

SMALL GROUP RESOURCE

Don't settle for anything but the best.

SCRIPTURE READING:

Daniel 1:1-17
Philippians 4:8
1 Thessalonians 4:7

Matthew 15:1-20
Mark 10:17-18
1 Peter 1:14-16

DISCUSSION QUESTIONS:

Goodness is a character quality the Holy Spirit is developing in us, while kindness is the activity that results from character.

Mark 10:17-18

What are some other words that could be used for good or goodness?

Daniel 1:1-17

Why does Daniel make the choice he makes in regards to diet? What risks is he taking?

Matthew 15:1-20

Would Jesus praise or criticize Daniel for his actions? Why?

What does Jesus tell us about the goodness of the Pharisees? (for more on this see Matthew 23)

Philippians 4:8; 1 Thessalonians 4:7; 1 Peter 1:14-16

In what areas of your life do you demand goodness? In what areas of your life are you willing to accept "good enough"?

Why must goodness be a fruit of the Spirit? What happens when we attempt to achieve goodness on our own?

Where is the Holy Spirit working on goodness in your life?

Prayer Focus:

Praise God for His goodness (holiness).

Agree with God about the contaminated areas of your life.

Thank God for the growth in goodness that you have seen in your own life.

Ask God to send His Spirit into areas of your life that need to be cleaned up.

FAMILY RESOURCE

Big Idea: Don't settle for anything but the best.

READ DANIEL 1:1-2

What was happening to Daniel's home country?
Make a picture of something that changed your life.

READ DANIEL 1:3-7

Why was Daniel chosen?
Check in the dictionary/net to find out what your names mean.
How would you say/spell your name in a different language?

READ DANIEL 1:8-10

Why didn't Daniel want to eat food from the King's table?
What did the King's official fear would happen?
Draw pictures of things you like to eat and of things you don't like to eat.
Talk about what you like and don't like about food.

READ DANIEL 1:11-16

What was the test?
How did it turn out?
Have nothing but fruit, vegetables, and water for dinner.

READ DANIEL 1:17-20

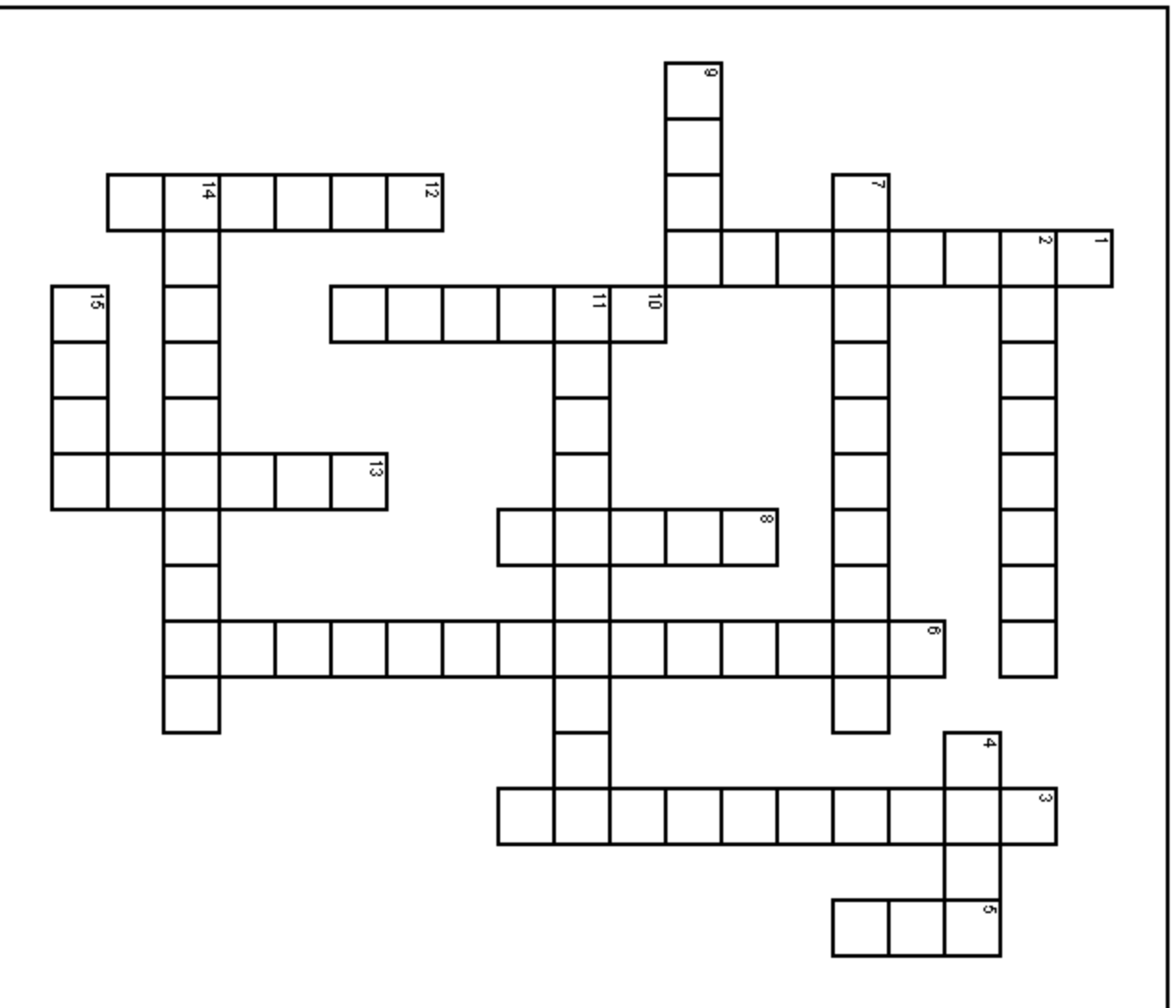
How did Daniel's choice about what to eat change his life?
Make a small, but good choice about something you want to change in your life.
Make up a song or cheer to remind you of your choice/s.

