

Revive Us

Individual Studies

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Adapted from:

Revive Us: A Heart Ready for Revival
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Personal Study 1 – Week 3

Fasting

We find ourselves at a time in history unlike any other before – globally, nationally, locally, and personally. Our world is a living contradiction – we are more connected, yet more fractured and alone than ever before. We have the ability to share our thoughts, and know everyone else's thoughts within moments. The other side of the coin is that many more feel lonely and disconnected from any form of a real relationship with anyone.

Daniel found himself in a similar situation: he and his friends were taken away to a different country and culture found to be in dire need of a revival. While most of the Jewish captives got up in the Babylonian culture, Daniel's heart was broken and brought him to his knees in prayer and fasting.

*God will pour out His Spirit on people
who hunger for more of Him*

If God brought revival in the context of your life and church, would you be ready for it? Would your church? Why or why not?

Hungry to Receive

Read Daniel 10:2-7. What word did Daniel use to describe fasting? (vs. 2)

How is the practice of fasting tied to mourning and lament?

In time, the king allowed God's people to return to Israel, but there was resistance to returning as God's people had built homes and established themselves in the community. They got sucked into the promises, allure, and pleasures of Babylon, and did not want to return to God.

After three weeks of fasting, what did Daniel experience that the men with him did not?

After pressing into and seeking God for three weeks, Daniel looked up and saw the Lord. Don't miss this: God wants to show up. God is not a shrewd businessman, like Scrooge, who wants to hoard all the treasure he can. God desires to give us good gifts to those who ask. God wants us to draw near to Him so He can draw near to us.

God manifests his presence in those who look for Him.

Only Daniel saw the angel of God. The men around him sensed something dreadful was happening and ran. Maybe God only wanted Daniel to receive the vision, or maybe Daniel was the only one spiritually ready to handle it.

The men in this passage were all in the same situation but responded differently. Underline any word that describes a response of someone ready to receive revival from God. Put an “X” beside any word that describes a response of someone not ready to receive revival from God.

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|---------------|-------------|-------------|
| ◇ Desperate | ◇ Prayerful | ◇ Satisfied |
| ◇ Fasting | ◇ Resigned | ◇ Dependent |
| ◇ Independent | ◇ Broken | ◇ Waiting |
| ◇ Settling | ◇ Impatient | ◇ Hopeful |

Now circle any of the words that describe your response to your current culture and context

Many of us respond to disrupting events from our sinful nature and in our own strength. When we respond in our strength, we dull our spiritual senses and sensitivity to God working in us and through us. The tricky part is we can appear to others and even ourselves to be spiritual, when in all reality, we are actually operating out of spiritual anger rather than spiritual anguish. Responding in spiritual anger can cause us to miss a move of God.

Based on Daniel 10:2-7, what do you need to do to become ready to receive a fresh vision from God?

When God lights a fire, some people stand too far away to get warm. Is that you?

Humbled to Receive

Read Daniel 10:8-11. List words in the passage that describe Daniel as he received this vision of God.

Considering Daniel's commitment to seeking the Lord through fasting and praying, is Daniel's state of being surprising to you? Why

When Daniel fasted and prayed for three weeks, God showed up. Upon Daniel being in God's presence, Daniel dropped to his knees. He didn't write a song, write a book, take a selfie, stand and shout a war cry, charge the walls of Babylon, or sit with a smile because all his questions and fears had been resolved. The reality is Daniel collapsed to the ground, trembling, powerless, and alone.

Why does a fresh vision of God bring human weakness and trembling instead of strength and courage?

For what reason could Daniel stand, even though he was weak and trembling (v. 11)

The goal of fasting and praying is not that we might self-actualize and realize our power and potential in the world. The purpose of fasting and praying is that we might receive a fresh vision of God, realizing His power and purpose in and for the world. We develop our practices of spiritual disciplines not for greater self-help but for greater acknowledgement of our desperate need for God. When receiving a true vision of God and His holiness, we are sent to our knees.

What are some signs a person has received a true vision of God's holiness?

How does receiving a true vision of God move our faith beyond an intellectual exercise?

When encountering the risen Christ, it is evident to you and others. When our life intersects with God's presence, the God of the universe, a mark is left on and in us. The problem is many of us would rather define a move of God rather than desire it. We would rather have an explanation than an experience of His presence. If we're not mindful, we'll be a spectator and not a participant.

Which resonates more personally: intellectual faith or experiential faith? What do pride and humility have to do with your faith reality?

We have adopted an intellectual faith in place of, and at the expense of, an experiential faith.

Helped to Receive

Read Daniel 10:12-14. Why did the Lord's angel come to Daniel?

From the first moment Daniel began humbly seeking and desiring a fresh vision from God, God heard his prayers. Simply: your prayers have power. God hears your prayers and will answer them. Don't give up!

Why did it take three weeks for Daniel to receive a fresh vision of God?

The angel was held up for twenty-one days in the spiritual realm. That didn't stop Daniel from fasting and praying. We should learn from Daniel. Instead of giving up, we should be on the guard for attacks. When God moves, expect a countermove by Satan.

Everything that happens in the natural realm first happens in the spiritual realm.

We cannot fight a spiritual battle with natural weapons. Prayer for God's people is just like oxygen for our bodies

Because Daniel did not stop seeking the Lord, what help did the angel come to give (v. 14)?

Those who receive an outbreak of revival from God are those who are committed to humbly praying to God. Prayer is the greatest and most powerful thing you can do. Pray for your family, yourself, your pastor and church staff and their families. Pray for your small group, worship team, coworkers, neighbors, community, and country. Pray for the world. Pray for God to move. The great news is that He will move! God has sent His Spirit who dwells within us, ready to help us receive revival.

Read the following verses and record what help we receive from the Spirit when we pray.

Acts 1:14, 2:1-4, 38-41

Acts 2:42-27

Acts 4:31

The Holy Spirit will never impose Himself on you. He won't enter unless you welcome Him in.

The moment you turn to Jesus in faith, the Holy Spirit comes to live inside of you. We must be mindful to not grieve nor quench the Holy Spirit. You won't walk in the power of God with casual praying. Experiencing the manifestation of the Spirit of God will not be possible with a discount devotional life.

Are you whole-heartedly willing to pray until God comes? Do you desire and long to humble yourself, be open and honest, and admit you've tried to live without God? Is your heart broken over sin and the lostness of your community to the point of crying out to God until He shows up?