1. A commitment to courageous living (V. 10a)
   - Life lesson:

2. A commitment to spiritual disciplines (V. 10b)
   - Life lesson:

### DISCIPLINE | DESCRIPTION | OUTCOME
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1. Bible Study | Interpreting, reflecting, and applying Bible | Develops unshakeable convictions
2. Prayer | Communicating, praising, asking, thanking | Develops the habit of asking for wisdom when under pressure.
3. Confession | Admitting sins to God | Develops a commitment to a clear conscience.
4. Frugality | Living below our means | Develops to commitment to “not be bought”
5. Rest | Breaking from the busy pace of life | Develops renewed energy to face cultural pressure
6. Secrecy | Avoiding self-promotion; Serving w/o accolades | Develops a unified life (i.e. what is seen and who we are)

## S.A.L.T. Group questions

- Have someone read Sunday’s passage: Daniel 6:1-10
  - What truths stand out to you?

1. What are some biblical issues that you consider as “nonnegotiable”?
   - Give reasons why they are nonnegotiable.
   - Why is it important to “put your stake in the ground” on biblical issues before temptation comes?
2. Why is it so easy to complain when things are not as we would hope they would be?
   - Consider God’s sovereignty. Why is complaining such a grievous sin?
   - What are some helpful ways to overcome complaining?
   - What happens to us when we exchange complaining for gratefulness?
3. What are some spiritual disciplines that you have found helpful?
   - Why are these disciplines important to you?
   - What spiritual disciplines would you like to add to your life?