



Bible Study For Daniel Fast 2022 (GNT)

Daniel 1 Good News Translation (GNT)

THE STORY OF DANIEL AND HIS FRIENDS (1.1 – 6.28)

The Young Men at Nebuchadnezzar's Court

1 In the third year that Jehoiakim was king of Judah, King Nebuchadnezzar of Babylonia attacked Jerusalem and surrounded the city. **2** The Lord let him capture King Jehoiakim and seize some of the Temple treasures. He took some prisoners back with him to the temple of his gods in Babylon, and put the captured treasures in the temple storerooms.

3 The king ordered Ashpenaz, his chief official, to select from among the Israelite exiles some young men of the royal family and of the noble families. **4** They had to be handsome, intelligent, well-trained, quick to learn, and free from physical defects, so that they would be qualified to serve in the royal court. Ashpenaz was to teach them to read and write the Babylonian language. **5** The king also gave orders that every day they were to be given the same food and wine as the members of the royal court. After three years of this training they were to appear before the king. **6** Among those chosen were Daniel, Hananiah, Mishael, and Azariah, all of whom were from the tribe of Judah. **7** The chief official gave them new names: Belteshazzar, Shadrach, Meshach, and Abednego.

8 Daniel made up his mind not to let himself become ritually unclean by eating the food and drinking the wine of the royal court, so he asked Ashpenaz to help him,

9 and God made Ashpenaz sympathetic to Daniel.

10 Ashpenaz, however, was afraid of the king, so he said to Daniel, "The king has decided what you are to eat and drink, and if you don't look as fit as the other young men, he may kill me."

It's good to know this about God. He is the same yesterday, today and forever (Hebrews 13:8). And, God is no respect of persons (Rom 2:11)

11 So Daniel went to the guard whom Ashpenaz had placed in charge of him and his three friends. **12** "Test us for ten days," he said. "Give us vegetables to eat and water to drink. **13** Then compare us with the young men who are eating the food of the royal court, and base your decision on how we look."

14 He agreed to let them try it for ten days. **15** When the time was up, they looked healthier and stronger than all those who had been eating the royal food. **16** So from then on the guard let them continue to eat vegetables instead of what the king provided.

Also called pulse = something sown (from a seed) like a vegetable

17 God gave the four young men knowledge and skill in literature and philosophy. In addition, he gave Daniel skill in interpreting visions and dreams.

Some people do the Daniel fast for 10 days based on this. But, see also Daniel chapter 10 for more info.

18 At the end of the three years set by the king, Ashpenaz took all the young men to Nebuchadnezzar. **19** The king talked with them all, and Daniel, Hananiah, Mishael, and Azariah impressed him more than any of the others. So they became members of the king's court. **20** No matter what question the king asked or what

→ See verse 5. This implies 3 years – like college.

problem he raised, these four knew ten times more than any fortuneteller or magician in his whole kingdom. ²¹ Daniel remained at the royal court until Cyrus, the emperor of Persia, conquered Babylonia.

Daniel 10 (GNT)

Daniel's Vision by the Tigris River

God provides revelation on matters.

10 In the third year that Cyrus was emperor of Persia, a message was revealed to Daniel, who is also called Belteshazzar. The message was true but extremely hard to understand. It was explained to him in a vision. *Mourning perhaps for three reasons: 1. Spiritual condition in and resulting in captivity; 2. Those who were released chose to stay in captivity – slow progress of the temple rebuilding; 3. Uncertainty of the future revelation;*

² At that time I was mourning for three weeks. **³ I did not eat any rich food or any meat, drink any wine, or comb my hair until the three weeks were past.** *21 days. Mourning is a 'picture' of fasting. We fast for God's intervention in messy situations. Got any ???*

⁴ On the twenty-fourth day of the first month of the year I was standing on the bank of the mighty Tigris River. **⁵ I looked up and saw someone who was wearing linen clothes** and a belt of fine gold. ⁶ His body shone like a jewel. His face was as bright as a flash of lightning, and his eyes blazed like fire. His arms and legs shone like polished bronze, and his voice sounded like the roar of a great crowd. *See also the same in Revelation 1:13-15*

⁷ I was the only one who saw the vision. Those who were with me did not see anything, but they were terrified and ran and hid. **⁸ I was left there alone, watching this amazing vision.** I had no strength left, and my face was so changed that no one could have recognized me. **⁹ When I heard his voice,** I fell to the ground unconscious and lay there face downward. ¹⁰ Then a hand took hold of me and raised me to my hands and knees; I was still trembling.

¹¹ The angel said to me, "Daniel, God loves you. Stand up and listen carefully to what I am going to say. I have been sent to you." When he had said this, I stood up, still trembling.

