



**Harmonychurch.life**

Each month we have a special memory verse and Life App. All of our stories revolve around those.

This month's Memory Verse is:

**"Don't ever get tired of doing what is good."  
2 Thessalonians 3:13**

This month's life app is

**Conviction  
"Standing up for what's right even when others don't."**

Our basic truth, that never changes is that

**"I can trust God no matter what."**

Each week, we have a different bottom line that goes with our story.

1) **"Jesus showed us how to stand up for what is right"**

This week's bottom line is;

**"When you know what God says, it can help you stand up for what's right."**

Our story for this week is 'No Train, No Gain'. (Daniel 1)

\*\* Today's story is from the Old Testament book of Daniel and it starts in chapter 1.

There was very powerful king named Nebuchadnezzar (pronounced Neb-a-cud-nezar). Well, Nebuchadnezzar was the king of Babylon and he had a very powerful army.

He used that army to conquer the people of Israel. The cities were destroyed and many of the people, including Daniel and his friends, were taken away as prisoners

King Nebuchadnezzar gave an order for the best and brightest of the young men who had been captured to be trained to serve him in the royal palace. Daniel and his friends were some of the young men who were picked.

The special training to work for the king would take three years. And during those three years, Daniel and his friends would be given the same food that was served to the king. Impressive, yes, but there was a problem with the food.

The problem was that Daniel and his friends were Israelites and God had given them some very specific rules about what they could and could not eat. Eating the food from the king's table wouldn't be right because it would break the rules God had given to them.

Daniel had a decision to make. He could just sit back and eat the food, be trained, and get his sweet job working for the king. Or he could speak up about the food and risk getting in trouble and losing everything. Possibly even put to death.

However, Daniel had conviction. Daniel knew that to honor God he needed to keep God's commands. So, Daniel decided to speak up. He asked for permission that he and his friends not eat the food that came from the king's table.

Well, the first person Daniel asked—the official who was in charge of Daniel and his friends—didn't like that idea. Because if Daniel and his friends didn't eat the king's food and got too skinny or sick, then the official would be the one who got in trouble with the king.

But Daniel came up with a plan. This time Daniel asked the guard who was assigned to him and his friends. He asked the guard to try out a test: For 10 days allow Daniel and his friends to eat different food than the food eaten by the rest of the men being trained. And when the 10 days were over, the guard could decide which men were in better shape.

Daniel knew it was important to follow God even when it came to things like what he ate. The guard agreed to the plan and Daniel and his friends just ate vegetables and drank water for 10 days.

The Bible says that when the 10 days were over, Daniel and his friends looked healthier and better nourished than any of the other men who had eaten the king's food!

The plan worked so well that the guard gave Daniel and his friends only vegetables and water to eat and drink for the rest of the three years of their training.

Because Daniel stood up for what was right, God gave Daniel and his friends special understanding and wisdom during their training. And when their training was finished, the king was more impressed with Daniel and his friends than any of the other men who had been trained. And they were all given jobs in the royal service where they advised the king when he needed their help.

It wasn't easy and Daniel risked a lot, but because he stood for what was right, things turned out even better for him and his friends.

Daniel was able to have conviction because he knew what God said about what is right and wrong. And that's exactly like our Bottom Line for today.

**“When you know what God says, it can help you stand for what's right.”**

Like Daniel, we can know what God says is right and wrong. We do that by reading our Bibles, remembering what it says and the lessons we've heard from it. That way, when you are in a situation where you aren't sure about the right thing to do, you can think back to what you have learned from the Bible. Then you'll know the right thing to do, and you'll be able to do it.

## **PRAY**

Dear God, thank You for giving us the Bible so we can know how to live life the way You want us to. Help us to have the same courage that Daniel had. Help us to stand for what is right, even when it's hard. We ask these things in Jesus' name, amen.

Remember things ended up better for Daniel and his friends because he had conviction. Sometimes it will be hard to stand for what's right, but knowing what God says makes it a bit easier.

**“When you know what God says, it can help you stand for what's right.”**