

# MEET UPS

## THIS WEEK'S PRACTICE...

Today in your Meet Up:

1. Put away your phones or any other distractions, and get into a comfortable, but alert position.
2. Invite Holy Spirit to come...
3. Spend two minutes in silence

Today, Martin was speaking from Daniel chapter 6, the beginning of the story of Daniel in the lion's den.

We see that Daniel was a great role model. The secret of his success was that Daniel had a prayer life with a definite rhythm. Whatever else was going on in his life, Daniel prayed 3 times a day. This enabled him to flourish in the hardest of times.

Does your prayer life have a rhythm e.g. morning and evening, three times a day, or what? How does this help you?

## WEEKLY PRACTICE

If your prayer life doesn't have a rhythm, what daily rhythm could you introduce? What things do you allow to break the rhythm of prayer in your life?

Daniel pointed his prayers towards Jerusalem, the place where God had promised he would always hear and answer prayer. We pray to Jesus, who gives us equally great and encouraging promises about hearing our prayers.

Is there a promise from God that is the foundation of your praying? If not, what promise could you use?