

LESSON 12

DANIEL PRAYS THREE TIMES A DAY

OBJECTIVES

1. To understand how Daniel continued to worship God in a hostile environment.
2. To learn about Daniel's uncompromising faith in the face of resistance.
3. To learn about the temptations or dangers that may threaten our daily walk with God.
4. To learn the importance of developing a habit of prayer in our daily lives.

MEMORY VERSE

"Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints."

(Ephesians 6:18)

PRAYER

1. Thank You, Lord Jesus, for a peaceful week so that we can come to worship you in Spirit and truth.
2. Help us to be like Daniel by placing You first in our hearts and in our lives.
3. Give us the courage to continue to worship You, even when it is difficult to do so.
4. Instill in us a determination to spend time with You each day in prayer and Bible reading, just as Daniel did, so that others can see You in our lives and give glory to You.



Overview

1. **Daniel: The Right Man for the Job!**
2. **Daniel's Unshakeable Faith**
3. **Daniel Is Saved**
4. **Linking to the Ten Basic Beliefs**—Jesus is the only true God, the Creator of the heavens and earth.
5. **Life Application**
 - Meeting with God
 - Making Prayer a Habit
6. **Activity**—"Time with God" Poster



Background Knowledge for Teachers

Darius the Medes

Darius the Medes is found only in the Book of Daniel. Other records make no mention of any king between Belshazzar and Cyrus. Therefore, King Darius may have been:

- a. King Cyrus himself
- b. Cyrus' son Cambyses
- c. One commissioned by King Cyrus to be the ruler of Babylon

The Laws of the Country

In Babylon, the king's word was the law. In the Medo-Persian Empire, however, when a law was made, even the king couldn't change it. The law could not be broken—not even an important official like Daniel could break it. Another example of the irrevocable nature of the laws of the Medes and Persians appears in Esther 8:8.

After Daniel had spent a night in the lions' den unharmed, King Darius immediately ordered him to be brought out from the lions' den. According to ancient law, a person who was cast into the lions' den and survived the night unscathed would be acquitted immediately.



Reaching Out to Your Students

"Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny."
– Unknown

Have you noticed how some things in life can be done without us thinking twice about it? Things like cleaning our teeth, having breakfast, closing the door when we leave the house. We do all these automatically because we recognize their benefits if we do them and their harm if we don't.

Reading the Bible and praying each day is a habit each Christian needs to cultivate. Developing the habit is beneficial to our students' characters, their spiritual lives, and their journey of faith. However, it does not come naturally and easily, but with a lot of time, effort, and discipline.

Experts have found that developing a habit takes about twenty-one days. Therefore, in this lesson we have challenged our students to meet with God for twenty-one days. It will require a lot of encouragement, modeling, and even the help of their parents. After each week, our students will be asked to bring their posters with the stickers to church to evaluate their progress. By way of a small encouragement, teachers may choose to reward students with small gifts, such as erasers, stickers, and pencils. Of course, over time, these will not be necessary as our students personally experience the joys and benefits of meeting with God.



Opener

5 Minutes

[Pass out a blank sheet of paper to each student. Prepare a bell. Write a phrase relating to the lesson, such as "Daniel is saved in the lions' den", on the board.]

Students, with which hand do you normally write? Have you ever tried writing with your non-dominant hand?

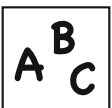
Today, let's try writing with both our dominant and non-dominant hands. Using the hand that you normally write with, copy the phrase on the board. Write as legibly and as neatly as you can. When you hear the bell, switch to your left (or non-dominant) hand and write the phrase again. [Repeat this a couple of times. Afterwards, discuss the following with students.]

How many times did you write the phrase with each hand? Was it easier to write with your non-dominant hand as you used it more? What would you need to do to make your non-dominant hand write as well as your dominant hand?

Most likely, you found that writing with your non-dominant hand was awkward and uncoordinated. A lot of practice is needed so that you can write as freely and comfortably as your other hand. If you made it a habit to write with your non-dominant hand, then before long you would be writing with ease and without too much thought or effort.

