

Pray Like Daniel
Daniel 9:1-3

Summary

In Daniel 9:1–3, we discover that a powerful prayer life begins long before we actually pray. Daniel's example teaches us three important principles: **discipline prepares us for delight, God's Word and prayer feed one another, and prayer is about turning our faces toward God.** Daniel had established a daily rhythm of Bible reading and prayer that sustained him through decades of exile and prepared him to respond when God's Word stirred his heart. By reading Scripture systematically, praying for understanding, recording what God teaches us, and making time for personal conversation with Him, we cultivate a deeper relationship with Christ.

Prayer Booster #1: Before prayer becomes a delight for you, it must first become a discipline.

1. *Read Daniel 9:1, then 2 Corinthians 5:7.*
Daniel experienced God in powerful ways in his life. But should we expect that the ordinary Christian life be a parade of one experience after another? What do the timestamps given at the beginning of chapters 7, 8, and 9 show us about Daniel's experiences? And what does Daniel's example teach us about the relationship between daily faithfulness and experiencing God's work in our lives?

2. Why do you think spiritual disciplines can feel like work at first? Have you ever experienced a time when a spiritual habit you initially struggled with became something you genuinely looked forward to?

3. Daniel maintained a consistent pattern of prayer throughout changing circumstances, including a period when praying to God could have cost him his life. What competing demands or distractions most often interfere with your time with God? What might help you establish a more consistent rhythm?

Prayer Booster #2: Prayer and God's Word feed each other, and feed off of teach other.

4. Read Daniel 9:2. What was Daniel doing that led to the crying out of his great prayer in the remainder of chapter 9? How does reading Scripture change the way we pray, and how can prayer change the way we understand Scripture?

5. Have you ever read a passage of Scripture that suddenly spoke to you in a powerful, unmistakable way? Describe it. What made that experience significant?

6. In this section of the teaching, we talked about the importance of developing the habit of a daily quiet time with God built around Bible study and prayer. Review, then talk about, each of the 7 steps we laid out for how a quiet time should usually roll out.

- Aim for the same _____ (and place, if you can) each day.
- Aim for the same _____ each day. (And what did we say the sweet spot for that should be?)
- Read the Bible in an _____ way (usually what? And sometimes what?)
- _____ before _____ God's Word.
- Read your _____ passage.
- _____ it down (what you're learning or hearing)
- Finish with a deeper _____.

Prayer Booster #3: Prayer is seeking God and turning my face toward him.

7. ***Keeping prayer real and relational***

Read Daniel 9:3, then Matthew 6:5-6. In the teaching, we contrasted sincere, personal prayer with prayers designed to impress other people. Why is it sometimes difficult to be completely honest with God? How can we make sure our prayers are about seeking Him rather than simply saying what we think we're supposed to say?

8. ***Giving God our undivided attention***

Humans have a way of talking to one another where we barely pay attention to the other. (Husbands and wives are especially good at this!) What are some ways we can inadvertently treat God like that in our prayer lives? What would it look like to give Him our undivided attention?

9. ***The role of physical posture in prayer***

How can our physical posture influence our spiritual attentiveness? What are some various "posture"-positions the Bible teaches that we can use in our praying and worshipping? Do you have a particular posture or physical practice that helps you focus when you pray?

Prayer Requests