



new  
you

## Week Seven

### Key Things You Heard

- Daniel and his friends experienced extreme highs and lows regardless of how committed they were to God.
- He didn't keep them (Daniel's friends) from being thrown into the fire, instead he chose to enter the fire with them.
- He didn't keep Daniel from being thrown into the lions den. Instead he kept the lions from devouring him.

### Pray

Heavenly Father, Our commitment to you must be the anchor point of our lower story lives. Regardless of the highs and the lows that we experience here, let us remember that you are always with us, you are always remembering us, and you always are enough. In Jesus Name, amen.

### Tweetable Moments

- "Know that in the pain of the lower story Jesus is with you and he understands."
- "Keep your eyes on the upper story while you point people to Jesus in the lower story."

## Week Seven

### Questions for Conversation

**Icebreaker:** Have each person in the group answer the following questions. What was the high and the low you experienced this week? How did you experience God in these situations?

- Read Daniel 1:1-15. What would your response be if you were carried off to a foreign country under similar circumstances? What do you think that you would have to be doing now to live faithfully for God then? Are you doing it? What keeps you from total devotion to Jesus?
- Read Daniel 6:10-11. What do you learn about Daniel from these verses? It seems obvious that these men knew of Daniel's practice of praying. Where are the places in your life where people would be able to find you consistently living in devotion to God? Spend some time as a group discussing the connection between the private practice of devotion and a public witness for God. Identify areas of your life where you need to improve in your private devotion.

### Now Go Do It (resources and next steps)

**Challenge:** If you are not already doing it, this week, set a time each day to find a place by yourself, kneel and pray.

Watch the RightNow media series, Thriving In Babylon (<https://www.rightnowmedia.org/Content/Series/163627?episode=1>.) Print the participant's handout and use it as a study guide. Answer the questions in the review section, and answer read the scriptures and answer the questions in the Bible exploration section. If you really want a challenge, go the extra mile and view all five videos in the series.

Is someone in your life carrying a heavy burden that is causing them to worry? Is there something that you can do to relieve them of the burden? Do it!