



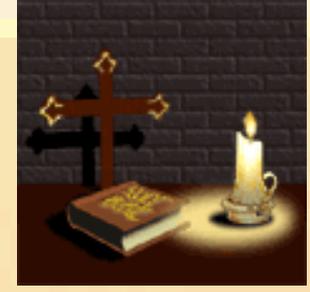
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MAHDERE-SEBEHAT LEDETA LEMARIAM
ETHIOPIAN ORTHODOX
TEWAHEDO CHURCH



**Lessons are prepared by Ledeta LeMariam
Sunday School
Alexandria, Virginia**

In the name of the
Father, and the Son, and
the Holy Spirit, one God.
Amen.



Begin with the Lord's prayer

Our Lord and Savior, our King and God, we thank you for gathering us here to stand before you to call on your Holy Name.

Heavenly Father, teach us to trust You in everything we do.

Our God open our eyes, ears, hearts and minds that we may hear Your Word and tell our friends about your glory and honor.

Bless all the children and keep them safe. Hear us when we humbly and thankfully pray to you.

Our Father, who art in heaven

Hallowed be thy name,

Thy kingdom come,

Thy will be done

On earth as it is in heaven

Give us this day our daily bread

And forgive us our trespasses

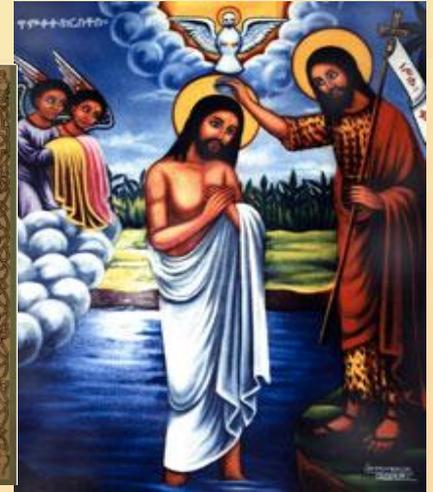
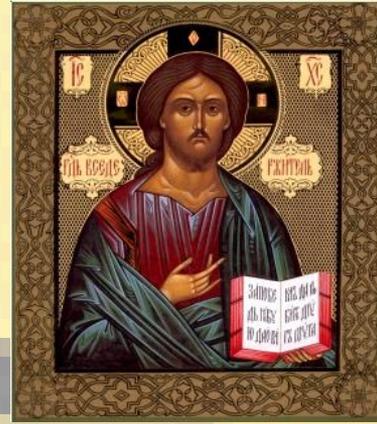
As we forgive those who trespass against us

And lead us not into temptation

But deliver us from the evil one

For thine is the kingdom, the power, and the

Glory. Forever, Amen.



