

# ~ DAY 3 ~

## FAMILY TIME

### HANGING OUT:

#### *Make this week's lesson real:*

Look up an athlete who is in the Olympics with your kids, and see if you can discover what their diet/training regimen is. Ask your kids how they can “train” themselves to keep their soul fit like athletes keep their bodies fit.

### AT DINNER:

#### *Here are some great discussion starters:*

- Why did Daniel want to eat different food than what the king offered?
- How did God reward Daniel for his faithfulness?
- Why is it important to feed our souls with prayer and the Bible?