

Women of God Study - "For Such A Time As This"
by Linda Wilson

Worksheet

Fasting is a way in which we can diligently seek God. It should be accompanied by prayer, repentance, and scripture reading, as we humble ourselves. Fasting is meant to be a sacrifice, a denying of ourselves by concentrating on prayer and the Word, a demonstration of our earnest desire to seek God. God wants us to turn to Him with all our heart, and with fasting (Joel 2:12). The subject of fasting is recorded in more detail in the book of Isaiah chapter 58.

Many of us have been taught that we can fast from something, rather than food but the scriptures teach us that it is food and water. To fast is to sacrifice - we can live from doing without something (television, reading) we cannot live without food and water.

There are three types of fasting recorded in the scriptures.

1. Absolute fast - no food or water

Ezra 10:6 _____

Esther 4:16 _____

Acts 9:9 _____

Exodus 34:28 _____

2. Partial fast - no food but water

Luke 4:2 _____

3. Partial fast - eliminates certain foods or meals over a period of time

Daniel 1:12-16 _____

Daniel 10:2-3 _____

ASSIGNMENT

Look up the following verses and see who fasted and why:

Deuteronomy 9:9,18 _____

I Samuel 1:7 _____

2 Samuel 12:16 _____

I Kings 19:8 _____

2 Chronicles 20:1-4, 12-18 _____

Ezra 8:21-23 _____

Ezra 10:6 _____

Nehemiah 1:4 _____

Nehemiah 9:1-2 _____

Esther 4:15-17 _____

Psalms 35:13 _____

Jeremiah 36:6 _____

Daniel 9:2-3 _____

Joel 2:12-17 _____

Jonah 3:5, 10 _____

Luke 2:36-37 _____

Luke 4:2 _____

Acts 9:9 _____

Acts 10:30 _____

Acts 13:2-3 _____

Acts 14:23 _____

Questions

1. What do you believe was the message given to us in the book of Esther?
2. Why do you think that God's name is not mentioned in Esther?
3. What lesson have you learned from your study of Esther?

4. Do you feel that this study has been of benefit to you?
5. Would you like to see more of this type of study on the Internet?

(This is for the question and active format for this study. Please put the e-mail message that we want them to respond to).