**1. Motivate**

When have you been intimidated or frightened by an encounter with another person?

* a job interview

A video introduction to the Bible study is available. View it at <https://watch.liberty.edu/media/t/1_14kb1e1e> If you have no wi-fi where you teach, best to download to your computer from <https://tinyurl.com/mu4htccb>

* called to the principal’s (or boss’s) office
* stopped by a traffic policeman
* first time you asked someone for a date
* giving a speech in front of your class
* first time making a sales presentation
* being confronted by your parent when you did something really stupid
* taking a driving test
* you are introduced to someone really important and/or famous
* asking a celebrity for an autograph

**2. Transition**

Today we study Daniel’s meeting with a real angel.

* The angel tells him of a coming major conflict
* God strengthened Daniel and will strengthen us as we pray and engage in spiritual battle.

**3. Bible Study**

3.1 Prepare to Hear from God

Listen for Daniel’s response to a message.

Daniel 10:1-3 (NIV) 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.

What do we learn about the historical context of these verses?

* third year of the reign of Cyrus
* he is king of Persia
* elsewhere we learn that he had allowed a company of Jewish exiles to return to Jerusalem and rebuild the city and temple
* we note that by this time Daniel has served under multiple political leaders

What words and phrases describe the revealed word given to Daniel?

* the message was described as “true” (no fake news)
* concerned a great war
* message came in a vision

How do we typically respond to bad news?

* when you worry, when you doubt, run in circles scream and shout
* go into a blue funk, cry
* give up
* binge on favorite junk food
* pray
* post on Facebook

What is your understanding of *spiritual* warfare?

* does not have to do with military shooting and troop movement
* not the struggle between two countries
* it is struggling with spiritual issues
* sometimes struggling with your own sinful tendencies
* more often it has to do with evil spiritual forces
* we see it today in the tendencies in our society
  + the denial that abortion is murder
  + the claim that homosexuality is OK, “some people are just born that way”
  + the push to expose children to gender issues
  + the power of substance abuse to ruin lives

What is the significance of the three-week period of fasting and mourning that Daniel observes at the beginning of chapter 10? How does this reflect his character and devotion to God?

* Daniel knows of the exiles that have returned to Israel
* apparently has learned of the local opposition that has stalled progress on the temple
* feels that this is a spiritual struggle
* senses that this a really significant issue that he must go to God about
* he is so serious about this that he gives up normal practices and gives himself totally to beseeching God to intervene

Daniel chapter 10 emphasizes the power of prayer and the importance of seeking understanding and insight from God. How can we apply this lesson to our own prayer lives and our pursuit of spiritual wisdom?

* we may have events or issue in our lives similarly significant as that of Daniel
* we should not just float along, and hope things get better
* we should set aside normal activities, give up some normal things in order to devote ourselves whole heartedly to communicating with God
* studying, meditating on what God tells us in His word – promises to claim, principles of living to adhere to
* talking to God –
  + declaring your awe of Him,
  + confessing actions and attitudes that displease Him
  + thanking God for what He has done for us
  + petitioning, asking God to intervene in the issues that burden us

3.2 Prayer, An Element of Spiritual Warfare

Listen for a physical touch.

Daniel 10:10-13 (NIV) 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.

What acts and words of assurance did the heavenly visitor provide Daniel to help him overcome his fear and to stand ready to receive the message being delivered to him?

* a hand touched him, raised him to kneeling position
* told him he was highly esteemed
* stand up, listen up,
* I’ve been sent to you with a personal message, God has heard your prayers right from the beginning

The angelic messenger explains that he was delayed because of a spiritual battle in the heavenly realm. What does this reveal about the unseen spiritual warfare that may be taking place around us? How might this influence our understanding of prayer and spiritual warfare?

* prayer is to be more than just praying for our various physical ailments
* we are probably struggling more with spiritual issues in our lives than we realize or are willing to admit
* prayer is like the communication capabilities that physical armies must have
* we need to be in direct contact to our Spiritual Commander – God, Himself
* He wants to communicate to us specific situations that are spiritually dangerous
* He wants to hear our spiritual struggles (confession)
* He wants us to call on Him to guide, to empower, to protect

When have events led you to an extended ongoing season of prayer?

* concern about children, grandchildren
* during a time when your church is without leadership, during a pastoral search
* current events – local, national, worldwide
* ongoing struggle with harmful habits, things in your life that you know should be done away with

What can we learn about the role of angels in God's plans from this passage?

* God hears your prayer – your prayers make a difference – He is not ignoring you
* As you declare your trust in God’s power, authority, and love for you, He is at work
* we may not realize that God sends angels – but at times He will intervene in those ways
* we may well get to heaven and see video replays of situations when it was God’s messenger who was right there

3.3 Stand Strong in the Lord

Listen for how Daniel was encouraged.

Daniel 10:16-19 (NIV) 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."

What action by the angelic being seemed to make a difference in Daniel’s ability to speak and stand strong?

* touched his lips
* enabled him to speak
* enabled him to verbalize his personal struggles

What was Daniel’s plea and confession to the angelic being and why is it significant?

* I am overcome with anguish
* the vision has made me feel helpless
* I hardly know what to say, what to ask
* my strength is gone, I can hardly breathe
* Daniel is confessing his personal inability to deal with the problem
* which is also saying that he believed that only God could deal with the concern

How does the angel respond to Daniel’s confession?

* the angel touched him again and it gave him strength
* tells him not to fear
* be at peace (more than lack of conflict, rather a condition of overall well-being)
* encourages him to “be strong” – repeats it, “be strong”
* Daniel was strengthened, encouraged, wants to hear more

What are some ways the Lord strengthens us for spiritual battle?

* courage
* assurance of His presence
* focuses us on the main thing we are struggling with
* wisdom for making right choices, saying the right thing
* know we are not alone in the struggle
* God intervenes in the situation, accomplishing what we consider to be impossible
* prayer support from fellow believers
* gives us a verse that speaks specifically to the issue

Use the last page as a handout so your learners can take home the application points of this week’s lesson.

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Recall.

* The time to prepare for warfare is before we are attacked.
* Make a list of Scriptures that offer you encouragement and assurance for troubling times.
* Keep those nearby and pull them out when needed.

Resist.

* Jesus quoted Scripture when He was tempted.
* Memorize some of the Scriptures in your list so you can be ready to quote them when you feel attacked spiritually.

Read.

* Find a good book on spiritual warfare that is written by a solid Christian author. Consider *God’s Smuggler*, by Brother Andrew
* Ask God to speak to you through this book and to strengthen you spiritually.

Double Puzzle  
Clue words taken from Daniel 10:1 – 3, 10 – 13,16 – 19 (NIV)

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Ah-ha! This is a task for us Word Ninjas. Unscramble the letters of the clue words on the left. Make sure you double check if the word you come up with is found in the Bible passage. Then use the numbers on the letters to decrypt the message below. Technical assistance and the color page can be found at <https://tinyurl.com/mu4htccb>