

Fasting

Part 14

⁴ *In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. The understanding of the message came to him in a vision. ² At that time I, Daniel, mourned for three weeks. ³ I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. ⁴ On the twenty-fourth day of the first month, as I was standing on the bank of the great river, the Tigris, ⁵ I looked up and there before me was a man dressed in linen, with a belt of the finest gold around his waist. ⁶ His body was like chrysolite, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude. ⁷ I, Daniel, was the only one who saw the vision; the men with me did not see it, but such terror overwhelmed them that they fled and hid themselves. ⁸ So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless. ⁹ Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground. ¹⁰ A hand touched me and set me trembling on my hands and knees. ¹¹ He said, "Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you." And when he said this to me, I stood up trembling. ¹² Then he continued, "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. ¹³ But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. ¹⁴ Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come." ¹⁵ While he was saying this to me, I bowed with my face toward the ground and was speechless. ¹⁶ Then one who looked like a man touched my lips, and I opened my mouth and began to speak. I said to the one standing before me, "I am overcome with anguish because of the vision, my lord, and I am helpless. ¹⁷ How can I, your servant, talk with you, my lord? My strength is gone and I can hardly breathe." ¹⁸ Again the one who looked like a man touched me and gave me strength. ¹⁹ "Do not be afraid, O man highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength." ²⁰ So he said, "Do you know why I have come to you? Soon I will return to fight against the prince of Persia, and when I go, the prince of Greece will come; ²¹ but first I will tell you what is written in the Book of Truth. (No one supports me against them except Michael, your prince)." (Daniel 10:1-21)*

Daniel underwent fasting for a certain spiritual need in relation to God restoration to His people who sinned against Him, who had received and endured the consequences of their sins and the time had come for them to be restored. Daniel as he was fasting, God finally revealed to him His will and what will be happening in the future. From the above scripture and what we read in Daniel chapter 9 we can conclude the following privileges that we can gain from fasting:-

1- Fasting brings understanding, humility and answer prayers: *"Then he continued, "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." (Daniel 10:12) The fasting that Daniel did with a good attitude toward God gave him understanding, received humility and God answered his prayers. The same for you, your fasting with the good attitude will bring more blessings into your life and will endow you with good characters.

2- Fasting break the resistance of the enemy: When Daniel fasted God answered his prayer from the first day. But the enemy was opposing, therefore the answer for Daniel prayer did not reach him till 21 days had passed. This is what the man who appeared in the vision spoke to Daniel about that opposition of Satan, ¹³ *But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia." (Daniel 10:13)* Certain times we need to continue to pray so that Satan opposition will be broken, melted, and go away. Paul said to the church of God in Thessalonica, ¹⁸ *For we wanted to come to you—certainly I, Paul, did, again and again—but Satan stopped us." (1Thessalonians 2:18)* Satan will always oppose God's will and will try to stop us. Therefore we need to be aware of that because we can break those evil powers that oppose us through prayer and fasting.

3- In fasting we receive encouragement: In Daniel chapter 10 verses 11 and 19 the man who appeared to Daniel in the vision, ¹¹ *He said, "Daniel, you who are highly esteemed .." ¹⁹ "Do not be afraid, O man highly esteemed,"* As we fast we receive comfort and words of encouragement from the Lord.

4- In fasting we receive peace and strength: Daniel said to the man who appeared to him in the vision, *"I am overcome with anguish because of the vision, my lord, and I am helpless. ¹⁷ How can I, your servant, talk with you, my lord? My strength is gone and I can hardly breathe." (Daniel 10:16-17)* Daniel was so anxious, tired, and with less strength because of the spiritual struggle that he was facing. But as He was fasting he received strength, peace and assurance from the Lord. The man who appeared to him in the vision told him the following: ¹⁹ *"Do not be afraid, O man highly esteemed," he said. "Peace! Be strong now; be strong." When he spoke to me, I was strengthened and said, "Speak, my lord, since you have given me strength."* Daniel revived and got assured while he was fasting. The same for us, the Lord will grant us the same as we pray and fast, and be in his presence.

5- In fasting we receive vision, revelation and their explanations from the Lord: Daniel received that, ¹⁴ *Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come." (Daniel 10:14)* We will receive the same as we set out heart to draw near to God and live our lives unto Him.

6- In fasting we receive assurance from the Lord: The man who appeared to Daniel in the vision said to him, *"... Soon I will return to fight against the prince of Persia, ..."* (Daniel 10:20) God assured Daniel that he will fight the battle for him and settle situation for his behalf. God will do the same for us as we trust Him, pray and fast.

My Dear and Beloved: As you are passing through much struggles that even touching your spiritual life and your service unto God, then come to Him in prayer and fasting and give Him your burden and receive from Him assurance, peace, strength, revelation and deliverance.

My Prayer: *Father God I come before you in the name of Jesus who died for my sins on the cross and rose from the dead to give me eternal life. Lord I put in your mighty hand the following struggle _____ . Trusting you that you will deal with such situation properly and I will receive victory from you, this is my prayer in Jesus name, Amen.*