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Facing The Bullies In Our Lives
Just Like
Shadrach, Meshach & Abed-nego
Family Home Evening Packet

Contents:

Story,
Picture Sheets,
Activity,
Scripture,
Treat Recipe



Fiery, Red Hot Apple Dessert



Ingredients:

 Red Hot candies Apples Water



Directions:

Fill a sauce pan so that there is 1/2 inch of water in the pan. Place apple slices in a single layer in the sauce pan. Place Red Hot candies throughout the pan, being sure to place them in the wa-Serve warm apple slices with ice cream and whipped topping. Apple slices will have a stronger cinnamon taste the longer they sit. You may want to experiment before Family Home Evening Peel, core and slice apples in 1/2 inch thick slices. to see how "HOT" you want your apple slices. ter. Boil apple slices, until the liquid is absorbed

Just Like Shadrach, Meshach & Abed-nego Facing The Bullies In Our Lives Family Home Evening Packet Home Evening Outline

Opening Prayer Opening Song Closing Prayer Refreshments Closing Song Scripture Game Story

Suggested Sangs: "Nephi's Courage", pg. 120 (Childrens) Behold! A Royal Army", pg. 251 (Hymn) "Dare To Do Right", pg. 158 (Childrens)

Scriptures: 2 Nephi 22:2, Alma 22:16

Stary: Color graphics with markers, colored pencils, chalks, etc. Use flannel, or laminate and cut out and place magnets on back of graphics. etc.

Game - "Shadshach-nego" (War): Preparation - Color, cut out and laminate each card. Object - To be the player with the most cards at the end of the game.

he cards have been dealt, each player gathers his pile of cards, still keeping the cards face down. To begin play, each player at the same time removes the top card from his pile and places it face up on the he cards from the center of the playing area. Again, at the same time, all players remove the top card rom their pile and place it face up on the playing area. This continues until a designated time limit has expired or until one player has successfully won all cards from other players. If a player turns over a FIRE" card, the player yells "Fire!" The player can then collect two cards from each player plus pick up he cards that were played in the center of the playing area. The player must leave the "FIRE" card in the center of the playing area. This card will then become part of the next hand, and the player that wins he next hand gets the "FIRE" card. If a "SHADSHACH-NEGO" card is played, the player can collect three cards from any one he chooses. The "SHADSHACH-NEGO" card must then be left in the center of the and it is the highest number showing, the two players must then count out two cards flipping over the Play-Shuffle entire deck of cards. Deal the entire deck of cards out to each player face down. After playing surface in front of him. The player with the card showing the highest numerical value (nine being ne highest and one being the lowest) wins all the cards played in that hand. The player gathers up all olaying area to be played in the next hand. If two players lay a card showing the same numerical value, econd card. The card showing the highest numerical value wins.

Facing The Bullies In Our Lives Just Like Shadrach, Meshach & Abed-nego

This world that our Heavenly Father and his son, Jesus Christ, created for us is a wonderful, amazing place to live. There are beautiful things everywhere. There are good people in every country and city and happy times come to us all. However, once in a while a mean person comes along . . . someone who delights in making others miserable. Sometimes we call this person a bully.

Have you ever seen a bully? A bully is someone who wants to make others do things the way he does them. He wants others to be as unhappy as he is and so he tries to make us afraid. It takes great courage to confront a bully. It takes confidence in yourself to stand up to a bully. It takes knowing that you are a son or daughter of a loving Heavenly Father who wants the very best for you. Do you have that kind of courage? Do you know who you are? Sam had to learn all about this kind of courage when he was confronted by a bully.

Sam loved to play on the playground with the rest of his third grade class at Elton Elementary School. It was especially nice now that spring had come and the snow was all gone. When the recess bell rang, Sam grabbed his jacket and ran from the room just behind Lucy and Kim. They were all screaming with delight as they surged through the big, heavy doors leading outside. The sun was beaming brightly and the playground equipment glistened in its rays. All three children darted for a swing.

