LJ & FAMILY · MINISTRY KIT · EPISODE 22

Brave Enough to Say No

A 20-minute lesson for Sunday school, VBS or midweek kids · Proverbs 1:10 and Daniel 1:1–21

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 · a clear jar of wrapped candy or toy blocks for role-play · crayons · the coloring page
EPISODE	Ep 22, Brave Enough to Say No (3:42) · youtu.be/qMcHn3pkju4
MEMORY VERSE	"Let no man despise your youth." 1 Timothy 4:12a
BIBLE STORY	Daniel says no to the king's food (Daniel 1:1–21)
THE ONE THING THEY TAKE HOME	Saying no to wrong things takes courage. God helps us stand tall, say no kindly and do what is right.

The class plan

MIN		WHAT HAPPENS
0–2	**Welcome**	Ask: "Has a friend ever asked you to do something you knew was wrong? How did it feel?" Let a few children answer.
2–6	**Watch**	Show Ep 22, Brave Enough to Say No (3:42).
6–10	**Talk**	Three questions below. Let them answer before you do.
10–13	**Bible**	Tell how Daniel and his friends said no to the king's food (Daniel 1:1–21).
13–18	**Activity**	Practise the four brave steps with role-play (below).
18–20	**Pray**	Close with the episode prayer.

Talk about it (5 minutes)

1. Why didn't LJ say no to Tyler the first time? Have you ever felt scared to say no?
LJ was scared Tyler would laugh at him and call him a scaredy cat. Help children see that it is normal to feel scared, and that saying no takes courage.

2. Little Dad said "No, that's wrong" to the big kids, and Kevin walked home with him. What did Nykira teach LJ to do?
Stand tall, look them in the eye, say "No thanks, that's wrong," then walk away. Practise the four steps together so they feel easy to remember.

3. Daniel said no to the king kindly and bravely. What is one wrong thing you can be brave enough to say no to?
Help children name real things: taking something that isn't theirs, being unkind to someone, breaking a rule. God helps us be strong when we say no.

Open the Bible (4 minutes)

"*My son, if sinners entice you, don't consent.*" *Proverbs* 1:10 (WEB)

How to tell it

Set the scene: young Daniel and his three friends were taken far from home to live in the palace of a great king (Daniel 1:3–6). The king served them his own rich food and wine, but Daniel knew it was food God had told His people not to eat (Daniel 1:8). Pause and ask: would it be hard to say no to a king? Daniel didn't shout or argue. He asked kindly: "Please give us vegetables to eat and water to drink for ten days" (Daniel 1:12). His three friends stood bravely beside him. After ten days, they looked healthier and stronger than all the others (Daniel 1:15). Finish: God gave them wisdom and blessed them for doing what was right (Daniel 1:17).

Going deeper with older kids

With older kids, read Daniel 1:8–17 together. How did Daniel say no in a respectful way? Why do you think his friends stood with him? Connect it to Proverbs 1:10 and 1 Timothy 4:12: even young people can be an example by saying no to wrong things and choosing what is right.

Activity: Practise the four brave steps (4 minutes)

- Teach Nykira's four steps with actions: stand tall (stretch up), look them in the eye (point to your eyes), say "No thanks, that's wrong," walk away (march in place).
- Role-play with a jar of candy or blocks: a leader plays Tyler and whispers a pretend dare, and each child practises the four steps.
- Add a "Marcus": let a second child stand beside the brave one and say, "He's right!" Talk about how good friends help each other do right.
- Optional: act out Daniel kindly asking the king's servant for vegetables and water instead.

A WORD OF CARE

Some children face real pressure from older kids, siblings or even adults. Let them know they can always say no to anything that feels wrong and tell a trusted grown-up. If a child shares something worrying, listen calmly and follow your church's safeguarding steps. Never rush a child's answer.

Close in prayer (2 minutes)

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

God, sometimes it is hard to say no when others want me to do wrong. Please make me brave, like Daniel. Help me stand tall, say no kindly, and do what is right, even when I am little. Amen.

Adaptations

Ages 3–5

Practise just two steps: stand tall and say “No thanks!” with a big brave voice.

Ages 10–12

Do the Going Deeper section. Talk about real peer pressure at school and online, and how to say no kindly but firmly.

Large group

Role-play in small groups with a leader at each. Take three answers to each question.

Short on time (10 minutes)

Watch from Nykira’s practice (2), one question (2), tell Daniel and the king’s food (3), say the verse (2), pray (1).

A note for teachers

The heart of this lesson is that saying no to wrong things takes courage, and God helps us be strong. Children should leave knowing the four brave steps and that they are never too little to do what is right.

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.