



ANCHOR VERSE

Daniel 6:10

But when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. He got down on his knees three times a day and prayed, giving thanks to his God, just as he had done before.

HEART CHECK

& Prayer

REFLECTIONS FROM DANIEL 6:10

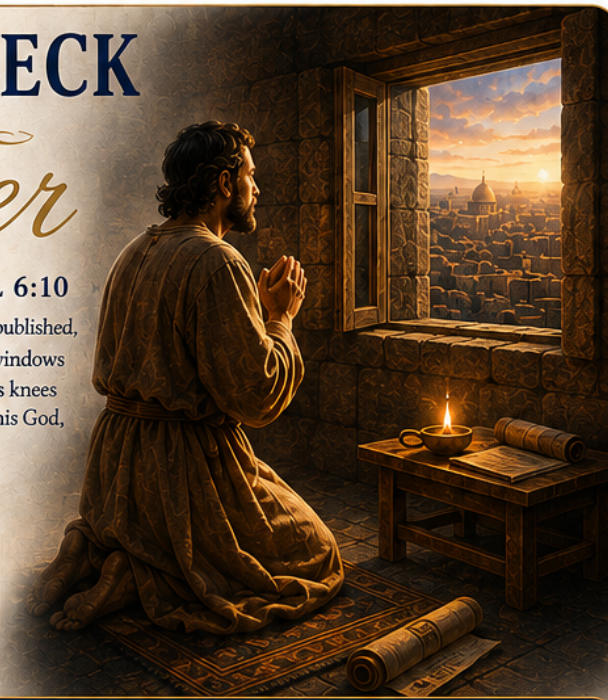
"When Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. He got down on his knees three times a day and prayed, giving thanks to his God, just as he had done before."

— DANIEL 6:10 —



CENTRAL TRUTH

Consistent devotion in ordinary times becomes unshakable faithfulness in extraordinary times.



HEART CHECK: LOOK WITHIN



1. WHAT CHANGES IN MY DEVOTION WHEN PRESSURE INCREASES?

Daniel didn't start praying when the decree came. He kept praying because it was already his rhythm.

Psalm 55:17
1 Thessalonians 5:17



2. DO I HAVE SPIRITUAL HABITS ESTABLISHED BEFORE THE CRISIS COMES?

What we practice in private prepares us for what we will face in public.

Luke 16:10
Proverbs 22:3



3. AM I MORE AFRAID OF DISAPPOINTING PEOPLE OR DISOBEYING GOD?

Obedience may cost us something, but disobedience will cost our soul.

Acts 5:29
Galatians 1:10



4. ARE MY PRAYERS TURNED TOWARD GOD'S PROMISES OR JUST MY PROBLEMS?

Daniel looked toward Jerusalem—praying the promises of God, not just asking for personal relief.

Jeremiah 29:10
Philippians 4:6



5. CAN I STILL GIVE THANKS WHEN OBEDIENCE MAY COST ME SOMETHING?

Thankfulness is not based on circumstances but on the character and faithfulness of our God.

1 Thessalonians 5:18
Psalm 100:4



PRAYER GUIDE

- ♥ **PRAISE:** Lord, You are the living God who delivers and protects Your people. You shut the lions' mouths and keep Your promises forever. Thank You!
- ♥ **CONFESSION:** Forgive me for the times I let fear, distraction, or people's opinions change my devotion to You. Help me be consistent in prayer and obedience.
- ♥ **THANKSGIVING:** Thank You for Your Word, for Your promises, and for the example of Daniel. Thank You that You are always faithful.
- ♥ **SUPPLICATION:** Lord, help me build habits of devotion now, so that when trials come, I will stand firm. Give me courage to obey You rather than men.
- ♥ **COMMITMENT:** Today I choose to be faithful in the small things, so I can be strong in the storm. Make consistency my testimony and Your name my highest devotion.



SCRIPTURE ENCOURAGEMENTS



The LORD is my strength and my shield; my heart trusts in Him, and I am helped. My heart leaps for joy, and with my song I praise Him. **PSALM 28:7**



Let your steadfast love, O LORD, be upon us, even as we hope in You. **PSALM 33:22**



Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **PHILIPPIANS 4:6**



Be faithful unto death, and I will give you the crown of life. **REVELATION 2:10**



For to me, to live is Christ and to die is gain. **PHILIPPIANS 1:21**

A PRAYER OF FAITHFULNESS

Lord, make me a person of consistent devotion. Let my prayer life be strong before the crisis, so it will not fail in the crisis. Keep my eyes fixed on You and my heart anchored in Your promises. When doors close and pressure rises, remind me to keep going upstairs, open the windows, get on my knees, and give You thanks—just as I have done before. In Jesus' name, Amen.



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