

# "KEEP IT SHUT": QUESTIONS FOR CHAPTER 4 (PGS. 59-77)

To be discussed Wednesday Class, Nov. 18 OR Sunday Class, Nov. 22

ANSWER THESE QUESTIONS TO MAKE IT EASIER FOR US TO DISCUSS THIS CHAPTER AS A CLASS.

## CHAPTER 4: ZIP IT AND PRAY: How to Talk to God Before You Talk to Others

1. FROM PG. 59-64, BOOK QUOTE: **"PRAYER WILL MAKE A MAN CEASE FROM SIN, OR SIN WILL ENTICE A MAN TO CEASE FROM PRAYER"** -JOHN BUNYAN. What parts of our author's prayer journey could you relate to personally?
  - 1A. Author attempted to spend an hour in prayer. Write a few sentences of what you learned. Can you relate personally? Explain.
  
  - 1B. Author noticed the prayer life of both her friend, Kelly, and her husband. Write a few sentences of what you learned. Can you relate personally? Explain.
  
  - 1C. Author shared how she handles a problem or concern by default. Write a few sentences of what you learned. Can you relate personally? Explain.
  
2. Share a time when your prayers actually made a difference in what you said to someone?
  
  
3. FROM PG. 64-66: READ DANIEL 1 & 3. Give a summary of the story of Shadrach, Meshach, & Abednego told by our author. What action put them in the fiery furnace?
  
  
4. FROM PG. 66-68: READ DANIEL: 6:10-12 **"BUT WHEN DANIEL LEARNED THAT THE LAW HAD BEEN SIGNED, HE WENT HOME & KNELT DOWN AS USUAL IN HIS UPSTAIRS ROOM, WITH ITS WINDOWS OPEN TOWARD JERUSALEM. HE PRAYED THREE TIMES A DAY, JUST AS HE HAD ALWAYS DONE, GIVING THANKS TO HIS GOD. THEN THE OFFICIALS WENT TOGETHER TO DANIEL'S HOUSE & FOUND HIM PRAYING & ASKING FOR GOD'S HELP. SO THEY WENT STRAIGHT TO THE KING & REMINDED HIM ABOUT HIS LAW. "DID YOU NOT SIGN A LAW THAT FOR THE NEXT THIRTY DAYS ANY PERSON WHO PRAYS TO ANYONE, DIVINE OR HUMAN—EXCEPT TO YOU, YOUR MAJESTY—WILL BE THROWN INTO THE DEN OF LIONS?" "YES," THE KING REPLIED, "THAT DECISION STANDS; IT IS AN OFFICIAL LAW OF THE MEDES & PERSIANS THAT CANNOT BE REVOKED."**  
Give a summary of the story of Daniel told by our author.

What action put Daniel in the lion's den?

5. FROM PG. 68-69, BOOK QUOTE: **"SHOW ME WHO YOUR FRIENDS ARE, & I WILL SHOW YOU WHO YOU ARE."** Read the verses below and answer the questions.

5A. **I COR. 15:33 "DO NOT BE MISLED: BAD COMPANY CORRUPTS GOOD CHARACTER."**

What does this verse teach you about choosing your friends?

Give the example given on page 69 about the negative-word-wielding woman?

5B. **HEBREWS 3:12-15 "SEE TO IT BROTHERS AND SISTERS, THAT NONE OF YOU HAS A SINFUL, UNBELIEVING HEART THAT TURNS AWAY FROM THE LIVING GOD. BUT ENCOURAGE ONE ANOTHER DAILY AS LONG AS IT IS CALLED TODAY, SO THAT NONE OF YOU MAY BE HARDENED BY SIN'S DECEITFULNESS."**

What are the benefits of choosing friends who make godly choices?

How did you see this occur in the lives of Daniel, Shadrach, Meshach, & Abednego?

How has having a godly friend encouraged you, like this?

6. FROM PG. 69-71, BOOK QUOTE: **"GARBAGE IN, GARBAGE OUT! POOR INPUTS LEAD TO POOR OUTPUTS."**

6A. DANIEL 1:12-16 **"PLEASE TEST US FOR TEN DAYS ON A DIET OF VEGETABLES & WATER," DANIEL SAID. "AT THE END OF THE TEN DAYS, SEE HOW WE LOOK COMPARED TO THE OTHER YOUNG MEN WHO ARE EATING THE KING'S FOOD. THEN MAKE YOUR DECISION IN LIGHT OF WHAT YOU SEE." THE ATTENDANT AGREED TO DANIEL'S SUGGESTION & TESTED THEM FOR TEN DAYS. AT THE END OF THE TEN DAYS, DANIEL & HIS THREE FRIENDS LOOKED HEALTHIER & BETTER NOURISHED THAN THE YOUNG MEN WHO HAD BEEN EATING THE FOOD ASSIGNED BY THE KING. SO AFTER THAT, THE ATTENDANT FED THEM ONLY VEGETABLES INSTEAD OF THE FOOD & WINE PROVIDED FOR THE OTHERS."**

How did Daniel and his friends watch their intake?

6B. LUKE 6:45 **"A GOOD MAN PRODUCES GOOD DEEDS FROM A GOOD HEART. AND AN EVIL MAN PRODUCES EVIL DEEDS FROM HIS HIDDEN WICKEDNESS. WHATEVER IS IN THE HEART OVERFLOWS INTO SPEECH."**

MATTHEW 12:34 **"YOU BROOD OF VIPERS, HOW CAN YOU WHO ARE EVIL SAY ANYTHING GOOD? FOR THE MOUTH SPEAKS WHAT THE HEART IS FULL OF."**

How can we stop the garbage that comes out of our mouths?

What "input" might Jesus be asking you to avoid?

7. FROM PG. 71-72: DANIEL 6:10 **"THREE TIMES A DAY HE (DANIEL) GOT DOWN ON HIS KNEES & PRAYED, GIVING THANKS TO HIS GOD, JUST AS HE HAD DONE BEFORE."**

How did praying to God 3 times a day help Daniel when things got rough?

How could spending more time in prayer each day help you when things get rough?

8. FROM PG. 72-77: How can we be more PRAYER WARRIORS and less PRAYER WIMPS? Fill in the blanks of the author's 5 steps and answer the questions.

8A. **P** \_\_\_\_\_ YOUR TO-DO-LIST

How does the author do this when the demands of her day cause her stress and anxiousness?

8B. BE **I** \_\_\_\_\_

How should we treat our time alone with God?

8C. READ AND **W** \_\_\_\_\_

As we spend time reading God's Word with a Bible reading plan or Bible study workbook or devotional, what things should we be jotting down?

8D. MAKE A **R** \_\_\_\_\_ AND **M** \_\_\_\_\_

Explain how you can do this with your iphone or smart phone? This is a great idea!!

Which verse from page 75 did you choose to begin memorizing this week like this? Why?

8E. IDENTIFY AND **A** \_\_\_\_\_ THE BIBLE'S NONNEGOTIABLES.

Explain the process that the author uses as she reads God's Word in her quiet time. LOVE THIS!

9. FROM PAGE 77: What is the value to making prayer your practice and obeying Biblical commands your goal?

10. Are you a little more WARRIOR and a lot less WIMP this week because you put these steps into practice in question 8? If yes... please share.