

THE DECISION TO PRAY

“Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.”.

(Daniel 6:10 NKJV)

INTRODUCTION: *In this seventh week of our series, we will explore the importance of making the decision to pray. Daniel's story inspires us to be persistent in prayer, even in the face of adversity. Daniel, a man of faith and prayer, shows us how prayer can transform our lives and bring us closer to God.*

1. **PERSISTENCE IN PRAYER.** *"pray continually," (1 Tes. 5:17 NIV)*
 - *Example of Daniel.* Daniel prayed three times a day, no matter the circumstances. Establish a habit of praying daily, regardless of the challenges you face.
 - **Strengthens faith:** Consistency in prayer strengthens our faith and makes us more resilient. *"But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind." (James. 1:6 NIV)*
 - **Spiritual Discipline:** The regular practice of prayer helps us become more spiritually disciplined. *"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." (1 Tim. 4:8 NLT)*
2. **PRAYER TRANSFORMS OUR LIFE.**

Change of heart: Prayer transforms our hearts and our attitudes. Beginning our prayer by thanking God for all his blessings received will not help maintain a grateful heart. *"I will give you a new heart and put a new spirit in you; I will*

 - *remove from you your heart of stone and give you a heart of flesh." (Ez. 36:26 NIV)*
 - **Direction and wisdom:** Prayer gives us direction and wisdom to make right decisions. *"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." (James. 1:5 NIV)*
 - **Healing and restoration:** Prayer brings healing and restoration to our lives. *"And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven." (James. 5:15 NIV)*
1. **PRAYER BRINGS US CLOSER TO GOD.**
 - **Communion with God:** Prayer allows us to have intimate communion with God. *"And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven." (Psalm. 145:18 NIV)*
 - **Dependence on God:** By praying, we demonstrate our total dependence on God, which pleases Him. *(Prov. 3:5-6 NIV).*
 - **Hear the voice of God:** Prayer teaches us to listen to and discern God's voice in our lives. *"My sheep listen to my voice; I know them, and they follow me. (Jn. 10:27 NIV)*
4. **OTHER BENEFITS OF PRAYER**
 - **It gives us peace:** *"Do not be anxious about anything, but in every situation, by prayer and petition, with*

thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philip. 4:6-7 NIV)

- **Strength:** *"but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.." (Isaiah 40:31 NIV)*
- **To overcome temptations.** *"Pray that you will not fall into temptation." (Luke 22:40 NIV)*

INTERACTIVE QUESTIONS:

- How has constant, fervent prayer changed your life?
- In what areas do you need to be more persistent in prayer?
- How can you improve your daily prayer life to have a more intimate communion with God?

PRACTICAL APPLICATION:

- Establish a fixed schedule. Consistency in the schedule helps make prayer a regular habit.
- Create a special place. Designate a quiet place where you have no distractions so you can concentrate better.
- Start small and then you can increase the prayer time.
- Set an alarm or find a prayer partner to remind each other of the designated time.
- Have a notebook where you can write what God speaks to you.

CONCLUSION:

Make the decision to pray! It's a powerful choice that will transform

your life and bring you closer to God. Prayer not only strengthens our faith and brings us peace, but it also allows us to experience the goodness and faithfulness of God. Let's follow Daniel's example, by being persistent in our prayer life, knowing that every moment we spend in communion with God makes His heart happy and fills us with His presence and direction. May our dedication to prayer be a living testimony of our faith and love for God.

SALVATION PRAYER: *Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and ask for forgiveness. I give you my life and my heart so that you can be my Lord and personal Savior, amen.*