

17 November

 Break the ice

Write down what God is saying to you in today's message:

TOPIC: Daniel – week 10



Let's hear your story

1. Tell of a time when you had to explain to a friend or family member how Daniel dealt with negative news in Daniel chapter 10?
2. For how long did Daniel mourn according to v.2? **(For three weeks.)**
3. What does v.3 tell us about Daniel? **(He ate no delicacies, no meat or wine entered his mouth, nor did he anoint himself at all, for the full three weeks.)**
4. What was the message to Daniel in v.12? **(Fear not, Daniel, for from the first day you set your heart to understand and humbled yourself before your God, your words have been heard, and I have come because of your words.)**



Let's go deeper

5. What does v.14 tell us? **(I came to make you understand what is to happen to your people in the latter days. The vision is for days to come.)**
6. How did Daniel respond to the vision in v.16? **(O my lord by reason of the vision pains have come upon me, and I retain no strength.)**
7. How did the angel respond in v.19? **(O man greatly loved, fear not, peace be with you, be strong and of good courage.)**
8. Who helps this messenger according to v.21b? **(There is none who contends by my side against these except Michael, your prince.)**



Let's apply this

9. Daniel 10:19; O man greatly loved, fear not, peace be with you, be strong and of good courage.

God encouraged Daniel with the words that he is greatly loved, fear not, peace be with you, be strong and of good courage.

- How has God encouraged you in difficult times?
- How has God answered your prayers in the past?
- God wants to speak to you through His Word, your prayers and fasting.

SUMMARY:

Daniel: Week 10 – Daniel's vision of a man

Read: Daniel 10:1 – 21

vv.1 – 3; Daniel receives bad news. Two thoughts to the bad news Daniel heard. Ezra 1 and 2 tells us that king Cyrus told Israel that they could return to Jerusalem to rebuild the temple. This is a 700-mile journey back to Jerusalem with great dangers and resistance. The vision of the future of Israel could have also grieved Daniel.

- **How do you process or deal with ongoing bad or sad news?**

Daniel is experiencing grief, he is overwhelmed, he is mourning, and he cannot eat. Grief can feel like an avalanche, everything in life is broken, loose, and comes at us all at once. **Job**, had this experience, when he received bad news upon bad news – see Job 1:15 – 19. Daniel was a godly man, he knew the Word of God, he was faithful to God, and still was overwhelmed.

vv.4 – 9; Daniel dealt with his grief through lamenting and mourning.

Daniel models for us something that the Bible calls lamenting. The book of Psalms is filled with prayers and songs of people who are in tribulation, trials, and trouble. As we read them, we see people are processing, and dealing with their grief and mourning. They realise they do not have to carry it; they can give it to God in prayer, song, or writing.

Four benefits of lamenting:

- It keeps your heart from hardening. Lamenting allows us to work through a process of fear, anxiety, and grief in relation with the Lord.
- You process pain in the present. Be honest and tell God that this is what I am struggling with today, this is what I am seeing, and it greatly concerns me.
- You work through the cycle of grief – denial, anger, bargaining, depression, acceptance, and thanksgiving.
- We practice the ministry of presence; God is always with us and wants to minister to us by His Spirit. God send Daniel an angel, we have the Holy Spirit.

vv.10 – 14; Spiritual warfare

Like Daniel, when it feels like you are living in a war zone, keep praying and trusting that God is hearing and responding.

vv.15 – 21; SIX lessons from Daniel to help us through our crisis

Daniel was reminded that God was present with him, we have the Holy Spirit with us. Daniel was reminded that he was greatly loved. Daniel prayed in humility and God heard his prayer, Daniel did not tell God what to do, but he told God how he was doing. Daniel was reminded not to fear. When we receive bad news, our first emotion is usually fear. Daniel was reminded of the reality of spiritual warfare, and to continue in prayer. Daniel was reminded that God knows and rules the future.