

Key Scriptures:

Esther 4	Esther (Whole Book)	Matthew 4:1-11
Acts 13:2-3	Jeremiah 36:9	Jonah 3:5-10
2 Samuel 12:21-22	Matthew 6:16-18	Isaiah 58:3-8

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*As we come into the Lenten season, it is likely that some of us have initiated a fast or some type of sacrifice for a period of time. Do we understand why we are doing that or what we are trying to accomplish? Esther will help us explore this today.*

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**THE COMPONENTS OF FASTING:**

1. The Component of \_\_\_\_\_ (\_\_\_\_\_)

**Esther 4:16 NIV**

*“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”*

2. The Component of \_\_\_\_\_ (\_\_\_\_\_)

**Matthew 6:17–18 NIV**

*But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.*



3. The Component of \_\_\_\_\_ (\_\_\_\_\_)

**Jonah 3:5–10 NIV**

*This is the proclamation he issued in Nineveh: “By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence.*

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**CHALLENGE:** *Take a little more time to study what the Bible has to say about fasting. Write down any questions you may have, and feel free to let me know so I can help you find answers. Regardless of whether or not you fast, write down three attainable goals you wish to achieve during this Lenten season that will help you grow yet one step closer to God.*

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