

Rack, Shack and Benny



What is the STORY about?

To celebrate the sale of two million chocolate bunnies, company president Nebby K. Nezzer announces that his workers may eat as many bunnies as they like! This sounds great, until three boys named Rack, Shack, and Benny remember that their parents taught them not to eat too much candy. By paralleling the biblical story of Shadrach, Meshach, and Abednego and the fiery furnace, *Rack, Shack, and Benny* teaches kids how to resist peer pressure and stand up for what they believe in.

- *A Lesson in Handling Peer Pressure*
- *Key Passage: Daniel 3*
- *Running time: 22 minutes*



What do you THINK?

- *Why did Mr. Nezzer allow everyone to eat as many bunnies as they wanted for 30 minutes? (To celebrate the sale of two million chocolate bunnies)*
- *Why did Rack, Shack, and Benny decide not to eat so many bunnies? (Their parents said they shouldn't eat too much candy)*
- *Why did Mr. Nezzer become angry with his three new Junior Executives and send them to the furnace? (They refused to sing and bow down to the giant bunny)*
- *How did the three candy workers survive the furnace? (God was with them in the furnace and protected them)*



What does the BIBLE say?

The biblical account of Shadrach, Meshach, and Abednego is found in Daniel 3. Read the story to the children in a translation that is easy for them to understand OR tell it in this condensed version.

King Nebuchadnezzar built a golden statue that was ninety feet high and nine feet wide. He demanded that everyone bow down to the statue when the music played. Anyone who did not bow down would be thrown into a blazing furnace. There were three Jewish boys named Shadrach, Meshach, and Abednego who ruled over some of the events of Babylon and refused to bow to the king's golden statue even though everyone else did. They would only bow to the one true God. King Nebuchadnezzar was furious and ordered the three to be thrown into the furnace. He demanded that the furnace be heated seven times hotter than usual and commanded his strongest soldiers to tie up Shadrach, Meshach, and Abednego. The three men were bound and thrown into the blazing furnace. The fire was so hot that it killed the soldiers who took the men to the furnace. King Nebuchadnezzar looked into the blazing furnace and saw four men—not three—walking around in the fire untied and unharmed. The king shouted for them to come out. Shadrach, Meshach, and Abednego came out of the fire and everyone saw that they had not been burned... in fact, they didn't even smell like smoke! King Nebuchadnezzar began praising God and commanding everyone in the kingdom to respect the God of Shadrach, Meshach, and Abednego. He then promoted the three to higher positions in the province of Babylon.

The Story of Shadrach, Meshach and Abednego



ACTIVITY

Play an adaptation of “Simon Says” to show your group how easy it is to fall into the trap of doing what someone else does. Choose a leader to be Nebby who shouts out commands such as “touch your nose,” “wave your left hand,” or “jump up and down.” The leader executes all of the commands, but the others are expected to obey the commands only when they are preceded by the words, “NEBBY SAYS.” For example, the leader says, “NEBBY SAYS scratch your head.” The leader and all others scratch their heads. If the leader says, “snap your fingers” and begins snapping his fingers, the others should not follow the command because it was not preceded by “NEBBY SAYS.” When a person makes a mistake by making a movement that he shouldn’t, that person sits down. The quicker the commands are given, the harder it is to think quickly and obey.



What can we DO?

Peer pressure is hard to resist. Ask the children to describe some difficult situations they are facing. Use these real-life situations for starters:

- *Nicole is playing at her friend’s house after school. Her friend wants to watch a movie that Nicole knows her parents would not want her to watch. What should Nicole do?*
- *Adam’s mom wants him to invite Ethan, a boy who lives down the street, to Bible School. Nobody at school likes Ethan, and Adam doesn’t want to be embarrassed by taking him to Bible School. What should Adam do?*

Help the children find these Bible verses to read aloud.

- **1 PETER 3:14** “But even if you should suffer for what is right, you are blessed. Do not fear what they fear; do not be frightened.”
- **PROVERBS 21:2, 3** “All a man’s ways seem right to him, but the Lord weighs the heart. To do what is right and just is more acceptable to the Lord than sacrifice.”

3 Things to remember about Shadrach, Meshach and Abednego

1. They **REFUSED TO BOW DOWN** to the statue of gold
2. They were **SAVED** by God while in the furnace
3. The three men **TRUSTED** God to help them do what was right

