

DANIEL
CHAPTER

10

DAY | ONE

1. This is one of those chapters you will want to read at least twice. Chapters 10 and 12 serve as bookends for chapter 11, the explanation of the vision. We will also learn much about fasting and prayer.
2. Take a minute and define these two words.
Prayer:
Fasting:
3. What are some reasons one might consider prayer and fasting?
4. Why do you believe these two, prayer and fasting, are so often linked together?
5. Fasting is a spiritual discipline taught in the Bible. The concept of a spiritual discipline is simply a process by which we train our hearts to follow closely and carefully the precepts of God's word.
What benefits might one experience through fasting and prayer?
What specific benefit did Ezra say he received in Ezra 8:23?
The next few questions often come up when discussing fasting.
6. Is it possible to fast without prayer?
What is another name for a fast without prayer?
7. Is there only one way to fast?
Food is often the thing we eliminate while fasting, but is it the only thing one can fast?
Remember the purpose of fasting; what are some things you might fast to allow you more focused attention to pray?
8. Is there a specific amount of time we should set aside to fast and pray?

Let's look at a few examples from God's word.
What length of time did they fast?

Esther 4:16

Daniel 1:11-12

Matthew 4:1-2
9. If the length of time is not the most important issue while fasting and praying, what is?

DAY | TWO

10. Are friends and family the only ones we should fast and pray for?
Read Psalms 35:11-14. David is being pursued; his enemies have set traps for him. How did David respond to the sufferings of the malicious men who opposed him?
11. As a Christ-follower, we should follow Jesus' example. Read Matthew 4:1-11. Jesus was about to begin his earthly ministry.
What can be gleaned about prayer and fasting in these verses?
What was one key ingredient Jesus used to successfully pray and fast in Matthew 4:1-11?
12. Read Matthew 6:16-18. How should we fast?
13. Read Matthew 9:14-15. Since fasting is such an important spiritual discipline, why did Jesus' disciples not fast while they were with Jesus?
14. Read I John 5:15. When our heart aligns with the heart of God, on a matter we are praying about, what can we know for sure?

I heard someone say, "When I get to the point where all I want is all God wants, I'll have all I want." Is this the desire of your heart?
15. What is the proper response to an answered prayer in a time of crisis?
Read Daniel 2:17-23. Do you recall why Daniel was praying fervently?
16. Think back to the last crisis you experienced.
How did you handle it?
17. Read Daniel 6:10
What was Daniel's habit of prayer?
18. Briefly state the events of Daniel 6:1-9.
During this time of trouble, did Daniel change anything about his daily prayer routine?

DAY | THREE

19. In the busy world we live in, do you find it hard to set aside time to pray?

Read Mark 1:35. If we are too busy to take time to pray, the truth is we are too busy! This might be a good time to evaluate our schedule. When I was a young mother, a friend showed me how she did this. She would write everything down she planned to do for the next week. Then, she color-coded them.
Physical rest-green
Eating-blue
Mandatory tasks-orange
Spiritual activities-yellow
Leisure activities-purple

When I did this, it was very easy to see where I had placed my priorities.
20. What can we learn about prayer from the verses below?
Matthew 7:11
Matthew 18:19-20
Matthew 21:22

21. According to James 5:16, what is imperative, if we are going to experience effective, powerful prayers?
22. Read Luke 10:2. What is one thing all believers should be earnestly praying for?
23. Read Luke 18:1. What do you believe it means to be constant in prayer?
24. According to I Timothy 2:8-10, what might hinder our prayers?

My friend, Beverly, was one of four girls raised by a single mom. Her mother would often encourage Beverly and her sisters not to spend more time making themselves beautiful on the outside and neglect the inside. I think this is very good advice.

25. What can be gleaned from Colossians 1:3-14 concerning our prayers for others?
Verse 3
Verse 4
Verses 5-8
Verse 9
Verse 10
Verse 11
Verses 12-14
26. Now that we have our understanding warmed to the spiritual discipline of prayer and fasting, let's look at Daniel 10 and see what we can glean concerning Daniel's prayer.
What is the time reference mentioned in Daniel 10:1?
27. According to Daniel, what was the vision about? (some translations say, revelation)
28. We must remember Daniel was a very young man when he came into captivity. He was probably between 15-18 years old. He was taken to Babylon in 605 BC and it is now the third year of Cyrus' reign. We know from the historical writings that would be 536 BC.
Approximately how old is Daniel now?
29. No one wants to hear a conflict is coming. No one wants to be the bearer of bad news, concerning troublesome times that are headed our way. Daniel was no different.
How was he affected emotionally by this vision of future events?
30. Think of the last time you knew something difficult was coming for people you cared about.
How did it affect you?

