



new life fellowship

Sermon Title: Our Rule of Life: The Long Labor of Getting Back to the Center

Speaker: Rich Villodas, Lead Pastor

Scriptures: Daniel 6:6-12

⁶ So these administrators and satraps went as a group to the king and said: “May King Darius live forever! ⁷ The royal administrators, prefects, satraps, advisers and governors have all agreed that the king should issue an edict and enforce the decree that anyone who prays to any god or human being during the next thirty days, except to you, Your Majesty, shall be thrown into the lions’ den. ⁸ Now, Your Majesty, issue the decree and put it in writing so that it cannot be altered—in accordance with the law of the Medes and Persians, which cannot be repealed.”⁹ So King Darius put the decree in writing.

¹⁰ Now 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. ¹¹ Then these men went as a group and found Daniel praying and asking God for help. ¹² So they went to the king and spoke to him about his royal decree: “Did you not publish a decree that during the next thirty days anyone who prays to any god or human being except to you, Your Majesty, would be thrown into the lions’ den?”

The king answered, “The decree stands—in accordance with the law of the Medes and Persians, which cannot be repealed.”

Daniel 6:6-12 NIV

Sermon Outline:

1. Rule of Life is a structure or rhythm for our lives that enables us to pay attention to God in everything we do. Living with a Rule of Life keeps you from being ruled by life.
2. Fixated on achievement, status, anxiety moves us off our center.
3. Daniel didn't live in fear of Babylon, he is rooted because his life is marked by prayer
4. Even though it is said 80% pray, are our lives marked by prayer, communion with God?
5. Prayer is an intentional rhythm of being with God in silence, scripture and self reflection.
6. God just asks us to show up just like you just show up in a blizzard. When you start giving your heart in prayer, it keeps your heart warm.
7. We need a rope. The Rule of life is a rope that keeps us grounded in God. Prayer is what keeps us connected to God even in a blizzard of troubles, in His love through prayer he pulls us to Himself.

Sermon Summary:

This Sunday Pastor Rich shares on the importance of prayer, communal times spent with God.

Sermon Questions:

What words or phrases from this scripture passage resonated in you as you read them? Why?

- How does this scripture connect for you the topic that was discussed today? How so?
- How has your family of origin, the family you grew up in, shaped your perspective on prayer? How do you think that has effected you in your life today?
- Can you recall a time you had a good rhythm of prayer? What was that experience like?
- What are some fixations such as achievement, status, anxiety or others which have moved you off your center?
- How does Daniel 6:10, on Daniel's continuous prayer challenge you?
- What is the rope that you need to keep you anchored to God?
- How has God been coming to you through this sermon?