

Fort Hill Christian Youth Camp 2025

Class Curriculum - The Christian Life

Age - Junior Campers

Wednesday - Building Godly Habits

Summary

1. Subject: Building Godly Habits (Spiritual Disciplines)
2. Scripture: 1 Timothy 4:6-16, Daniel 1:8-21
3. Grade/Level: Junior Campers
4. Objective: Talk about various Godly habits that Christians should try to build in their own lives.
5. Time Allotment: 1 Hour

Prayer: Don't forget to begin and end your class with a prayer! If possible, have a camper lead one or both of these prayers.

Overview

This week's classes will focus on ethics, or in other words, "Christian Living". This will be applied differently to every age group. For Junior Campers, each class will begin with a story from the Bible, which can be read from scripture, read aloud from a children's bible storybook, or told by the teacher. Then, there will be a brief lesson/discussion to reiterate the main points from the story, followed by games and activities.

Today's lesson will focus on building Godly habits. So far this week, we have talked about doing the right thing and putting our faith into action. Today emphasizes the importance of turning these actions into habits, which ultimately form our lives. The scripture is 1 Timothy 4:6-16, which talks about "godly training". The story is Daniel and vegetables from Daniel 1.

Story

10-15 minutes

Daniel and the Vegetables

Daniel is a prophet in the Old Testament. He lived during the time of Babylonian captivity, and he and three of his friends were sent to be servants of the Babylonian king, Nebuchadnezzar. The story of Daniel and the Lion's Den may be well known to your campers, but this class will cover Daniel's arrival and the three years of his training in the court of Nebuchadnezzar.

In Daniel 1, we see the arrival of Daniel and his friends and their commitment to their Godly habits. Tell the story of Daniel and the Vegetables to your campers at an age-appropriate level. A brief summary is below.

- Daniel and his three friends were faithful to God, but they were sent to another kingdom where people did not worship God.
- Here, Daniel and his friends were being trained with a large group of young men to be scholars and servants to the king, Nebuchadnezzar. They were to train for three years.
- They were given fancy food and drink, but neither the food nor the drink was good in God's eyes. God had specific rules for what His people could eat and drink, and Daniel and his friends could not eat the king's food without violating God's commandments.
- Daniel asked the chief servant of the king if he and his friends could eat vegetables and drink water instead.
- The chief servant allowed Daniel and his friends to have their diet of vegetables for 10 days, and if they weren't healthier than the rest of the group, then they could not continue with this.
- At the end of ten days, Daniel and his friends were healthier and stronger, so they could continue with this diet.
- At the end of the three years of training, Daniel and his friends were 10 times wiser than any of the other scholars. They stood out to the king.

This story is not about healthy eating. Daniel is an example of how God rewards people with Godly habits. During their time in another kingdom, Daniel and his friends were faithful to God and did everything He commanded, even if they were the only ones doing it. Later in Daniel, we read about his habit of praying three times every day. He is a great example of developing Godly habits and seeing the power that those habits bring.



Lesson/Discussion

15 Minutes

Guided Discussion: As Christians, we must learn to make our faith our habit. This means spending time every day doing things for God. For Daniel, one way he turned his faith into habit was to be strict about his diet. Not because it was healthier, but because God had rules about what he ate. Daniel was committed to living out his faith every day, even when he was pressured not to.

Ask, “**What are some of the Godly habits we can see from Daniel?**” Staying true to God’s rules about food is one. Another thing that we can assume is daily prayer, which is shown later in Daniel’s life. At the end of their training, Daniel and his friends were 10 times wiser than all the others, so he must have been committed to his studies, and his knowledge of God’s laws tells us that he had been equally committed to studying scripture.

“**What kind of Godly habits should we make in our own lives?**” Begin by sharing some of your Godly habits. We can be committed to attending church, reading our bible daily, and praying daily. Practically, we can make a habit of telling the truth, even when it’s not easy, or obeying our parents even when we don’t want to.

Habits can be hard to form and even harder to break. Sometimes, to make Godly habits, we need to break our old habits. Daniel had three friends to help each other with their commitment to God even when they were surrounded by different pressures. “**How can we help each other form and keep Godly habits?**” Talk about how to encourage each other or the idea of deciding to make a new Godly habit with friends so that you can keep each other on track.

Doing the right thing is important, but it’s even more important that we learn how to do the right thing every day. Being a Christian isn’t always easy; it takes practice, discipline, and sometimes help from those around us. Read [1 Timothy 4:11-13](#) together. When we form Godly habits, we are huge examples to those around us, no matter how young we are. When forming these habits, we should focus on our actions, on love, on faith, and on righteousness. We should study the Bible, listen in our Bible classes, and be ready to teach those around us. Any habit that helps toward those goals is a Godly habit we should build.



Activity/Illustration

Activity

“The Habit Dance”

For this game, have your campers stand in a circle and walk clockwise. If you have access to music, you can play a song while they march in a circle, like in musical chairs. After a few seconds, stop the music and call out a “Godly Habit” from the list below. The students will need to stop marching, and do the action associated with the Godly Habit. Before starting the game, go over the habits and the associated actions so they know what to do.

Godly Habit Actions:

- “Pray Every Day” - Have campers get on their knees, bow their heads, and fold their hands
- “Read Your Bible” - Have your campers put their hands together like a book and bury their head in their hands
- “Help Each Other” - Have your campers find a partner and shake hands. If your group is an odd number, three campers can shake hands
- “Go to Church” - Have your campers sit down in their original seats for class or go to a designated place that is the “church building”

For added fun, whoever is last to do the action, or does the incorrect action is out. The last camper in the circle is the winner. Feel free to come up with your own habits/actions and make them as silly or as difficult as you want.