

# UNSHAKEABLE

## A Five-Week Reading & Study Guide

### Spiritual Rhythms • Resilience • Prayer • Integrity

Life does not always happen in predictable places or seasons. Schedules change. Circumstances shift. Pressure comes. Sometimes we find ourselves in places we never expected to be.

Daniel and his friends knew what it meant to follow God in a place they did not choose. They lived far from home, surrounded by competing voices and pressures, yet remained faithful to God.

Their faithfulness wasn't created in moments of crisis. Those moments revealed lives that were already being shaped by ordinary patterns of faithfulness.

Over these five weeks, we'll use Daniel as a springboard to explore five practices that help form an unshakeable life with God:

### **Resolve → Community → Prayer → Scripture → Worship**

The goal isn't simply to learn about spiritual disciplines. It's to practice rhythms that continually turn our attention toward God so that, wherever we find ourselves, we are becoming people who know His voice, trust His presence, and remain faithful to Him.

Each day should take about **15 minutes**. Bring a Bible, something to write with, and a willingness not only to learn but to practice.

# WEEK 1 — RESOLVE

## A Different Kind of Life

### Daniel 1:1–21

**Big Idea:** An unshakeable faith begins by deciding who we belong to before the pressure comes.

Daniel doesn't choose Babylon. He does, however, choose how he will live there. Before the dramatic moments later in the book, we're simply told that **Daniel determined** how he would respond.

This week asks a foundational question:

**Who do I belong to?**

# Day 1 — When Everything Changes

**READ — Daniel 1:1–7**

## **LOOK**

Notice how much is taken from Daniel and his friends. Their homeland, familiar surroundings, education, language, and even their names are affected by Babylon.

What changes are happening *to* them that they cannot control?

What appears to be Babylon's goal in educating and renaming them?

## **CONNECT — Romans 12:1–2**

Paul describes two possibilities: being conformed to the patterns around us or being transformed by God.

## **REFLECT**

Where are you most tempted to allow your surroundings to determine who you become?

What pressures currently compete for your attention, identity, or allegiance?

## **RESPOND**

Begin this week with a simple prayer:

*God, remind me that before I belong anywhere else, I belong to You.*

## Day 2 — Daniel Resolved

**READ — Daniel 1:8–16**

### LOOK

Pay attention to verse 8. The CSB says Daniel "**determined that he would not defile himself.**" The pressure hasn't disappeared. Daniel has simply established a boundary within it.

What does Daniel refuse?

How does he demonstrate both conviction and humility?

**CONNECT — Joshua 24:14–15**

Joshua places a choice before Israel: "**Choose for yourselves today: Which will you worship?**"

### Dig a Little Deeper

Biblical resolve isn't stubbornness for stubbornness' sake. It grows out of allegiance. Daniel knows there are things Babylon can change and something Babylon cannot be allowed to change: **whom Daniel belongs to.**

### REFLECT

Are there decisions about faithfulness that you keep waiting to make until the moment of temptation?

What might it look like to decide beforehand?

### RESPOND

Write one sentence beginning:

**Because I belong to God, I have resolved to...**

## Day 3 — A Holy Life

**READ — 1 Peter 1:13–21**

### LOOK

Peter calls God's people to holiness while reminding them of their identity: they have been redeemed and now call God Father. Notice the relationship between **identity** and **behavior**.

**CONNECT — Leviticus 20:7–8**

Biblical holiness means being **set apart** for God.

God's people live differently because they belong to Him.

### REFLECT

When you hear "holiness," do you primarily think about avoiding bad behavior or belonging completely to God?

How would the second understanding change the first?

### RESPOND

Identify one area of your ordinary life—work, relationships, entertainment, money, speech, sexuality, schedule—where belonging to God should more clearly shape how you live.

Offer that area to Him today.

## **Day 4 — Faithful in the Ordinary**

**READ — Luke 16:10–13**

### **LOOK**

Jesus connects faithfulness in small things with faithfulness in greater things. Why do you think small acts of obedience matter so much?

**CONNECT — Daniel 6:10**

Jump ahead in Daniel's story. Years have passed. Kingdoms have changed. Daniel is older. Yet Daniel still has established patterns of faithfulness.

### **REFLECT**

We often imagine faithfulness being tested through enormous decisions. But what small decisions are shaping you right now?

### **RESPOND**

Choose one ordinary act of obedience today and do it intentionally as an act of faithfulness to God.

