

Program: SS Panel 2026 2 Q

Quarterly title: Growing in a Relationship With God

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Lesson Title: #06 Prayer Warriors

Day Title: Sunday - Faithful Daniel

For Lesson Dates: May 2-8, 2026

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Note: This color and font = quarterly text

Note: This color and font = John Dinzey notes

Next Week Lesson: #7 Practical Prayer

John Dinzey 2026.Q2.L01. Faithful Daniel

If we as a people would pray as Daniel prayed, and wrestle as he wrestled, humbling our souls before God, we should realize as marked answers to our petitions as were granted to Daniel. Hear how he presses his case at the court of heaven: SL 47.1 SL= (The Sanctified Life)

]]> Emphasize this

Question:

>[=] Story:

REF:>>

READ

NIL: Not in Lesson

Lesson 6

*May 2–8

Prayer Warriors

SABBATH AFTERNOON

Read for This Week's Study: *Dan. 2:20–23; Dan. 6:10, 11; Acts 20:36; Gen. 5:22–24; Exod. 33:15–23; Exod. 32:31, 32.*

Memory Text: “I love the LORD, because He has heard my voice and my supplications. Because He has inclined His ear to me, **therefore I will call upon Him as long as I live**” (*Psalm 116:1, 2, NKJV*).

Imagine if you rarely spoke to your best friend or your spouse. Very soon the relationship would break down, and there'd be a problem. In the same way, **prayer is an essential part of having a close relationship with God.** It is a crucial devotional habit, one that each of us needs and can strengthen. If we don't pray often and continually, we will wander from the Lord sooner or later.

]]> In this lesson we will learn that prayer is of vital importance in maintaining a close relationship with the LORD!

In the Bible, we learn about the lives of different individuals who prayed in different ways. We can step back and catch a glimpse into how their communion with God impacted their relationship with Him, how and what we might also pray for, and how their prayers changed the lives of others. **It is true: our prayer life impacts not only ourselves but others as well.**

Just like Bible study, this topic of prayer is both huge and important and much broader than what can be covered in just two weeks. This week we'll learn some lessons from some of the those in the Bible who prayed and showed us just how central prayer is to having a strong relationship with God. Let's learn from their examples.

**Study this week's lesson to prepare for Sabbath, May 9.*

SUNDAY

May 3

Faithful Daniel

Daniel: “God is my judge”

Daniel is one of the great heroes of the Bible. We know the first story, too (see Daniel 1): **“Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies”** (*Dan. 1:8, NKJV*). Also, to Daniel and his three friends, **“God gave them knowledge and skill in all literature and wisdom; and Daniel had understanding in all visions and dreams”** (*Dan. 1:17, NKJV*). **The Bible describes Daniel as wise** (*Dan. 1:20; Dan. 2:14, 21, 23, 48*) because the Spirit of God was in him (*Dan. 4:9, 18; Dan. 5:14; Dan. 6:3*), **and he was greatly beloved by Heaven** (*Dan. 9:23, Dan. 10:11*). **These are some descriptors of a man who had a strong, abiding connection with God.**

In Daniel 2, when King Nebuchadnezzar issued a death decree to all wise men in Babylon, Daniel sought God’s mercy concerning the secret of his dream (*Dan. 2:18*). When God revealed the king’s dream to Daniel, he immediately prayed.

Read Daniel 2:20–23. Why did Daniel pray, and what can we learn from this prayer?

Daniel said: “Blessed be the name of God forever and ever

Daniel 2:20-23 20 Daniel answered and said: **“Blessed be the name of God forever and ever, For wisdom and might are His.**

21 And He changes the times and the seasons; He removes kings and raises up kings; He gives wisdom to the wise And knowledge to those who have understanding.

22 He reveals deep and secret things; He knows what is in the darkness, And light dwells with Him.

23 “I thank You and praise You, O God of my fathers; You have given me wisdom and might, And have now made known to me what we asked of You, For You have made known to us the king’s demand.”

>>> Notice how Daniel praises the LORD for answering their prayers

REF:>>>“Then was the secret revealed unto Daniel in a night vision. Then Daniel blessed the God of heaven.” They had not sought the mercies of God in vain. Then Daniel called together his companions, and thanked God that their prayers had been heard and answered, and they presented to God an offering of praise and thanksgiving, that was wholly acceptable to the Ruler of the universe... **Daniel and his fellows had a praise meeting, and all the universe of heaven united with them in thanksgiving.** YI November 22, 1894, par. 3

READ

As the years passed by and kings rose and fell, Daniel remained an advisor to the kings and was described as distinguished “because an excellent spirit was in him; and the king gave thought to setting him over the whole realm” (*Dan. 6:3, NKJV*). “He was faithful; nor was there any error or fault found in him” (*Dan. 6:4, NKJV*). Despite fierce jealousy and evil plotting (*Dan. 6:5–9*) from his peers, Daniel remained ever constant and fearless in his prayer life.

Read Daniel 6:10, 11. What do these verses tell us about Daniel?

Daniel 6:10-11 10 Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, **he knelt down on his knees** three times that day, and prayed and gave thanks before his God, **as was his custom since early days.**

SDA BC Daniel 6:10

Three times a day. In later Jewish tradition the offering of prayer three times a day took place at the third, sixth, and ninth hours of the day (the hours being counted from sunrise). The third and ninth corresponded to the time of the morning and the evening sacrifices. The psalmist followed the same practice (Ps. 55:17). Three daily prayers later became a fixed custom with every orthodox Jew living according to rabbinical regulations (Berakoth iv. 1). This custom of the three daily times of prayer seems also to have been adopted in the early Christian church (Didache 8).