Developing a habit of praying and reading the Bible is the same. As Christians, we need to develop a good habit of talking to God every day, because this will mold us to be Christ-like.

Today, we will learn about Daniel who, since his youth, prayed to God every day, in both good and bad circumstances.



Vocabulary

satrap: an official responsible for a certain province
governor: a chief or someone who oversees



Bible Discovery & Spiritual Teaching

30-35 Minutes

FOR TEACHERS

Hand out the Bible Discovery Worksheet to the students now. The students will be completing the worksheet as you go through the lesson. The answers have been underlined in this section. Give students time to complete each question before moving on with the lesson.

A. Daniel: The Right Man for the Job!

During his reign, King Darius divided his kingdom into 120 provinces. In each of the provinces, Darius chose one satrap to be responsible for each province. King Darius also chose three men to be governors who were to be over the 120 satraps. One of the governors was Daniel, whose job was to make sure the satraps were serving the king faithfully.

King Darius soon noticed that Daniel was more capable than all the other governors and satraps, and he began to think of placing Daniel over the entire empire. Throughout Daniel's life, others could see that Daniel was different.

What others thought of Daniel:

- Dan 6:3 - King Darius saw that Daniel was different from the rest because an excellent spirit was in him.
- Dan 6:4 - The governors and satraps sought to find some charge against Daniel, but they found none because he was faithful.
- Dan 4:8-9 - King Nebuchadnezzar described Daniel as one who had the Spirit of the Holy God.
- Dan 5:10-12 - King Belshazzar's wife described Daniel as a man who had the Spirit of the Holy God. Light, understanding, and wisdom, like the wisdom of the gods, were found in him.
- Ezek 14:14 – The prophet Ezekiel described Daniel as one of the three great righteous men, along with Noah and Job.
- Dan 9:23; 10:11; 10:19 – Daniel was a man greatly beloved by God.

The people who knew Daniel perceived that he was different. They could see God in Daniel. Can others see Jesus in us? Can others see the love, kindness, and holiness of God through us? Did Daniel have some important daily habits that enabled him to shine for God? Let's find out.

The Conspiracy

When the other governors and satraps realized the king's intention to set Daniel over the entire kingdom, they were very jealous of Daniel and sought to find fault with him.

The two governors and 120 satraps gathered to find some charge against Daniel. The men thought and thought. They searched their memories for all the different times they were with Daniel. None of them could remember a time when they heard Daniel speak disrespectfully against the king. No one ever saw Daniel mistreat someone in the kingdom. Not one person could stand up and say anything bad about Daniel that would keep the king from promoting him. After thoroughly thinking about Daniel, all they realized was that he was completely trustworthy and honest.

It took some time, but the men finally came up with an idea. The only way that they could accuse Daniel was through his religion. They knew that Daniel worshipped and prayed to his God daily. Unlike the others, Daniel did not worship any other gods or persons except the God of Israel. If they could convince the king to make a law that forced Daniel to choose between obeying his God and obeying King Darius, they would surely be able to trap Daniel then.

Having come up with this brilliant idea, the men then all thronged before the king. Do you know what "thronged" means? It means to crowd together in a large number. These men were so eager to bring Daniel down that they crowded around King Darius to tell him about Daniel.

Let's read what they said in Daniel 6:6-8.

What was the decree upon which they had unanimously decided?

The decree stated that whoever petitioned any god or man for thirty days, except the king, would be cast in the lions' den. King Darius was caught off guard by their flattering words. He was not aware of their conspiracy and agreed to enforce the decree.

What did this mean for Daniel? The law would restrict Daniel's freedom of religion and choice to worship the true God for thirty days.

Here in America, we are blessed to have religious freedom. We are free to pray to God at any time without fear of breaking the law. In certain parts of the world, people do not have the freedom to worship God. They may even

even be persecuted for believing in the Lord Jesus and reading the Bible. We ought to cherish the freedom that we have to worship God and preach the gospel.

B. Daniel's Unshakeable Faith

What would you do if you wanted to worship God, but the punishment for doing so would be being thrown into the lions' den? [Allow students to respond.]

