



Quarterly Day of Prayer and Fasting

**Pray Like Daniel:
Prayer Heaven Loves**

Devotional
and Resources

4th Quarter 2025

Sabbath, October 4

Prepared for church group and individual use by the General Conference of Seventh-day Adventists in coordination with the Revival and Reformation Committee. Written by Shenalyn Page for the Day of Prayer global initiative. Visit www.revivalandreformation.org for more information.

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Invitation to “Pray Like Daniel”

Did you know that the prophetic book of Daniel is the only book in the Bible that specifically says it is for the “time of the end” (Daniel 8:17; 11:35, 40; 12:4, 9)? As such, shouldn’t it be of special interest to those of us living in the “time of the end”?

Bold prayers and their incredible answers are woven into the stories and prophecies of Daniel. As we examine the prophet’s prayers, we will find that the power to move God is not found simply in the words we use but also in the life we live. We will also see the potent results of persistent, Holy Spirit-led prayer. Heaven itself listens and answers! Join us as we learn to pray like Daniel.

Our theme for 2025 is “Pray Like Daniel: Inspiration for Last-day Praying.” In each quarter we will look at a high point of prayer in Daniel’s life and discover its relevance for life in the last days. Then we will devote ourselves to praying as he did.

In the first quarter we looked at Daniel’s decision to be faithful to God at all costs and his prayer of rejoicing when God honored that commitment. In the second quarter we discovered how Daniel kept a consistent prayer life and why he was so insistent on praying publicly. During the third quarter we immersed ourselves in the great prayer of Daniel 9:3–19 and learned how to intercede as the prophet did. In this final quarter we will get a behind-the-scenes look at the Great Controversy and discover why prayer matters so much in the salvation of souls.

The materials that follow include a devotional as well as ideas, themes, and scriptures to help you plan a successful day of prayer and fasting in your church community. Please set aside significant time to pray as a part of your program, for only the Holy Spirit can bring the Word to life in our hearts and transform us into effective prayer warriors.

Inspiration tells us, “Could we see all the activity of human instrumentality, as it appears before God, we would see that only the work accomplished by much prayer, which is sanctified by the merit of Christ, will stand the test of the judgment” (*Christian Service*, p. 263).

Devotional: Prayer Heaven Loves

“It is part of God’s plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask” (Ellen White, *The Great Controversy*, p. 525).

Daniel is deep in thought as he stands on the bank of the Tigris River. Three years have passed since he prayed so earnestly for the forgiveness of his people. The aged prophet smiles as he remembers how Gabriel interrupted his prayer with heaven’s answer.

So much has happened since then. God clearly answered prayers when King Cyrus of Persia sent God’s people back to Jerusalem to rebuild the temple. How Daniel had rejoiced when Zerubbabel and 42,360 Jews left for Judea! But now the news filtering back to the Persian capital isn’t good. Enemies oppose the temple’s rebuilding, and Daniel fears their influence may stop the project altogether.

For three weeks Daniel has been mourning for his people. He has chosen to forgo “pleasant food” and the routine comforts of life to devote himself fully to the work of intercession. So far, he has received no heavenly assurance. Has God heard his prayers?

Suddenly, Daniel is startled out of his reverie. “A man clothed in linen” stands before the prophet. His “waist was girded with gold of Uphaz! His body was like beryl, his face like the appearance of lightning, his eyes like torches of fire, his arms and feet like burnished bronze in color, and the sound of his words like the voice of a multitude” (Daniel 10:5, 6).

The Son of God (compare with Revelation 1:12–16) has personally come from heaven to answer Daniel’s prayers. At the sight of this glorious being, Daniel slumps to the ground, unable to move yet listening intently to the melodious voice.

Comeliness to Corruption

“My comeliness was turned in me into corruption, and I retained no strength,” Daniel says (Daniel 10:8, KJV). The Hebrew word translated “comeliness” literally means “glory, splendor, majesty, or vigor.” “Corruption” literally means “destruction.” Not only is Daniel telling us that he lost all physical strength, but he is also telling us that when he saw Jesus, he realized, as never before, that all his “righteousnesses are like filthy rags” (Isaiah 64:6). He recognized that there was nothing in him worthy of the applause of heaven.

How about you and I? Have we come to the point where our “comeliness” looks like “corruption”? Do we realize that everything we thought was glorious about ourselves is as worthless as a heap of rubbish? If not, perhaps we need to pray the prayer that Hudson Taylor, the great missionary to China, prayed each day: “Lord Jesus, make Thyself to me a living, bright reality.”

