Everyday Prayer:

When Ordinary People Ask an Extraordinary God

Title: Don't Stop Praying

Date: September 20, 2026

Text: Daniel 6

BIG IDEA

"Small disciplines repeated with consistency every day lead to great achievements gained slowly over time." *John C. Maxwell*

Prayer isn't a one time thing–it was meant to be an avenue by which we remain in continual relationship with Christ. Prayer should be a constant, consistent, and repeated posture of any believer… even if its small moments, short prayers, and imperfect conversation. Somehow, it is through the repetition of these ordinary prayers that God does something extraordinary.

The challenge is for us to remain faithful when it seems like nothing is happening, to stay diligent when prayers feel pointless, and to press it when God feels far away. When we do this, slowly, we will begin to discover what it means to live a life shaped by prayer. And truly, there is no greater thing than that. Don't believe it? We dare you to try and see for yourself.

Conversation Starter

- Take a deep breath, close your eyes, and listen to the following quote from Ruth Haley Barton's book *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*:

“Your desire for more of God than you have right now, your longing for love, your need for deeper levels of spiritual transformation than you have experienced so far is the truest thing about you. You might think that your woundedness or your sinfulness is the truest thing about you or that your giftedness or your personality type or your job title or your identity as husband or wife, mother or father, somehow defines you. But, in reality, it is your desire for God and your capacity to reach for more of God than you have right now that is the deepest essence of who you are.”

If this is true, who do you think most people are in our culture at this moment in history?

COMMENTARY #1

(Daniel 6:4-5) *“He was diligent, always responsible, and completely trustworthy.”* At first glance, these verses may seem to make the reader think that Daniel is the main character of this story. But as with all scripture, God is the main character of this story. If we continue reading in this passage we see how Daniel was able to uphold such integrity–*he was faithful*. Faithful to the point that those seeking his destruction knew they could only do so by attacking the one thing he remained loyal to, his commitment to God. It was this very faithfulness that elevated Daniel above his peers; but it was also this faithfulness that led to him being targeted.

Discussion Questions

1. What does the italicized statement say about what God values in us?

2. We live in a culture that focuses on loud, public, self-hype through social media. Contrast that with this picture of who Daniel is in chapter 6. What are the realities of Daniel's life that differ drastically from what the world values?
3. According to a recent article in *Scientific American,* "Consistent daily repetition was the biggest factor influencing whether a behavior would become part of an automatic daily routine…" What does Daniel's behavior in chapter 6 show us about how he values the habit of prayer?
4. How does it make you view faithfulness knowing that it both elevates us in the eyes of God but can also make us targets?

COMMENTARY #2

(Daniel 6:10) *"He went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done."* Intentional prayer is anchored in the posture Daniel takes before God.

Discussion Questions

1. Where does Daniel pray? How is this a safe space for conversations with God?
2. What physical posture does Daniel take when he prays? What is he trying to show God while he prays with the position of his body?
3. What adjustment does Daniel make in the room to orient the space toward God? Do you think this would please God?

4. How often does Daniel pray each day? How could praying during intentional times each day give some structure that may help support a more effective prayer routine for a disciple of Jesus?

COMMENTARY #3

(My God sent His angels and shut the mouths of the lions. They have not hurt me, for I was found innocent in His sight. Daniel 6:22) The miracle Daniel sought happened, but the backbone of the process leading up to the miracle was a fervent, devoted prayer routine.

Discussion Questions

1. God created you and knows “your innermost being” as the scripture says in Psalms. If this is true, do you think He expects a perfect prayer routine from us? Why or why not?
2. What would please God if we were more intentional about the way we approach Him in prayer? What are some small steps we could take in our prayer lives to show God we value our time with Him?
3. Name some Christian resources (devotionals, books, podcasts, worship songs, etc.) that have grown your prayer life. Why were they so effective?
4. How are you building time into your prayer routine with God to listen for His voice? If you aren’t, how could you work on that aspect of your conversations with Him in the coming weeks?

GOING DEEPER

There are so many great resources available in this age of easy information to help support growth in the area of prayer. But sometimes, all of this knowledge can be overwhelming. Our brains are not designed to be able to implement more than a few good habits at a time. As you work through finding a prayer rhythm that works for you in this season of life, here are some practical questions that you can vet within the safety net of your small group:

- What physical posture could show God your submission best?
- How can you commit the space to Him (listening to worship music, candles, silence, singing to Him, journaling, just reading a cherished scripture aloud to Him, prayer walking the room beforehand, etc)?
- Who could be a good accountability partner in your life to help you establish rhythms of prayer?
- What are some realistic goals for your schedule that you can make to commit time to God during your day?

ADDITIONAL RESOURCES

https://www.scientificamerican.com/article/how-long-does-it-really-take-to-form-a-habit/

https://www.godhealstoday.org/blog/2025/8/19/sacred-rhythms-of-prayer

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Activity

Breath prayers are an easy way to learn to still yourself before God and focus reverently on Him in our loud, distracting culture. With each syllable, you can inhale and exhale as you soak in the words of the prayer. You can choose to close your eyes to block out visual distractions for your brain as well. There are all kinds of breath prayers you can research online that people like to use as a tool in their prayer lives, but here are a few to give you an idea of what they look like and how they might be used:

Lord, mold me into your likeness.

Lord, make me who you made me to be.

Lord, help me sense your love.

Lord, open my heart to receive your love.

Lord, help me become who you made me to be.

Try some of these with your group. Then talk about what works and does not seem to work as you experiment with them.

Remember as you try to give structure to your prayer routine that this is a relationship with God. He is doing far more to connect with you as you pray than you are doing to reach for Him…and it is all bound together in love. Christ sits at the right hand of God the Father interceding for you. The Holy Spirit intercedes for you with “wordless groans” that God understands when we can’t find our own words. In Zephaniah 3:17, scripture itself even makes this stunning claim:

"The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing."
Just imagine God doing that while we pray!

FAMILY CURRICULUM
Everyday Prayer: Don't Stop Praying
Daniel 6

BIG IDEA

Last week we asked that God help us in our unbelief. We learned that through prayer, we become more aligned with God. This week, we will learn to keep praying - all the time and in all circumstances. We have the example of Daniel, who was thrown into the lion's den because he would not praise the king and instead continued to pray to God. God remains faithful to Daniel. Daniel was not harmed because he trusted God.

MEMORY VERSES

26 "I issue a decree that in every part of my kingdom people must fear and reverence the God of Daniel.

"For he is the living God
    and he endures forever;
his kingdom will not be destroyed,
    his dominion will never end.

27 He rescues and he saves;
    he performs signs and wonders
    in the heavens and on the earth.
He has rescued Daniel
    from the power of the lions."

~Daniel 6:26-27

LESSON/ACTIVITY

Take a few minutes to watch this video: Daniel in the Lion's Den video

Here you watched the story of Daniel. You saw how the other men were jealous of Daniel and tried to set up a plan that would trap him. However, Daniel trusted God and did not follow the decree of the king. He went about his everyday prayers - morning, noon, and night, even though the new decree forbade it.

- Do you have specific times throughout your day that you pray?
- What are some daily habits that you follow (or could implement) to make you grow closer to God?

SONGS

"Ye Servants of God" and *"Give Me a Faith Like Daniel"*

PRAYER

Dear God, You are our faithful protector. Thank you for giving us the story of Daniel and the lion's den in your word. Help it to be a reminder to us to pray continually no matter what our circumstances. We trust you above all else. In Jesus' Name, Amen.

CHALLENGE

When faced with challenges this week, remember Daniel. Remember that he trusted God and God was faithful to him and protected him. Keep praying!