Daniel 6:11 Then these men assembled and **found Daniel praying and making supplication before his God.**

assembled: [H7284](#) (Strong) רָגַשׁ regash reg-ash' (Chaldee); corresponding to [H7283](#); to *gather tumultuously*: - assemble (together).

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assembled — as in [Dan 6:6](#), “assembled” or “ran hastily,” so as to come upon Daniel suddenly and detect him in the act.

Dan 9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

Dan 9:4 And I prayed unto the LORD my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments;

Dan 9:5 We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:

Dan 9:6 Neither have we hearkened unto thy servants the prophets, which spake in thy name to our kings, our princes, and our fathers, and to all the people of the land.

Dan 9:7 O Lord, righteousness belongeth unto thee, but unto us confusion of faces, as at this day; to the men of Judah, and to the inhabitants of Jerusalem, and unto all Israel, that are near, and that are far off, through all the countries whither thou hast driven them, because of their trespass that they have trespassed against thee.

Daniel was mourning three full weeks

Dan 10:1 In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing was true, but the time appointed was long: and he understood the thing, and had understanding of the vision.

Dan 10:2 In those days **I Daniel was mourning three full weeks.**

Dan 10:3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

Dan 10:5 Then I lifted up mine eyes, and looked, and behold a certain man clothed in linen, whose loins were girded with fine gold of Uphaz:

Dan 10:6 His body also was like the beryl, and his face as the appearance of lightning, and his eyes as lamps of fire, and his arms and his feet like in colour to polished brass, and the voice of his words like the voice of a multitude.

Dan 10:7 And I Daniel alone saw the vision: for the men that were with me saw not the vision; but a great quaking fell upon them, so that they fled to hide themselves.

[Dan 10:11](#) And he said unto me, **O Daniel, a man greatly beloved,** understand the words that I speak unto thee, and stand upright: for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling.

If we as a people would pray as Daniel prayed

What earnestness and fervor characterize his supplications! The hand of faith is reached upward to grasp the never-failing promises of the Most High. His soul is wrestling in agony. And he has the evidence that his prayer is heard. He knows that victory is his. **If we as a people would pray as Daniel prayed, and wrestle as he wrestled, humbling our souls before God, we should realize as marked answers to our petitions as were granted to Daniel.** Hear how he presses his case at the court of heaven: SL 47.1 SL= (The Sanctified Life)

When faced with difficulty, Daniel prayed. Although the threat was against his life, he was consistent and persistent in prayer (three times every day, as was his custom), and predictable (at his open window three times a day as he prayed toward Jerusalem). His prayer was a physical act (he knelt) and focused on thanksgiving and supplication.

In light of a story like this, how lame are your excuses for not praying?

[illegible]

Additional Notes

What earnestness and fervor characterize his supplications! The hand of faith is reached upward to grasp the never-failing promises of the Most High. His soul is wrestling in agony. And he has the evidence that his prayer is heard. He knows that victory is his. If we as a people would pray as Daniel prayed, and wrestle as he wrestled, humbling our souls before God, we should realize as marked answers to our petitions as were granted to Daniel. Hear how he presses his case at the court of heaven: SL 47.1

“Oh my God, incline thine ear, and hear; open thine eyes, and behold our desolations, and the city which is called by thy name; for we do not present our supplications before thee for our righteousnesses, but for thy great mercies. Oh Lord, hear; Oh Lord, forgive; Oh Lord, hearken and do; defer not; for thine own

sake, Oh my God: for thy city and thy people are called by thy name” (verses 18, 19). SL 47.2

The man of God was praying for the blessing of Heaven upon his people and for a clearer knowledge of the divine will. The burden of his heart was for Israel, who were not, in the strictest sense, keeping the law of God. He acknowledges that all their misfortunes have come upon them in consequence of their transgressions of that holy law. He says, “We have sinned, we have done wickedly.... Because for our sins, and for the iniquities of our fathers, Jerusalem and thy people are become a reproach to all that are about us” (verses 15, 16). The Jews had lost their peculiar, holy character as God’s chosen people. “Now therefore, O our God, hear the prayer of thy servant, and his supplications, and cause thy face to shine upon thy sanctuary that is desolate” (verse 17). Daniel’s heart turns with intense longing to the desolate sanctuary of God. He knows that its prosperity can be restored only as Israel shall repent of their transgressions of God’s law, and become humble, faithful, and obedient. SL 47.3

“Then was the secret revealed unto Daniel in a night vision. Then Daniel blessed the God of heaven.” They had not sought the mercies of God in vain. Then Daniel called together his companions, and thanked God that their prayers had been heard and answered, and they presented to God an offering of praise and thanksgiving, that was wholly acceptable to the Ruler of the universe. “Daniel answered and said, Blessed be the name of God forever and ever: for wisdom and might are his: and he changeth the times and the seasons: he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding: he revealeth the deep and secret things: he knoweth what is in the darkness, and the light dwelleth with him.” Daniel and his fellows had a praise meeting, and all the universe of heaven united with them in thanksgiving. YI November 22, 1894, par. 3