



2025 Spiritual Growth Campaign: Habitual Prayer
Brie McRae; 01/19/2025

1. Daniel was a righteous, God-fearing man

But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank... And God gave Daniel favor and compassion in the sight of the chief of the eunuchs. **Daniel 1:8a, 9**

2. Daniel had developed a discipline of prayer in his life.

3. In a time of distress - Daniel fell into his routine of prayer.

When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously. **Daniel 6:10**

4. Consistency: Daniel prayed three times a day

Pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. **1 Thessalonians 5:17**



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- **Develop a prayer routine that you are going to stay consistent with**

5. Humility: Daniel prayed on his knees

And He [Jesus] withdrew from them about a stone's throw, and knelt down and prayed. **Luke 22:41**

- **Evaluate how you approach God during prayer**

6. Modesty: Daniel went to his house in the upper chamber

And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. **Matthew 6:5**

- **Examine your motivations for praying**

7. Prayer is a direct lifeline to God

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

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