“Humility is inseparable from holiness of heart. The nearer the soul comes to God, the more completely is it humbled and subdued. . . . The more closely and continuously we behold our Savior the less we shall see to approve in ourselves” (*Signs of the Times*, April 7, 1887, par. 9).

Divinely Strengthened

Gently, Gabriel touches Daniel and raises him to his feet. He speaks words of incredible comfort: “O Daniel, man greatly beloved, understand the words that I speak to you” (Daniel 10:11). A few verses later, Gabriel repeats heaven’s encouragement: “O man greatly beloved, fear not! Peace be to you; be strong, yes, be strong!” (Daniel 10:19).

Not once, but twice, Gabriel strengthens Daniel with the assurance that he is “greatly beloved.” What an incredible encouragement that must have been for the prophet! Heaven’s strength flows into the prophet, and he is enabled to hear heaven’s revelation. But before Gabriel explains the future of God’s people, he gives Daniel a glimpse of the spiritual war that has delayed the answer to his prayers.

The Unseen Battle

Gabriel deftly draws aside the curtain of human understanding: “Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia” (Daniel 10:12, 13).

The prophet’s prayers were heard all along! His faith was not misplaced. An unseen battle had been raging between Gabriel and “the prince of the kingdom of Persia.” Satan, the “prince of this world” (John 12:31, KJV), who “works in the sons of disobedience” (Ephesians 2:2), was doing his utmost to prevent God’s plans from being accomplished. But the battle turned when Michael arrived, freeing Gabriel to bring an answer to Daniel.

The Great Prince Who Stands Watch

Who is Michael—this powerful being capable of winning the battle with Satan? He is mentioned only five times in the Bible, and every time he is in conflict with the archdeceiver. In Revelation 12:7, 8, Michael fights with Satan and casts him out of heaven. In Jude 1:9, Michael contends with the devil over the body of Moses. Two references appear here in Daniel 10. The other one is in Daniel 12:1, where Michael stands up to deliver His people.

The evidence is clear: Michael is none other than Jesus. Who else has the power to cast Satan from heaven? Who else can win the battle in the spiritual realms? Who else can deliver us from sin?

What a wonderful assurance it must have been for Daniel to know that Michael was fighting alongside Gabriel for the restoration of God’s people. Daniel knew, beyond a shadow of a doubt, that God had stepped in to answer his prayers.

God’s Battle vs. Our Battle

Did you notice who is fighting Satan in this story? It isn’t Daniel. He is fasting and praying, humbly seeking understanding. Michael and Gabriel are the ones who are battling the “spiritual hosts of wickedness in the heavenly places” (Ephesians 6:12). God takes the initiative to ward off Satan’s attacks on the king of Persia. This is God’s battle.

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“Day by day the conflict between good and evil is going on. . . . God is the Ruler. By His supreme power He holds in check and controls earthly potentates. Through His agencies, He does the work which was ordained before the foundation of the world” (*SDA Bible Commentary*, vol. 4, p. 1173).

Daniel fights the way you and I are called to fight in this spiritual battle—on our knees. “What earnestness and fervor characterize his supplications! The hand of faith is reached upward to grasp the never-failing promises of the Most High. His soul is wrestling in agony. And he has the evidence that his prayer is heard. He knows that victory is his. If we as a people would pray as Daniel prayed, and wrestle as he wrestled, humbling our souls before God, we should realize as marked answers to our petitions as were granted to Daniel” (*The Sanctified Life*, p. 47).

Our Call to Prayer

Does your faith grow weary when it seems that the answers to your prayers are delayed? I find it easy to lose courage when I don’t see answers quickly. Life overflows, and my faith falters. Is God really hearing me?

Yes! Oh, yes! God is hearing us. Daniel’s experience and Gabriel’s explanation are rock-solid assurance that even when it seems our prayers are going unanswered, God is still waging war behind the scenes.

“Heavenly beings are appointed to answer the prayers of those who are working unselfishly for the interests of the cause of God. The very highest angels in the heavenly courts are appointed to work out the prayers which ascend to God for the advancement of the cause of God. Each angel has his particular post of duty, which he is not permitted to leave for any other place. If he should leave, the powers of darkness would gain an advantage” (*SDA Bible Commentary*, vol. 4, p. 1173).

That’s why God keeps bringing us back to this point about persistence in prayer. “Don’t give up yet!” He whispers. “I need you to keep praying! I’m working behind the scenes on things you don’t see. Keep praying, My child! Your prayers are vital in this cosmic battle. I am inspiring you to pray. I’ll show you how to stay focused and what to pray. Just stay with Me and I will show you how to pray.”

