



“Devoted: The Heart to Stand”

Prayer & Fasting

Daniel 1:8 But Daniel resolved that he would not defile himself with the king’s food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself.

Daniel 2:16-18 And Daniel went in and requested the king to appoint him a time, that he might show the interpretation to the king. Then Daniel went to his house and made the matter known to Hananiah, Mishael, and Azariah, his companions,¹⁸ and told them to seek mercy from the God of heaven concerning this mystery, so that Daniel and his companions might not be destroyed with the rest of the wise men of Babylon.

Daniel 10:1-3 In the third year of Cyrus king of Persia a word was revealed to Daniel, who was named Belteshazzar. And the word was true, and it was a great conflict. And he understood the word and had understanding of the vision. In those days I, Daniel, was mourning for three weeks.³ I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

*“It is part of the misguided and whimsical condition of humankind that we so devoutly believe in the power of effort at the **point of crisis alone** to accomplish what we want, and completely ignore the need for **change in our lives as a whole**. The **gen human failing** is to want what is **rt and important**, but at the same time not to **commit to the kind of life** that will produce the condition we wish to enjoy. **We intend what is rt, but we avoid the life that would make it reality.**”*

– Dallas Willard

Dare to be a Daniel

Disaster Prep – Healthy Habits

- ? Why is it so hard to discipline oneself when in private for future difficulties? We all can relate to “I know I **NEED** to, but I don’t.” How does one get past this hurdle? Read and discuss Romans 7:14-25 as it relates to willpower.
- ? Both “push” motivations and “pull” motivations are used to challenge one to action. Which one is more effective and why? Which one has the legs to stand the test of time and why? If a friend is not taking personal responsibility, how can we gently help them understand the need without sounding judgmental?
- ? How does pride get in the way of exercising personal disciplines?
- ? Does my crazy world make me desperate for God or am I able to drown out the noise by other methods?
- ? Am I ready to practice developing strengths to help me to stand? If I am not, what would it take? What does it mean to have a holy, desperate longing for God, and how does one get there?
- ? What is Fasting and what is it not? What is fasting for? Does fasting give us the favor of God? Why or why not?
- ? What vice or *device* does one use to hide from failure or brokenness? How can fasting bring one relief or pressure from all the pain?

*Physical Fasting is
Spiritual Feasting*

Motivations for Fasting

- ? Is fear a good motivating factor or a destructive motivating factor when being driven to change? Should hell be a motivating factor that leads us to fasting? Why or why not?
- ? What fears are most spoken about in your home? How are they generally resolved? Is the method of solving drawing your family to dependence upon Christ or is it teaching our children to cope without the power of the word? How have you used the Hebrews 4:12 power of the word to help restore you or your family in crisis?
- ? How can the discipline of prayer and fasting help one in sorrow? Is it more effective if this discipline is in place before being in deep sorrow? Why or why not?
- ? How does the discipline of prayer and fasting help one to prepare for an overwhelming crisis? How does this discipline help us to hear and discern the voice of God with greater clarity?
- ? Why is control or the *allusion* of control such a powerful motivating factor in our everyday lives? Since the future is unknown, how does one find comfort in personal control and how does one, through prayer and fasting, relinquish control?

“When I stand at the judgment seat of Christ, and He shows me His plan for me, the plan of my life as it might have been had He had His way, and I see how I blocked Him here and I checked Him there, and I would not yield my will, will there be grief in my Savior’s eyes, grief, though he loves me still? He would have me rich, and I stand there poor, stripped of all but His grace while memory runs like a hunted thing down the path I cannot retrace. Then my desolate heart will well nigh break with the tears that I cannot shed. I shall cover my face with my empty hands. I shall bow my inclined head. Lord of the years that are left to me, I give them to Thy hands. Take me and break me and mold me to the pattern Thou hast planned.” – Vance Havner