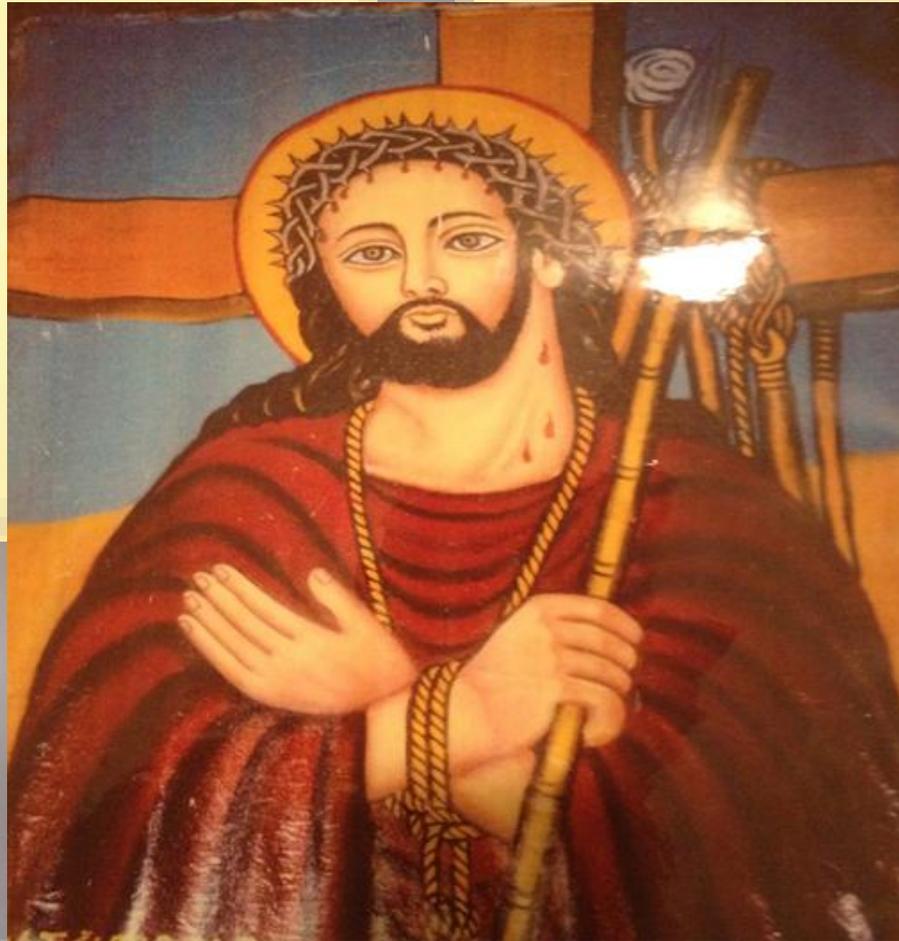
O our Lady, as St. Gabriel greeted you, “Hail Mary, full of grace, the Lord is with you.” True Virgin in conscience as well as body, blessed are you among women and blessed is the fruit of your womb.

Holy Mary, the God-bearer, pray that your beloved Son, Jesus Christ, may forgive us our sins. Amen.



Say The Jesus Prayer 3 times

**Lord Jesus Christ, Son of God,
have mercy on me, a sinner.**



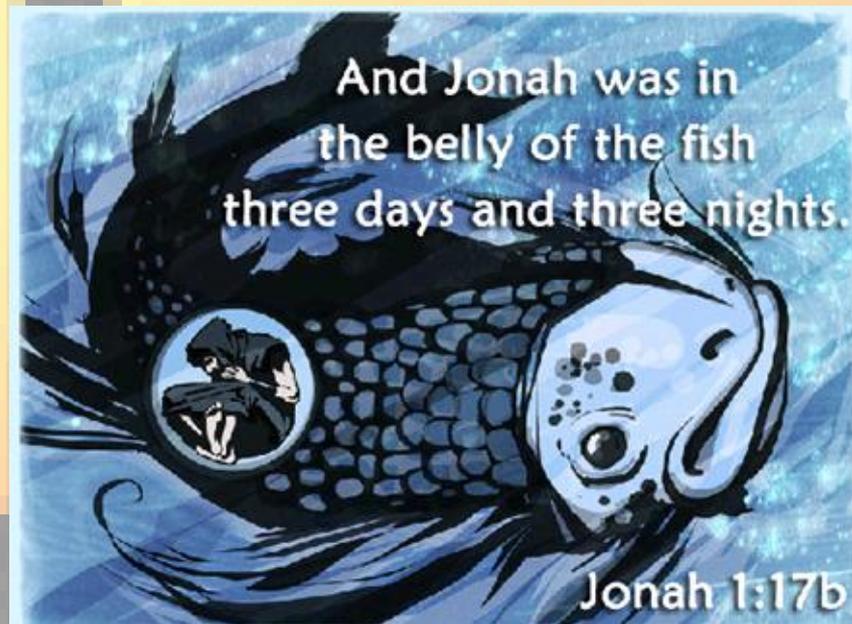
MEMORY VERSE

**Can anyone tell me
last week's
memory verse???**

Recite Last week's memory verse

“Jonah was in the belly of the fish three days and three nights.”