It was then, that they spied him. Here came Brian and he was heading straight for them. Brian was a big boy and liked to take advantage of his size by making the other children think he was stronger and tougher than they were. He loved nothing better than teasing the other children and he liked to make the little girls cry. Sam, Lucy and Kim slowed their swings down as they watched him come near. All three showed great fear in their eyes as Brian yelled to them. "Get off those swings! Those are my swings and you can't use them!"

The children raced to get away from the swings before Brian got to them but as the bully was passing Sam, he reached out his foot and tripped Sam, sending him into the loose dirt.

Sam jumped up and pounded the dust from his pants and hurried to catch up with the girls who had run as fast as they could to the other side of the playground.

Brian's antics didn't stop with recess though. Sam had sat next to Jeff at lunch and they were laughing and having a good time when Brian reached over Sam's shoulder and snatched his chocolate donut right out of his hands. "Hey, this looks like the perfect thing to end my lunch with, Sammy!" Brian said sarcastically. "Bring another one of these tomorrow."

Sam and Jeff sat in almost unbelief at the boldness of this bully. Brian's behavior really wasn't new to the children of Elton Elementary though. These kinds of things had happened before and all of the children were afraid of crossing Brian, the bully.

This was Monday and Sam knew that his family would be holding Family Home Evening. He wanted so badly to talk to his Dad about what had been going on but he didn't want Dad going to the school and causing more problems for him. What was he going to do? He certainly didn't want to take another chocolate donut to school for Brian.

With the dinner dishes done, the family all gathered in the living room for Family Home Evening. It was Megan's turn to give the lesson. Sam was only halfheartedly listening as she began.

"Tonight's lesson is on standing up for what you believe in." She began. Sam sat straight up in his chair. Megan continued. "There are many times when we come across someone who wants to make us afraid or who wants to tease us and humiliate us. That is the time when we need to know who we are and stand up for ourselves and what we believe to be right. I'm going to tell you the story of Shadrach, Meshach and Abed-nego."

Now Sam was intently listening as Megan told about the three valiant heroes in the Book of Daniel, Chapter three in the Bible.

"Once, in a place called Dura, inside the province of Babylon, there lived a king called Nebuchadnezzar. This king wanted to make all of the people worship a huge, golden statue. He tried to "bully" his people into making them worship as he wanted them to.

The statue Nebuchadnezzar had built was threescore cubits tall and six cubits wide. A cubit is the way they measured things back then just like we use a foot now. A cubit is the distance from your elbow to the tips of your fingers and usually equated about seventeen and a half inches. A score is twenty, so this was sixty cubits. That means that this statue was eighty-seven and a half feet tall. That's almost as tall as a ten story building. It was almost nine feet wide.

Then Nebuchadnezzar told all of the princes, governors, captains, judges, treasurers, counselors, sheriffs and rulers of the provinces to come to the dedication of the image. One of the King's heralds cried aloud telling them that they were commanded by the king that whenever they heard the sound of a cornet, flute, harp, sackbut, psaltery, dulcimer or any kind of music they must fall down and worship the golden image. (A sackbut was an ancient trombone, a psaltery was a large harp and a dulcimer was an old form of a bagpipe.)

The herald also told all of these people that if anyone didn't worship the golden image, they would be cast into the middle of a burning, fiery furnace. When the sounds of these instruments began, all of the people of the land bowed down and worshipped the statue.

Now in the province of Babylon, there lived three men named Shadrach, Meshach and Abed-nego. They were Jewish men that the king had appointed to be over the affairs of Babylon. They knew that they were not supposed to worship any other Gods except the God of Israel.

When Nebuchadnezzar found out that they had not bowed down to worship the image, he sent for them. He was furious with the three men and he asked them if they had not worshipped his Gods or his statue. Shadrach, Meshach and Abed-nego answered the king, telling him that they would not worship his Gods or his statue and that if they were thrown into the fiery furnace, their own God would deliver them. Even if God didn't save them, they would still believe in Him and not worship any false Gods.

The king was then very angry and he called for his strongest men to bind Shadrach, Meshach and Abed-nego. He commanded them to heat the furnace to seven times hotter than they ever had before. When the three men were bound tightly, they were thrown into the fiery furnace. The flames were so hot that the men who threw Shadrach, Meshach and Abed-nego into the furnace were killed just from the heat of it.

