



Helping Kids Grow in Goodness God's Way

When Choosing Right Isn't Easy

Lesson Aim:

Kids will learn that goodness means choosing what is right and pleasing to God, especially when it's hard.

Scripture Focus:

- "He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously. (Daniel 6:10, *ESV*)
- "Do not be overcome by evil, but overcome evil with good." (Romans 12:21, *ESV*)

Connect

- **Connection Point:** Ask: "Have you ever had to make a choice that was hard, but you knew it was the right thing to do?"

Teach

- Read or retell the story of Daniel Choosing Goodness (Daniel 1 and 6)

Daniel was a young man who loved God with all his heart. When he was taken from his home in Judah and brought to Babylon, everything around him changed—new people, new customs, and even a new king who didn't know the one true God.

The king ordered Daniel and his friends to eat food from the royal table, food that went against God's law. Daniel could have gone along with everyone else, but he chose to honor God instead. He asked permission to eat vegetables and drink water, trusting that God would take care of him. God blessed Daniel with health, strength, and wisdom, showing that His way is always best.



Church Lesson | *The Fruit of the Spirit: Goodness*

Years later, Daniel faced an even harder test. The king signed a law that no one could pray to anyone except him. But Daniel loved God too much to stop praying. Even though he knew it could cost him his life, Daniel still knelt by his window three times a day to pray—just as he had always done. His enemies saw this and had him thrown into a den of lions. But God sent an angel to shut the lions' mouths, and Daniel came out unharmed!

Through Daniel's courage to do what was right, God's goodness was seen by everyone, even the king, who declared that Daniel's God is the living God who saves and rescues His people. Daniel's story reminds us that goodness means trusting and obeying God no matter what.

- **Discussion Questions:**

1. Why do you think Daniel chose to obey God even when it was dangerous?
2. What can we learn from Daniel about choosing goodness in our own lives?
3. How did Daniel's goodness help others see who God is?

- **Explain:**

- Goodness is more than being "nice." It's doing what is right in God's eyes.
- God's Spirit gives us courage to choose what is right, even when it's hard.
- Our goodness points others to God's greatness and love.
- Every time we choose good over wrong, we reflect the goodness of Jesus living in us.

Model

- **Teacher Shares:** a time when you chose to do the right thing even though it was difficult.
- **Student Activity:** Invite kids to act out "goodness moments" (through role-play, charades, or drawing). Examples: A friend is left out—what would goodness do? You find something that isn't yours—what would goodness choose? Someone is being teased—how can you show God's goodness?

Pray

- *"God, thank You for showing us what true goodness looks like through Jesus and through stories like Daniel's. Give us courage to choose what pleases You, even when it's hard. Help our words and actions show Your love to others. Amen."*

Craft/Activity

- **Choose God's Way Compass:** Each child designs a simple compass labeled with places they make daily choices—home, school, friends, and the world—writing one way to "choose God's way" in each area, then adds Romans 12:21 at the center to show that, like a compass always pointing north, God's Spirit helps us stay true to what's right, especially when it's hard.

Takeaway

- Goodness means choosing what pleases God, especially when it's hard.