What did you do?
31. The Babylonians have been conquered and the Persians are now in control. Read Daniel 10:3-4. Where was Daniel and what had he been doing for three weeks?

See maps on the Biblical Reference page, at the end of this study guide.



32. Read Daniel 10:5-9. How did Daniel describe the man who appeared before him?

Dressed in _____

Belt was like _____

His body was like _____

His face looked like _____

His eyes looked like _____

His arms and legs were like _____

His voice sounded like _____

33. What effect did this meeting have on Daniel?

What condition was he left in?

34. Even though the others, with Daniel on that day, did not see what he saw; they must have heard, sensed, or experienced something terrifying.

What did they do?

35. In Daniel 10:10, the messenger had come to speak to Daniel, so he reached out and touched Daniel to wake him. Even though Daniel woke up, was his strength fully restored?

36. Read Daniel 10:11. Aren't these just the most wonderful words that Daniel could have heard?

Write out the words Daniel was told which would have given him strength to get up.

37. Do you know how God feels about you?

Let's take a couple of minutes to look at a few verses that might help us clarify God's feelings toward us.

Genesis 1:31

How does God feel about his creation in general?

Jeremiah 31:3

How does God feel about his covenant people, Israel?

Ephesians 1:3-8

How does God feel about one who is in Christ? (in the Beloved)

Ephesians 2:4-5

How did God feel about us, even when we were dead in our trespasses?

Ephesians 2:8-9

How did God show his love for us?

John 3:16

What was God's greatest expression of his love for us?

38. When Daniel was told, "*You are highly esteemed,*" it gave him the strength to stand back up.

What did reading the six scriptures in the previous question do for you?

Perhaps you are in a spiritual battle right now. I am praying that these assurances of God's great love for you will strengthen you to stand up and be fearless.

DAY | FIVE

39. Daniel gets some clear words of encouragement (vs 12): “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.”
What had taken the messenger so long to arrive (vs 13)?
40. This battle had gone on for twenty-one days and all the while Daniel had been praying. God heard his prayer but Satan had warred against the one bringing God’s reply. Spiritual warfare is very real! It is waged in a way that is not visible to our human eyes.
- Read Ephesians 3:10 and Ephesians 6:12.
Where do these rulers and authorities carry out their battles?
41. Now, the messenger is about to give Daniel the explanation of the vision.
Read Daniel 10:14. Who does he say this vision pertains to?
42. Poor Daniel was overwhelmed by this entire event. It had weakened him physically.
How did Daniel describe how he was feeling (vs 15-17)? Be specific.
Have you ever felt like this?
Notice the reminder and the encouragement given Daniel (vs 19).
43. When Daniel declares his weakness, what does the messenger do for him?
44. Daniel is told, “Do not be afraid, you who are highly esteemed, Peace! Be strong now: be strong.” Think of the last time you were strengthened to go on by the word of God. You might want to share this in your small group.
45. This “Prince of the kingdom of Persia” had withstood God’s messenger for a period of 21 days. This was a war in the spiritual realm. What does this tell you about the one who stood in opposition?
Who was he opposing by warring with this messenger?
46. Notice in verse 20, the messenger tells Daniel that soon he will go back to continue his battle with the “Prince of Persia.” This is an ongoing spiritual battle and God’s people are caught right in the middle of it. Who does this messenger say will help him in this spiritual battle?
47. We, too, are engaged in spiritual battles from time to time. When you are fighting a battle like this, do you pour your heart out to God in prayer?
48. I read an article on repentance today. It contained a quote from Martin Luther, the man who sparked the Protestant Reformation by nailing his ninety-five theses to the door of the Wittenberg Cathedral in Germany. He said, “*the entire life of believers should be a life of repentance.*” This may seem a bit overstated by today’s modern sensitivities. However, when we consider carefully what he is saying, I think we can agree that it is true. No one can live a sinless life. So, our days should include a time of repentance for offenses we have committed against our holy God.
The article also contained a quote from John Newton, who wrote the beautiful hymn Amazing Grace. He said, “My memory is nearly gone; but I remember two things: That I am a great sinner, and that Christ is a great Savior.”
Why not take a few minutes and invite the Holy Spirit to speak to you about any areas you may need repentance. Repentance recognizes we are sinful and we need God’s grace. Faith believes Christ has this grace available for us.
49. In this busy, loud, and often confusing world we live in, remaining steadfast and immovable, as we are instructed to do in I Corinthians 15:57-58, can be difficult. Read this verse and write out the promise we are given if we remain faithful.
50. Consider carefully, how many of your actions today will be done with the purpose of pleasing God?
51. What did you learn about our great and gracious Heavenly Father from Daniel 10?

NOTES