What could Daniel have chosen to do in order to pray without being noticed? [Allow students to respond.]

Read Daniel 6:10 to find out what Daniel did. Write the verse down, and then highlight the important words that tell us what he did.

- **He went to his upper room.** This was probably Daniel's usual place of prayer, a place where he communed with God in peace.
- **He opened the windows toward Jerusalem.** Daniel opened the window that faced the direction of Jerusalem, the holy city. Even though he was in Persia, a foreign land, his heart was with his people and with God.
- **He knelt down on his knees three times that day.** He continued to fear and worship the Lord in prayer. Daniel didn't allow the fear of death keep him from altering his habit of praying three times a day.
- **He prayed and gave thanks before God.** Even though Daniel knew of the decree, he did not murmur against God. He entrusted his problem and life to God and gave thanks to God for everything.
- **As was his custom since early days.** From his youth, Daniel had continued with this habit of praying until his old age.

From this verse, we don't read of any hesitation on Daniel's part to change his lifestyle based on the new decree. We don't read of him being tempted to pray quietly in his heart so that no one would ever know. We don't read that he was so afraid of being thrown into the lions' den that he made a pact with God telling Him that he would resume prayer after the thirty days was over. Nor do we read that he closed his windows when he prayed or prayed only when everyone was asleep.

In fact, Daniel did not do anything to compromise his life of faith. Daniel was totally faithful to God, even if it meant losing his life.

Why do you think Daniel was willing to risk his life to pray to God?

When we reflect upon our own lives, what things might cause us to be distracted from spending time with God or even to give up our faith?

- Fear of death
- Pain or suffering
- Love of money
- Love of idols
- Media (e.g. computer games, movies, etc.)
- Hobbies/interests

Who in the Bible compromised their faith because of their desires?

- Judas for 30 pieces of silver (Mat 26:14-16)
- Demas for the love of this world (2 Tim 4:10)
- Gehazi for two talents of silver and two garments (2 Kgs 5:20-24)
- Ananias and Sapphira for a good name (Ac 4:36-5:4)

The group of men kept a close eye on Daniel to see what he would do, to see if he would break the law. Lo and behold, they found Daniel praying and making supplications before God. They could not get back to King Darius fast enough to accuse Daniel.

Let's turn to Daniel 6:12-13.

Darius' heart sank. He was so upset with himself for making such a decree that now jeopardized the life of his most trusted leader. However, the jealous men were not going to let King Darius forget what he had to do. "Remember, O king that no decree made by you can be changed."

The men were right. In the Medes and Persian Empire, when a law was made and signed, there was absolutely no way to change it; even the king couldn't change it. There was only one thing the king could do and that was to have Daniel thrown into the lions' den. Before Daniel entered, the king said to Daniel, "Your God, whom you serve continually, He will deliver you."

After Daniel entered the den, a large stone was rolled in front of it to prevent Daniel from escaping. The king then used his ring to seal the stone, along with the rings of the other lords to say that nothing could be changed.

While the conspirators felt secretly glad that they had gotten rid of a rival, how was the king feeling?

Let's read Daniel 6:18-19.

Darius returned to his palace with a very heavy and troubled heart. Throughout the night, he ate nothing. He was in no mood for any music or entertainment. He was

unable to sleep, thinking about Daniel surrounded by hungry lions. He was also very upset with himself because of the part he played in putting Daniel in his current situation. Oh, how he hoped that Daniel's God would rescue him from this terrible situation! As the sun was starting to come up over the horizon, Darius hurried to the den in which Daniel was sealed.

C. Daniel Is Saved!

When King Darius reached the stone, he cried out in an anguished voice, "Daniel, servant of the Living God, has your God, whom you serve continually, been able to rescue you from the lions?"

Then Daniel said to the king, "O king, live forever! My God sent His angel to shut the lions' mouths so that they may not hurt me. I was found innocent before Him and before you, O king, I have done no wrong."

