



WEEK FOUR  
**PRAYER AND FASTING**

**OPEN**

We are halfway through our study of Esther. What is one key takeaway you have learned so far? What is one thing that you have seen God do in you or through you in the last few weeks?

**DISCUSS**

What is your experience with prayer and fasting? Do you excel or struggle? Where would you like to see growth and development?

What have you learned about how to pray consistently and successfully?

Most people are more comfortable with prayer than fasting. Why do you think that is true? Why don't we fast more?

Read Esther 5:7-8. The national fast caused Esther to be so sensitive to the Holy Spirit that she was able to adjust in the middle of her plans. Why would this ability be so important to have in our lives?

**7** Esther replied, "My petition and my request is this: **8** If the king regards me with favor and if it pleases the king to grant my petition and fulfill my request, let the king and Haman come tomorrow to the banquet I will prepare for them. Then I will answer the king's question." **ESTHER 5:7-8**

What is the purpose of fasting? How is it not an effort to manipulate God or to get the answer you want?

How can fasting change you or your perspective?

Has the Holy Spirit ever led you to do something in a particular moment? How did you know that He was leading you? What happened, and how did you see God work?

**APPLY**

If you fasted, what would you want to abstain from? What would you hope to learn by abstaining from that particular item or practice?

What would it look like for us to fast together as a group? What's going on in our community or our church that would benefit from a group fast?