## Day 5 — Pulling It Together

### READ — Daniel 1:17–21

Daniel 1 begins with Jerusalem falling and Babylon appearing victorious. Notice how the chapter ends. Who ultimately gives Daniel and his friends what they need?

And notice the quiet significance of verse 21: **Daniel remained.**

Kings and kingdoms will come and go. Daniel remains faithful.

### LOOK BACK

What did God show you this week about your identity?

Where do you need greater resolve?

### REFLECT

Complete these two statements:

**I belong to...**

**Because I belong to Him, I will...**

### RESPOND

Ask God to form in you a life that remains faithful before the pressure ever arrives.

# WEEK 2 — COMMUNITY

## A Shared Kind of Life

### Daniel 2:1–23

**Big Idea:** A faith that can withstand pressure is rarely formed alone.

Daniel has resolve, but Daniel does not attempt faithfulness by himself. When an impossible situation arises, his instinct is to return to his friends.

This week's question:

**Who am I becoming with?**

# **Day 1 — Daniel Goes Home**

**READ — Daniel 2:1–18**

## **LOOK**

Daniel faces an impossible situation. Pay special attention to verses 17–18. What does Daniel do after speaking with the king's official?

What does he ask his friends to do?

## **REFLECT**

When pressure comes, is your instinct to isolate or invite others into it?

Who are the people you can ask to seek God with you?

## **RESPOND**

Contact one person today and share something they can genuinely pray about with you.

## Day 2 — Better Together

**READ — Ecclesiastes 4:9–12**

### LOOK

List the benefits of relationship described in this passage.

Notice that biblical community isn't merely about companionship. These relationships make perseverance possible.

**CONNECT — Proverbs 27:17**

### REFLECT

Who helps you get back up when you fall?

Who strengthens your faith?

And perhaps the harder question: **Whose faith are you helping strengthen?**

### RESPOND

Thank someone who has helped you remain faithful.

## Day 3 — Jesus Formed a Community

**READ — Mark 3:13–19**

**LOOK**

Before Jesus sends the Twelve out, Mark says Jesus appointed them first **"to be with him."** They would learn Jesus together.

**CONNECT — Luke 6:12–16**

Notice that Jesus intentionally calls people into a shared life around Himself.

**REFLECT**

How is Christian community different from simply having friends?

What changes when Jesus—not common interests, age, politics, hobbies, or life stage—is at the center?

**RESPOND**

Pray for the people with whom you are following Jesus.

Ask God to make your relationships places of spiritual formation rather than mere familiarity.

## **Day 4 — Carry One Another**

**READ — Galatians 6:1–10**

### **LOOK**

Notice how many commands require other people. Restore. Carry. Share. Do good. Following Jesus cannot be reduced to an individual experience.

### **REFLECT**

Is there a burden you're carrying that you've refused to let anyone else see?

Is there someone else's burden God may be inviting you to help carry?

### **RESPOND**

Do one tangible thing today that makes another person's burden lighter.

## Day 5 — Pulling It Together

### READ — Daniel 2:17–23

Read the passage again, but this time notice the movement:

**Crisis → Community → Prayer → Revelation → Worship**

Daniel's friends aren't incidental to the story. They are part of how Daniel encounters God's faithfulness.

### REFLECT

Who knows what is really happening in your life?

Who can call you toward faithfulness?

Who are you intentionally helping follow Jesus?

### RESPOND

Write down 2–3 names.

Ask God how you can intentionally share life and faith with these people rather than merely being around them.

# WEEK 3 — PRAYER

## A Consistent Kind of Life

### Daniel 6:1–23

**Big Idea:** The rhythms we practice when life is ordinary prepare us to remain faithful when life isn't.

The most remarkable words in Daniel 6 may not be about lions at all.

Daniel prayed "**just as he had done before.**"

This week's question:

**Where do I continually turn?**

# **Day 1 — Just as He Had Done Before**

**READ — Daniel 6:1–10**

## **LOOK**

Daniel knows about the decree. Yet verse 10 tells us he continues praying three times each day. Prayer isn't Daniel's emergency response. It's his rhythm.

## **REFLECT**

What does your first response to pressure reveal about where you've learned to turn?

## **RESPOND**

Choose three brief moments today—morning, midday, and evening—and intentionally stop to acknowledge God's presence.

Don't make it complicated. Simply turn toward Him.

## Day 2 — Jesus Made Space

**READ — Mark 1:29–39**

### **LOOK**

Jesus has enormous demands upon Him. People need healing. Crowds are looking for Him. Yet He withdraws to pray.

**CONNECT — Luke 5:15–16**

Notice the word **often**. Prayer isn't merely something Jesus does before major decisions. It is woven into His life.

