

Joyful Catholic Families
Lesson #1 – Daniel and the Lions, Prayer

Read “Daniel and the Lion”:

(Read the story about Daniel and the lions from the [Lambsongs website.](#))

Make Daniel in the Lions’ Den Craft:

(Go to [Grow Wild My Child website](#) for PDF and directions.)

Why did Daniel get thrown into the lions’ den? (because he prayed to God)
Did he get hurt by the lions? (No, God’s angel kept him safe)
Daniel knew about the new rule that no one was to pray to God, but he still prayed.
Why did Daniel pray? (because he loves God)

Show the children the Daniel craft and how to drop Daniel into the cave with the lions.

Make the craft.

Jesus Gets Excited When You Pray:

(I found this activity at [Antidotes for Mom website.](#) The kids loved it!)

The story about Daniel reminds us that we need to pray to God.
We pray because we love God.
We pray so we can get to know God better.

When we pray, we can:

- Praise God:
 - Blessed are You, Lord God.
 - Blessed are You forever.
 - Holy is Your name.
 - We praise You and give You glory
- Thank God:
 - Thank You for the sky.
 - Thank You for creating me.
 - What can you thank God for?
- Tell God we are sorry and ask for His forgiveness:
 - I’m sorry I said those mean words. Please forgive me.
 - What can you tell God you are sorry for?
- Pray for things we need or want:
 - Please help my grandma to feel better.
 - What can you ask God for?

(You need a clear glass partly filled with water. Add a little food coloring to the water before class.)

Drop a generic Alka Seltzer tablet into the glass of water.

- Ask the children how it makes them feel.
- Is it exciting to watch the fizz?

Every time we pray to God, that is how He feels.

- God is excited because we are talking to Him.
- God is excited because we are spending time with Him.
- God loves us so much and wants to be a part of our lives.

Children go back to their parents.

- Give each child a clear glass partly filled with water that has food coloring in it.
- Give the parents two tablets for each person in their family that is participating – plus one extra tablet.

Explain:

- One person says a prayer and then drops a tablet into the water.
- After watching the fizz for a while, the next person says a prayer and drops a tablet into the water.
- After each person has said a prayer, please stop and wait for the next instructions.

After everyone has said a prayer have each family add one tablet to their glass of water.

- Now be quiet and listen. (They will be able to hear the fizzing sound.)
- When we pray, we talk to God. We also need to be quiet and listen.
- Put your hands over the glass and “feel God’s joy”.

Taking turns, each person in the family adds a tablet to the water and says another prayer – watching, listening, and feeling God’s joy.

Prayer Kneelers:

(Go to the [Catholic Icing website](#) for more information on prayer kneelers.)

When do you pray? (bedtime, meals, church, we can pray anytime)

Sometimes when we pray we sit.

Sometimes we stand.

Sometimes we kneel.

It is good to sometimes kneel when we pray at home.

- When we kneel, it helps us to pay attention to our prayers
- Sometimes adults can’t kneel. Even if your parents or grandparents can’t kneel, you can still kneel.

To help us remember to kneel when we pray, we are going to make prayer kneelers for you to use at home.

- Think about what you can draw or write on your kneeler that reminds you about prayer or about God.
- You can color on them with these markers.
- Be careful to not touch the marker to anything but the kneeler.

While the children are coloring the prayer kneelers, explain to the parents:

- **Magnets:** Hand out magnets with class dates for the year on them.
- **Home lessons:** Handout and explain them to parents.
 - At the front of the folder you may find “extras” – things that I have found that I think you might like
 - Don't need to do everything
 - Read through the lesson before doing it with your child.
 - Pick out the activities that will work best for your family and gather up supplies you will need before starting.
 - **Ask families who have previously attended Little Lambs if they have suggestions for other families**
- **Most importantly, HAVE FUN!** Sharing our faith with our children can be the most rewarding thing we do. **It is the most important thing we do.**

Prayer Rings:

(Click [here](#) and [here](#) for posts with more information.)

(Note: If you don't have time for the prayer rings, save them for another class.)

- This is a prayer ring. (Show a prayer ring with a few prayers in it.)
- Today you are going to make your own prayer ring.
- You can then take your prayer ring home.
- When you pray at home (meal time, bed time), you can learn these prayers.

- To the parents: Part of learning our Catholic faith is learning the prayers of our faith.
- On the table are cards with prayers that your child can learn.
- Pick up a prayer card for each of the prayers your child already knows.
- Pick up a prayer card for **one** prayer that your child is going to learn.
- When your child learns that prayer, he/she can pick a new prayer to learn.
- If your child knows all the prayers I have out; let me know. I have more prayer cards.

- Hand out the covers for the prayer rings. Children color them and put their name on it.
 - If a child has participated in Little Lambs in past years, he/she can color new covers for his prayer book.
- Parents pick out the prayer cards with prayers that their child already knows plus one prayer to learn.
- Place the prayer cards between the covers.
- Put the prayer ring together using 1” binder rings.

Prayer Circle:

- Hand out extra prayer mats to parents and anyone else that does not have one.
- Everyone (parents and children) forms a circle and kneels down on their prayer mats.
- Hold hands as in prayer.
- Pray the “Our Father” together.
- If they don’t know the “Our Father” they can listen to the rest of the group as they pray.

Extra prayer mats: Parents may take home extra prayer mats so the family may all kneel together when praying.

Stickers: Give each child a sticker (and Daniel in the Lions’ Den booklets – optional) as they leave.

Supplies:

Nametags & permanent markers
Home lessons
Snack
Plates, napkins, water & glasses
Stickers (for each child at the end of class)

“Daniel in the Lions’ Den” to read to the children – printed on white cardstock

Copies of Daniel in the Lions’ Den craft

(I added a line down the middle of the page so the children would know where to cut. See website for pictures of how it is made.)



Scissors
Crayons
Scotch tape
String (10” per child)

Clear glass with colored water in it for each child and one for the class.
Generic Alka seltzer tablets (have the tablets in a bowl without the wrapping on them.)
Towels/napkins to clean up spills

Prayer kneelers – garden foam kneeling pads

(I found them at Dollar Tree OR if it is not the season for garden kneeling pads, you can use foam exercise or play mat squares. I bought cheap foam squares, cut them in half, and glued together with silicone so they were thicker.)

Permanent markers

Sample prayer ring

Covers for prayer rings

Markers/crayons

Copies of prayers for prayer rings

1” binder rings

Magnets with class dates on them

“Daniel in the Lions’ Den” booklets for children to take home (optional)