



# Fasting

*Developing a Hunger  
for God*



N72EX











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# BROKEN WALLS

The Book of Nehemiah

**FEBRUARY 2020**

**Church-Wide**

**Prayer & Fasting**







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**In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. The understanding of the message came to him in a vision.**



**At that time, I, Daniel,  
mourned for three weeks.  
I ate no choice food; no meat  
or wine touched my lips; and  
I used no lotions at all until  
the three weeks were over.  
On the twenty-fourth day of  
the first month,**



**as I was standing on the  
bank of the great river, the  
Tigris, I looked up and there  
before me was a man  
dressed in linen, with a belt  
of fine gold from Uphaz  
around his waist. His body  
was like topaz,**



**his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude. I, Daniel, was the only one who saw the vision; those who were with me did**



**not see it, but such terror  
overwhelmed them that  
they fled and hid themselves.  
So I was left alone, gazing at  
this great vision; I had no  
strength left, my face turned  
deathly pale and I was  
helpless.**



**Then I heard him speaking,  
and as I listened to him, I fell  
into a deep sleep, my face to  
the ground. A hand touched  
me and set me trembling on  
my hands and knees. He  
said, “Daniel, you who are  
highly esteemed,**



**consider carefully the words  
I am about to speak to you,  
and stand up, for I have now  
been sent to you.” And when  
he said this to me, I stood up  
trembling. Then he  
continued, “Do not be afraid,  
Daniel. Since the first day**



**that you set your mind to  
gain understanding and to  
humble yourself before your  
God, your words were heard,  
and I have come in response  
to them. But the prince of  
the Persian kingdom  
resisted me twenty-one days.**



**Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time**



**yet to come. While he was saying this to me, I bowed with my face toward the ground and was speechless. Then one who looked like a man touched my lips, and I opened my mouth and began to speak.**



**I said to the one standing before me, “I am overcome with anguish because of the vision, my lord, and I feel very weak. How can I, your servant, talk with you, my lord? My strength is gone and I can hardly breathe.”**



**Again the one who looked like a man touched me and gave me strength. “Do not be afraid, you who are highly esteemed,” he said. “Peace! Be strong now; be strong.” When he spoke to me, I was strengthened and said,**



**“Speak, my lord, since you have given me strength.” So he said, “Do you know why I have come to you? Soon I will return to fight against the prince of Persia, and when I go, the prince of Greece will come;**



**but first I will tell you what  
is written in the Book of  
Truth.”**



**1. Prayer and fasting prepared Daniel to play a special role in God's kingdom.**



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**And afterward, I will pour out  
My Spirit on all people. Your  
sons and daughters will  
prophesy, your old men will  
dream dreams, your young  
men will see visions.**

*Joel 2:28*



**1. Prayer and fasting prepared Daniel to play a special role in God's kingdom.**



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**2. Prayer and fasting  
prepared Daniel to see  
things others could not see.**



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**Since the first day that you  
set your mind to gain  
understanding and to humble  
yourself before your God,  
your words were heard, and I  
have come in response to  
them.**

