



Key Scripture:

Psalm 1:1 NIV

Blessed is the one who obeys the law of the Lord.
He doesn't follow the advice of evil people.

He doesn't make a habit of doing what sinners do.

He doesn't join those who make fun of the Lord and His law.

The Daniel Decision

Daniel 1:8 NLT

But **Daniel was determined not to defile himself** by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods.

The Power of a Small Daniel Discipline

Daniel 2:48-49 NLT

48 **Then the king appointed Daniel to a high position and gave him many valuable gifts.**

He made Daniel ruler over the whole province of Babylon, as well as chief over all his wise men. 49 At Daniel's request, the king appointed Shadrach, Meshach, and Abednego to be in charge of all the affairs of the province of Babylon, while Daniel remained in the king's court.

Our life is the sum total of all the small decisions we make.

The Habit Loop

- ✓ **Trigger:** A feeling, a desire or urge.
- ✓ **Temptation:** A sense something is missing, desired change of current state
- ✓ **Response:** Action taken to deliver the reward.
- ✓ **Reward:** End goal of every habit. Satisfy & teach us what to repeat.

Small Disciplines (t) = Big Results

Notes: _____

Habits

Developing Daniel Disciplines

Starting Good Habits

1. Make it - **Obvious.**

Daniel 6:10 Message

When Daniel learned that the decree had been signed and posted, **he continued to pray just as he had always done.** His house had windows in the upstairs that opened toward Jerusalem. Three times a day he knelt there in prayer, thanking and praising his God.

✓ **Action to make it obvious:** _____

I will (BEHAVIOR) at (TIME) in (LOCATION).

2. Make It - **Attractive.**

Daniel 1:11-12, 15 NLT

11 Daniel spoke with the attendant who had been appointed by the chief of staff to look after **Daniel, Hananiah, Mishael, and Azariah.**

12 "**Please test us** for ten days on a diet of vegetables and water," Daniel said.

15 At the end of the ten days, **Daniel and his three friends looked healthier and better nourished** than the young men who had been eating the food assigned by the king.

✓ **Action to make it attractive:** _____

3. Make It - **Easy.**

Daniel 7:1 NLT

Earlier, during the first year of King Belshazzar's reign in Babylon, **Daniel had a dream and saw visions as he lay in his bed.** He wrote down the dream, and this is what he saw.

✓ **Action to make it easy:** _____

4. Make It - **Satisfying.**

Daniel 1:17 NLT

God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom.

And **God gave Daniel the special ability to interpret the meanings of visions and dreams.**

✓ **Action to make it satisfying:** _____

Notes: _____

