

Doctor Day

A 20-minute lesson for Sunday school, VBS or midweek kids · Isaiah 41:10 and Daniel 6

Questions or a church request: hello@ljandfamily.com · ljandfamily.com

AGES	4–10 (adaptations for 3–5 and 10–12 at the end)
YOU NEED	A screen for the episode · small cards or paper · crayons · toy doctor kit or pretend tools · star stickers (optional) · the coloring page
EPISODE	Ep 14, Doctor Day (3:40) · youtu.be/r5JF6OFQREc
MEMORY VERSE	“Don’t you be afraid, for I am with you.” Isaiah 41:10
BIBLE STORY	Daniel in the lions’ den (Daniel 6)
THE ONE THING THEY TAKE HOME	God is with me everywhere, even at the doctor. When I feel scared I can hold a hand, say God’s promise, and be brave.

The class plan

MIN		WHAT HAPPENS
0–2	Welcome	Ask: “What is something that makes you feel scared? What helps you feel brave?” Let a few children answer.
2–6	Watch	Show Ep 14, Doctor Day (3:40).
6–10	Talk	Three questions below. Let them answer before you do.
10–13	Bible	Tell the story of Daniel in the lions’ den (Daniel 6).
13–18	Activity	Brave plan cards and a pretend check-up (below).
18–20	Pray	Close with the episode prayer.

Talk about it (5 minutes)

1. Why did LJ hide behind Mom’s chair? What makes you feel scared?

LJ saw the needle and felt scared. Let children name their own fears, like shots, the dark or a big dog, and tell them every one of those feelings is okay to bring to God.

2. What did Dad do at the doctor when he was little? What helped him be brave?

Dad ran out of the doctor’s office, then came back brave with his dad beside him. Point out that grown-ups get scared too, and that God and the people who love us help us be brave.

3. Daniel trusted God in the lions’ den. What can you say or do when you feel scared?

Help children build a brave plan: hold someone’s hand, say Isaiah 41:10, count to three, take a deep breath.

Open the Bible (4 minutes)

“Don’t you be afraid, for I am with you. Don’t be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.” Isaiah 41:10 (WEB)

How to tell it

Set the scene: Daniel loved God and prayed to Him three times every day. Some jealous leaders tricked King Darius into making a law that nobody could pray to anyone but the king (Daniel 6:7). Daniel kept praying anyway. Pause and ask: was that brave? Daniel was thrown into a den of hungry lions, and a big stone was rolled over the door. The king couldn’t sleep all night. In the morning he ran to the den, and Daniel called out that God had sent His angel and shut the lions’ mouths (Daniel 6:22). Finish: God was with Daniel, and God is with us too.

Going deeper with older kids

With older kids, read Daniel 6:10–23 together. Daniel knew about the law and prayed anyway: what does that tell you about him? Did God take the lions away, or stay with Daniel in the den? Connect it to Isaiah 41:10: God doesn’t always take away the scary thing, but He promises to be with us in it.

Activity: Brave plan cards and a pretend check-up (4 minutes)

- Give each child a small card. Help them draw a hand (someone to hold), write or trace “Isaiah 41:10”, and draw the numbers 1, 2, 3.
- In pairs, take turns playing doctor and patient with pretend tools. The patient uses the brave plan: hold a hand, say the verse, count to three.
- Talk about how Daniel did not stop trusting God, even with lions all around him.
- Optional: give out star stickers, like the one Dr. Bell gave LJ, for using a brave plan.

A WORD OF CARE

Some children have frightening medical experiences, ongoing treatment or a family member who is sick. Never tease a child for being scared of shots or doctors, and don’t promise that nothing will hurt. If a child shares a serious fear or a hard medical situation, follow up gently with their family.

Close in prayer (2 minutes)

Have the children fold their hands and repeat after you, one line at a time:

God, thank You that You are always with me, even when I feel scared. When I go to the doctor or face something hard, help me remember You are holding my hand. Make me brave like Daniel. Amen.

Adaptations

Ages 3–5

Use a puppet for the pretend check-up, give each child a star sticker, and say “Don’t be afraid, for I am with you” with hand motions.

Ages 10–12

Do the Going Deeper section. Have them write their own brave plan for something real, like a test, a tryout or a hospital visit.

Large group

Do the activity in small groups with a leader in each. Take three answers to each question.

Short on time (10 minutes)

Watch from the check-up (2), one question (2), tell Daniel in the lions’ den (3), say the verse (2), pray (1).

A note for teachers

The heart of this lesson is that God is with us when we are scared. Being brave doesn’t mean not feeling afraid; it means trusting God and taking the next step anyway. Children should leave with a simple brave plan they can use this week.

Send the family guide home with every child so families can watch and talk about it together. It is free to print and share at ljandfamily.com.