



Week 1: Taking Care of God's Temple

Dear Families,

This week in TFA Kids, your child learned that **God wants us to take care of God's Temple—our bodies, minds, and spirits.** We do this not so we can look a certain way, but so that **we can serve God better and be a light to the people around us.**

We talked about how caring for ourselves helps us have the strength, focus, and heart to love and serve others the way Jesus does.

FAITH FACT for this week: I will take care of myself so I can serve God better.

Say this with your kids this week and help them find ways that they can give. It could be something simple like helping someone out in your home and they get to give their time.

BIBLE STORY: Daniel 1:6–20

Talk about how Daniel and his friends chose to honor God by taking care of their bodies, even when it was difficult. Because of their obedience, God helped them grow stronger, wiser, and ready to serve.

Just like Daniel, we can make choices that honor God and trust Him with the results.

MEMORY VERSE

"He rescues and he saves; he performs signs and wonders in the heavens and on the earth. He has rescued Daniel from the power of the lions." Daniel 6:27 (NIV)

Tip: Say the verse once a day this week — at breakfast, in the car, or before bed.

FAMILY DISCUSSION QUESTIONS

Use these questions during a meal or bedtime:

1. Why did Daniel choose to eat vegetables and drink water?
2. How did God help Daniel after her mae that choice?
3. What are some ways we can take care of our bodies, minds, and spirits?
4. How does taking care of ourselves help us serve God and others?



FAMILY ACTIVITY:

Choose one or more activities to do together this week:

- Go on a family walk or play outside together
- Eat a healthy snack and talk about why it's good for our bodies
- Pray together before bed
- Read a Bible story or listen to worship music
- Help someone at home without being asked

After each activity, say together: **“When I take care of myself, I can serve God better!”**

PRAYER TO PRAY TOGETHER

“God, thank You for giving us our bodies, minds, and spirits. Help our family take good care of ourselves so we can serve You and love others well. Amen.”

FAMILY CHALLENGE

Ask your child to tell you **one way they want to take care of themselves this week** so they can serve God better.

Write it here:

Thank you for partnering with us as we help kids grow to be more like Jesus! As always we are here for you. If you ever need anything PLEASE reach out.

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