When King Nebuchadnezzar looked into the furnace, he was astonished to see not just the three men, but a fourth man was in the fire with them! The king cried, "Did not we cast three men bound into the midst of the fire?"

The men answered and said unto the king, "True, O king." The king replied by telling them that there was a fourth man in the fire and that this man looked like Jesus.

Nebuchadnezzar yelled to Shadrach, Meshach and Abed-nego to come out of the fire and they walked out from the furnace. The fire had not had any power over the men and there wasn't even a hair of their heads singed or their clothes burned or even the smell of fire on them. The king said, "Blessed be the God of Shadrach, Meshach and Abed-nego, who hath sent His angel and delivered His servants that trusted in Him, and have changed the King's word, and yielded their bodies, that they might not serve nor worship any God, except their own God." Then he made a decree for everyone else in the land that they must not speak against the God of Israel or they would be destroyed. Shadrach, Meshach and Abed-nego were then given promotions in the land of Babylon.

Megan took a deep breath and looked around the room, finally resting her eyes upon her little brother, Sam. She was speaking right to him as she said, "No one has the right to bully someone for any reason. When we are in the right and we are fighting for those things that we believe in or for ourselves, our Heavenly Father will help us. We must remember that we are his children and that he loves us. He wants us to have courage and not be afraid. Fear is Satan's tool. He likes us to be afraid."

The next morning when the yellow school bus parked outside the playground, Sam walked briskly, with his head up as he descended the stairs. There was Brian, waiting for him. "Did you bring my donut?" Brian yelled so that all of the other children could hear.

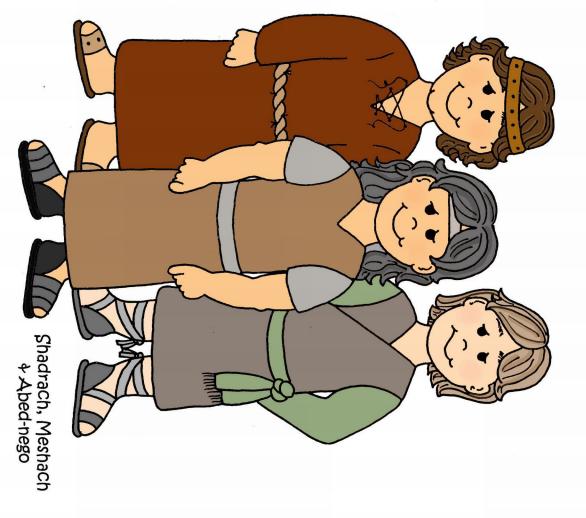
"No, I didn't," replied Sam as he walked straight onto the playground. Several of the children began clapping their hands and yelling at the same time. Brian stood with his mouth wide open because it was something he had never expected.

Sam felt proud and he vowed that he would never again let anyone bully him or his friends. He would stand up for himself and rely on his Heavenly Father for strength and courage.

We must always stand up for ourselves and our beliefs. In our lives there will always be bullies. They come in different ways and in different forms, but they all want the same thing . . . to make us afraid. Heavenly Father will help you. Be brave, stand strong and have courage. You are a child of God.

