**Sunday 18th April – Solitude**

Spend some time with your family talking about these questions.

How did Daniel respond to the new rule that banned him from praying to God?

Why was Daniel so respected by King Darius?

Why was prayer so important to Daniel?

**Challenge**

Today we learnt that Daniel thought spending a time alone praying to God was essential.

We all need to spend time on our own sometimes. When we choose to share that time with God by praying, reading the bible or listening to worship it can help us recharge our spiritual and emotional batteries. Try finding 10 minutes every day (or 10 extra minutes a day) this week to spend on your own with God. You may be surprised by the results!