The king was exceedingly glad to hear Daniel's voice. He gave the command for Daniel to be brought out of the den. As Daniel was taken from the den, not a mark was found on him. No lion bite marks or even a scratch could be seen on his body. God had protected Daniel because he believed in his God. As for the men who conspired against Daniel, the king commanded that they and their families be thrown into the den. Let's read Daniel 6:24.

God was not in the den to protect them from the ferocious, hungry lions. Before they even reached the

bottom of the den, the lions devoured them. Compare what happened to Daniel with what happened to his enemies when they were thrown into the den.

Why were the fates of Daniel and his enemies so different? Turn to Proverbs 11:6a, 8. Daniel was a righteous man who trusted and believed that God would deliver him. As a result, God saved him from the lions' den. Daniel's enemies were evildoers who did not fear God. They did not have the protection of God and consequently perished.

King Darius' Decree

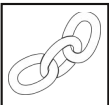
Daniel's life of prayer and good conduct enabled King Darius to gain some knowledge about God. Before Daniel entered the den, he had said to Daniel, "Your God, whom you serve continually, He will deliver you" (Dan 6:16). After Daniel's miraculous escape from the lions' den, the king had a greater understanding of God. King Darius made a decree that all his subjects must revere the almighty and living God worshipped by Daniel.

Let's read how King Darius described the God of heaven in Daniel 6:25-27.

After this, God continued to bless Daniel. Daniel continued to serve and prosper not only during the reign of King Darius, but also later under a new king, Cyrus, King of Persia.

HOMEWORK ANSWER KEY

1. Answers may vary.
2. Daniel was a righteous man who was faithful to God and had the Spirit of God in him. He knew that by praying to God, he'd be putting his life in danger, but he still did it anyway. He cared more about obeying God than obeying the king's law. We can learn that no matter who may be persecuting us, it is important to always follow God and keep His commandments. When we do so, He will protect and save us, just as He did for Daniel.
3. Answers may vary.



Linking to the Ten Basic Beliefs

2-5 Minutes

One True God

Daniel fully understood the God whom he worshipped, which is why he courageously continued to pray and worship God even though his life was in great danger. He believed that the God whom he worshipped is the Creator of the heavens and earth and his Savior, who is able to deliver him from the mouth of lions and his enemies.



Check for Understanding

5 Minutes

- 1. Name two of the people who could tell that Daniel was different.** King Darius, King Nebuchadnezzar, King Belshazzar's wife, or Ezekiel the prophet.
- 2. What qualities did these people see in Daniel?** He had an excellent spirit. He had understanding and wisdom. He was faithful and righteous.
- 3. What decree did King Darius pass?** Whoever prays to any god or man other than the king in the next thirty days shall be cast into the lions' den.
- 4. What did Daniel continue to do, even though he knew that doing it would put him in danger of being thrown into the lions' den?** He prayed to God, three times a day as usual.
- 5. Why was Daniel willing to risk his life to pray to God?** He loved God more than his own life. He knew that God would protect him because he feared God and kept God's commandments.
- 6. What are some of the things that can distract a person from spending time with God or even cause them to give up their faith?** Answers may vary.
- 7. Why were the fates of Daniel and his enemies so different?** Daniel was a righteous man who trusted and believed that God would deliver him. As a result, God saved him from the lions' den. Daniel's enemies were evildoers who did not fear God. They did not have the protection of God and consequently perished.
- 8. What did King Darius do after he saw how Daniel was delivered from the lions' den?** He made a decree that all the people in his empire had to revere the God whom Daniel worshipped.



Life Application

10 Minutes

1. MEETING WITH GOD

[Teacher: Before beginning Life Application #1, prepare four sheets of paper with one of the following obstacles on each paper: "Too Tired!", "Too Scared!", "But I'm Watching a Movie!", "Busy as a Bee!". Post these signs in different parts of the room. Students will be asked to go to the sign that shows the obstacle they may face.]

Throughout his life, Daniel prayed earnestly three times a day. Even when he was over eighty years old, he continued to fast and pray (Dan 9:1-4). This daily spiritual cultivation enabled Daniel to be close to God and understand the things of God. Furthermore, Daniel did not allow any obstacle or difficulty to take his time away from his daily prayers. Daniel never gave himself any excuse, even though he was a busy prime minister of the Medes and Persian Empire. Even in the face of death, Daniel prayed and gave thanks to God as he had done all his life.

