

# POWER HOUR

10/13/2024

Lesson Text:  
Daniel 10:10-19

Background Scripture:  
2 Corinthians 10:1-6

Devotional Reading:  
Isaiah 6:1-8

“GOD STRENGTHENS DANIEL”

NLT TRANSLATION

**Golden Text:** *Don't be afraid," he said, "for you are very precious to God. Peace! Be encouraged! Be strong!" As he spoke these words to me, I suddenly felt stronger and said to him, "Please speak to me, my lord, for you have strengthened me." Daniel 10:19*  
NLT

**Time:** 539 B.C.

**Place:** Babylon

## Daniel 10:10-19 NLT

**10** Just then a hand touched me and lifted me, still trembling, to my hands and knees. **11** And the man said to me, "Daniel, you are very precious to God, so listen carefully to what I have to say to you. Stand up, for I have been sent to you." When he said this to me, I stood up, still trembling. **12** Then he said, "Don't be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer. **13** But for twenty-one days the spirit prince of the kingdom of Persia blocked my way. Then Michael, one of the archangels, came to help me, and I left him there with the spirit prince of the kingdom of Persia. **14** Now I am here to explain what will happen to your people in the future, for this vision concerns a time yet to come." **15** While he was speaking to me, I looked down at the ground, unable to say a word. **16** Then the one who looked like a man touched my lips, and I opened my mouth and began to speak. I said to the one standing in front of me, "I am filled with anguish because of the vision I have seen, my lord, and I am very weak. **17** How can someone like me, your servant, talk to you, my lord? My strength is gone, and I can hardly breathe." **18** Then the one who looked like a man touched me again, and I felt my strength returning. **19** "Don't be afraid," he said, "for you are very precious to God. Peace! Be

encouraged! Be strong!" As he spoke these words to me, I suddenly felt stronger and said to him, "Please speak to me, my lord, for you have strengthened me."

## **INTRODUCTION**

Daniel was taken into captivity at a young age and spent the majority of his life in exile. He served in the governments of both Babylon and Medo-Persia. Two years before his vision recorded in Daniel 10, he had seen other Jews return to the Promised Land (Daniel 10:1; Ezra 1:1-4), but it seems that he never returned. It would have been easy for Daniel to grow discouraged after spending a lifetime in exile, but he received comfort from the knowledge that God loved him greatly (Daniel 9:23, 10:11). In chapters 10—12, we have Daniel's last recorded vision, which was conveyed by a heavenly messenger. The vision is recorded in chapter 11, with chapter 10 being a prologue and chapter 12 containing the ending and epilogue. The vision showed Daniel a lengthy portion of Gentile history in the coming centuries and explained how the Jews would be affected. Much revealed in the vision is still in the future.

## **POINTS TO PONDER**

1. Depend on God's strength when you feel weak and inadequate (Daniel 10:10).
2. Remember God's love for you in times of uncertainty (Daniel 10:11).
3. Answers to prayer may be delayed, but God hears you (Daniel 10:12-13).
4. God gives us the spiritual understanding we need (Daniel 10:14).
5. Prayer is one of our most important weapons in spiritual warfare. We may be the strongest spiritually when we are weakened in other ways (Daniel 10:15-18).
6. God knows exactly what you need, and He is in control (Daniel 10:19).

## **CONCLUSION**

Daniel 10 takes place "in the third year of Cyrus" (Daniel 10:1), indicating that the events of chapters 10 and 11 took place around 535 or 536 B.C. This would probably have been just two or three years after Daniel's prayer in chapter 9. Daniel's vigil of fasting and praying was a common practice among the Jews. Fasting was associated primarily with seeking God's response to prayer or preparation for a specific task or ministry. In this case, Daniel was apparently praying about the future of his people, some of whom had returned to the land but were struggling.

Daniel was sitting by the Hiddekel (Tigris) River after completing his self-imposed, twenty-one-day fast. He had eaten no pleasant bread or meat and had drunk no wine during

that time. Weakened from the ritual, he lifted up his eyes and saw a man in linen (Daniel 10:5).

Daniel's encounter with and description of the man of the vision is somewhat similar to John's vision on Patmos (Revelation 1:9-18). As in Revelation, multiple heavenly beings appear throughout the vision, making it hard to tell at times which one is speaking (Revelation 22:6-20). The man in Daniel 10:5 may have been an angel, or it may have been the preincarnate Lord Jesus Christ.

### **QUESTION(S)**

- What can we learn about the setting of this lesson text from Daniel's physical posture in Daniel 10:10?
- When have you felt weak or inadequate for the work God has assigned you?
- Where did you find help or encouragement?
- How can you encourage others?
- Have you experienced delays in receiving answers to your prayers?
- How were you able to continue in faith during those times?
- In what ways are Christians today engaged in spiritual warfare?
- What in this text encourages you as you face these battles?
- What Scripture passages and principles help you remain faithful in prayer?

### **ANTICIPATING THE NEXT LESSON**

Next week's lesson is "*Jesus Points to Daniel*"

Lesson Text: *Mark 13:14-27*

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