

# WEEK 1: MAKE PRAYER A HABIT

## Daniel in the Lions' Den

*Daniel prayed three times a day, just as he had always done, giving thanks to his God. – Daniel 6:10b*

**Read: Daniel 2, 6, 9:3-19, 10:1-3**

How long does it take for an action to become a habit? Writer Elias Scully reviewed recent research designed to answer this question (The Startup, @medium.com.) The consensus? Developing a new habit takes anywhere from 18 to 254 days. Kind of a wide range, but one thing is for sure: it takes more than a day or two.

From what we can see in Scripture, Daniel definitely seems to have developed a “habit” of prayer. Daniel 6:10 tells us that even in the face of persecution and punishment, Daniel prayed three times a day, “just as he had always done.” He had made prayer and worship a habit. Daniel thanked God when his prayers were answered, asked God for help when he faced trouble and praised God for who he is on a regular basis.

Daniel not only had certain times of day set aside for prayer, but it seems pretty clear that he also carried on a sort of ongoing conversation with God. Because he had put in the time to make prayer a habit, it was natural for Daniel to turn to God throughout the day. He relied on his habit of prayer to get him through both the ordinary and difficult days.

Is your prayer life a struggle? Don't get hung up on trying to follow a certain formula for prayer. There really is not any wrong or right way to pray. God wants to be in conversation with you. Find whatever way works for you to remain connected to him. Pray in the car, in the shower, while you're exercising. Prayer is simply talking to God and you can do that anywhere, anytime! And eventually, whether it takes 18 or 254 days or somewhere in between, at some point you'll realize that prayer has become a habit.

## QUESTIONS TO THINK ABOUT:

1. In your experience, how long does it typically take you to form a habit? Have you discovered anything that helps you “stick to it” until a habit is formed?
2. What does your prayer life currently look like? What are some actions you can take to begin to make it a habit or to protect your time of prayer?
3. Go ahead and pause right now and start talking to God. How are you feeling in this moment? Is there anything you're worried about? What are you looking forward to? Whether this is day 1 or day 1,001, our prayer is that this would be a habit that would continue throughout your lifetime. Enjoy your time with God!