Read the story below to learn how, like Daniel, these men met with God each day.

In 1882, there were two students called Hooper and Thornton who attended Cambridge University in England, UK. Every day was filled with studying, going to class, and practicing sports. Hooper and Thornton loved their life as students. However, they discovered that although they enjoyed a very satisfying life, something was missing in their spiritual lives. They knew that if they did not fix it, it would bring problems later on. They sought an answer and came up with an idea called the morning watch—a plan to spend the first minutes of each new day alone with God, praying and reading the Bible.

After some time, they knew that the morning watch was exactly what they needed. They realized that if they wanted to know God, it was necessary to spend time every day with Him. Their idea began to spread to other students who wanted to meet with God. But these men found that getting out of bed in time for the morning watch was very difficult. Still, Thornton was determined to change his laziness. He invented an automatic contraption and set it up by his bed: when the alarm clock went off, the vibration of the alarm clock would set his fishing tackle in motion, and the sheets that were clipped to the line would then lift off his body and wake him up. Thornton wanted to get up to meet his God!

These men continued to meet with God every morning. After they graduated from college, this group of very educated and wealthy men decided to give up their personal dreams and everything they had to live for Jesus. They decided to go out to China to preach the gospel. What made them change? They met with God each morning.

Say: What inspired Thornton and Hooper to meet with God daily? What things may have prevented them from keeping their appointment with God? How did they overcome these obstacles? How did these daily meetings with God shape their future lives?

Like Thornton and Hooper, we may want to spend time with God each day, but there may be certain things that hinder us from doing so. Let's read the following scenarios together to find out what these hindrances might be.

[Hand out Life Application Worksheet #1. Show the students the signs that have been posted around the classroom, and then have the students read all of the following scenarios. The students will then go to the obstacle that may be a hindrance to them. In their groups, students will come up with some "tips" that will help them overcome their obstacles.]

Read the following scenario, and then go to the area of the room with the same obstacle listed. Then, discuss with your group the question that follows the scenario.

1. Too Tired!

The alarm went off. Kevin reached for the clock and pressed the snooze button. He turned over and slept some more. When Mom came into the room twenty minutes later, Kevin was still in bed. She lifted the covers, gave Kevin a good shake, and then shouted, "Five minutes! You better be ready in five minutes or else you're walking to school yourself." Kevin jumped out of bed, changed his clothes, grabbed his lunch and backpack, and rushed out the door. It was like this every morning.

What should Kevin do to give himself more time with God?

2. Too Scared!

Last week during R.E. class, Lucy's teacher spoke about the importance of setting aside a time each day to be with God. She challenged each of them to try it for a week. Lucy wondered how she was going to do this as her family barely prayed at all. She felt a bit embarrassed about doing something no one else in her family did. She also worried that her brothers would laugh at her when they found her praying.

What should Lucy do to give herself more time with God?

3. But I'm Watching a Movie!

Bill is sitting at home watching one of the latest movies that has just been released. This is what he enjoys most besides playing computer games. Bill spends about three to four hours a few times a week doing this. By the time the movie is over, it is late and he goes straight to bed. Sometimes he does remember to sneak in a prayer, but it ends too quickly. Bill cares more about watching movies and playing games than about speaking to God.

What should Bill do to give himself more time with God?

4. Busy as a Bee!

Sally arrived home from school famished. She quickly ate the snack Mom had prepared before running through her pieces one more time before her violin lessons. An important violin competition was coming up soon, and her teacher told her she had to be ready. By the time the lesson was over, it was dinnertime. Sally helped Mom with setting the dinner table and cleaning up afterwards. Then it was homework time. At 8:30 pm, Dad called the family together for their daily Bible reading and prayer before the end of the day. "Oh, not tonight!" Sally moaned. "I have too much homework!"

What should Sally do to give herself more time with God?

2. MAKING PRAYER A HABIT

[There is no worksheet for this Life Application. Simply reinforce the teachings with the students.]