“We must pray as did Daniel, that we may be guarded by heavenly intelligences. As ministering spirits, angels are sent forth to minister to those who shall be heirs of salvation. Pray, my brethren, pray as you have never prayed before. We are not prepared for the Lord’s coming. We need to make thorough work for eternity” (*SDA Bible Commentary*, vol. 4, p. 1173).

The Accolades of Heaven

I think Daniel must have been surprised by Gabriel’s words of encouragement. Him? Greatly beloved? I’m sure he knew that God loved him. But to hear it twice from the lips of the heavenly visitor? Oh, how deeply reassuring that must have been to the aging prophet.

Do you long to hear God call you “greatly beloved?” I do! My heart yearns to feel my Father’s love and to rest in that assurance. What a joy it is to read these words of encouragement from Ellen White: “The word that was spoken to Jesus at the Jordan, ‘This is My beloved Son, in whom I am well pleased,’ embraces humanity. . . . It tells us of the power of prayer,—how the human voice may reach the ear of God, and our petitions find acceptance in the courts of heaven. . . . The voice

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which spoke to Jesus says to every believing soul, 'This is My beloved child, in whom I am well pleased' " (*The Desire of Ages*, p. 113).

Let us dedicate ourselves, as we have never done before, to the ministry of intercession so that the cosmic battle may be won for every person we love. Let us intercede for our church so that it may shine brilliantly for God in these times of crisis. Let us fall on our knees and plead for the outpouring of the Holy Spirit that our lives might reflect heaven's glory into this dark and hurting world.

Our prayers will be heard! In the hands of Almighty God, our humble intercessions are mighty weapons against the forces of darkness. Though there may be a delay, our prayers will be answered. And like Daniel, we will discover that we have been called into partnership with our Savior and that the accolades of heaven rest upon us.

"While it looks like things are out of control, behind the scenes there is a God who has not surrendered His authority" (A.W. Tozer).

Sabbath Theme and Prayer Program Suggestions

Theme: Beloved Prayer (Daniel 10)

Sabbath Morning: We suggest building your entire Sabbath service on the stories of Daniel 10. This should include every element of your program. You may also want to review the *SDA Bible Commentary*, Volume 4, pages 1173.

- Sermon should explore the stories of Daniel 10 and help people understand the great controversy and the important role that prayer plays in it.
- Children's story can be a creative retelling of Daniel 10 to make it applicable to youth.
- As much as possible, use the music, scripture readings, and other aspects of the program to call the congregation to a commitment to intercessory prayer.

Afternoon Prayer and Bible Study Program: Meet either with the whole church, in groups in a comfortable room, or in someone's home. If meeting in person is not possible, you might use a video service such as Zoom or meet via telephone or some other platform. We recommend 2–3 hours for this afternoon program of prayer and Bible study.

- Just before starting your prayer time, share the devotional above and any other inspired passages and quotes the Holy Spirit leads you to share with the group.
- Most of the time will be spent in corporate prayer, but if time allows you may break into smaller groups for Bible study and more personal prayer requests. Suggested passages: Daniel 10; Romans 8:31–39; Ephesians 6:10–18; Colossians 2:15; and Revelation 12:7–12. Close with a united time of thanksgiving with the whole group.
- Set aside an area for smaller children and ask someone to watch over them during the prayer time. Children can be introduced to simple concepts about God and prayer while in "play time." Ideas for teaching children about prayer here: <https://www.ministerialassociation.org/prayer/teaching-children-to-pray/>.
- Invite friends and family to your prayer time.
- Have everything ready for the prayer session. Prepare the songs in advance.
- Have a special supper and testimony time in the evening. Ask participants to bring a snack or potluck dish. Sharing a meal and friendly conversation after prayer helps to build a community spirit.
- Allow the Holy Spirit to lead your plans.

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Additional Resources

Share the following links and QR codes with members who want to go deeper in prayer and study. Join us in making disciples for God's kingdom!

Praying the Word Prayer Promise Cards

<https://bit.ly/PrayingThePromises>

Powerful Promises for a Day of Prayer

<https://bit.ly/PowerfulPrayerPromises>

Quick Guidelines for Leading United Prayer

<https://bit.ly/QuickGuide-UnitedPrayer>

Praying for Rain: Full Handbook for United Prayer

<https://bit.ly/PrayingForRain7>

Practical Pointers for Biblical Fasting

<https://bit.ly/PracticalPointers4BiblicalFasting>

Growing a Prayer Ministry (Resources for Prayer Ministry leaders)

<https://www.ministerialassociation.org/prayer/>

“From the soul that feels his need, nothing is withheld.”

(The Desire of Ages, p. 300)