(Jonah 1:17)





Review



- 1. To which city did God ask Jonah to go?**
- 2. When God told the prophet Jonah to take a message to the people of Nineveh, Jonah obeyed.**
 - a) True**
 - b) False**
- 3. Jonah traveled safely to where he is going in a ship.**
 - a) True**
 - b) False**
- 4. During the terrible storm, the ship's captain woke Jonah up and...**
 - a) told him to get ready to swim to safety.**
 - b) told him to call on his God to save him.**



Review



5. The storm had come because Jonah was trying to run away from God.
 - a) True
 - b) False

6. What happened when the sailors threw Jonah overboard?
 - a) The storm was suddenly over.
 - b) The storm became much worse

7. What happened to Jonah when he was thrown overboard?
 - a) He drowned.
 - b) A great fish swallowed him alive

8. How many days did Jonah spend in the belly of the fish?



9. When Jonah finally got to Nineveh and preached God's message to them, they believed Jonah and were sorry for their sins.

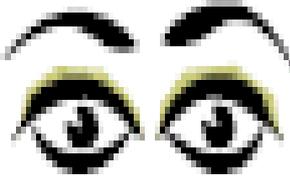
a) True b) False

10. If we confess our sins to God,

a) He will punish us.

b) He is faithful and just to forgive us our sins.

Class Covenant

I will keep my  on my teacher,
my  in control,
my s on God's Word;
knowing God is my goal.

Daniel and Fasting



November 24, 2013

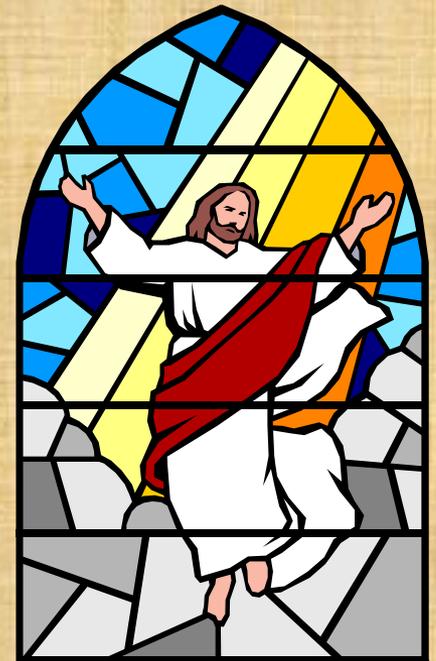
Memorize today's Verse

**The time will come when the
bridegroom will be taken from
them; then they will fast.**

(Matthew 9:15)



**Practice this verse
again during the
week.**



This story happened 586 years before Christ was born.



Jerusalem was besieged (attacked) by the king of Babylon, named Nebuchadnezzar.



Nebuchadnezzar took all of the gold from the temple in Jerusalem to his own temple in Babylon.



The children of Israel, that escaped death, were taken to Babylon.



They made them servants and slaves.



The king instructed that the brightest princes from the Israelites should be educated to serve him.



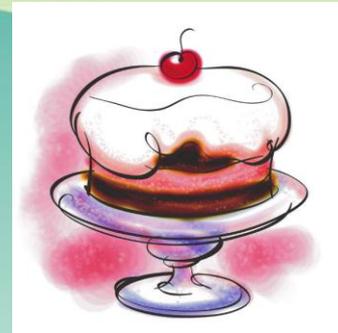
Of the captured from Babylon was Daniel and 3 young men named Hananiah, Meshael and Aazariah. Ashpenaz, the King's chief helper was told to bring the wisest of all the young men.



STRUGGLE

- **Ashpenaz** (the king's servant) was told by the King to feed them well and teach them for 3 years. So they were ordered to eat:

- Meat
- Wine
- sweets



They were renamed after Babalonion gods, to **Daniel** (Belteshazzar), to **Hananiah** (Shadrach), to **Mishael** (Meshach) and to **Azariah** (Abednego).



