Vegetables and Water for Daniel

Materials Needed for Each Child

paper plate; crayons or markers; scissors; glue, tape or stapler; copy of *Vegetables and Water* p. 2

Prepare Ahead of Time

Gather supplies. Print a copy of *Vegetables and Water* p. 2 for each child.



Daniel and his friends refused the king's food and wine and chose to eat vegetables and drink water. Natural foods correspond to spiritual "foods" or ideas. For the Lord to be the center of someone's life they must avoid "eating" or taking in ideas that have been twisted into selfish lies, e.g. "I am better than others."

Children will create a plate of healthy eating options like the ones Daniel and his friends chose that also shows the true ideas from the Lord's Word we need to nourish our minds.

1. What kinds foods are important for us to grow healthy and strong?
2. Did you know that ideas are "food" for our minds? What kind of "food" is in the Lord's Word? (True ideas from the Lord.) When we read the Word, we learn how to treat others in healthy ways, and how to love the Lord, our Maker.
3. Daniel did not want the king's food because that food was like the selfish ideas we learn that make us treat other people and the Lord badly.
4. We are going to make a plate of nourishing foods like the one Daniel and his friends ate. Each food has a healthy idea from the Lord's Word written on it to help us remember that the Lord's Word "feeds" us.
5. Give each child a copy of *Vegetables and Water* (p. 2). While they color the pictures, read the healthy ideas from the Word aloud to them.
6. Help children cut around each vegetable and the glass of water.
7. Glue, tape or staple the picture onto a paper plate.

New Church Concept Food

The fact that goods and truths are a person's real food may be clear to anyone, for the person who is deprived of them has no life within himself, and is a dead man. The food on which the soul of the person feeds who is dead in this sense consists of the delights arising from evils, and of the pleasures gained from falsities. These are the food of death.

In the Word "food" means nothing other than spiritual and celestial food, which is faith in the Lord and love. *Arcana Coelestia* 680

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Vegetables and Water



Love the Lord



Obey the Commandments



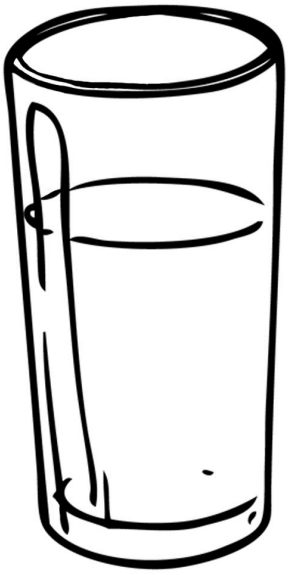
Be Useful



Be Kind



Love Others



Love True Ideas

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