MEMORY VERSE:

But the _____ of _____ spirit is _____, _____, _____, _____, _____, _____, goodness, faithfulness, gentleness, and self-control. Against _____ things _____ is _____ law.
Galatians 5:22-23

Godly Choices

All clues are from the NIV version of the Bible.



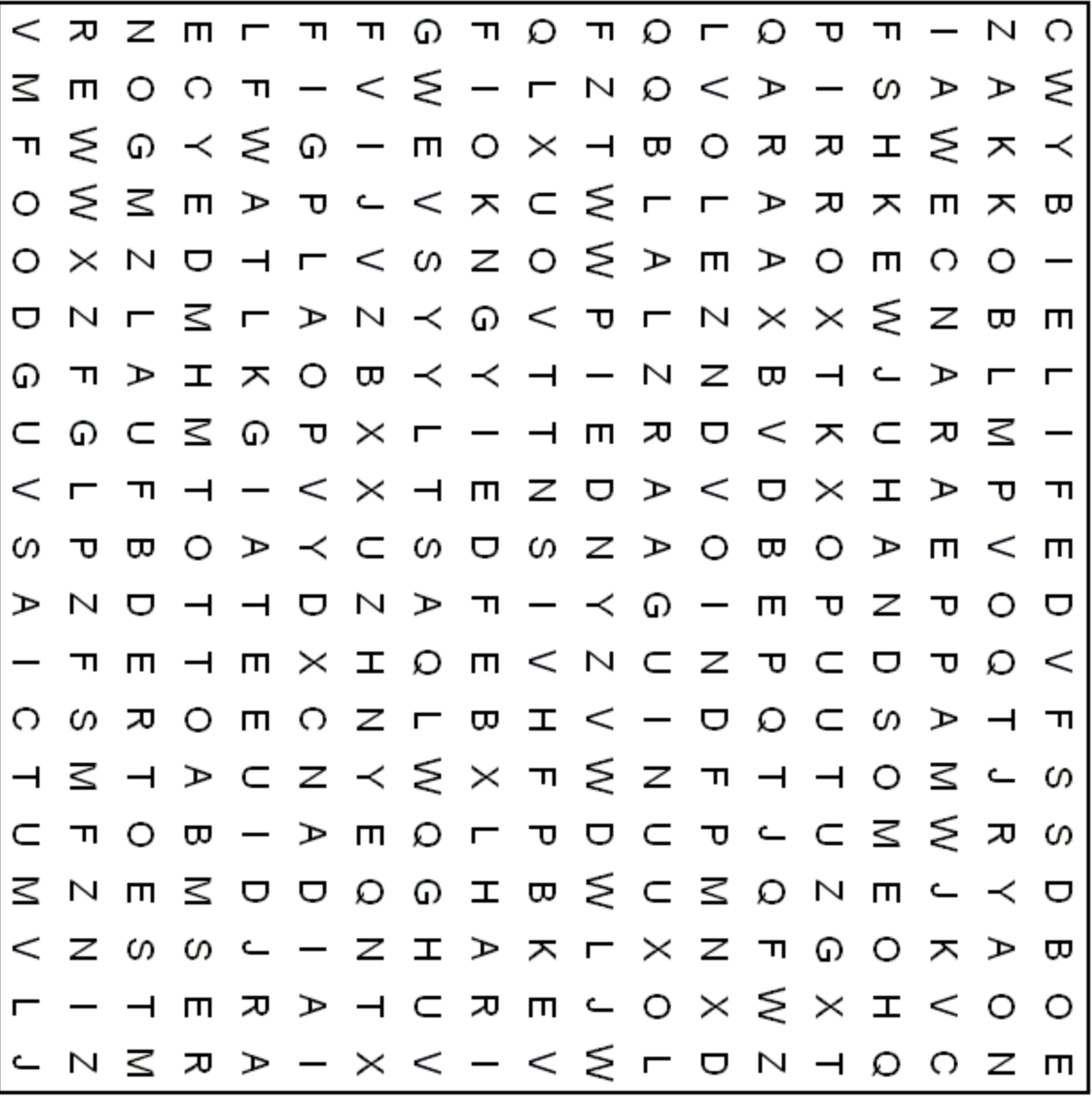
Across

2. ability (Daniel 1:4)
4. try out (Daniel 1:12)
7. Daniel's people (Daniel 1:3)
9. fermented juice (Daniel 1:5)
11. looks (Daniel 1:13)
14. writings (Daniel 1:4)
15. you eat it (Daniel 1:5)

Down

1. good looking (Daniel 1:4)
3. green things to eat (Daniel 1:12)
5. half of twenty (Daniel 1:12)
6. king of Babylon (Daniel 1:1)
8. from the king (Daniel 1:15)
10. he spoke up (Daniel 1:8)
12. pollute (Daniel 1:8)
13. scared (Daniel 1:10)

Godly Choices



Israelites

aptitude

royal

Nebuchadnezzar

literature

vegetables

ten

Daniel

appearance

test

defile

food

handsome

afraid

wine

Godly Choices

1. TTES -----
2. HAOSNMDE -----
3. EEILDF -----
4. DCEANZAZRHENUB -----
5. AUITDTEP -----
6. ELIDNA -----
7. DOFO -----
8. AESIRSTILE -----
9. TRIETUAELR -----
10. NIWE -----
11. RADFIA -----
12. AETEGSVBLE -----
13. AOYRL -----
14. NAREPEPAAC -----
15. ENT -----

Courtesy of www.mygrandmatime.com You may use and reprint these materials for your own non-profit use.

CRAFT:

Make a spinner out of a paper plate, cardstock arrow, & brad. For younger kids mark the plate in just two parts - good & bad. for older kids you might add "ok", "maybe", "I want to", etc. Do we make choices by spinning?

GAMES:

Play follow the leader. We need to be examples of goodness.

Bob for apples. (Get your snack this way?)

Shoebox shuffle - cut holes in the tops of shoeboxes (or use tissue boxes!) so that they can be walked in. Make one set for each team. Set up a relay with each person on a team leaving and then coming back, trading the shoes with the next person, etc. Making bad choices is like wearing shoeboxes instead of shoes. It slows us down!

Have older kids break off into groups and come up with a pantomime that has one of them making a difficult choice. Have them act out the pantomime twice. The first time with a bad choice made, the second with a good choice made.

Play FRUIT BINGO.

Play FRUIT MATCH.

FAMILY ACTIVITIES:

Hearts can change when you are good to others. Can you think of something good you can do for someone who doesn't deserve it?

Work extra hard to keep each other honest. Make up a family signal that will remind you to "check your truth".

