

JOY & PEACE

Daniel — Daniel 6:16-23

This Week's Big Idea

Joy and peace come from trusting God, no matter what happens.

Family Recap

Daniel was thrown into a lions' den because he *chose* to obey God. Even in a very scary and unsafe situation, Daniel trusted God. God protected him, and Daniel experienced peace because he knew God was with him.

Family Devotion

Joy isn't the same as happiness. Happiness depends on what happens around us. Joy comes from knowing God is with us. Peace doesn't mean life is easy, it means we trust God in the middle of hard things.

Daniel's circumstances were scary, but his trust in God remained strong.

Talk About It

- What makes you feel worried or afraid?
- How did Daniel show trust in God?
- How can we remember God is with us when life feels hard?

Fruit Challenge

Whenever you feel worried this week, stop and thank God for three things.