

## The Daniel 10 Fast

This is a guidepost to assist the call for a Daniel 10 fast. It is not comprehensive, but hopefully inspirational for your use.

**Repentance :** The year was 536 BC during the reign of Cyrus, king of Persia. Daniel was still in Babylon while his compatriots had returned to Israel. He had heard of the resistance they met in rebuilding Jerusalem and the temple. Words such as “mourning,v.2; “great terror” v.7; “vigor turned to frailty,” v.8; “retained no strength,” v.8; describe Daniel’s emotions at the opening of the chapter. Soon after he had a confrontation with an angel. Daniel was terrified and fell to the ground on his face. In v. 12 the angel comforted him and said, “Do not fear, Daniel, for from the first day that you set your heart to understand, and to **humble** yourself before your God, your words were heard: and I have come because of your words.” Later after the confrontation, v. 19 relays a change in heart for Daniel, “So when he spoke to me I was strengthened.” This passage relays the process of repentance that leads to a significant change of heart and leads to life. God’s conviction (*not* condemnation) leads to life. Repentance is a result of conviction.

- “Is this not the fast that I have chosen; to loose the bonds of wickedness to undo the heavy burdens to let the oppressed go free, and that you break every yoke?” Is 58:9.
- “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.” Joel 2:12-13.
- “So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.” Ezra 8:23.
- And He said to them, “Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you. “But this kind does not go out except by prayer and fasting.” Mt. 17:20-21.
- “Or do you despise the riches of His goodness, forbearance and long-suffering, not knowing that the goodness of God leads you to repentance?” Rom 2:4.
- Also, Daniel 9:1-19; Ps 35:13-14; Is 58:3-12

**Renewed Reverence for and fear of the Lord.** When we cry holy in the fear of the Lord, it will resonate deep in our bones and move us beyond just the sound, and out of any stronghold of the fear of man. Like Daniel, "Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands," Dan 10:10, we will be awakened and shaken out of distractions and strongholds of man and re-aligned with Him.

- “I am your shield, your exceedingly great reward,” Gen 15:1
- “For I am the Lord your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy,” Lev 11:44.
- “And one called to another and said: Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory,” Isaiah 6:3.
- “Therefore, you shall keep the commandments of the Lord your God, to walk in His ways and to fear Him. For the Lord your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills,” Deu 8:6-7.

- There is none holy like the Lord; there is none besides you; there is no rock like our God.” 1 Samuel 2:2.
- The fear of the Lord is clean, enduring forever; The judgments of the Lord are true and righteous altogether.” Ps 19:9.
- “The secret of the Lord is with those who fear Him, and He will show them His covenant.” Ps 25:14.
- “The Lord is my light and my salvation, whom shall I fear? The Lord is the strength of my life.” Ps 27:1.
- “The fear of the Lord is the beginning of wisdom; and the knowledge of the Holy One is understanding,” Pr 9:10.
- “The fear of the Lord there is strong confidence,” Pr 14:26.
- “The fear of the Lord is a fountain of life, to turn one away from the snares of death,” Pr 14:27.
- “And by the fear of the Lord one departs from evil,” Pr 16:6.
- “By humility and fear of the Lord are riches and honor and life.” Pr 22:4.
- “The Spirit of the Lord shall rest upon Him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord,” Is 11:2.
- “I am the Alpha and the Omega, the Beginning and the End, the First and the Last,” Rev 22:13.
- Also, 2 Ch 19:9; Josh 4:21-24; Deu 10:12-13; Ps 111;10; 128:1

**Release of heavenly activity:** When we fast, angelic activity is activated. We are in times that will require supernatural intervention. The upheaval in nations and uprising in Iran are all indications of heavenly activity. "I lifted my eyes and looked, and behold, a certain man clothed in linen whose waist was girded with gold of Uphaz!" Dan 10:4.

