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# Oaks Early Risers Bible Class

**The Oaks  
Baptist Church**  
Grand Prairie, Texas

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## A Strong Faith Daniel 10:10-19

### Aim and Application of the Lesson

The lesson teaches us to be aware of the significance of Daniel's fasting and mourning as part of his living **A Strong Faith**. The study's aim is to recognize the value of sincere prayer and seriously seeking God rather than expecting God to reply to our impulsive whims and selfishly conceived desires. The study's application is to encourage believers to obtain a heart for others and to become serious and reverent when we approach our God.

*(Adapted from the Bible Expositor and Illuminator Commentary)*

### Lesson Introduction and Background

It was the soreness that awakened me. A short time before, I had returned to camp after a summer of rest. The day before, I had pushed myself hard. I had set up high ropes, thoroughly cleaned the nature center, and worked my muscles at a grueling pace without even thinking. I just assumed that I would be able to do the job as always. My body, however, was telling me otherwise. As I rose and prepared for my day, I was amazed at the stiffness of my limbs, which no longer wanted to cooperate. I felt myself just shuffling around, barely wanting to move. Each time I moved a muscle, I was in pain. Faith works a lot that way. Like the muscles in our body, it must be exercised in order to have strength. When we do not exercise our faith, it grows weaker. We become incapable of accomplishing what is set before us because our faith is lacking. So how do we have a strong faith? Daniel knew where true strength resided. He knew that his strength was limited. Every believer must begin with the recognition that his strength will never be enough. I know what you are thinking right now. Why would God bestow upon us limited strength? Think about it. If we were very powerful, would we clearly see the need for the Lord in our lives? If we were being honest, we would admit that it would be more difficult. God wants us to understand how much we need Him, and He wants us to turn to Him for help. Also, think about how great our power would have been used had we possessed it. Prior to the Fall, there was nothing but goodness. Afterward, evil entered into us. If we were greatly powerful, consider the evil we would be capable of bringing into this world. In His mercy, our Father limits us to prevent this. That does not mean, however, that we lack access to God's strength. As we need strength, we have only to ask. And God, who holds the power to order the stars (Isa. 40:26), will supply us with the strength we need (Col. 1:11). Remember, though, the importance of asking. We should not expect an answer when we do not ask, and we will not ask if we do not believe that He will provide. Maybe you are lacking in power, crying out and pleading with what seems to be no answer. Part of the secret to God's power is that He bestows it in His wisdom and on His timetable. We need to remember to wait patiently on Him. When we do, He has promised to renew our strength (Isa. 40:28-31). He will not leave us abandoned and weak. Because we are in Christ, we will share in His strength (2 Cor. 13:4). He goes with us wherever we go (cf. Josh. 1:9). Is your strength lacking? Do you find it dwindling as you walk through your day? When was the last time you asked God for strength? If you have not done that, then I encourage you to do so. If you have, remember that when God promises something, He always makes it happen. It may not happen in your timing, but do not give up! Do not let yourself be defeated. Stand fast, knowing that you do not stand alone.

*(Adapted from the Bible Expositor and Illuminator Commentary)*

### FOOD FOR THOUGHT

**THOUGHT FOR THE WEEK:**  
Great faith is often built during great trials

**POEM FOR THE WEEK:**  
O for a faith that will not shrink  
Though pressed by every foe,  
That will not tremble on the brink  
Of any earthly woe. —Bathurst

**SCRIPTURE FOR THE WEEK:**  
*And he said: "Naked I came from my mother's womb, And naked shall I return there. The Lord gave, and the Lord has taken away; Blessed be the name of the Lord."*  
(Job 1:21 NKJV)

*(from "Our Daily Bread", Aug 25, 2000)*

### **Series: Faith in Action**

**UNIT: Self-Controlled,  
Upright, and Godly Faith**

### NEXT WEEK

**Faith Without Works  
is Dead  
(James 2:14-26)**

## NOTES AND CROSS-REFERENCES

### **Faith Relieves Fear (Dan 10:10-11)**

#### *Relieves fear through God's presence (10)*

God's presence relieves fears because of His unfailing love (Ps 119:76)

God's presence relieves fears because He is the God of comfort (2 Cor 1:3-4)

God's presence relieves fears because of His compassion (Isa 49:13)

God's presence relieves fears because He is the only one who provides comfort (Isa 51:12-13)

God's presence relieves fears because He provides joy (Ps 21:6)

God's presence relieves fears because He brings rest (Ex 33:14)

#### *Relieves fear through considering God's Word (11)*

Relieves because God's Word teaches that Jesus overcame the world (John 16:33)

Relieves because God's Word teaches that we have been born of God (1 John 5:4-5)

Relieves because God's Word teaches that we are more than conquerors (Rom 8:37)

Relieves because God's Word teaches that we have a spirit of sonship (Rom 8:15)

Relieves because God's Word teaches that godly love drives out fear (1 John 4:18)

### **Faith Leads to Answered Prayer (Dan 10:12-14)**

#### *Answered prayer because God hears our prayers (12)*

God hears us when we ask according to His Will (1 John 5:14-15)

God hears the needy and captive (Ps 69:33)

God hears and is attentive to the prayers of the righteous (Ps 34:15-17)

God hears prayers because He knows the hearts of man (1 Kings 8:39)

God hears prayers when asking in the Name of Jesus (John 16:22-24)

#### *Answered prayer in spite of circumstances (13-14)*

Regardless because God provides a way out of every temptation (1 Cor 10:13)

Regardless because we can rely on God (2 Cor 1:8-10)

Regardless because in all things God works for the good (Rom 8:28)

Regardless because God is with us (Ps 23:4)

Regardless because if God is for us, who can be against us (Rom 8:31)

### **Faith Results in Strength (Dan 10:15-19)**

#### *Strength in weakness (15-17)*

Strength because God is stronger than man's strength (1 Cor 1:25)

Strength because it is only through Him I can do everything (Phil 4:13)

Strength because God's grace is sufficient to make us strong (2 Cor 12:8-10)

Strength because God is our strength (Ps 28:7-8)

Strength because in His strength we will not fear (Ps 46:1-3)

Strength because God saves (Ps 20:6-7)

Strength because God doesn't allow us to be shaken (Ps 125:1)

#### *Strength through God's peace and empowerment (18-19)*

Strength that comes from Jesus (Phil 4:13)

Strength that God provides (1 Peter 4:11)

Strength that God arms us with (Ps 18:32)

Strength because God is with us wherever we go (Josh 1:9)

Strength through our weakness (2 Cor 13:4)

Strength in God's mighty power (Eph 6:10)