

主日学家庭反馈单

先知但以理

第1课

适合王的饮食

写给父母：

这张反馈单让您知悉您的孩子今天在主日学所学的内容。包含“牢记神的话语”，一个建议的活动来巩固课程内容，还有一个简短的祷告。参与以上内容并和孩子交流，对你和孩子都会非常有益。



所学内容：

今天，您的孩子学习了但以理和他的三位朋友如何选择尊荣并顺服神。虽然国王希望他们吃王的食物、喝王的酒，但以理和他的朋友们并没有屈服于国王的要求。相反，他们选择只吃蔬菜、只喝水，以此来尊荣神。因为他们把尊荣神看得比讨好王更重要，神使他们比其他年轻人更加健康、更加强壮。（使用经文：但以理书 1:1-21）

牢记神的话语：

孩童的动作，是清洁，是正直，都显明他的本性。-箴言 20:11



请在这一周里，多和孩子一起练习背诵这节经文。这样不仅能帮助孩子记住经文，也能帮助他们巩固今天所学到的内容。

建议的亲子活动：



找个时间和孩子谈谈健康饮食的重要性。如果以前已经讨论过这个话题现在正是看看孩子记得多少的好机会。可以准备一些：健康的食物/不健康的食物。然后让孩子说说：为什么这些食物健康，或者为什么不健康。如果孩子不知道，请耐心向他解释原因，帮助他下次作出正确的选择。也可以向孩子说明：但以理和他的朋友们很勇敢，因为他们愿意拒绝王提供的食物，即使这样做可能会带来麻烦。他们这样做，是因为那些食物会冒犯神。神希望我们在：吃什么/怎样生活。这些事情上都作出好的选择。鼓励孩子选择那些能够尊荣神的事。



每天的祷告：

亲爱的天父，感谢祢赐给我们这么多美好的食物可以享用。感谢祢让健康的食物不仅对身体有益，而且也非常美味。求祢帮助我在饮食上作出智慧的选择，好好照顾祢所创造给我的身体。奉主耶稣的名祷告，阿们。

SUNDAY SCHOOL TAKE HOME PAGE

To parents:

This page lets you know what your child learned today in Sunday School. Included are "Words to Remember" from the Bible, a suggested activity to reinforce the lesson, and a short prayer. Being involved and interacting with your child can be very rewarding for both of you.



What We Learned:

Today, your child learned how Daniel and his three friends chose to honor and obey God. Although the king wanted them to eat and drink his food, Daniel and his friends did not give in to the king's demands. Instead, they honored God by eating only vegetables and drinking water. Because they chose to honor God above the king, God made them healthier and stronger than the other young men. (Scripture used: Daniel 1:1-21)



Words to Remember:

"Even a child is known by his actions, by whether his conduct is pure and right." Proverbs 20:11 NIV (1984)

Practice this verse several times with your child during the week. This will not only help your child to remember the verse, but also it will help to reinforce what he or she learned during class.



Suggested Parent/Child Activity:

Take some time to talk about healthy eating habits. If you already discussed this before with your child, now may be a good time to see how much he or she remembers. Set out several healthy and unhealthy choices and allow your child to tell you why each one is healthy or not healthy. If your child does not know, explain the process to them so they can make the right choice next time. Explain to your child how Daniel and his friends were brave to "ignore" what the king was offering because it would have offended God. The Lord wants us to make good choices about what we eat, and how we live. Encourage your child to make choices that will honor God.



Daily Prayer:

Dear Lord, thank You for all of the wonderful food You have provided for us to enjoy. Thank You that the healthy stuff that I get to eat is also very yummy. Please help me make wise choices with my food so that I can take care of the body that You made for me. Amen.