



4. PRAY LONG

Daniel 10

cf. Ch.12-18 of the Circle Maker



Key Points:

- Daniel is known for many things - his dreams, his interpretations, his faith and his prayers. He prayed every day - prayer was his life and his life was a prayer. And in Daniel 10 he's been praying for 21 days for God to come through. And even though it takes God 21 days to answer, Daniel's prayer was heard from day one (v.12). **Your prayers are heard even if you don't see an answer yet.**
- The angel he speaks to reveals the realities of the spiritual realm - there's a battle going on (v.13). And he also reveals the importance of praying through and praying long - this 21-day is nothing compared to Daniel's big prayer circle: seeing Jerusalem rebuilt and the messiah come. He prophesied that this would take years and years (9.24) and yet he still prayed with a sense of urgency.
- A *Prayer Posture* is part of Daniel's prayer life. Not just physical positions and locations (to focus his heart and spirit) but also fasting. At critical junctures Daniel prayed AND fasted (e.g. 1.12, 10.2-3) and Jesus said that some miracles are not possible via prayer alone (Mt 17.21). A '*Daniel Fast*' can be an effective way of circling a promise - fruit, vegetables and water.

Questions:

Conversation Starter

1. Where do you find it easiest to pray? Where is the hardest?

Start thinking

2. How does the angelic revelation of what's going on 'behind the scenes' (Daniel 10.12-13) help us understand how prayer works?

Start sharing

3. What prayers have you stopped praying?
4. How can you prepare to pray for the long haul?

Start praying

5. Father, would you help us to pray long, and to keep praying even when we don't see an answer. We love You, we trust You and we believe that You hear our prayers. Thank you Lord, Amen.

Start doing

6. (Continuing from last week) Talk through some of your big prayers at the moment. Are there any that you feel God might be leading to you approach with prayer AND fasting? Consider doing a Daniel fast for a set time - 7, 14 or 21 days.