

Rooted + Rested Reflection

Episode 25: Daniel in the Lions' Den: Prayer
Lessons and Faithful Courage

“Before the den, there was a prayer room.”

Scripture Focus

- Daniel 6:10 (CSB) - Daniel prayed, gave thanks, and remained faithful – just as he had done before.
- 1 Thessalonians 5:16-18 (CSB) - “Always be joyful. Never stop praying. Give thanks in all circumstances...”
- Daniel 9:20-23 (CSB) - God responded to Daniel’s prayers and sent His messenger because of them.

Reflect

Take a few quiet moments to write your thoughts.

1. What stood out to you most from Daniel’s story?
2. How did his daily faithfulness prepare him for the lions’ den?
3. Where is your “prayer room”?
4. Think about places or rhythms where you meet God regularly – your car, porch, garden, or cozy chair.
5. How can you create more consistency in your prayer life this week?
6. What small daily practice would help you stay connected to God?
7. When have you seen prayer change your heart – even if your circumstances didn’t change?
8. How might God be inviting you to trust Him right now, like Daniel did?

Quiet Moment

“Prayer doesn’t change God’s mind – it aligns our hearts with His.”

Take one minute of silence to rest in that truth.

Write a simple prayer below:



Encouragement

Faithfulness is built in the quiet.

Before the den, there was a prayer room.

And before your next challenge, there is this moment – a space to meet with God and be renewed.

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