DISCUSSION

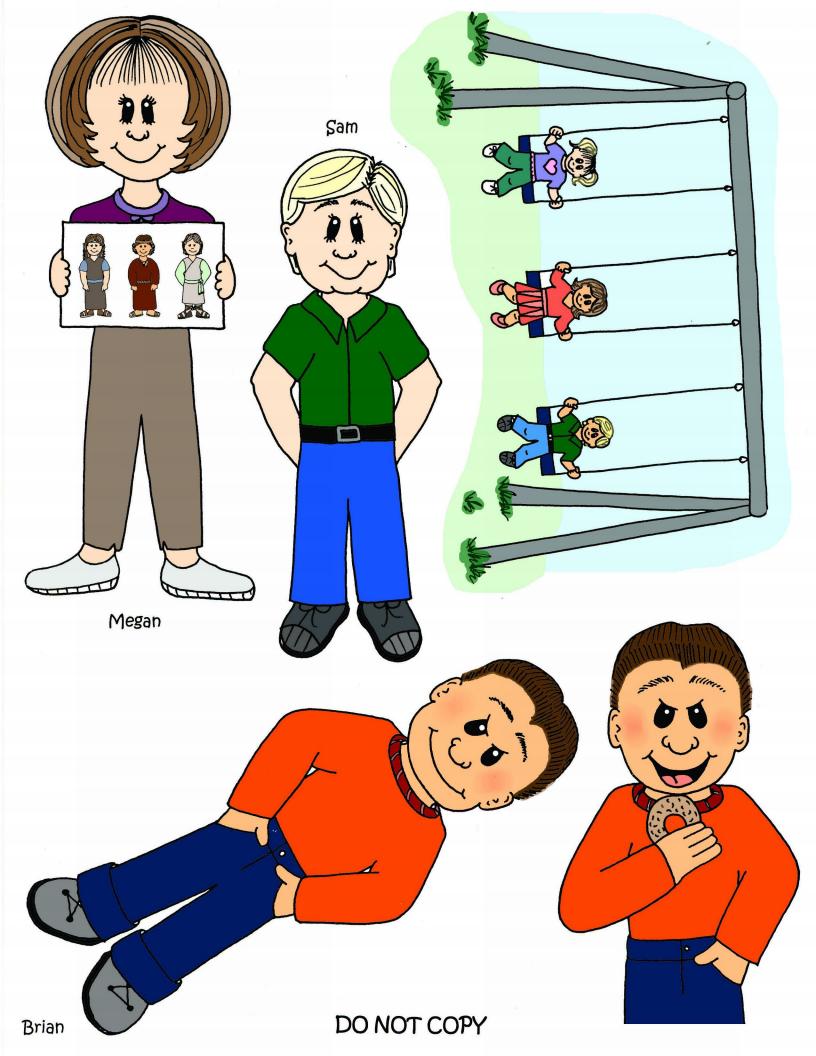
- •Why is it sometimes difficult to stand up for what we believe?
- ·How can our faith help us to be strong and courageous?