But Daniel and the 3 young men did not want to eat from the King's table nor did they want to drink the wine. They asked the King's servant not to make them eat. But the servant was worried that they might look skinny and not well fed in front of the king and that the king would be mad at him.



10 DAYS

So Daniel said to Melzar, the chief appointed to look after them; Test your servants for ten days, and let them give us vegetables to eat and water to drink. And see how we look. So he agreed with the proposal and tested them for 10 days.



THE LORD IS SWEET

- Daniel and the 3 young men refused to leave their God and his commandments
- They ate veggies and fruits only.



AFTER 10 DAYS

At the end of the 10 days, they were observed, and they were more fit and stronger in body than the young men who ate at the King's table.

Thus Melzar took away their food and wine, and gave them vegetables instead.

AFTER 10 DAYS

- God gave the young men understanding and wisdom.
- After 3 years they were brought to the King in his royal courts.
- He tested them in wisdom and intelligence
 - They were clearly the strongest and wisest men of his entire kingdom. He found them 10 times better than all the wise men in his Kingdom.



CONCLUSION

- Fasting is grace and calmness.
- A blessing for the senses of the body
- Makes your **spirit light** to worship the Lord!
- Helps increase your faith because you will stand up for what you believe! God will make you **stronger**.

God **BLESSES** our Fasts

- Let us with one mind and spirit fast **The Fast of the Advent**
- Talk to your father of confession and participate in this holy time.
- Daniel felt strong and was filled with spiritual blessings.
- God saw that Daniel choose to obey His commandments above all things and he blessed him:
 - Good health
 - Wisdom
 - Favor in the king's eyes.