¹² Then he said, "Daniel, don't be afraid. God has heard your prayers **ever since the first day you decided to humble yourself in order to gain understanding. I have come in answer to your prayer.** ¹³ The angel prince of the kingdom of Persia opposed me for twenty-one days. Then Michael, one of the chief angels, came to help me, because I had been left there alone in Persia. **¹⁴ I have come to make you understand what will happen to your people in the future. This is a vision about the future.**" *Angels – messengers of God* *God heard you !*

¹⁵ When he said this, I stared at the ground, speechless. ¹⁶ Then the angel, who looked like a human being, reached out and touched my lips. I said to him, "Sir, this vision makes me so weak that I can't stop trembling. ¹⁷ I am like a slave standing before his master. How can I talk to you? I have no strength or breath left in me." *Consider: angelic (spirit) influences over kingdoms*

¹⁸ Once more he took hold of me, and I felt stronger. ¹⁹ He said, "God loves you, so don't let anything worry you or frighten you."

Fasting is a spiritual discipline that accompanies – 1. Seeking God, and 2. Searching the Scripture. Through fasting we remove distractions to spend more time with God (1) and hear from God (2).

When he had said this, I felt even stronger and said, “Sir, tell me what you have to say. You have made me feel better.”

²⁰⁻²¹ He said, “Do you know why I came to you? It is to reveal to you what is written in the Book of Truth. Now I have to go back and fight the guardian angel of Persia. After that the guardian angel of Greece will appear. There is no one to help me except **Michael, Israel's guardian angel.**”^[b]

This is an angelic battle that we are affected by. That means there is activity in heaven that affects what goes on in our earthly realm! Daniel is a prophecy about earthly kingdoms that are impacted by ‘heavenly’ activity. Do you see why God tells us to pray for those who have rule over us (1 Tim 2:1-3). What’s going on, on earth, is somehow a reflection of what’s going on in heaven.

BIBLE STUDY NOTES FOR DANIEL 1:21

1:1 – Remember, this book is about Daniel the prophet. Keep in mind the culture of Israel during the time of the prophets. “Kings” ruled over God’s people in Israel and Judah, both good and bad. Look in 2 Kings 23:37 and we find that Jehoiakim was an evil (bad) king. During His reign, God sent invading armies to capture Judah and enslave them under the captivity of King Nebuchadnezzar of Babylon (2 Kings 24:1 and 2 Chronicles 36:6). This is the setting of the book of Daniel (often the subject of the first couple of verses of a passage). Daniel and his friends were taken to Babylon in this deportation and captivity.

The principle problem in this passage is the people’s idolatry. God’s people disobeyed Him and worshiped (held in high esteem and therefore obeyed them) the other gods and practiced the things important to them.

APPLICATION QUESTION: How many things do we do (or say/think) in our lives that actually serve to glorify other, evil gods rather than glorify our God ?

In verse 2 we see that God gave Jehoiakim into the hands of Nebuchadnezzar. Can you imagine God saying, “If you want to do the things that other gods approve of, perhaps you should go and serve them – be under their jurisdiction !” Wow. We show God that we appreciate Him when we obey Him ! We love His way and we love Him !

1:4 – Consider, the “king” (Nebuchadnezzar) wanted to use those who were gifted by God for his kingdom ! The enemy wants your talents, your treasures, and your time ! This is a twist on what God designed. God’s plan is to give the enemy territory into the hands of His people (the rightful owners).

1:6-7 – A change of name is a change of identity. A change of identity is a change of purpose (destiny). The enemy wants to change your destiny. We will notice that Daniel and his friends were models of people who would not allow that change to happen. They were young men with a determination to serve only God. They had a relationship with God at an early age that led to their resources for productivity in life.

1:8 – There are several things here that we want to take note of. Daniel “purposed” in his heart. That is a strong and comprehensive word which holds some keys to understanding Daniel and what God wants for us who demonstrate/exercise faith in Him. Interestingly enough, this word describes Daniel’s character. This word ‘purposed’ is the Hebrew word *šûm* which describes something which is set, established, fixed or set in place – constitute (which means established by law). It was Daniel’s heart which was determined. He had an iron will where God was concerned and some of the greatest threats would not allow him to be moved. It was Daniel’s constitution that we respect so much about this young man. Imagine if people were resolute today about God. We instead live in a climate where nothing is firm, but everything is flexible – including how we feel about God. There are no absolutes and everything is relative. This is the biggest theme in this passage.

1:10 – This verse talks about the health of Daniel versus the other children. We see that health is tied to food. You are what you eat. I’m reminded that the “leaves on the trees are good for the healing of the nation (Rev 22:2). Dr. Jawanza Kunjufu, in his book, “Satan I’m Taking My Health Back,” quotes an anecdote – “Man does not die from guns, he kills himself at the kitchen table with his knife.” This is true so many times. Daniel understood at a deep level that God’s word is the highest authority because it is the word of the Supreme God. God’s way of doing things would naturally be paramount for Daniel. He wanted God’s diet. After all, God created these bodies. He knows what works best in them.

1:17 – God is the giver of knowledge, wisdom, and skill. We should ask God for what we need to know.

1:19 - God’s people are the “cream of the crop !”