



FAST FOR ME
A Bible Study Guide

BY
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PRESENTED BY
DAWN DYSON MINISTRIES

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FAST FOR ME: A Bible Study Guide by Dawn Dyson

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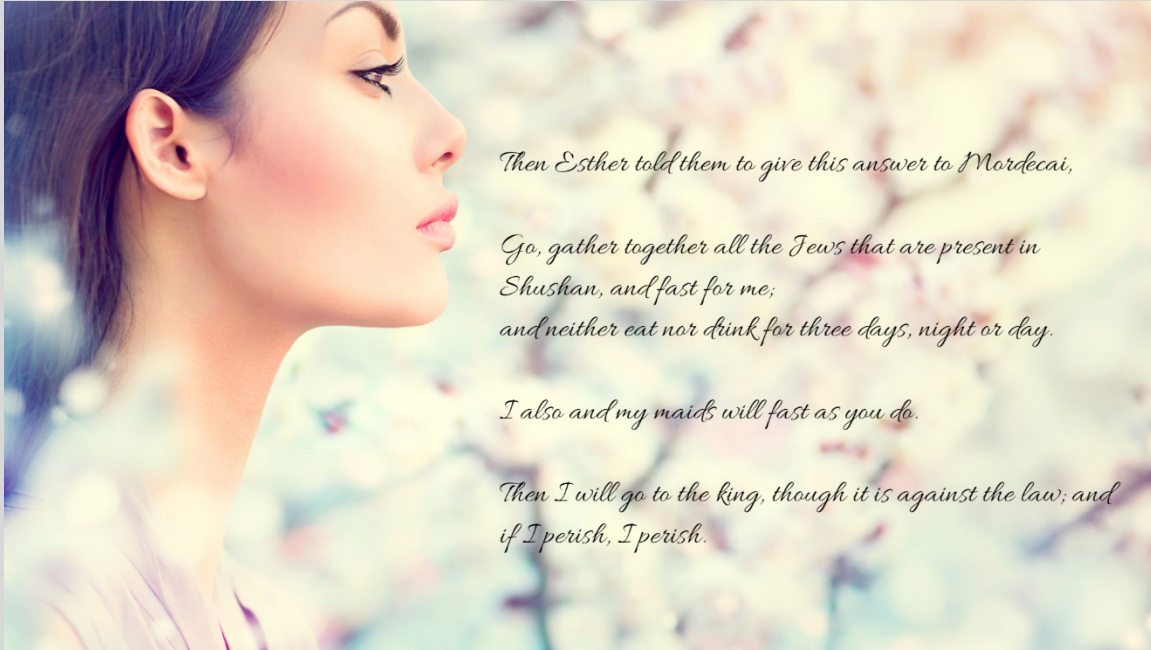
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First edition

Please watch the video titled, “Fast for Me: A Study of Esther”
by Dawn Dyson Ministries

OPEN YOUR BIBLE OR ONLINE BIBLE AND READ ESTHER 4:6-16 IN ENTIRE.



List three words to describe Esther’s spirit and/or choice to go to the king, defying human law for the sake of doing what was right (i.e. compassionate, brave, wise).

- 1)
- 2)
- 3)

A human spirit is revealed in its acts. Do you agree?

Do you recall a time in your life when you had to take a stand against all odds? If so, write it down.

How did God’s grace become the exact measure of strength and salvation that you needed?

Are you facing a situation in your life where you feel you are being forced to put everything “on the line,” requiring God’s grace in order to succeed? **Yes | No**

- If so, how does Esther’s story assure you of a good outcome, regardless of circumstances or feelings? (Remember, the Bible is the TRUTH. This means Esther’s story is true *for you.*)
- If not, how might you assist someone who is facing an extreme challenge?

If that person is you, pray to the Lord now to give you the strength and grace required to match and overcome the situation. Or petition on someone else’s behalf and ask the Lord for direction on how to best support them in their time of need.

Philippians 4:13 (AMPC) says:

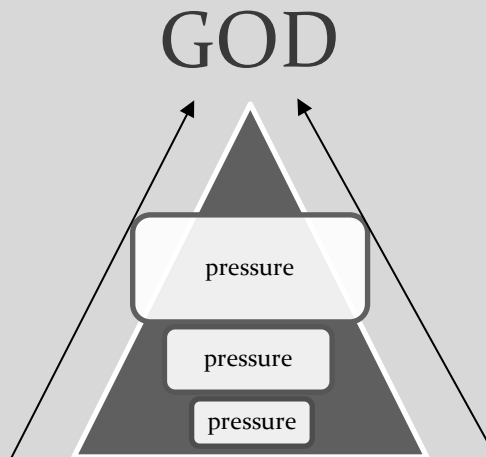
I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ's sufficiency].