*Daniel 10:12*

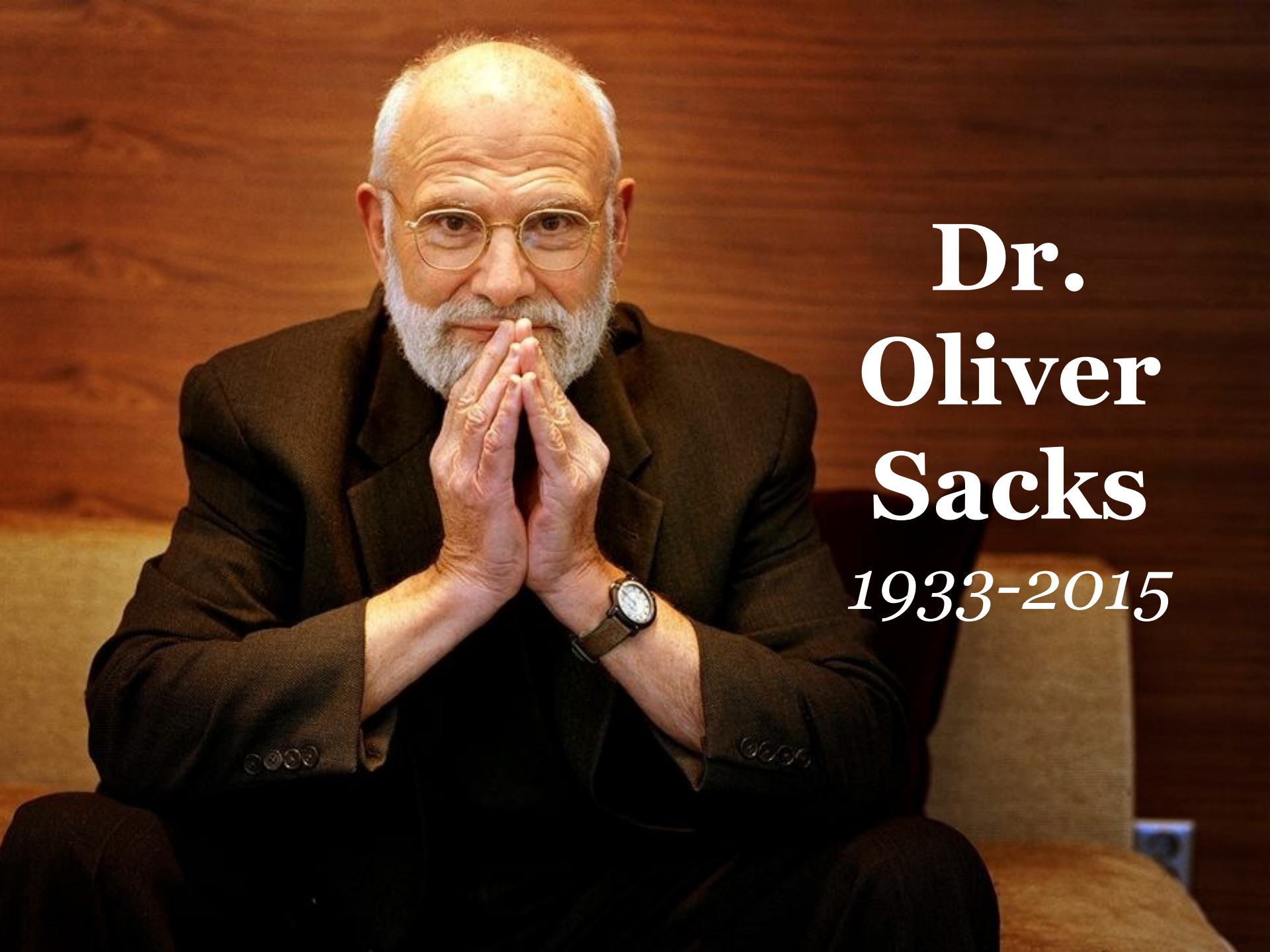


**2. Prayer and fasting  
prepared Daniel to see  
things others could not see.**



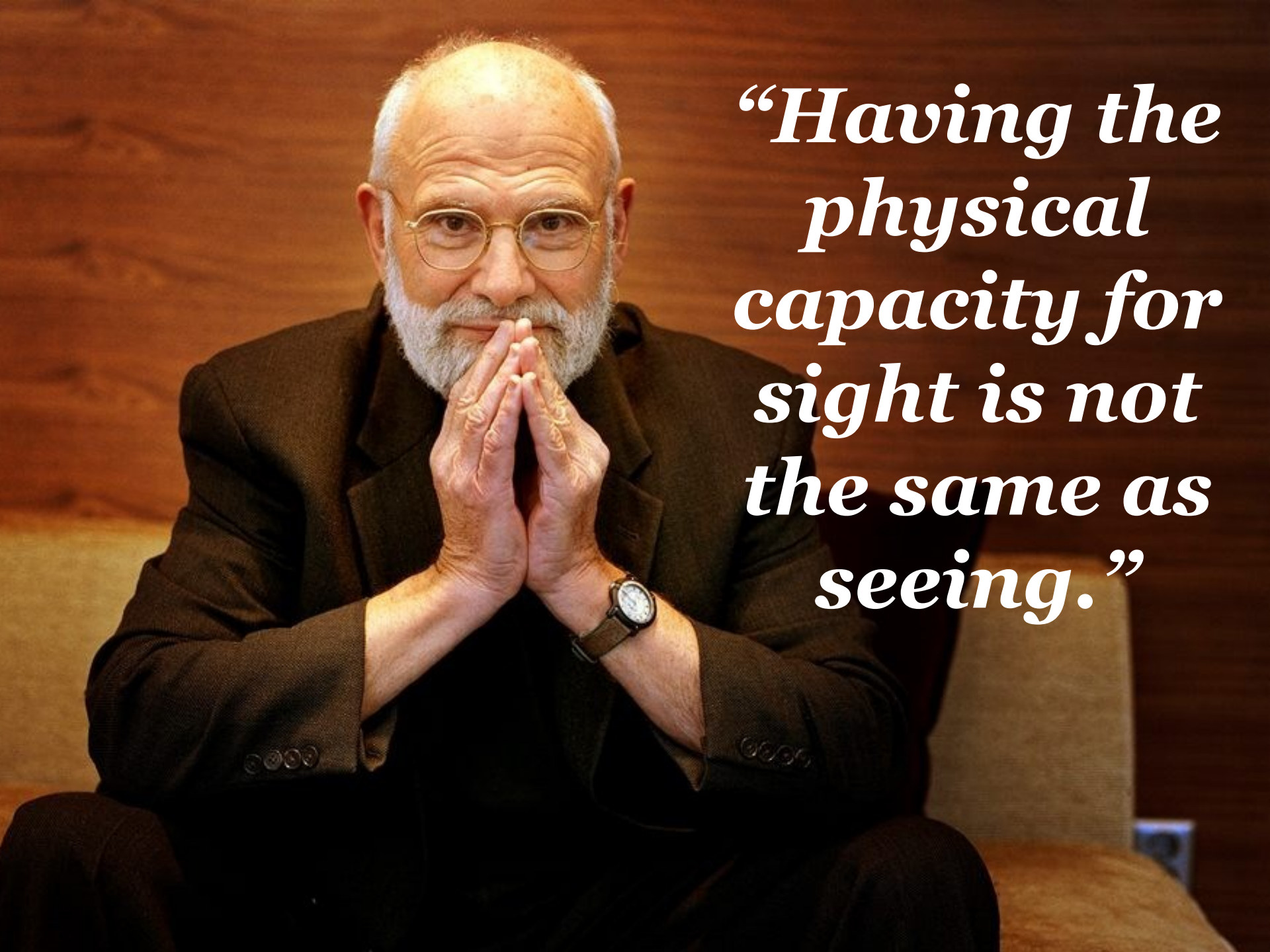
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A portrait of Dr. Oliver Sacks, an elderly man with a white beard and glasses, wearing a dark suit. He is sitting and has his hands clasped in front of his mouth. The background is a warm, wood-paneled wall.