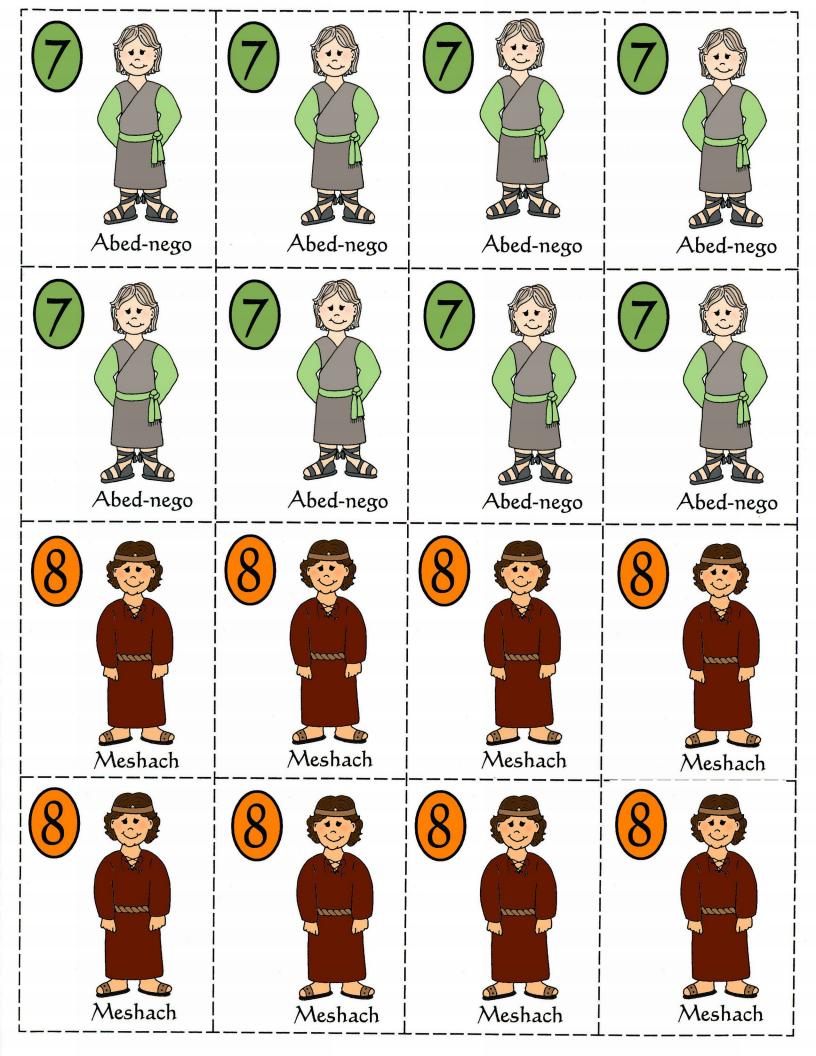


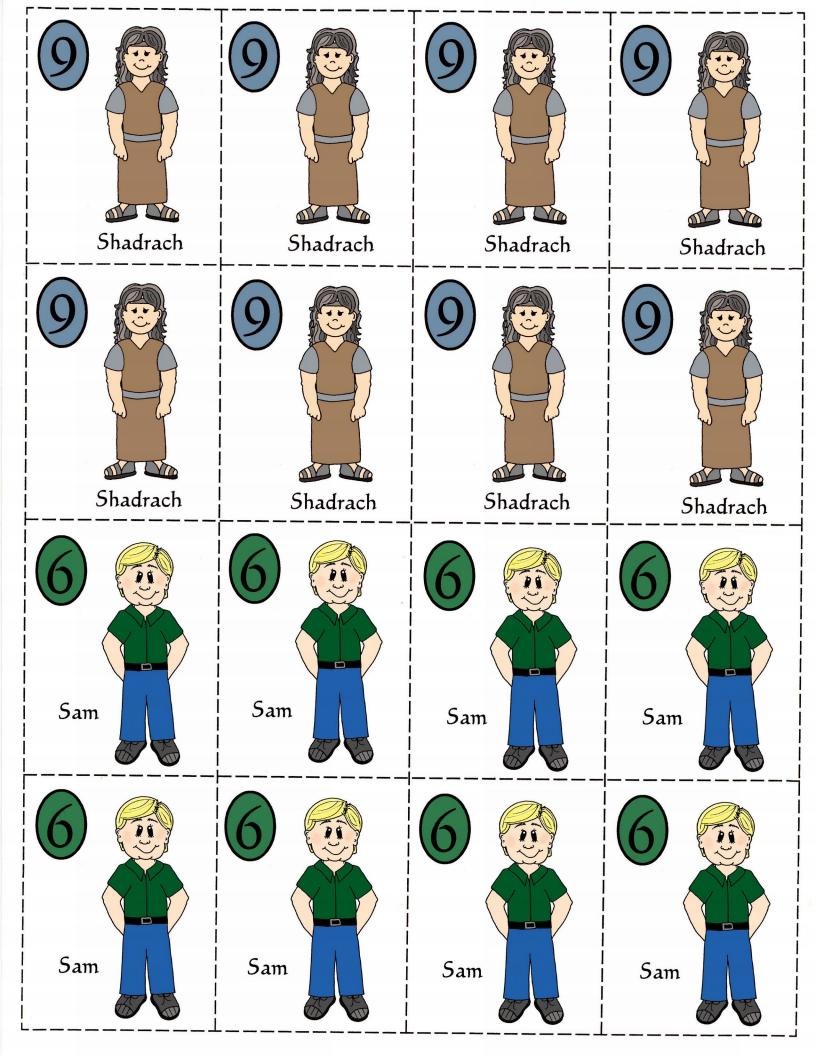


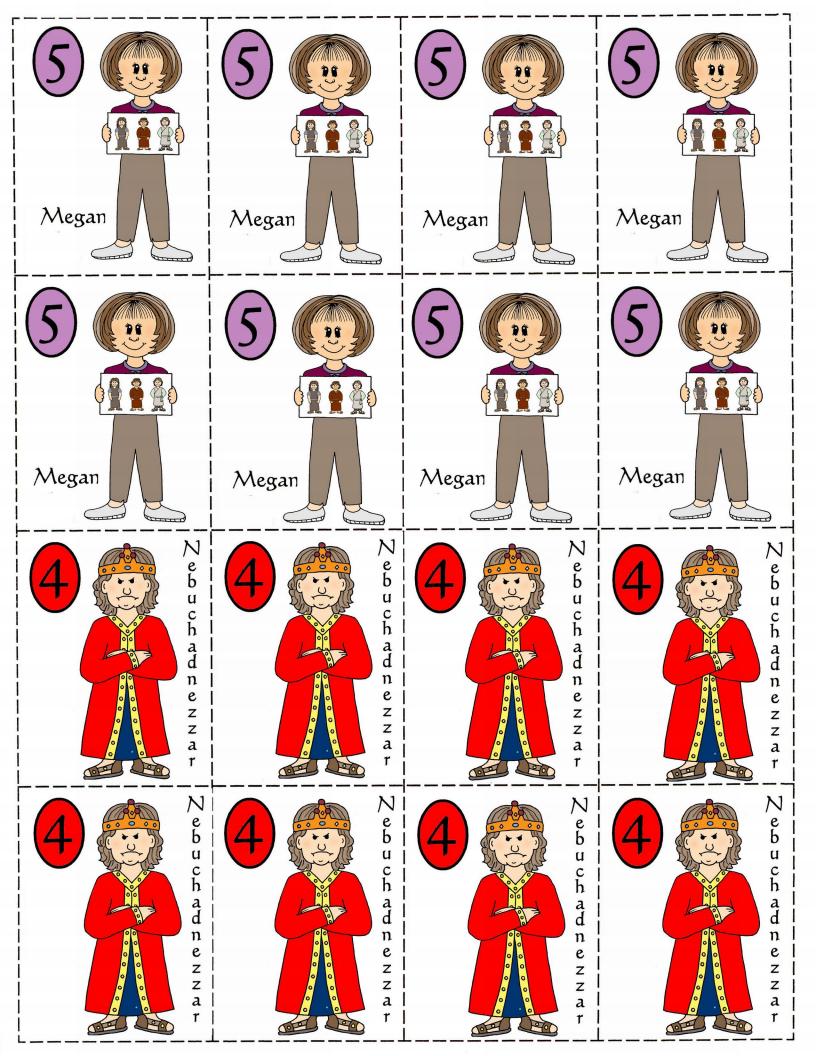
