



CELL GROUP MATERIAL

27 SEPTEMBER 2026

27 SEPTEMBER SERMON

In the Lion's Den

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Based on Daniel 6

Overview

This sermon explores the story of Daniel in the lion's den, drawing out timeless truths about excellence in character, the power of consistent prayer, unwavering worship, and trusting God when circumstances seem impossible. Daniel's life challenges us to examine our own habits, our speech, and the depth of our trust in God when we face our own "lion's dens."

Key Takeaways

- 1. Excellence invites opposition.** Daniel was targeted not because of any wrongdoing, but precisely because he was blameless. Living with integrity and an excellent spirit will sometimes make us a target, but it also positions us for God's elevation.
 - 2. Consistent habits sustain us in crisis.** Daniel prayed three times a day before the crisis came. His faithfulness in the ordinary seasons prepared him to remain faithful in the extraordinary ones. What we practice in private shapes how we respond in public.
 - 3. Worship is a decision, not just a feeling.** Even under threat of death, Daniel chose to pray and give thanks. Lifting our eyes to God is an act of the will. Nobody makes that choice for us.
 - 4. God's word never fails.** Unlike King Darius, who wrote a law he came to regret, everything God has spoken is good, true, and unchanging. We can bank on His word completely.
 - 5. God has the final say.** The enemy may scheme and plan, but nothing can stop God's purpose from being accomplished in the life of someone who trusts Him. When God says no, the enemy has to stop.
 - 6. What fills the heart shapes the mouth.** The words we speak about ourselves and others reflect what is stored in our hearts. God desires that our speech flow from a heart full of His joy, peace, and righteousness.
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Discussion Questions

Opening Question

- Think of a time when doing the right thing actually made things harder for you. What happened, and how did you respond?
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Section 1: An Excellent Spirit

Based on Daniel 6:3

Daniel distinguished himself because an excellent spirit was in him. This excellence was not just professional skill but a reflection of his character and his relationship with God.

1. What does it mean to you to have "an excellent spirit" in your everyday life, whether at work, school, or at home? What does that actually look like in practice?
 2. The sermon pointed out that Daniel's enemies could find no fault in him. If people who opposed you were looking for a reason to accuse you, what might they find? Is there an area of your life where you know you need to grow in integrity?
 3. Colossians 3:17 reminds us to do everything in the name of Jesus. How does keeping that perspective change the way you approach your responsibilities this week?
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Section 2: The Habit of Prayer

Based on Daniel 6:10

When Daniel heard about the new law, he did not panic or change his behavior. He went home and prayed, just as he had always done.

4. Daniel prayed three times a day as a consistent, established habit. How would you honestly describe your current prayer life? Is it consistent, or does it tend to be more reactive, meaning you pray mainly when things go wrong?
5. The sermon made the point that Daniel recognized he needed God more than he needed his career, his promotion, or people's approval. What are the things in your life that most often compete with your time with God? How can you practically address that?

6. Daniel gave thanks even in the most devastating season of his life. What is one thing you can genuinely give thanks for right now, even if your current circumstances are difficult?
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Section 3: Trusting God When the Den Is Sealed

Based on Daniel 6:16-23

Daniel was thrown into the den, the stone was placed over the opening, and the king sealed it. Every human option was shut. Yet God sent His angel and shut the mouths of the lions.

7. Have you ever been in a situation where it felt like every door was sealed and every human option was closed off? Looking back, how did God show up in that season?
 8. The sermon drew a contrast between King Darius, who wrote a law he came to regret, and God, whose word is unchanging and always good. How does the unchanging nature of God's word give you confidence when your circumstances feel unstable?
 9. The sermon referenced Micah 7:8, where the writer declares that even though he has fallen, he will arise, and though he sits in darkness, God will be his light. Is there an area of your life right now where you need to make that declaration? Share with the group if you feel comfortable doing so.
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Section 4: What Is Your Heart Full Of?

Based on Luke 6:43-45

The sermon closed with a challenge drawn from Luke 6, which teaches that the mouth speaks from what the heart is full of.

10. Honestly reflecting on the words you speak most often, whether about yourself, your circumstances, or other people, what do those words reveal about what is stored in your heart?
11. What is one specific step you can take this week to fill your heart with more of God's truth? Think practically, whether that is reading a particular passage, memorizing a verse, listening to worship music, or spending more intentional time in prayer.

Practical Applications

Choose one or more of the following to commit to:

- **Establish a prayer rhythm.** Set two or three specific times in your day to pause and pray, even briefly. Do this every day this week.
- **Audit your words.** Pay attention this week to what you say about yourself and others. When you catch yourself speaking discouragement, pause and replace it with a truth from Scripture.
- **Identify your lion's den.** Write down the situation in your life that feels most impossible right now. Then write down at least one promise from God's word that speaks directly to that situation. Pray over it daily this week.
- **Practice thanksgiving in a hard season.** If you are going through a difficult time, make a deliberate effort each morning this week to begin by giving thanks before you bring your requests to God.
- **Pursue excellence in one area.** Identify one specific area of your work, studies, or relationships where you know you have been giving less than your best. Commit to approaching it with an excellent spirit this week as an act of worship to God.

Closing Prayer Points

- For those who feel they are in a lion's den right now, that God would shut the mouths of the lions and bring them out without a wound.
- For greater consistency and depth in each group member's personal prayer life.
- For hearts to be transformed so that our words reflect God's joy, hope, and truth.
- For the courage to remain faithful in worship and in character, even when circumstances make it costly.