



73. Darius and Daniel

“Now when Daniel knew that the document was signed, he entered his house ... and he continued kneeling on his knees three times a day, praying and giving thanks before his God, as he had been doing previously.” Daniel 6:10

King Darius enacted a 30-day law that anyone who prayed to any god or man [other than to King Darius himself] would be thrown into the lion's den. Daniel knew about the law but he continued to pray as he had been doing. Opposition didn't persuade Daniel to stop praying. He continued praying *on his knees*. Many people in the Bible prayed on their knees. Ezra knelt to pray. Paul knelt to pray. Jesus knelt to pray.

And Daniel had an everyday pattern of prayer. He had a prayer place and he prayed three times each day.

The threat of being thrown into a lion's den to be torn apart by wild beasts is more than a significant inconvenience ... but the threat of that didn't stop Daniel from praying. What inconveniences prevent you from praying? Should those things stop you? It isn't necessary to always pray on your knees. There are Biblical examples of other postures. But do you pray on your knees enough? Do you have an established pattern of prayer? Do you have a favorite prayer-place? Daniel prayed three times every day. If you prayed three times every day during one year, you would have prayed over 1,000 times in just one year. How many times will you pray each day? And how many times will you pray on your knees? Make prayer a daily habit ... a no-exceptions and no-excuses daily habit.