- “And He was there in the wilderness forty days, tempted by Satan, and was with the wild beasts; and the angels ministered to Him,” Mt. 4:13.
- “For He will give His angels charge concerning you, to guard you in all your ways,” Ps 91:11.
- “About the ninth hour of the day he clearly saw in a vision an angel of God who had just come in and said to him, ‘Cornelius,’ And fixing his gaze on him and being much alarmed, he said, "What is it, Lord?" And he said to him, "Your prayers and alms have ascended as a memorial before God.”” Acts 10:3.
- Also, Daniel 9:21-27; 10:1-12:13; Acts 12:5-7

**Receptivity to the love of the Lord:** Through fasting obstacles that hinder receiving His love will be removed. Obstacles to receiving His love that are frequently encountered include rejection, intimidation, fear of man, pride covering insecurity. "And he said to me, ‘O Daniel man greatly beloved,’” Daniel 10:11. Daniel received the love and was able to rise to his feet, v 11.

- “God demonstrates His own love toward us, in that while we were still sinners, Christ died for us,” Rom 5:8.
- “God is love, and He who abides in love abides in God, and God in him,” 1 John 4:16.

- “But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ,” Eph 2:4-5.
- “There is therefore now no condemnation to those who are in Christ Jesus,” Rom 8:1.
- “Love has been perfected among us in this, that we may have boldness in the day of judgment; because as He is, so are we in this world. There is no fear in love, but perfect love casts out fear.” 1 John 4:17-18.
- Also Rom 5:1-5; 2 Peter 1:5-11; John 15:9-17

**Renewed strength:** We can all grow weary, even live with areas of dryness, or dormancy in our spiritual lives due to the cares of this world. Fasting releases new and even hidden strength. "O man greatly beloved, fear not! Peace be to you, be strong, yes, be strong!" Daniel received and responded, "Let my lord speak, for you have strengthened me," Dan. 10:10.

- “Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength.” Is 40:28-29.
- “The God of my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold and my refuge; My Savior, you save me from violence.” 2 Sam 22:3.
- “God is my strength and power, and He makes my way perfect,” 2 Sam 22:33.
- “With Him are wisdom and strength, He has counsel and understanding,” Job 12:13.
- “The Lord is the strength of my life; of whom shall I be afraid,” Ps 27:1.
- “If God is for us, who can be against us?” Rom 8:31.
- “Yet in all these things we are more than conquerors through Him who loved us. For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord,” Rom 8:37-39.
- “And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light,” Rom 8:11-12.
- “My grace is sufficient for you, for My strength is made perfect in weakness,” 2 Cor 12:9.
- “For God has not given us a spirit of fear, but of power and of love and of a sound mind,” 2 Tim 1:7.
- Also Is 40:28-31; Is 35:3-10; Ex 15:1-18; Ps 18

**Revelation and sharpened spiritual discernment:** Daniel Chapter 10 begins a long discussion of Daniel with an angelic being. This becomes the fourth of Daniel's visions. The encounter begins by Daniel looking up, v.5. This looking up is the first step into the narrative. The angel said to Daniel, "But I will tell you what is noted in the Scripture of Truth." Dan 10:21. At the close of the conversation, the angel states, "But you, Daniel, shut up the words and seal the book until the time of the end, many shall run to and fro and knowledge shall increase," Dan 12:4. The encounter led to the longest description of the end-time narrative in the Bible (Daniel 10-12). This encounter and the writing of it is now a guidepost to end-time study.

- “Deal bountifully with Your servant, that I may live and keep Your word. Open my eyes, that I may see wondrous things from Your law,” Ps 119:17-18.
- “Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God,” Rom 8:26-27.
- “Yet regard the prayer of Your servant and his supplication, O Lord my God, and listen to the cry and the prayer which Your servant is praying before You today: that Your eyes may be open toward this temple night and day, toward the place of which You said, My name shall be there,’ that You may hear the prayer which Your servant makes toward this place.” 1 Kings 8:28-29.
- “After I heard of your faith in the Lord Jesus and your love for all the saints, do not cease to give thanks for you, making mention of you in my prayers: that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come,” Eph 1:15-21.
- “Pursue love, and desire spiritual gifts, but especially that you may prophesy,” 1 Co 14:1
- “After these things I looked, and behold, a door standing open in heaven. And the first voice which I heard was like a trumpet speaking with me, saying, “Come up here, and I will show you things which must take place after this,” Rev 4:1
- Also Is 42:5-9; Jer 1:11-19; 1 Cor 14:1-5