



Ice breaker: When life becomes overwhelming, what is your natural tendency: distract yourself, isolate, stay busy, seek God, or something else?

Read and Reflect on Daniel 10:1-21: *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 fine gold from Uphaz around his waist.⁶ His body was like topaz, 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; those who were 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 feel very weak.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, you who are 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.

Sermon and Scripture Application Discussion:

1. Daniel's Grief Became Prayer (Daniel 10:1-3; Psalm 34:18; Matthew 5:4; Romans 12:12). Daniel mourned and fasted for three weeks because of the suffering and uncertainty facing God's people.

- What stands out to you about Daniel's response to grief? Why do you think people often try to avoid pain rather than bring it to God? What would it look like for grief or anxiety to become prayer in your own life? How does fasting or slowing down help create space to seek God?

2. God Is Working Even When We Cannot See It (Daniel 10:10-14; Ephesians 6:12, Isaiah 55:8-9, 2 Corinthians 5:7). Daniel learns that his prayers were heard immediately, even though there was spiritual opposition delaying the messenger.



- What encourages you about the phrase: “Your words were heard”? Have you ever experienced a season where God seemed silent or delayed? Why is it difficult to trust God when we cannot see what He is doing? How can faith grow during seasons of waiting?

3. The Reality of Spiritual Battle (Ephesians 6:10-18; 1 Peter 5:8-9; James 4:7; Romans 8:37) Paul explains that our struggle is not merely physical or political but spiritual.

- What does spiritual warfare mean to you? Why is it important to remember that “our struggle is not against flesh and blood”? Which piece of the armor of God do you most need right now? How does prayer strengthen us in spiritual battles? How can Christians stand firm without living in fear?

4. God Meets Us in Weakness (Daniel 10:15-19; 2 Corinthians 12:9-10; Isaiah 40:29-31; Psalm 73:26). Daniel honestly tells God’s messenger that he has no strength left.

- Why is honesty before God so important? What burdens in life can leave people feeling spiritually or emotionally exhausted? Have you ever experienced God strengthening you during a difficult season? Why do we often feel pressure to appear strong instead of admitting weakness? What does this passage teach us about God’s compassion?

Digging Deeper (Optional):

- **Honest Prayer.** Daniel does not pretend to be strong. He mourns, fasts, groans, and openly admits his weakness. Scripture consistently shows that God welcomes honest prayer rather than polished religious performance. **Reflect:** What emotions do you struggle to bring honestly before God? Is there grief, fear, or exhaustion you have been carrying alone? **Practice:** Spend time this week praying honestly before God without trying to “fix” your emotions first. **Psalm 62:8, Psalm 34:17-18, Romans 8:26, Hebrews 4:15-16**
- **Strength That Comes From God.** Daniel could not stand on his own strength. Mary could not carry her calling on her own. We were never meant to carry life alone either. **Reflect:** Where do you most need God’s strength right now? What would it look like to surrender that burden to Him? **Practice:** Memorize Daniel 10:19: “Do not be afraid... Peace! Be strong now; be strong.” Repeat it throughout the week whenever anxiety or exhaustion rises. **Isaiah 40:29-31, 2 Corinthians 12:9-10, Philippians 4:13, Psalm 73:26**

Closing Prayer: Lord Jesus, thank You that when we are weak, You meet us with Your strength. When we feel overwhelmed, exhausted, anxious, or afraid, remind us that we are never alone and never forgotten. Help us to trust You in both the seen and unseen battles of life, and fill us with Your peace, courage, and enduring love.

Faith in Action:

- June 7 – Vison Day & Picnic, COS Campus
- June 14 – Annual Business Meeting, 11:45 AM, Sanctuary
- June 22-26 – Summer Bible Camp, 9 AM, 3 y/o – rising 6th graders