### **REFLECT**

What consistently crowds prayer out of your life?

What does your schedule reveal about your dependence upon God?

### **RESPOND**

Set aside ten uninterrupted minutes today simply to be with God.

## Day 3 — Teach Us to Pray

**READ — Matthew 6:5–13**

### **LOOK**

Jesus assumes His disciples will pray: "**Whenever you pray...**". Walk slowly through the Lord's Prayer. Notice its movements:

God's name.

God's kingdom.

Daily dependence.

Forgiveness.

Protection.

### **REFLECT**

Which part of Jesus' prayer do you most naturally pray?

Which part do you tend to neglect?

### **RESPOND**

Use the Lord's Prayer as your framework today. Pause after each phrase and put it into your own words.

## **Day 4 — Pray Continually**

**READ — 1 Thessalonians 5:16–24**

### **LOOK**

"Pray constantly" doesn't necessarily mean speaking prayers every second. It describes a life continually oriented toward God.

**CONNECT — Nehemiah 2:1–5**

Nehemiah demonstrates how established dependence upon God can produce prayer even in the middle of a conversation.

### **REFLECT**

What ordinary moments could become reminders to turn your attention toward God. Driving? Meals? Walking into work? Before meetings? Bedtime?

### **RESPOND**

Choose one activity you already do every day and connect prayer to it. Let something ordinary become a reminder of God's presence.

## **Day 5 — Pulling It Together**

### **READ — Daniel 6:10–23**

Daniel's circumstances change dramatically. His rhythm doesn't.

### **REFLECT**

What have you learned about your current rhythm of prayer?

What makes prayer difficult for you?

What simple rhythm could realistically continue beyond this week?

### **RESPOND**

Choose a sustainable prayer rhythm for the next two weeks. Don't choose what sounds impressive. Choose something that will continually bring you back into awareness of and dependence upon God.

# WEEK 4 — SCRIPTURE

## A Word-Shaped Kind of Life

**Daniel 9:1–19**

**Big Idea:** God's Word is the voice that interprets everything else.

Daniel isn't merely someone who prays. Daniel is someone whose understanding of his world has been shaped by God's Word.

This week's question:

**Whose voice interprets my life?**

# **Day 1 — Daniel Opens the Scriptures**

**READ — Daniel 9:1–3**

**LOOK**

What prompts Daniel's prayer?

Daniel is living through enormous political events, yet he interprets what is happening through something Jeremiah wrote years earlier.

**CONNECT — Jeremiah 25:8–14; 29:10–14**

What does Jeremiah's message help Daniel understand?

**REFLECT**

When you're trying to make sense of life, which voices do you instinctively consult first?

**RESPOND**

Before checking news, social media, or notifications tomorrow morning, read a portion of Scripture first. Let God's voice be the first voice you intentionally receive.

## **Day 2 — Scripture Forms Us**

**READ — Psalm 1**

**LOOK**

Compare the two kinds of people described in this Psalm. What does the person rooted in God's instruction become like?

**CONNECT — Joshua 1:7–9**

Both passages connect sustained attention to God's Word with a stable, fruitful life.

**REFLECT**

What voices are currently shaping your imagination most strongly?

**RESPOND**

Read Psalm 1 again slowly. Don't study it this time. Sit with it. Notice one phrase that captures your attention write it down and carry it with you today.

## Day 3 — Scripture Reveals Us

**READ — Hebrews 4:12–16**

### **LOOK**

Scripture doesn't merely give us information about God. It exposes what is happening within us. Notice, however, where the passage goes next: toward Jesus and the throne of grace.

### **REFLECT**

Do you normally read Scripture looking for information, confirmation, or transformation?

What might God want His Word to uncover in you?

### **RESPOND**

Ask before reading today:

*God, what do You want me to see about You? What do You want me to see about myself?*

Then sit quietly with what emerges.

## **Day 4 — Jesus and the Word**

**READ — Matthew 4:1–11**

### **LOOK**

Jesus faces competing voices in the wilderness. How does Scripture shape His response?

Notice that Satan can quote Scripture too. The issue isn't merely knowing Bible verses. Jesus knows God's character, purposes, and story.

### **REFLECT**

What's the difference between knowing Bible verses and becoming a person whose life is shaped by Scripture?

### **RESPOND**

Choose one passage from this series so far that you want to carry with you. Write it somewhere you'll see it repeatedly.

