



Daniel (NIV)

Daniel 6:10b

Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

This practice is not mandated anywhere in Scripture, but is perhaps suggested by passages such as *Psalm 55:17 Evening, morning and noon I cry out in distress, and he hears my voice*. The mention of the “three times a day” indicates that Daniel’s praying in Daniel 6 is not spurred on by the decree; it is part of his regular habit .

Why does Daniel need such regular prayer to maintain his purpose? Because his purpose was not an action item on a to do list, it was a *habit of mind*, an attitude that he needed to maintain:

In spite of present appearance God is in charge and can do what He wants.

Daniel 3:17-18 [17] If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king. [18] But even if he does not, we want you to know, O king, that we will not serve your gods or worship the image of gold you have set up.”