

## Questions & Answers Daniel 6:1-15

**Q:** Why does Daniel pray three times a day, and bow toward Jerusalem? Should we follow this practice?

**A.** Daniel is most likely following instruction given by Solomon at the dedication of the Temple, years before: "When the heavens are shut up and there is no rain because your people have sinned against you, and when they pray toward this place and confess your name and turn from your sin..." (1 Kings 8:35-36).

Knowing God's people had sinned Daniel recognized even in his posture the need for repentance and return to God.

Other commentators suggest the prayer three times a day toward Jerusalem was a common Jewish practice at that time, which was later copied and expanded by the Muslim faith.

The three times a day may come from passages like Psalm 55:17: "Evening, morning and noon I cry out in distress, and he hears my voice."

In terms of whether this should be our practice, we now have great freedom in how to pray. Postures of prayer include standing, sitting and kneeling. Times of prayer can be anytime. Mode of prayer can be public or private; vocal or silent. This passage gives a description of Daniel's prayer life, not a prescription for how everyone is to pray.

The challenge to us is that Daniel had a regular and meaningful prayer time. It was his spiritual discipline – what is yours?