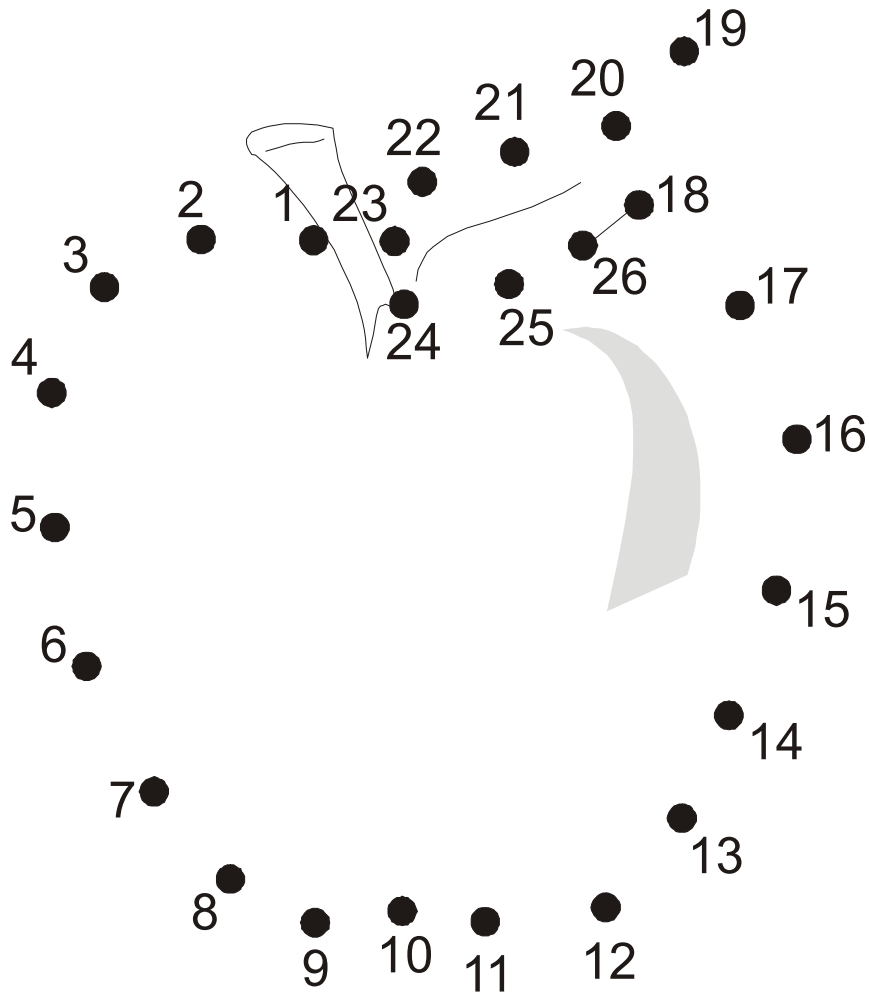
Have each family member think of a challenge or problem that another family member is facing. They are to tell them that they are aware of the problem and tell them a specific way that they would like to help.

Goodness includes using what God gives you to help others. Put a coin jar out on the table and see how fast you can fill it up this week with your change. As a family, decide how/where you want to give it.

Make some applesauce in your microwave.

Use playdough to make different kinds of food & things to serve it on/in.

GOODNESS - (An apple a day keeps the doctor away!)
 We all know that apples are GOOD for us.
 Eat an apple.
 Better yet, SHARE a apple with someone else!



We can show God's goodness
 by making sure our words and actions match.

Additional Bible verses: Matthew 5:1-16; Psalm 23:6;
 Acts 5:29

What two words are found in every verse?
 (This makes a great Bible drill!)

- 2 Corinthians 12:6
- Numbers 17:5
- 1 Samuel 17:8
- Jeremiah 3:14
- 2 Samuel 24:12
- 1 Kings 18:23
- Psalm 75:2
- 1 Chronicles 21:10
- Isaiah 66:4
- Ezekiel 33:2
- Deuteronomy 1:13
- John 15:16
- Philippians 1:22
- Exodus 17:9

Bible Verse in sign: But the fruit of the spirit is love, joy, peace, patience, kindness, **GOODNESS** - the sign shows that what is in us comes out of us.

MUSIC:

Galatians 5:22-23

(Words & music by Gary Pailor. C. 2001 Gospel Light, Ventura, CA 93006)

Good Fruit

(Words & music by Gary Pailor. C. 2001 Gospel Light, Ventura, CA 93006)

Goodness!

(Words & music by Gary Pailor. C. 2001 Gospel Light, Ventura, CA 93006)

Good Habits

(Words & music by Gary Pailor. C. 2001 Gospel Light, Ventura, CA 93006)

Just Ask Him

(Words & music by Gary Pailor. C. 2001 Gospel Light, Ventura, CA 93006)

You'll find more learning resources
 about the Fruit of the Spirit at
www.mygrandmatime.com