come up with situation of your own that you feel fit your family needs better).
6. When the answer to the situation is no, discuss what you should do differently in order to answer “yes”.
7. Emphasize how always following these important principles will help us learn to always trust in God, no matter what.



FRONT



BACK



A

When Daniel and his friends were in their youth they promised to always **TRUST** in God no matter what.

Will you always trust in God, like Daniel and his friends, no matter what?



“...thou art in thy youth, and therefore, I beseech of thee that thou wilt hear my words and learn of me; for I do know that whosoever shall put their trust in God shall be supported in their trials, and their afflictions, and shall be lifted up at the last day.”  
(Alma 36:3)

Glue a picture of  
your children here.

Start

B

Daniel showed his trust and **FAITH** in God when the interpretation of King Nebuchadnezzar's dream was revealed to him by God.

You shared your testimony with another passenger on the airplane and gave her a copy of The Book of Mormon.

Were you being faithful like Daniel?

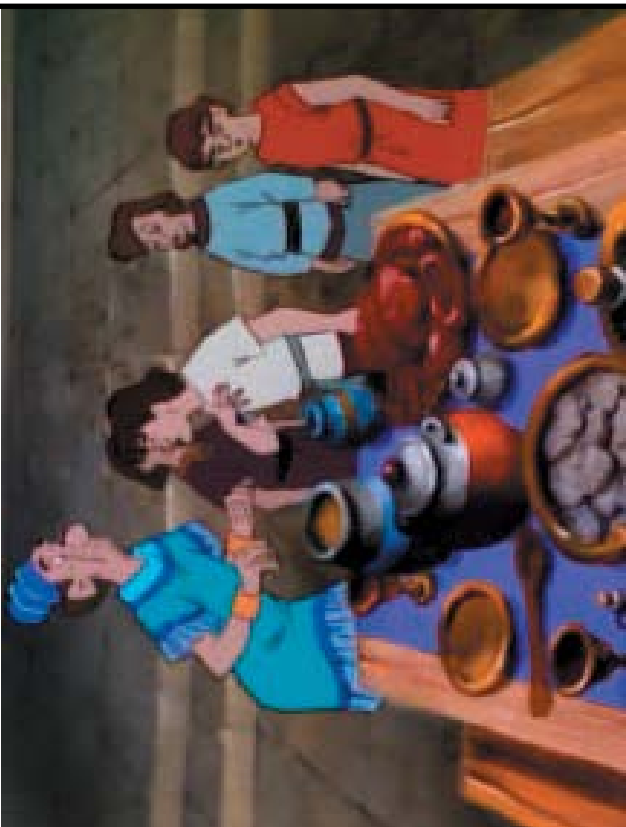


A

Daniel and his friends showed their trust in and **OBEDIENCE** to God when they refused foods that were against the Law of Moses.

You pretended to drink a beer when you were at a party, so the other kids wouldn't make fun of you.

Were you being obedient like Daniel and his friends?



C Daniels s friends, Shadrach, Meshach and Abednego, showed their trust in and **LOYALTY** to God when they refused to worship the golden image.

When you became a cheerleader, the squad told you to stop being friends with your old group of friends. You told them no!  
Were you being loyal like Shadrach, Meshach and Abednego?



B Daniel showed **HUMILITY** and trust in God when he read the mysterious writing on the wall for God alone and not for Belshazzar s gifts and power.

You earned the Young Womanhood Recognition award just so you could have your picture in the paper, even though this is now discouraged.  
Were you being humble like Daniel?



Daniel showed trust in God and great **COURAGE** when he prayed to God, even though he knew he would be thrown into the lions den.

When I went to a slumber party I didn't say my prayers because I didn't want to be made fun of.

**Was I showing courage like Daniel?**



Daniel trusted the Lord when he forgave Darius' pride that caused Daniel to be thrown into the lions den.

My friend John had a party and didn't invite me. I felt really bad. When he apologized to me, I told him I didn't think we could ever be friends again.

**Was I being forgiving like Daniel?**



**Prep Time:** 15 minutes  
**Bake Time:** 10-12 minutes  
**Cool Time:** 15 minutes

**Ingredients:** 3/4 c. butter  
3/4 c. packed brown sugar  
1/2 c. granulated sugar  
1 egg  
1 tsp. vanilla  
1 c. shredded carrots  
1/4 c. walnuts or sunflower seeds  
1 3/4 c. whole wheat flour  
1 tsp. baking powder  
1/4 tsp. baking soda

1/2 tsp. cinnamon  
1/4 tsp. ground cloves  
2 c. oats  
1/4 c. + 36 raisins  
1 Tbs. shredded coconut  
1/4 c. sliced almonds



**Instructions:** Cream together the butter, brown sugar, granulated sugar, egg, and vanilla until light and fluffy. Add flour, baking powder, baking soda, cinnamon, and cloves. Beat until thoroughly combined. Stir in oats, walnuts, carrots, and raisins (reserve the 36 raisins for noses).

Drop dough by rounded tablespoon fulls, 2 inches apart, onto ungreased cookie sheet. Slightly flatten and then place 2 almond slices on each for eyes, a raisin for the nose, and coconut for whiskers. Bake in a 375 degree oven for 10-12 minutes. Cool. Makes 3 dozen "Lions."

Optional: Bake cookies before adding eyes, nose, and whiskers. Remove from oven and cool. Frost with cream cheese frosting that has been colored with 4 drops red, 6 drops yellow, and 2 drops blue food coloring. Then add the eyes, nose and whiskers.

Treat Time: Have children help make the cookies. While you're adding the ingredients discuss why Heavenly Father wants us, like Daniel and his friends, to eat more vegetables and fruit like the raisins and the carrots and nuts and seeds like the walnuts, almonds and sunflower seeds, and whole grains like the whole wheat flour and oats.