



**TREMBLING: "I FELL ON MY FACE"**  
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*Have you ever trembled because you were afraid? Has fear ever overwhelmed you physically?*

*Dig In*

**Tremble, Christian, because...**

**...you hold in your hands the Word of God (10:1)**

- Daniel continued to focus on one message from God for three weeks. How can you spend more time considering what God has said to you?
- An actual, physical, and emotional response to God's message is the only way to ensure you aren't neglecting what he's said. What are some ways that believers can express proper reverence for God's word, especially when we know it was given to us?

**...you stand right now in the presence of God (10:2-9)**

- Why is the reassurance that you are "greatly loved" needed so often as we deal with the reality of our sinful nature?

**...you engage each day as a soldier in the army of God (10:10-14, 20-21)**

- In a war, putting on armor is a daily priority. Ephesians 6:12-20 gives us clear counsel for participating in spiritual battles through the metaphor of putting on body armor. What are some simple, everyday ways to stay focused on...
  - The revealed truth about Jesus,
  - Righteousness according to the New Testament Scriptures,
  - Having peace with God personally,
  - Having faith instead of giving into doubt,
  - The promise about salvation,
  - Internalizing the word of God so you can use it effectively,
  - Prayer for the church and for those who take risks to carry the Gospel to others.

**...you depend for your life on the power of God (10:15-19)**

- The passage reminds us that our physical lives are affected by our spiritual condition. Why is it important that we don't think of our spiritual side as separate from our mental and physical side?

*Break Out:*

*Daniel trembled in fear but in Christ we are reassured of God's perfect love that drives out fear (1 John 4:18). Encourage others by sharing about what gives you confidence that you are greatly loved by God. If you are struggling with fear right now, examine your relationship with Christ. What is holding back your sense of his love for you?*