A lot of times, we begin to spend time with God, but we cannot maintain it on a regular basis for long. This is because we haven't developed the habit. We are taught good habits, such as brushing our teeth, bathing, and wearing seatbelts, from our youth, so that eventually they become a regular part of our lives.

When we were young and our parents told us to brush our teeth, we probably didn't like it very much and refused to do it. But after many weeks, or even months, brushing our teeth became a habit. In the same way, spending time with God in prayer and Bible reading is a habit that we have to develop from a young age, just like Daniel.

1. Set a time for yourself.

Take a close look at your daily schedule to find the best times and places to pray. It's best if it were the same time each day. For some people, it might be mornings, while evenings may work better for others. Find a time when you can concentrate and are not too tired. A suggested time can be ten minutes before or after your homework time. The key is to be consistent.

2. Do not make excuses.

No matter how many activities or how much homework we have to do, we still eat and sleep each day since these are essential for us to stay alive physically. In the same way, we have to take time out to be with God because that's how we stay alive spiritually. If we put God first over watching TV, playing video games, playing with friends, or just dawdling, then nothing will distract us from our appointment with God.

3. Set reminders everywhere.

Think of something that will stand out as a reminder of your appointment with God. Draw a big poster with a catchy phrase like, "God is waiting," and post it up in a space where you can see it. Write notes to yourself and place them in front of the TV or on your computer game. You may choose to enlist the help of your parents to give you daily reminders. Or you may work with a classmate and call each other at a set time. Or perhaps the entire class may wish to set a time to meet with God. These reminders will be necessary until meeting with God each day becomes a habit.

4. Start small.

Set a time frame for yourself. Perhaps you may want to start with seven minutes. You could call it a daily "Seven-Up." Start with something that you can manage and achieve. How will you spend these seven minutes? You might want to start with reading God's words. You can read a passage or a verse, and then spend time with God in prayer.

5. Use your heart.

In the 1996 Summer Olympics, a 19-year-old American gymnast captured two gold medals for her effort in the team competition and for her performance on the balance beam. A few days later, television reporters asked her how hard it was for her to keep practicing and training. The gymnast answered that she loved gymnastics. Because she loved it so much, she hadn't minded the toil of training for the Olympics. The work that might have been hard and unpleasant to someone else was not so hard for her simply because she loved her sport. In the same way, spending time with God should not be a forced and unpleasant experience, but rather a joyful one, because we desire to meet with God.



Activity

"Time with God" Poster

10-15 Minutes

Objective: To make a poster that will remind the students to spend time with God.

Materials

- Large construction paper
- Markers
- Crayons
- Scissors
- Miscellaneous art supplies
- Small stickers

The students will be designing a poster to hang in their room that will remind them to spend time with God. Before they begin designing their poster, ask the students to draw three rows of seven boxes for each day of the week at the bottom of the poster. Provide students with stickers and have them put a sticker for each day they spent time with God.

Check with the students each week to see how they are doing. Praise their efforts, and encourage and help the students who may be struggling with the challenge.

What others thought of Daniel

a. Daniel 6:3

_____ saw that Daniel was different from the rest because an _____ was in him.

b. Daniel 6:4

The _____ and _____ sought to find fault with Daniel, but they found none because he was _____.

c. Daniel 4:8-9

_____ described Daniel as one who had the _____ of the _____.

d. Daniel 5:10-12

King Belshazzar's wife described Daniel as a man who had the Spirit of the _____, _____, and _____, like the wisdom of the gods, were found in him.

e. Ezekiel 14:14

The prophet Ezekiel described Daniel as one of the three great _____, men along with Noah and Job.

f. Daniel 9:23; 10:11; 10:19

Daniel was a man _____ by God.

Teaching: How do we shine for the Lord Jesus?

