SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

Daniel

Chapter 10

The Unseen Warfare

MEMORY VERSE · DANIEL 10:12

"Then he said to me, Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard, and I have come in response to your words."

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in Daniel 10

Daniel prayed and humbled himself for three weeks with no sign that heaven was listening — and all the while his prayer had been heard from the first day, and a battle was being fought on his behalf. This week the chapter asks you to keep praying when it feels like nothing is happening, and to let the Lord, not your own strength, stand you back up.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The Complete Study, the O·I·A study, the slides and the film for this chapter are on the Daniel study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

Three Weeks of Mourning

READ · DANIEL 10:1–3

OBSERVE — WHAT DOES IT SAY?

How does v1 describe the message Daniel received? What exactly did Daniel give up, and for how long (vv2–3)?

REFLECT

The exiles had gone home, but the work had stalled, and Daniel, too old to go, mourned "for three entire weeks" (v2). What is stalled in God's work around you — in your family, your church, your recovery group — that you have shrugged at instead of grieving over?

REFLECT

Daniel humbled himself by setting aside "tasty food," meat, wine and ointment (v3). What comfort or habit could you set aside for a short season so that the hunger reminds you to pray?

RESPOND — TODAY

Choose one small comfort to give up for the rest of this week. Every time you miss it, pray for one person or one work of God that is stuck.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (DANIEL 10:12)

DAY 2 OF 5

The Man Dressed in Linen

READ · DANIEL 10:4–9

OBSERVE — WHAT DOES IT SAY?

Where was Daniel standing, and what did he see (vv4–6)? What happened to the men with him, and what happened to Daniel (vv7–9)?

REFLECT

The man in linen — eyes "like flaming torches," feet like "polished bronze" (v6) — is the same figure John saw on Patmos when he saw the risen Jesus (Rev 1:13–15). How does seeing Christ this way, in glory and power, change the size of your problems?

REFLECT

The others felt "a great dread" and ran to hide (v7), but Daniel stayed and was "left alone" (v8). When God gets close, what is your usual reflex — hide, stay busy, or stay put — and what does it cost you?

RESPOND — TODAY

Read Revelation 1:12–18 alongside today's passage. Then spend five quiet minutes simply worshiping Jesus for who He is, asking Him for nothing.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (DANIEL 10:12)

DAY 3 OF 5

Heard From the First Day

READ · DANIEL 10:10–14

OBSERVE — WHAT DOES IT SAY?

What did the messenger do to Daniel, and what did he call him (vv10–11)? Who withstood the messenger, for how long, and who came to help (v13)?

REFLECT

"From the first day … your words were heard" (v12), yet the answer took twenty-one days because of a fight Daniel never saw (v13). Which prayer have you stopped praying because heaven seemed silent?

REFLECT

Daniel was called "man of high esteem" (v11) while he was face-down and trembling. What would it mean for you to believe that God esteems you in Christ even on your weakest day, not just your best?

RESPOND — TODAY

Write down one prayer you quit praying. Start praying it again today, and keep a note of the date — you are on day one, and God hears on day one.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (DANIEL 10:12)

DAY 4 OF 5

No Strength Left

READ · DANIEL 10:15–17

OBSERVE — WHAT DOES IT SAY?

What did Daniel do when the messenger finished speaking (v15)? What touched him, and what did he confess when he could speak again (vv16–17)?

REFLECT

Daniel says plainly, "I have retained no strength" and "nor has any breath been left in me" (vv16–17). Where in your life right now are you running on empty, and who have you told the truth about it?

REFLECT

The touch on Daniel's lips came before he said anything (v16). How have you seen God reach you first when you had nothing left to give Him?

RESPOND — TODAY

Tell God honestly today, in one sentence, where you have no strength left. Then tell one trusted brother the same thing.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (DANIEL 10:12)

DAY 5 OF 5

Take Courage

READ · DANIEL 10:18–21

OBSERVE — WHAT DOES IT SAY?

What three things does the messenger say to Daniel in v19, and what happened "as soon as he spoke"? What does the messenger say he will go back to do, and who stands with him (vv20–21)?

REFLECT

Daniel "received strength" the moment the word was spoken (v19) — the strength came from God's word, not from Daniel trying harder. What word from God do you need to receive today instead of trying to manufacture courage on your own?

REFLECT

Daniel never spoke to the prince of Persia; he humbled himself, prayed, and heaven did the fighting (vv13, 20–21). How does that change the way you fight your own battles — temptation, addiction, fear?

RESPOND — TODAY

Memorize the words "do not be afraid. Peace be with you; take courage and be courageous!" (v19) and say them as a prayer over the hardest thing you face today.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (DANIEL 10:12)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

The messenger touched Daniel three times before he could stand and speak (vv10, 16, 18). How has God used people in this group to strengthen you when you could not get up on your own?

FOR THE GROUP · 2

Daniel's prayer was opposed by "the prince of the kingdom of Persia" (v13), a real spiritual enemy. Where do you sense opposition to God's work in your life right now, and how can the group pray with you about it this week?

FOR THE GROUP · 3

History is already written down "in the writing of truth" (v21). How does knowing God holds the record of what is coming help you face something you cannot control?

MY PRAYER

Lord, thank You that my words are heard from the first day I humble myself before You, so I bring You again…

CUT OUT · CARRY IT · DANIEL 10:12

"Then he said to me, Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard, and I have come in response to your words."