

Daniel's Fasting
Daniel 10:1-14

Main Subject: Fasting

I. Truth 1: _____(v1-9)

II. Truth 2: _____(v10-12)

III. Truth 3: _____(v13-14)

- Matthew 17:21
- Joel 1:14
- Isaiah 58:68

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In the third year of Cyrus king of Persia a message was revealed to Daniel, who was named Belteshazzar; and the message was true and one of great conflict, but he understood the message and had an understanding of the vision. 2 In those days I, Daniel, had been mourning for three entire weeks. 3 I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all, until the entire three weeks were completed. 4 And on the twenty-fourth day of the first month, while I was by the bank of the great river, that is, the Tigris,

5 I lifted my eyes and looked, and behold, there was a certain man dressed in linen, whose waist was girded with a belt of pure gold of Uphaz. 6 His body also was like beryl, his face had the appearance of lightning, his eyes were like flaming torches, his arms and feet like the gleam of polished bronze, and the sound of his words like the sound of a tumult. 7 Now I, Daniel, alone saw the vision, while the men who were with me did not see the vision; nevertheless, a great dread fell on them, and they ran away to hide themselves. 8 So I was left alone and saw this great vision; yet no strength was left in me, for my natural color turned to a deathly pallor, and I retained no strength. 9 But I heard the sound of his words; and as soon as I heard the sound of his words, I fell into a deep sleep on my face, with my face to the ground. 10 Then behold, a hand touched me and set me trembling on my hands and knees. 11 And he said to me, "O Daniel, man of high esteem, understand the words that I am about to tell you and stand upright, for I have now been sent to you." And when he had spoken this word to me, I stood up trembling. 12 Then he said to me, "Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard, and I have come in response to your words. 13 "But the prince of the kingdom of Persia was withstanding me for twenty-one days; then behold, Michael, one of the chief princes, came to help me, for I had been left there with the kings of Persia. 14 "Now I have come to give you an understanding of what will happen to your people in the latter days, for the vision pertains to the days yet future."

Bible Study Questions:

1. Describe spiritual warfare depicted in this passage.
2. Why did Daniel fast?
3. What was the "prince of the kingdom of Persia" (referred to Satan) related to Daniel 21-day fasting? What did the prince do and why?
4. How did the God overcome the resistance of Satan? What was the ultimate outcome of God's intervention in this spiritual warfare?
5. According to Matthew 17:21, how does Jesus regard the effectiveness of prayer and fasting?
6. Mediate Joel 1:14 and Isaiah 58:6-8. What place in God's heart does fasting have?