Daniel's Unshakeable Faith

1. Write out Daniel 6:10. Highlight the important words that demonstrate Daniel's faith in God.

2. Write down some things that may rob us of our time with God.

3. Look up the following Bible verses to find out who compromised their faith.

_____ for 30 pieces of silver (Mat 26:14-16)

_____ for the love of this world (2 Tim 4:10)

_____ for two talents of silver and two garments (2 Kgs 5:20-24)

_____ and _____ for good name (Ac 4:36-5:4)

Daniel is Saved!

a. Compare what happened to Daniel with what happened to his enemies when they were thrown into the lions' den.

Daniel

Enemies

b. Why were the fates of Daniel and his enemies so different?

Fill in the blanks.

The _____ of the _____ will deliver them. (Prov 11:6a)

The _____ is _____ from trouble and it comes to the _____ instead. (Prov 11:8)

MEETING WITH GOD

Throughout his life, Daniel prayed earnestly three times a day. Even when he was over eighty years old, he continued to fast and pray (Dan 9:1-4). This daily spiritual cultivation enabled Daniel to be close to God and understand the things of God. Furthermore, Daniel did not allow any obstacle or difficulty to take his time away from his daily prayers. Daniel never gave himself any excuse, even though he was a busy prime minister of the Medes and Persian Empire. Even in the face of death, Daniel prayed and gave thanks to God as he had done all his life.

Read the story below to learn how, like Daniel, these men met with God each day.

In 1882, there were two students called Hooper and Thornton who attended Cambridge University in England, UK. Every day was filled with studying, going to class, and practicing sports. Hooper and Thornton loved their life as students. However, they discovered that although they enjoyed a very satisfying life, something was missing in their spiritual lives. They knew that if they did not fix it, it would bring problems later on. They sought an answer and came up with an idea called the morning watch—a plan to spend the first minutes of each new day alone with God, praying and reading the Bible. After some time, they knew that the morning watch was exactly what they needed. They realized that if they wanted to know God, it was necessary to spend time every day with Him. Their idea began to spread to other students who wanted to meet with God. But these men found that getting out of bed in time for the morning watch was very difficult. Still, Thornton was determined to change his laziness. He invented an automatic contraption and set it up by his bed: when the alarm clock went off, the vibration of the alarm clock would set his fishing tackle in motion, and the sheets that were clipped to the line would then lift off his body and wake him up. Thornton wanted to get up to meet his God!



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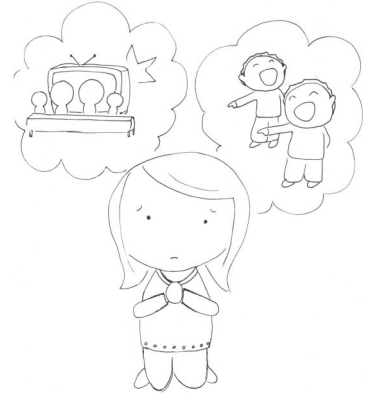
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What should Kevin do to give himself more time with God?

2. Too Scared!

Last week during R.E. class, Lucy's teacher spoke about the importance of setting aside a time each day to be with God. She challenged each of them to try it for a week. Lucy wondered how she was going to do this as her family barely prayed at all. She felt a bit embarrassed about doing something no one else in her family did. She also worried that her brothers would laugh at her when they found her praying.



What should Lucy do to give herself more time with God?



3. But I'm Watching a Movie!

Bill is sitting at home watching one of the latest movies that has just been released. This is what he enjoys most besides playing computer games. Bill spends about three to four hours a few times a week doing this. By the time the movie is over, it is late and he goes straight to bed. Sometimes he does remember to sneak in a prayer, but it ends too quickly. Bill cares more about watching movies and playing games than about speaking to God.

What should Bill do to give himself more time with God?

4. Busy as a Bee!

Sally arrived home from school famished. She quickly ate the snack Mom had prepared before running through her pieces one more time before her violin lessons. An important violin competition was coming up soon, and her teacher told her she had to be ready. By the time the lesson was over, it was dinnertime. Sally helped Mom with setting the dinner table and cleaning up afterwards. Then it was homework time. At 8:30 pm, Dad called the family together for their daily Bible reading and prayer before the end of the day. "Oh, not tonight!" Sally moaned. "I have too much homework!"



What should Sally do to give herself more time with God?

