

Life in the Fast Lane
A Sermon on **Esther Chapter 4**

Question to ponder: When God's people need a miracle... what's the first thing they should do? _____

Notes from Walking Through the Text Verse by Verse:

Esther 4:1-3:

Esther 4:4-9:

Esther 4:10-11:

Esther 4:12-14:

Esther 4:15-17:

What is a "Fast"?

What Fasting Isn't:

- 1.
- 2.
- 3.
- 4.
- 5.

Six Different Types of Fasting in Scripture:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

How to Create a Fasting Plan:

1. What will I be fasting _____?
2. For how _____ will I fast?
3. _____ will I fast?
4. _____ will I fast?
5. What will I do _____ I fast?