



Day 1, Monday, January 22, 2024

Increasing in Spiritual Hunger and Holiness

READ - Psalm 51; Daniel 6

It was Daniel's practice, three times a day, to go to an upstairs room in his apartment, open the windows facing Jerusalem, get down on his knees, and pray to the one true God. No doubt, Daniel prayed at other times also. He probably prayed throughout the day. But there were these special times, set aside times, where it was his priority to meet with God in prayer. In fact, it was such a priority to Daniel that when the king passed a decree that for the next thirty days, people could only pray to the king, Daniel was unfazed. "No way." Daniel may have been an important official in Darius' kingdom, but when the king's decree (don't pray) conflicted with God's desire (pray), the choice was clear.

Daniel just kept right on praying. Read Daniel 6. Daniel was thrown in the lion's lair, but God protected Daniel, delivered Daniel, honored Daniel, and put it in the Bible for all to see. Of the many truths in this stunning chapter, one concerns Daniel's prayer. Three times a day, he set aside a special time to pray. God nowhere commands us that we must do the same, but there is wisdom here. Wisdom would suggest a special time, or several briefer times, set aside each day to meet with God in prayer.

A time we prize. A time we protect. A time we prioritize.

REFLECT

Yes, we want to pray throughout the day, having an ongoing conversation with our Father. But it is wise to also have a special time of prayer each day. Maybe it is not a long time, but it is your time, as in you and God. It is your time to talk and listen and be together, no matter what else happens that day, this is your time to connect. During that time, God will fill you up, restore your soul, and prepare you for whatever the day brings.

Take some time to journal or write a few words that describe your thoughts around Daniel and his commitment to the Lord.

What special time will you set aside in the next 21 days to talk and listen to God?

Once you decide when and where you are going to spend time with God, tell someone what you have decided.

PRAY

Lord, awaken my heart to Your love. Give me an increased hunger to spend more time in prayer, worship, and Your Word. Please give me a greater awareness of Your holiness, a tender conscience, and a heart to please You in every thought, word, and deed.

