

Spiritual Fitness - Warming Up - Daniel 6

One of the keys to getting spiritually fit is to make sure you're warmed up. Athletes all have their own warm up routines. It helps to get them in a rhythm before their race, get their mind focused, and get their body ready for action.

Is there such thing as a spiritual warm up? Is there a way to get your mind body and soul prepared for action? Today's study looks at one routine that Daniel has. How and why does he maintain that routine? And what do we learn about God from this passage and from his life?

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Warming Up

1. What's your morning routine? Is it important to have one? What would you like to change about it?

Into the Passage

Read Daniel 6

2. What was Daniel's role in the kingdom? Why did he get this role? What does it mean to have an excellent spirit?
3. How did the other presidents and satraps react to Daniel? Why did they feel this way?
4. What was the only way they could set a trap for Daniel?
5. What was their plan? Why did they come up with that plan?
6. When Daniel heard the agreement had been signed, what did he do? What do you think Daniel might have been praying before the agreement was signed?
7. Why couldn't the king change the law?
8. What was the king's response to Daniel being saved?

Moving Forward

"Some day, in years to come, you will be wrestling with the great temptation, or trembling under the great sorrow of your life. But the real struggle is here, now, in these quiet weeks. Now it is being decided whether, in the day of your supreme sorrow or temptation, you shall miserably fail or gloriously conquer. Character cannot be made except by a steady, long-continued process."

9. What do you learn about God through this chapter?
10. How would you describe Daniel? What do you learn from Daniel's life from this chapter?
11. Why do you think Daniel was able to stay faithful in these circumstances?
12. What do you think Daniel prays about 3 times a day? What do you think about his routine? Would you take up a similar routine? Why or why not?

Life Together

Living in community is not just a good idea, it is a God idea. Spiritual training like loving one another, serving each other and the community, and allowing others to help shape us like iron sharpens iron, best happen in a community.

13. How does what you learn about God affect your life?
14. What changes to your daily routine can you make?
15. Plan a day out for your group together.

Leader's Guide : Spiritual Fitness - Warming Up

These notes are primarily for the Into the Passage portion, and are to be used just as guidelines or commentary notes. Most of them are my own thoughts, so take that with a grain of salt. Let the Word of God lead you to truth, not these notes.

Into the Passage

Read Daniel 6

3. What was Daniels role in the kingdom? Why did he get this role? What does it mean to have an excellent spirit?

He was one of the three presidents who looked over the 120 satraps who looked over the whole kingdom. Darius gave it to him because he was distinguished above the others and because he had an excellent spirit. An excellent spirit means he was probably excellent at what he did, of good character, trustworthy.

4. How did the other presidents and satraps react to Daniel? Why did they feel this way?

They were jealous and wants to figure out a way to discredit him and get him either fired or killed.

5. What was the only way they could set a trap for Daniel?

Only if they could somehow put his relationship with God into conflict with the King. They knew that Daniels faith in God superseded his relationship with the reigning empire.

6. What was their plan? Why did they come up with plan?

They would get the king to sign a decree that would put Daniel at odds with the king. They had the king set a decree that no one should worship another God for 30 days. And they knew Daniel would definitely still worship his God.

7. When Daniel heard the agreement had been signed, what did he do? What do you think Daniel might have been praying before the agreement was signed?

Daniel went up and continued his regular prayer routine. Being a main leader of the empire he knew about this plot, and I imagine that he would have asked God to change the situation, but still submitted to

him. And then when the agreement signed, Daniel maintained his faith in God knowing that he remained faithful to God.

8. Why couldn't the king change the law?

He was subject to the law of the land that a decree cannot be changed. Even he was bound by authority.

9. What was the king's response to Daniel being saved?

He gave praise to God.