

DO NOT COMPLY

A STUDY THROUGH DANIEL



WEEK 5: HOW SANITY IS RESTORED (DANIEL 4)

WELCOME

What is your favorite and least favorite Thanksgiving food? Is there a unique food that your family eats for Thanksgiving?

WORSHIP

Read Nebuchadnezzar's praise to God in *Daniel 4:34-35*. Ask people to give God praise, but to restate verses 34-35 in their own words. This is something that should be done silently.

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WORD

1. How does our culture encourage us to “build our own Babylon” and take control of our lives without considering God’s authority?

2. Where do you notice the pressure to achieve, succeed, and prove yourself leading to mental exhaustion or instability in today’s world?

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3. Read *Daniel 4:25-27*. What stands out to you in Daniel's interpretation of the dream? How does it reveal God's justice and mercy?

4. How does Daniel's warning in verse 27 to "renounce your sins by doing what is right" connect spiritual repentance to Nebuchadnezzar's mental and physical restoration?

WEEK 5: HOW SANITY IS RESTORED (DANIEL 4)

5. How does Nebuchadnezzar's pride contribute to his mental collapse? What does this teach us about the connection between spiritual neglect and mental health?

6. With *Daniel 4* in mind, read *Luke 9:23*. Why is surrender so crucial for those who follow Jesus? How would fully surrendering each day impact your mental, emotional, and spiritual well-being?

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7. How might remembering that “Heaven rules” (*Daniel 4:26*) help you find rest in the midst of life’s pressures?

WITNESS

Who in your life needs to hear about the connection between spiritual health and mental health? How can you share this truth with them this week?

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HELP IS AVAILABLE

*If you or someone you know needs mental health support, please check out our **Renew Mental Health Ministry**.

*If you or someone you know needs specific emotional support, please check out **Shepherd Church's support group**.

*If you or someone you know are looking for counselor referrals, please email: **vpena@shepherdchurch.com**

*If you or someone you know are seeking prayer or would like to talk with a Pastor, please visit **shepherdchurch.com/prayer**

*If you need immediate help or intervention, please look at the following public resources:

- **Suicide and Crisis Lifeline:** call 988
- **Dept. of Mental Health 24/7 Access Center:** 800-854-7771
- **Teen Crisis line:** 800-852-8336

PERSONAL REFLECTION & DEEPER STUDY FOR THIS WEEK

1. Memorize **Daniel 4:27** and/or **Daniel 4:34-35**
2. Read **Daniel 4:27; Jeremiah 22:3; and Ezekiel 18:30-32**
 - What role does repentance play in these verses?
 - Why does Daniel urge Nebuchadnezzar to “break off” his sins, and how does this connect with the biblical call for repentance?
 - How do repentance and justice work together in Nebuchadnezzar’s story, and how should they work in our lives?
3. Compare **Daniel 4:1-3, 34-37** with **Psalms 145:1-7; Isaiah 12:4-6; and Revelation 19:1-6**
 - What are the similarities between Nebuchadnezzar’s praise of God and these biblical passages of worship?
 - What transformation takes place in Nebuchadnezzar’s heart by the end of Daniel 4?
 - Reflect on a time when you were moved to worship God after a humbling experience.
4. Read **Daniel 4:17, 24-26; Deuteronomy 8:2-5; Psalm 119:67, 71; Hebrews 12:5-11**
 - How do these passages describe God’s purpose in humbling or disciplining someone?
 - What was God’s purpose in humbling Nebuchadnezzar, and how did it ultimately benefit him?
 - How can you identify moments in your own life where God may be disciplining or humbling you for your own growth?