GENESIS TO REVELATION | BIBLE ACCOUNT

Daniel and His Friends Choose Faithfulness

Daniel 1:1-21



YOUR BIBLE READING

Faithfulness can include respectful requests and thoughtful choices.

Inside: two extended reading pages, a thoughtful reflection, creative activities and a grown-up guide.

AGES 6-10 WITH AN ADULT • 6 COLORFUL A4 PAGES • ENGLISH ONLY

EXTENDED ENGLISH READING • PAGE 1 OF 2

Faithfulness in an Unfamiliar Palace

Daniel 1:1-21



Daniel, Hananiah, Mishael, and Azariah were among young people taken from Judah to Babylon. They had not chosen to leave their homeland this way. King Nebuchadnezzar selected young men for training in his service. They would learn Babylon's writings and language and spend years preparing to stand before him. Their surroundings, daily work, and future were now shaped by a powerful kingdom far from the homes they had known.

The official in charge gave them new names. Daniel was called Belteshazzar; his friends were given the names Shadrach, Meshach, and Abednego. The king also assigned food from his own table and wine for their meals. These arrangements belonged to palace training. The account lets us see how many parts of the young men's lives were being organized by others, even while they still had decisions to make about faithfulness to God.

Daniel resolved not to make himself unfaithful through the king's food and wine. He asked the chief official for permission to avoid them. God gave Daniel favor and compassion in the official's eyes, but the man was worried. If the young men appeared worse than the other trainees, the king might hold him responsible. His concern was not simply about whether Daniel liked one meal better than another; his own safety was involved.

Daniel then spoke to the steward appointed over the four friends. He suggested a limited trial rather than demanding that the official ignore every concern. For ten days, they would have vegetables to eat and water to drink. Afterward, their appearance could be compared with the others. The steward could judge what to do from what he saw. Daniel's request joined a firm purpose with a respectful, practical way of addressing the difficulty.

Remember: I can make thoughtful choices that honor God.

EXTENDED ENGLISH READING • PAGE 2 OF 2

Learning and Serving Together

Daniel 1:1-21



The steward agreed to the trial and gave the friends vegetables and water for ten days. At the end, they appeared well nourished and healthy compared with those eating the royal food. The steward continued the arrangement, taking away the assigned food and wine and giving them the food they had requested. The difficulty had been addressed without Daniel mocking the official or pretending that the man's responsibility did not matter.

God gave the four friends knowledge and skill in their learning. They were studying in an unfamiliar culture, and the account does not say that faithfulness required them to refuse every new subject or word. They learned and grew in understanding. Daniel also received a particular ability to understand dreams and visions. Their gifts were not identical in every detail, but the story describes God's help for all four young men in their preparation.

When the training period ended, the chief official brought the young men before Nebuchadnezzar. The king spoke with them. Among the trainees, he found none like Daniel and his three friends, and they entered his service. When he asked about matters of wisdom and understanding, he found their answers outstanding. The account describes real work after the food trial: learning had prepared them for responsibilities, and their understanding was recognized in the king's presence.

The chapter also notes that Daniel continued into a later reign, reaching the time of King Cyrus. This small note looks beyond the first testing period toward a much longer life of service. The friends' story began with forced change, yet they sought faithfulness within it. They did not control the whole empire. They made a thoughtful request, received help, learned carefully, and stepped into work without treating their commitment to God as something they had to leave behind.

Pause and think: How could you explain an important concern firmly while also listening to another person's responsibility?

THINK, NOTICE & GROW

Firm Purpose, Respectful Words



Daniel's example gives us more than a list of foods. The trial was part of a particular situation in exile, not a diet that guarantees health or wisdom for everyone. Children need suitable nourishment and care, and different families have different meals. Bodies should not become a way of ranking people's worth. The story's main concern is faithfulness, thoughtful speech, and receiving God's help in a difficult setting.

For us, a respectful request might begin by clearly explaining a concern and listening to the other person's responsibility. Perhaps a school activity conflicts with a family practice, or a plan needs changing so everyone can participate safely. A trusted adult can help you find words and possible solutions. These examples show how a firm purpose can be expressed without insulting the person who needs to hear it.

The friends also kept learning. Not every unfamiliar thing was treated as an enemy. They studied language and writings while continuing to honor God. Learning about another place can help us understand neighbors better. We can ask thoughtful questions, seek guidance when something troubles us, and remember that respectful curiosity and faithfulness can grow together.

A SMALL STEP FOR TODAY

Faithfulness can grow through respectful choices, careful learning, and the courage to ask for help.

How could you explain an important concern firmly while also listening to another person's responsibility?

Read, Remember & Create

Name: _____ Date: _____

1 Think about the reading

1. What trial did Daniel suggest?

2. How did Daniel make his request?

2 Put the ideas in order

Write 1, 2 and 3 for the order these ideas appear in the reading.

- ☐ The king recognized their wisdom and accepted them into service.
- ☐ They completed the agreed trial with vegetables and water.
- ☐ Daniel and his friends began training in Babylon.

3 Draw a meaningful picture

Draw the four friends learning together with their writing materials.

Tell someone how your picture connects to the reading.

Read & Grow Together

Read and learn with context

This English edition is designed for ages 6-10 with an adult. Read both extended readings together, or enjoy one each day. Pause at unfamiliar words, invite questions and use the reflection page to connect the story with everyday life. These are retellings and lessons with explanations; read the listed Bible passage for context. Poetry, parables, letters and symbolic visions are identified by type.

Remember this

I can make thoughtful choices that honor God.
Original memory thought, not a direct Bible quotation. Related passage: Daniel 1:8-17

A thoughtful conversation

This is not a universal diet rule or a promise that certain foods guarantee wisdom or health. Avoid ranking children by bodies or diets; Daniel's purpose was faithfulness under forced exile.

Activity answers

1. Vegetables and water for ten days, followed by a comparison.
2. Respectfully, while listening to the official's concern.
Sequence boxes, top to bottom: 3, 2, 1. Personal responses and drawings will vary.

Optional prayer

God, give us wisdom to be faithful and respectful. Amen.

Print and share

Each pack has 6 pages. Print on A4 at Actual Size (100%). The worksheet is page 5. You may print just that page, or use the separate 150-page activity book. The collection contains 150 packs in Bible book order, 15 volumes and one ZIP. Catalog pack IDs stay the same when new readings are added.

Sources and sharing

English retellings, lessons, reflections and activities by DigiPick (2026), based on Daniel 1:1-21. Source checked with the public-domain World English Bible. Illustration © Sweet Publishing; 27_Da_01_01_RG.jpg. CC BY-SA 3.0. Source: unfoldingWord. Resized proportionally, without cropping.
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