Nebuchadnezzar

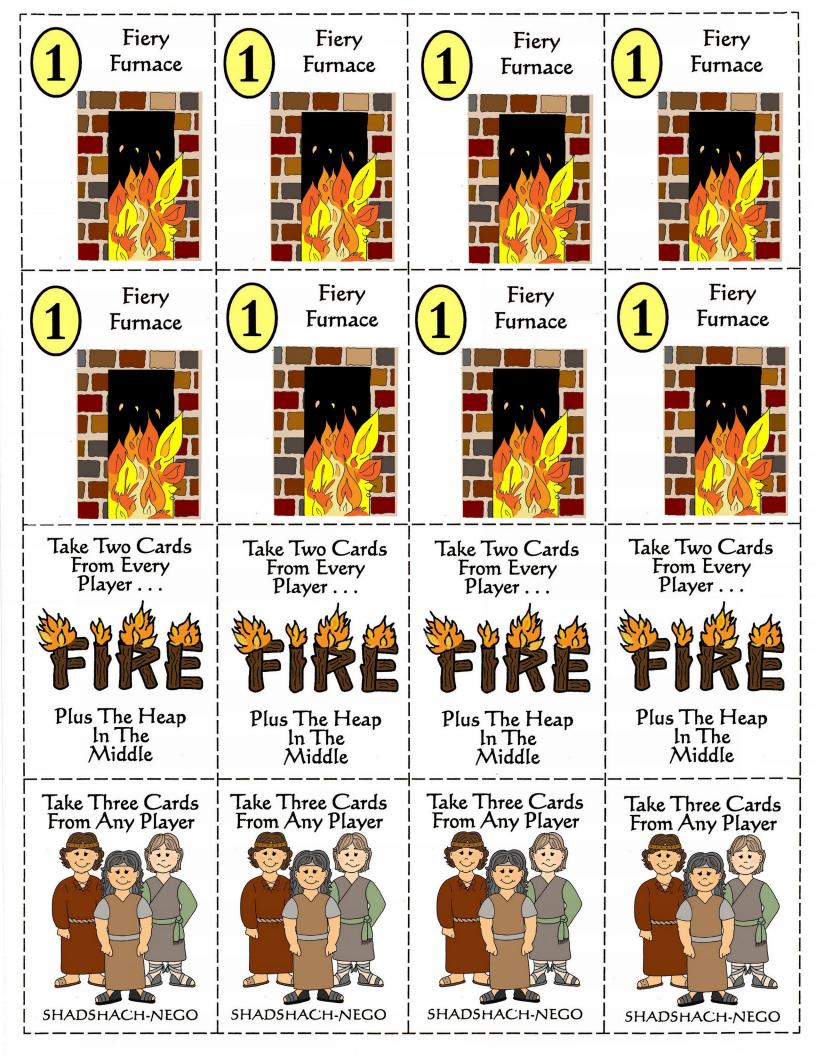


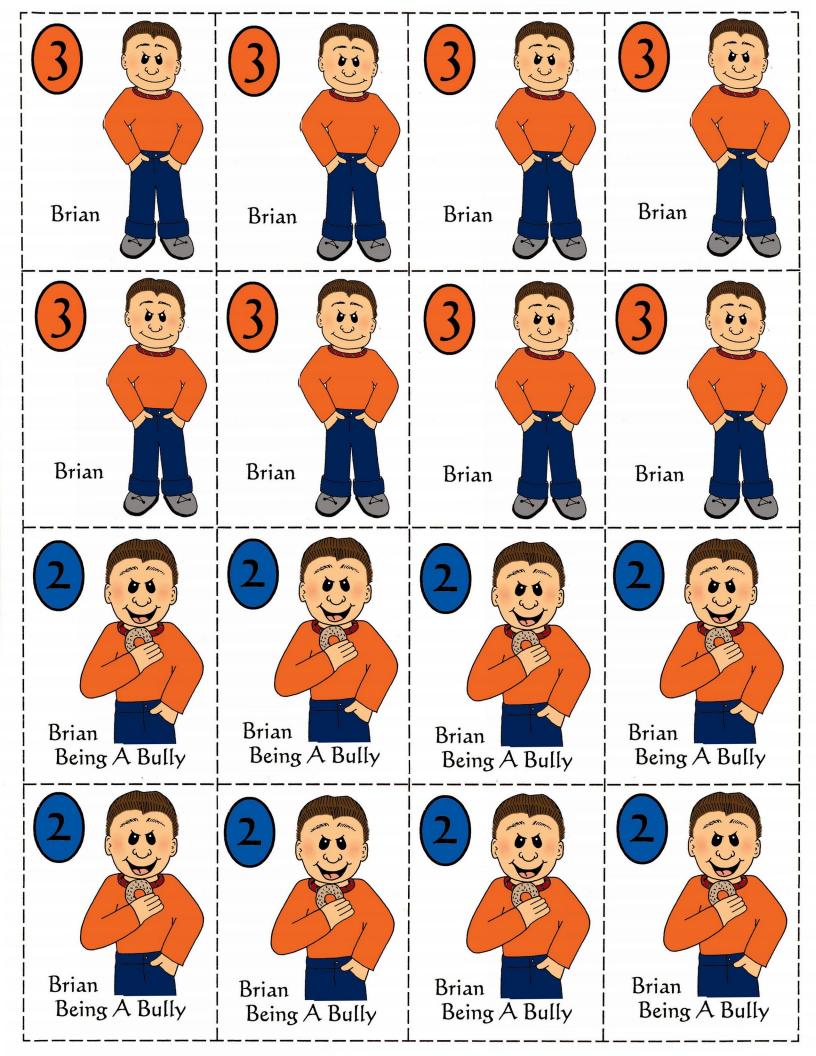












"Behold, God is my salvation; will trust, and not be afraid; for the Lord Jehovah is my

strength and
my song;
he also
has become
my salvation."

2 NEPHI 22:2