



LIFE GROUP CURRICULUM

Daniel: Stand Firm & Love Well in a Culture of Compromise (Season 2): How can I get my sanity restored? (Week 1)

Preacher: **Barbie Erasmus**

Worship:

As you spend time in worship this week, reflect on the lyrics of Great Are You Lord by All Sons & Daughters. As you reflect on the lyrics of the song, recognise Jesus as our great King, who should be Lord over all of our lives.

Check-in:

Share with the group your thoughts about Season 1 of the Daniel series and how your life has been impacted.

Synopsis of message: How can I get my sanity restored?

In Daniel 4, we see that king Nebuchadnezzar had a dream that made him afraid. Daniel interpreted the dream, which was a message and warning that God was about to humble him because of his pride, unless he repented. Twelve months later, as the king was walking on the roof of the royal palace, he said "Is not this the great Babylon I have built as the royal residence, by my mighty power and for the glory of my majesty?" (*Daniel 4: 29–30*). Soon thereafter, the king's dream came true. His royal authority was taken from him. He lived with the wild animals and ate grass like cattle. His hair grew like the feathers of an eagle and his nails like the claws of a bird. (*Daniel 4: 33*).

At the end of that time, when king Nebuchadnezzar raised his eyes toward heaven, his sanity was restored. (*Daniel 4: 34*). The king was

restored to his throne, and he became even greater than before.

The king said "Now I, Nebuchadnezzar, praise and exalt and glorify the King of heaven because everything he does is right, and all his ways are just. And those who walk in pride he is able to humble." (*Daniel 4: 37*)

There are three lessons that we can learn from how king Nebuchadnezzar's sanity was restored:

1. **He exalted and glorified the King of Heaven.** We must surrender to the authority and rulership of Jesus Christ in our lives.
2. **He acknowledged that God does everything right and all His ways are just.** God knows what is best even when we do not understand.
3. **He finally walked in humility before God.** He accepted his position before God. When we respond in humility and recognition of who God is, God works on our behalf.

Discussion questions:

1. Are there areas of pride and self-sufficiency in your life?
2. Have you ever seen how God showed mercy and brought restoration (in your life or in the life of someone in your world) after a response of humility and recognition of who He is? Share this experience with the group.
3. How can you apply one or more of the lessons to your life in this coming week?



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Additional resources:

- [Jesus in All of Daniel](#) (*RightNow Media*)
- [Made of Mettle: Living Courageously in Turbulent Times](#) (*bible.com*)
- [Stand: Courage From The Book Of Daniel](#) (*bible.com*)
- [The Life of Daniel](#) (*bible.com*)