Captives in Babylon

I just finished participating in a 3 day holiday programme where we had 3 different lessons from the book of Daniel.

In the first day we studied Daniel chapter 1 and talked about how Daniel and his friends were taken into captivity by the Babylonians.

Then we covered the story of [Daniel and the King's Food](#) and talked about how Daniel and his friends respected God and respected themselves enough to eat the healthy food God allowed instead of what the Babylonian King offered from his table.

Here are some of the activities we did…

Prayer Chains:

During the prayer time we talked about how God was with Daniel and his friends even when they were chained and forced to leave their homes and families. God heard Daniel's prayers and he hears us when we pray. We wrote prayer requests on slips of paper and put them together into chains. Then we took turns choosing links of the chain and praying the requests. In the end everyone joined their chains together to make one very long chain.

Healthy Food Place-mats:

Daniel and his friends refused to eat the food that King Nebuchadnezzar offered because it was food that God did not allow his people to eat. Instead they chose the healthy food that was approved by God. We pre-cut place-mats from burlap (hessian) fabric and then provided fabric glue and fabric pictures of healthy food so the children could decorate the place-mats.

Taste-Testing Food:

The children loved this one! We placed small amounts of food in cups and then blind-folded one child at a time so they could taste the food and guess what it was. Each child tasted one food item The other children got to watch the facial expressions of the one testing the food.

Our aim was a variety of tastes including sour, sweet, bitter and salty. So we chose lemon juice, chocolate sauce, vinegar, ketchup, soy sauce, honey and fish sauce.