

SESSION 5

Discover the Rhythms of the Daily Office and Sabbath

**Introduction**

With the disruption to our lives at the moment out of 1-10 how busy are you? How does that compare with what your life was like approx. 1 month ago (also out of 1-10)

**Video**

**Bible study: Daniel 6:1-10**

* 1. What pressure were coming against Daniel in these verses? How might they have affected him?
  2. What is remarkable about Daniel’s reaction?
  3. What does his devotion contain? What is significant about each one?
  4. How much had changed in Daniel’s life because of the threat? Why might this be so?
  5. How do you think Daniel’s regular practice of prayer shaped his response in this difficult time?
  6. Are we finding it easier/harder to pray at the moment? How does Daniel’s example encourage us?

**Application**

Structured times of prayer are clearly vital for Christians during this time.

What do we make of the idea of a sabbath?

What might it look like in practice:

* Stopping;
* Resting;
* Delighting;
* Contemplating?

Share what one step from this study you are committing to change as a result

Pray

**Throughout the Course:  
  
Daily Office**

Adapt your own quiet time to follow this formula

* Silence and Stillness before God (2 minutes)
* Scripture reading
* Devotional (optional)
* Set prayer/hymn
* Prayer
* Conclude with Silence (2 minutes)