

Take Home

NOVEMBER 16, 2025

Notes

SCRIPTURE READING: DANIEL 1:5, 8; 2:17-19, 6:10

1:5 The king assigned them a daily amount of food and wine from the king's table...**8** But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.

2:17 Then Daniel returned to his house and explained the matter to his friends Hananiah, Mishael and Azariah. **18** He urged them to plead for mercy from the God of heaven concerning this mystery, so that he and his friends might not be executed with the rest of the wise men of Babylon. **19** During the night the mystery was revealed to Daniel in a vision.

6:10 When Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

RESOURCES FOR PUTTING THIS MESSAGE INTO PRACTICE:

The Spiritual Health Reflection Tool: www.practicingtheway.org/reflection

The Rule of Life Builder: <https://www.practicingtheway.org/ruleoflifebuilder>

DISCUSSION PROMPTS FOR SMALL GROUPS, FRIEND GROUPS & HOUSEHOLDS:

1. **Read the Scriptures printed above.** What strikes you in these verses? What questions arise as you read them? Feel free to wrestle with those questions out loud together.
2. How did Daniel resist the empire and remain faithful to YHWH while in exile? How does his example speak to you?
3. What is the Holy Spirit revealing to you about what He wants to do in your life in this season? Is there a particular practice that He's inviting you to begin or deepen?
4. How much margin do you have in your life? Have you ever asked the Holy Spirit to reveal to you what things you may need to remove from your life, or say no to, in order to have more margin? If so, what did He reveal? What might change as a result of creating more margin?
5. How can we, as a community, grow towards Jesus together? Is there something we can practice together that would help be with Jesus, become like Jesus or do as Jesus did?