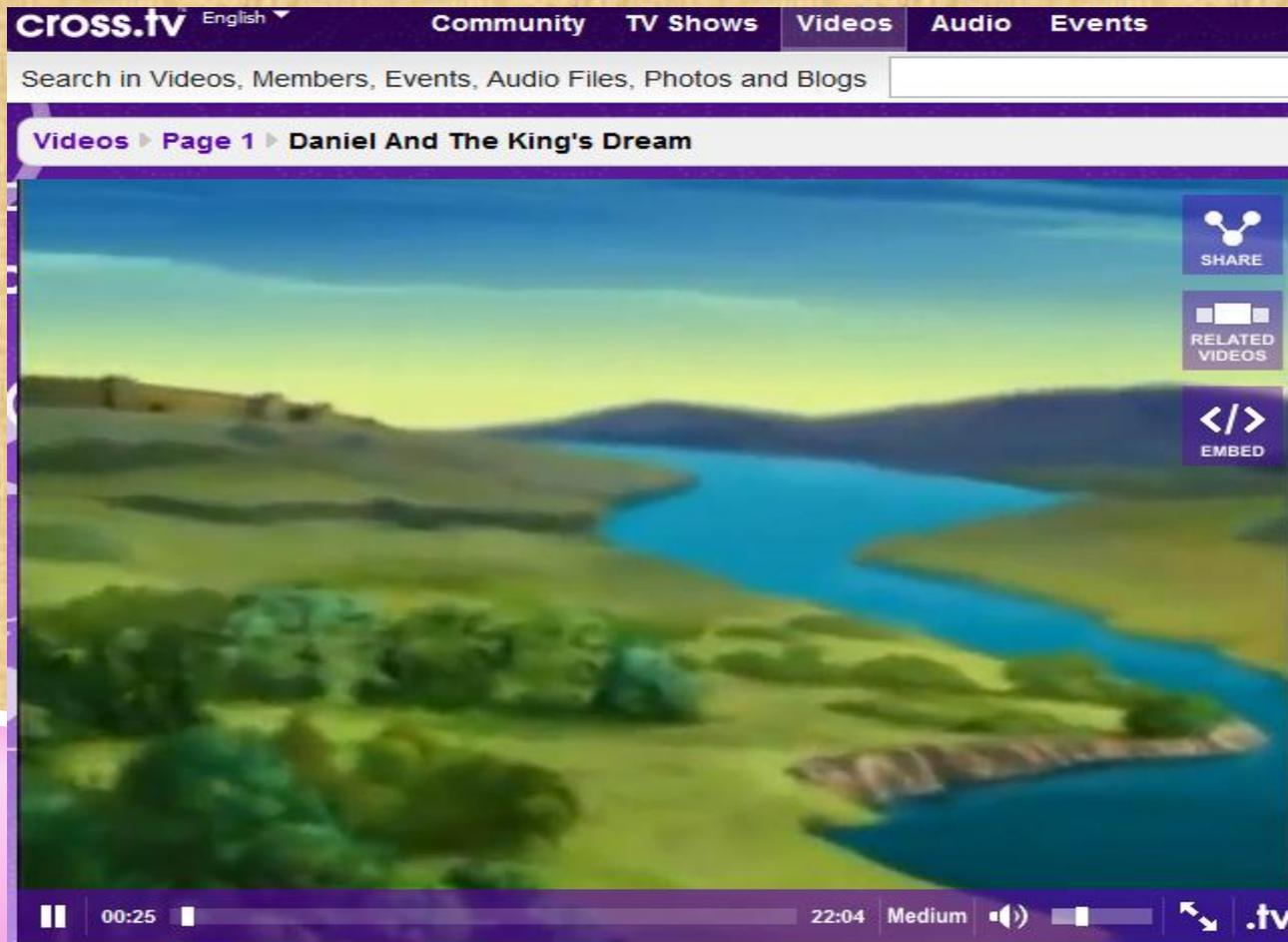
Joel the Prophet

- Sanctify a fast. Call a solemn assembly. Gather all the elders and all the people of the land into the house of the Lord your God, and cry out fervently to the Lord. (Joel 1:14)
- Why do we fast?
 - To repent of our sins.
 - A great chance to come closer to God

Movie Clip

Show a short movie clip about the story, if available.

<http://www.cross.tv/87419>



The screenshot shows a web browser displaying the cross.tv website. The navigation bar includes 'cross.tv English', 'Community', 'TV Shows', 'Videos', 'Audio', and 'Events'. A search bar is present below the navigation. The main content area shows 'Videos > Page 1 > Daniel And The King's Dream'. The video player displays a landscape with a blue river flowing through green hills. On the right side of the video player, there are three buttons: 'SHARE', 'RELATED VIDEOS', and 'EMBED'. The video player controls at the bottom show a play/pause button, a progress bar at 00:25, a total duration of 22:04, a 'Medium' quality setting, a volume icon, a full screen icon, and the '.tv' logo.



Pop Quiz

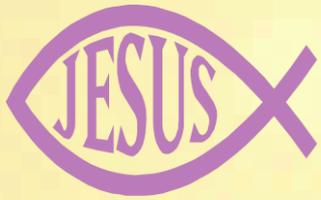


1. What was the first commandment of God for Adam and Eve?
 - Fasting - do not eat of this tree
2. Who took Daniel and the 3 young men captive?
 - The Babylonians
3. What did the king want to do with Daniel and his friends?
 - Make them strong so they can serve in the royal courts
4. What kinds of food did they want Daniel to eat?
 - Meat, Wine, and Sweets
5. Why did Daniel refuse?
 - Because he was Fasting
6. How long did Daniel and his friends fast and what happened to them ?
 - They kept this fast for 3 years and there were stronger, wiser and better than all the rest of the men.

The End

Next Week

We will learn about the
Fiery Furnance.



3 things we all can do to strengthen our relationship with God

1. Read the Holy Bible daily preferably when we get up in the morning. 5 minutes to start.
2. Partake Holy Communion regularly.
3. Remember God throughout the day. We can repeat short prayer such as “Lord Jesus Christ have mercy on me.”

JESUS CHRIST

- “For there is no other name under heaven given among men by which we must be saved” (Acts 4:12)





*“And you shall know
the truth, and the
truth shall make you
free.” John 8:32*

Any question?

Close with prayer.