## Day 5 — Pulling It Together

### READ — Daniel 9:1–19

Now read Daniel's entire prayer. Notice how Scripture has shaped Daniel's understanding of:

**God**  
**Sin**  
**Mercy**  
**History**  
**Hope**  
**Himself**

Daniel doesn't simply read God's Word.

**God's Word teaches Daniel how to understand his world.**

### REFLECT

What voices have been interpreting your life lately?

What would change if Scripture increasingly became the lens through which you understood everything else?

### RESPOND

Choose a realistic rhythm for engaging Scripture beyond this series. The goal isn't checking a box. The goal is becoming **Word-shaped**.

# WEEK 5 — WORSHIP

## An Allegiant Kind of Life

### Daniel 3:1–30

**Big Idea:** Worship is the practice of declaring that God alone has our ultimate allegiance—regardless of what obedience costs us.

The series began with a decision about belonging.

It ends with that allegiance being tested.

This week's question:

**Who receives my ultimate allegiance?**

# **Day 1 — Everyone Bows**

**READ — Daniel 3:1–12**

## **LOOK**

Notice the repetition throughout the passage. The music plays. Everyone bows. The pressure isn't merely governmental. It's communal. Everyone else is doing it.

## **REFLECT**

What does our culture invite us to organize our lives around? Success? Comfort? Approval? Money? Politics? Self?

What are you tempted to "bow" to without even realizing it?

## **RESPOND**

Ask God to reveal anything receiving the devotion that belongs to Him alone.

## Day 2 — Even If He Does Not

**READ — Daniel 3:13–18**

**LOOK**

Pay attention to verses 17–18. Their confidence isn't that God *must* deliver them. Their confidence is that **God is worthy regardless of what happens.**

**CONNECT — Habakkuk 3:17–19**

**REFLECT**

Is your worship dependent upon God producing the outcome you want?

Can you say, "Even if He does not..." and still trust Him?

**RESPOND**

Name something you're asking God to do. Then pray:

*God, I trust You with what happens next. You are worthy regardless.*

## **Day 3 — Worship as a Living Sacrifice**

**READ — Romans 12:1–2**

### **LOOK**

Paul describes offering our entire selves to God as worship. Worship is bigger than singing. It is the offering of a life.

**CONNECT — Colossians 3:15–17**

### **REFLECT**

What part of your life is easiest to offer God?

What part do you most want to retain control over?

### **RESPOND**

Offer one ordinary part of your day intentionally to God as worship.

## Day 4 — God Alone

**READ — Revelation 4:8–11**

**LOOK**

Why is God worthy of worship?

Notice where the attention of heaven is directed.

**CONNECT — Revelation 5:9–14**

Christian worship ultimately centers upon God and the Lamb.

### Dig a Little Deeper

Worship continually **reorders our allegiance**. We are surrounded by things asking for our attention, affection, trust, and obedience. Worship reminds us that none of them belong at the center.

**REFLECT**

What has captured too much of your attention lately?

What changes when God returns to the center?

**RESPOND**

Spend several minutes doing nothing except naming things that are true about God and thanking Him for who He is.

## **Day 5 — Unshakeable**

### **READ — Daniel 3:19–30**

The furnace is real. Their obedience costs them something, but they are not alone. Now look back over the entire journey:

### **RESOLVE — Who do I belong to?**

### **COMMUNITY — Who am I becoming like Jesus with?**

### **PRAYER — Where do I continually turn?**

### **SCRIPTURE — Whose voice interprets my life?**

### **WORSHIP — Who receives my ultimate allegiance?**

These aren't five unrelated religious activities. Together they describe a life increasingly **centered upon God**.

## REFLECT

Which practice has God used most during these five weeks?

Which practice needs greater intentionality moving forward?

Where have you noticed God forming you?

## RESPOND

Return to the statement you wrote during Week 1: **Because I belong to God, I have resolved to....** Would you write it differently now?

Finish the series by writing a simple commitment:

**Because I belong to God, I want my life to be shaped by...**

Then pray that God would continue forming you into someone who remains faithful wherever He leads.

## A FINAL WORD

Daniel's story isn't ultimately compelling because Daniel possessed extraordinary willpower. Again and again, Daniel points beyond himself toward the faithfulness and sovereignty of God. Kingdoms rise. Kingdoms fall. Circumstances change. Pressure comes. **But God remains faithful.**

As we continually orient our lives toward Him—through resolve, community, prayer, Scripture, and worship—we are formed into people who can remain faithful too.

**The goal isn't to build lives in which nothing ever shakes.**

**The goal is to build our lives upon the One who cannot be shaken.**