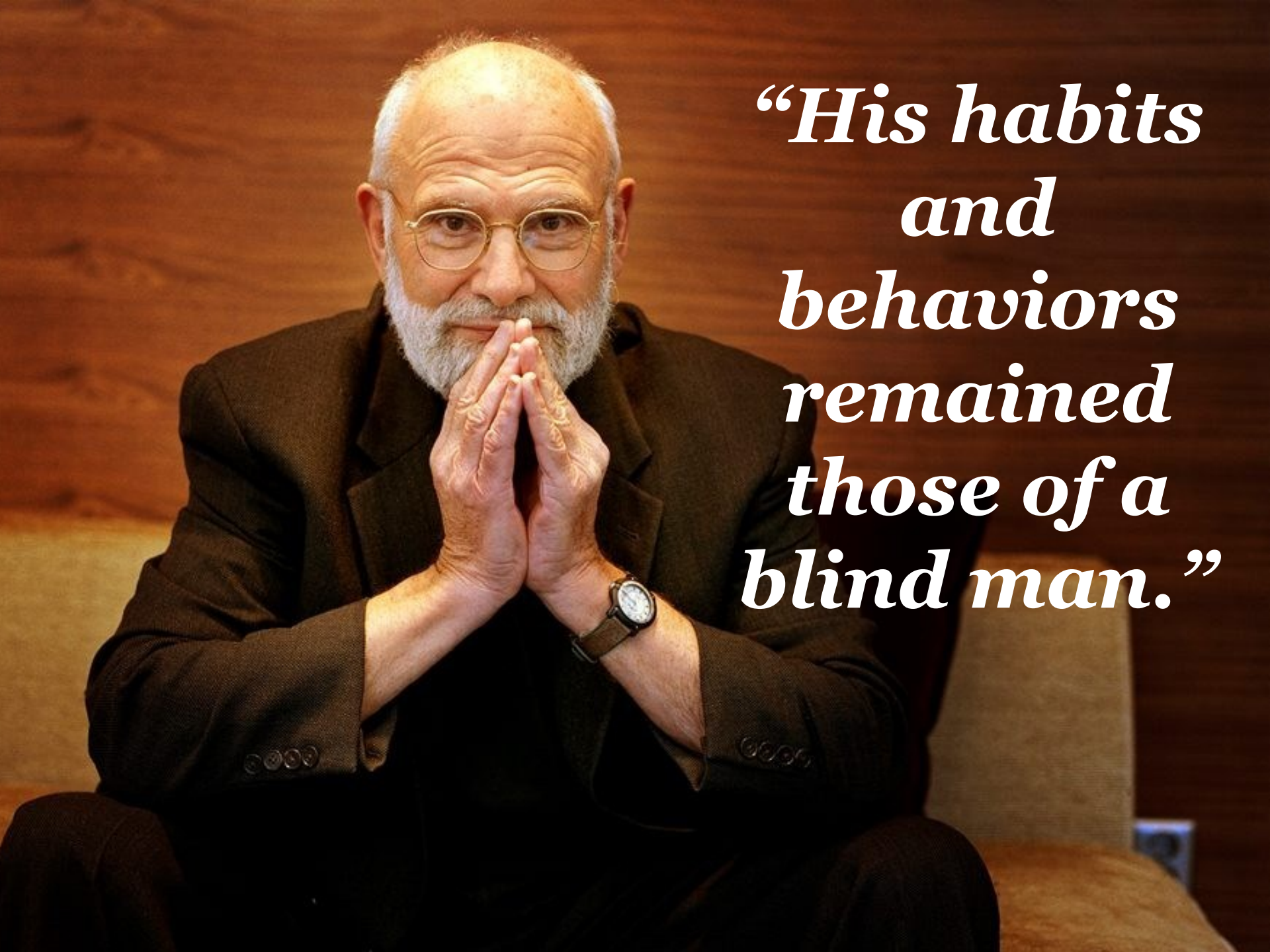
**Dr.  
Oliver  
Sacks**  
*1933-2015*





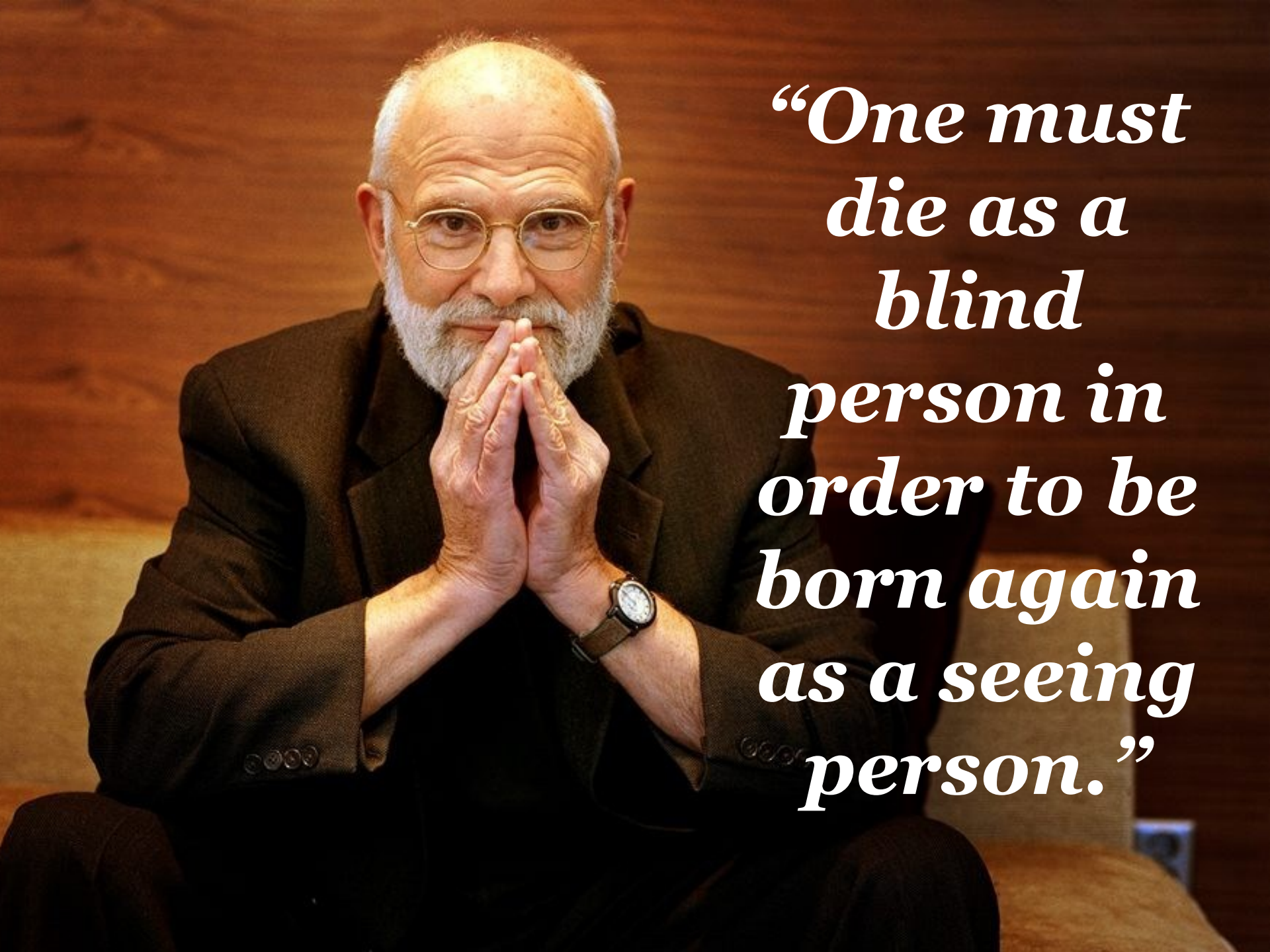
*“Having the physical capacity for sight is not the same as seeing.”*





*“His habits  
and  
behaviors  
remained  
those of a  
blind man.”*



A photograph of an elderly man with a full white beard and glasses, wearing a dark suit. He is sitting with his hands clasped in a prayer-like gesture. The background is a warm, textured wall. Overlaid on the right side of the image is a quote in white, italicized text.

*“One must die as a blind person in order to be born again as a seeing person.”*



**2. Prayer and fasting  
prepared Daniel to see  
things others could not see.**



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**3. Prayer and fasting prepared Daniel to experience the special favor of God.**



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“Daniel, you are highly esteemed...” (vs. 11)

“Do not be afraid, you who are highly esteemed...” (vs. 19)



“Daniel, you are highly esteemed...” (vs. 11)

“Do not be afraid, you who are highly esteemed...” (vs. 19)

“I ate no choice food; no meat or wine...” (vs. 3)



**3. Prayer and fasting prepared Daniel to experience the special favor of God.**



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**For the eyes of the Lord  
roam throughout the earth  
to strengthen those whose  
hearts are fully committed  
to Him.”**

*2 Chronicles 16:9*





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