

Berean Christian Church
Dr. Kerwin B. Lee, Senior Pastor

Bible Study

February 1, 2022

“You Can Last During the Fast”

Daniel 1:8-18

II Timothy 2:3 reads, “*Endure suffering along with me, as a good soldier of Christ Jesus.*” (NLT) This verse records words spoken by the Apostle Paul to his spiritual son regarding the subject of persistence. No person can go through life without experiencing some pains, problems, and perils. The good news is that the vicissitudes of life do not have to keep you down. This lesson is designed to share elements needed to help believers hold out and hold on while fasting.

Breakdown of Daniel Chapter 1

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| 1. The Problems _____ for Daniel | Verses 1-7 |
| 2. The Proposal _____ by Daniel | Verses 8-14 |
| 3. The Progress _____ of Daniel | Verses 15-21 |

1. Your **Affection** _____ towards God can help you to last while fasting.
Verse 8
“Daniel made up his mind to eat and drink only what God had approved for his people to eat. And he asked the king's chief official for permission not to eat the food and wine served in the royal palace.” (CEV)
2. Your **Attitude** _____ about God can help you to last while fasting.
Verses 9-11
“God had made the official friendly and kind to Daniel. 10) But the man still told him, “The king has decided what you must eat and drink. And I am afraid he will kill me, if you eat something else and end up looking worse than the other young men. 11) The king's official had put a guard in charge of Daniel and his three friends. So Daniel said to the guard.” (CEV)
3. Your **Appetite** _____ for God can help you to last while fasting.
Verse 12
“For the next ten days, let us have only vegetables and water at mealtime.” (CEV)

(Over)

