**Read Daniel 10:1-21**

1. What did you learn from the sermon or the Bible challenge?

2. What do you think the point is of fasting from delicacies, meat and wine for 21 days? What have been your experiences with fasting in connection with prayer?

3. Compare Dan. 10:5-9 and Rev. 1:12-17. What similarities do you find? Are there any significant differences? Do you think Daniel saw Jesus, why or why not?

4. Do you think there is a connection between Daniels 3 weeks of fasting and the 21 days in v. 13? How could fasting prayer impact the spiritual battle behind the scenes?

5. Read Eph. 6:12 and 2 Cor. 10:3-5 What do you learn about the battle in the unseen world that effects ours? What conflicts in your life might be resolved through prayer?

6. This chapter shows that spiritual conflict is so draining that it can impact even our physical bodies at times. What could you do to make space for intentional times of refreshment and restorative healing?

7. How does knowing that you are greatly loved provide encouragement in the face of increasing spiritual battle? In what ways could you become more prepared and powerful in this area of faith?

**Prayer Focus:** Let's pray that we would become more perceptive and powerful in the area of spiritual warfare prayer.