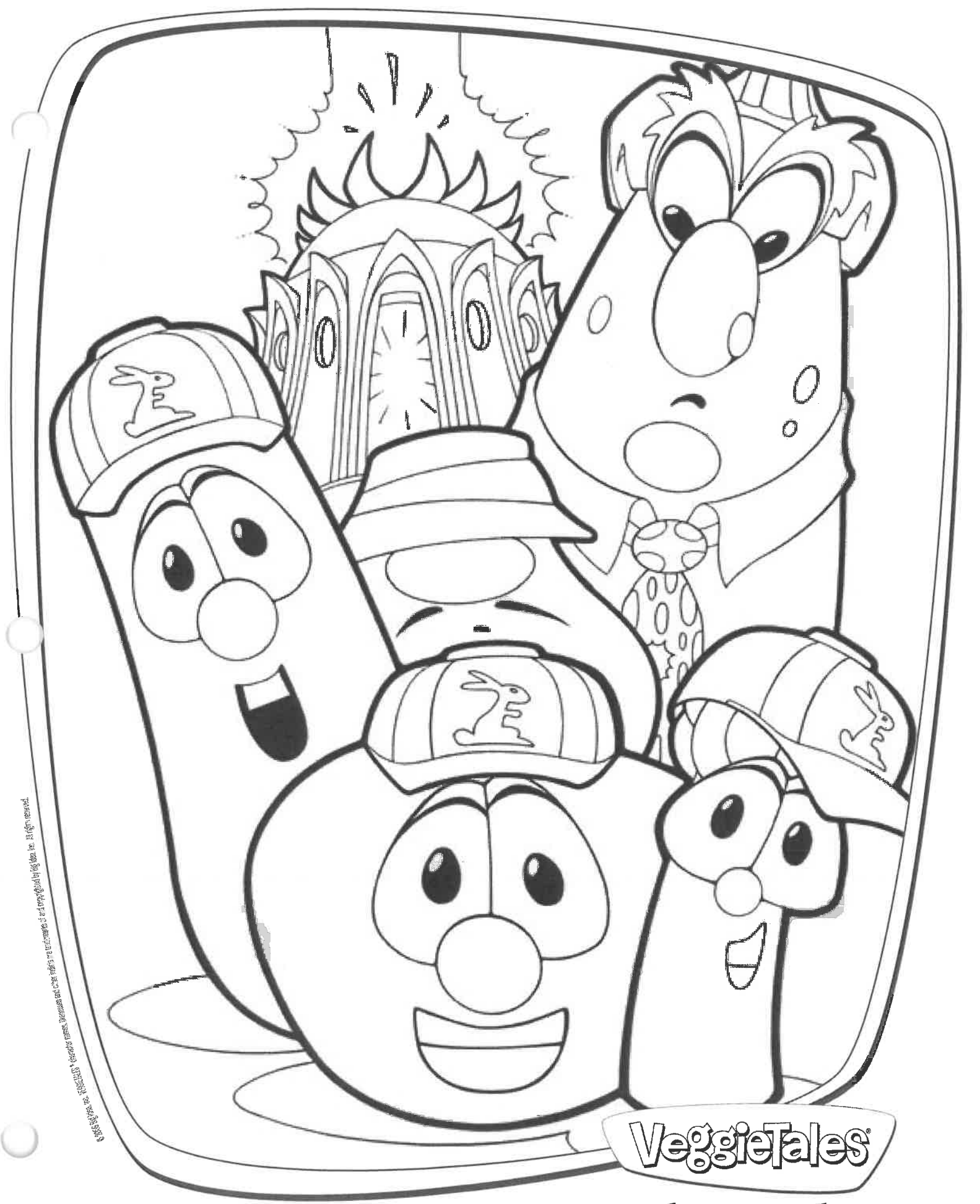
KEY VERSE

(2 Thessalonians 2:15) “... stand firm and hold to the teachings we passed on to you...”

KEY NUGGET

Stand up for what is right and for what you believe in.





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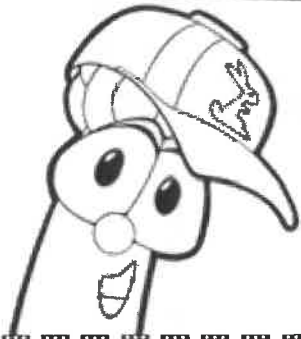
VeggieTales

Rack, Shack and Benny

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DIRECTIONS:

Use the code to find out the real names of Rack, Shack and Benny!



19	8	1	4	18	1	3	8
13	5	19	8	1	3	8	
1	2	5	4	14	5	7	15

CODE

3=C	9=I	15=O	21=U
4=D	10=J	16=P	22=V
5=E	11=K	17=Q	23=W
6=F	12=L	18=R	24=X
1=A	7=G	13=M	19=S
2=B	8=H	14=N	20=T
			25=Y
			26=Z

DIRECTIONS:

Use the clues below to fill in the puzzle.

Across

- 2. The three men refused to bow down to anyone but _____
- 4. This story can be found in the Bible in this book
- 5. The three men were thrown into a fiery _____
- 8. In the end, the three men were promoted in this city
- 9. The statue was _____ feet wide

Down

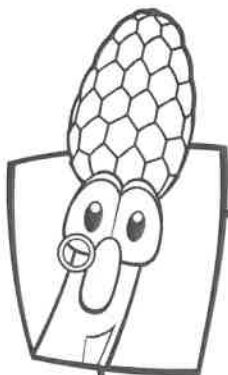
- 1. The statue was made of this
- 3. The statue was _____ feet tall
- 6. The VeggieTales nickname for Abednego
- 7. The story is a lesson in handling _____ pressure

CROSS
WORD

WORD BANK

- PEER
- DANIEL
- GOLD
- NINETY
- BENNY
- NINE
- GOD
- FURNACE
- BABYLON

Answers - Crossword
 1) Gold, 2) God, 3) Ninety, 4) Daniel,
 5) Furnace, 6) Benny, 7) Peer, 8) Babylon, 9) Nine
 Answers - Hidden Code
 Shadrach, Meshach and Abednego



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- 1. They **REFUSED TO BOW DOWN** to the statue of gold
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- 3. The three men **TRUSTED** God to help them do what was right

MEMORY VERSE

"... stand firm and hold to the teachings we passed on to you..."

- 2 Thessalonians 2:15