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## E. DEEPENING YOUR WALK WITH GOD/ INTMACY WITH GOD

### *E.4: I know how to deepen my contemplative time with God [Daniel 6:10, Exodus 20:8]*

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#### **A STORY**

Recently in some books on emotional health one of the issues in growing healthier in our emotions and love for God is to take a look at several passages and people in the Bible who seemed to have caught this key practice in their lives. The first is Daniel. I remember as a boy thinking of how Daniel modeled his devotion to God throughout the day. I was challenged to do that in College, on my Ship in the Navy and throughout the rest of my life.

#### **DIGGING INTO THE BIBLE**

**Daniel 6:10 (NIV):**

*Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

#### **DISCUSSION AND DISCOVERY**

1. How do you experience this passage?
2. What is the back drop of Daniel's action?
3. What is the motivation behind 3 times a day?

#### **APPLICATION AND ACCOUNTABILITY**

4. How would you like to make that a practice in your life?
5. What do think would be the results?
6. When will you start that habit and for how long?

## **DIGGING INTO THE BIBLE (part 2)**

Exodus 20:8 (NIV)

*Remember the Sabbath day by keeping it holy.*

### **DISCUSSION AND DISCOVERY**

1. What has been your experience with Sabbath?
2. Why do you think this is so important to God?
3. How could this become important in your life?

### **APPLICATION AND ACCOUNTABILITY**

4. What would you do if you took a Sabbath? (24-hour period of rest)
5. What kind of rest would you like to experience in your future?
6. How would you go about putting this into practice?
7. When would you like to start?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: