

# The Safe Place: God is my strength

## Daniel 3

### DAY 1

#### Stand Up

*Read Daniel 3:16-18*

Have you ever felt nervous about doing the right thing? Maybe everyone else wanted you to join in doing something wrong, and you felt stuck deciding what to do. Shadrach, Meshach, and Abednego faced a huge choice too. Everyone around them bowed down to the giant gold statue, but they stayed standing because they knew God was the only One they should worship.

That took courage!

Sometimes following God means making a different choice than everyone else. But the good news is that God is with you and gives you strength to do what is right..

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#### Activity:

Stand up tall and freeze like a statue for 15 seconds. While you stand there, say: "God is with me, so I can stand for what's true."

When you trust God, He can help you be brave enough to make the wise choice.

### DAY 2

#### Stronger

*Read Isaiah 41:10*

King Nebuchadnezzar wanted everyone to bow to his giant gold statue. Imagine hearing loud music, seeing everyone around you kneel down, and being the only one still standing. Shadrach, Meshach, and Abednego probably felt nervous, but they trusted that God was with them.

Sometimes we feel pressure too. Maybe friends want you to be mean to someone, tell a lie, or hide the truth. It can feel hard to stand out and do the right thing.

But God promises to help us when we are afraid. He gives us strength and courage when we need it most.

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#### At-Home Activity:

Grab a balloon and squeeze it tightly in your hands. Does it feel like pressure? Now let it go and take a deep breath. Say, "God gives me strength when I feel pressure."

God is stronger than the pressure around you.



### DAY 3

## God is There

*Read Deuteronomy 31:6*

When Shadrach, Meshach, and Abednego were thrown into the fiery furnace, they were not alone. God was with them right there in the fire! The flames did not hurt them, and they did not even smell like smoke afterward. That showed everyone how powerful God is.

God promises to stay with you too. You may never face a fiery furnace, but you might face hard days, scary moments, or situations where you feel left out. God never leaves you to handle those things alone.

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### Activity:

With an adult, make a campfire snack like s'mores or hot dogs. As you eat, talk about a time God helped you through something difficult or scary.

Even when life feels hard, God stays close to you.



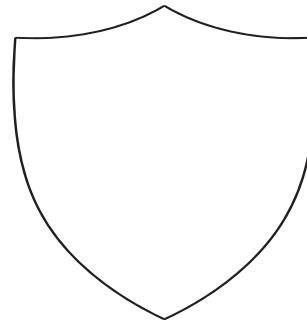
### DAY 4

## God Helps You

*Read Ephesians 6:10*

After King Nebuchadnezzar saw what God had done, he realized that no one is stronger than God. Shadrach, Meshach, and Abednego trusted God even when things looked impossible, and God helped them stand strong.

You can trust God like that too. When you feel nervous, pressured, or unsure what to do, remember that God's Spirit is with you. He can help you make wise choices, tell the truth, and stand up for what is right.



Inside the shield, write or draw ways God helps you stay strong, like praying, telling the truth, being kind, or reading the Bible.

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### Prayer:

"Dear God, thank You for giving me the Bible. Help me learn who You are as I read. Teach me to understand Your words. Help me keep coming back to read and talk with You. I want to know You more every day. In Jesus' name. Amen."

## God is with me, so I can stand for what's true.