Who was the Source of Esther’s courage?

Who provides this same courage to you when you need it?

Where does bravery come from?

Jot down your thoughts...



On the broad path, when we start out on life's journey, there is less pressure. Pressure increases on the saint as the path narrows and the stakes grow higher. A queen's character is tried for trueness as she comes closer to God (the Ultimate King). Read [Matthew 7:13-14](#).

This isn't easy!

Other things that take pressure and time to become refined are gold, diamonds, oil, minerals, and precious gems...the most valuable resources sought on earth. The mountain we must climb called life is filled with hard and molecular "circumstance" represented by the grey in the graphic. The white outline means everything that concerns us is encapsulated in God's ultimate will, holiness and goodness.

Does God orchestrate circumstances and use them to refine us? Why or why not?

Looking back, do you see evidence of God using circumstances in your life to make you who you are today?

Do you think He is finished, or still working on you? (See [Hebrews 12:2](#).)

Read [John 5:30](#) (AMPC). Jesus believed God to be entirely Providential (in charge of all circumstance). Rate your belief system in this area on a scale from one (God is entirely providential and all-powerful) to ten (everything is up to chance):

1 2 3 4 5 6 7 8 9 10

Which view is full of faith?

Read [Romans 14:23](#) and write this verse in your own words:

Our main passage (Esther 4:6-16) shows Esther developing her faith in God's providence. She allowed pressure to refine her character and move her until she put her whole life upon the mercy of the court. The temptation posed was to remain silent in fear for her own life, thus risking the lives of others. The right choice, which she ultimately made, was to risk her own life for the sake of others. This is Christ-like. The king's throne and golden scepter represent God's position and His mercy extended toward those who pass the test.

Write out Matthew 10:39.

Do you think modern-day Christians should be bolder? Why or why not?

Whether in meekness or boldness, list three ways you can step forward, in love, for the cause of Christ.

- 1)
- 2)
- 3)

Jesus thematically instructed that His followers are to be heavenly and eternally minded. We are to focus on the things of God first and give His ways far more reverence than the world's ways. (See Matthew 22:35-39.) And we are to actively care for other people's good.

Sometimes, it can be difficult to balance spiritual living and practical living. *We must hear from God to know what we are to do or say.* Often, we want to follow peace. This is a correct thing. However, sometimes we cannot avoid risk, or all uncomfortable, conflicting or potentially dangerous situations. Use discernment and pray—seek the Lord! If you know He is consistently asking something of you, do not shy away from challenge. Be brave.

Consider this: how would God USE His carefully built, biblically educated, and strategically managed saints on earth if we were not placed at certain high-profile pressure points on occasion?

Some may choose to think everything is "random chance" so that they can avoid doing the hard things for the side of good. Once one fully believes in the Providence of God, it becomes far more difficult to live in a morally irresponsible manner.

Write out your thoughts. On what points above do you agree or disagree?

Are there any current events where you can step forward for the sake of the Gospel and other people or living things? Has God been prompting you to move forward in a certain area for some time?

Is it possible to maintain the peace of Christ while taking a stand for good? Explain.

Pray for God to help you *find the balance* of quietness and boldness, of rest and action, in reverence of Him and in service to Him. (See [1 Peter 5:8](#).)

Go, gather together all the Jews that are present in Shushan, and fast for me; and neither eat nor drink for three days, night or day. I also and my maids will fast as you do (Esther 4:16a, AMPC).

What did Esther do, and ask others to do, in order to hear from God?

- 1)
- 2)

“Fast,” or *tsuwm* means to put a cover over one’s _____.¹

It means more than temporarily abstaining from food or drink. Fasting is a time of reverent silence which proves our belief that we must hear from God first in order to speak and communicate what He wills—in the correct attitude. We have the Gospel of Christ to give to others and this is to be done in the utmost love for God and His created.

Esther cared about her fellow people and the generations coming after her, and her actions ultimately proved it. However, the Book of Esther takes time to unfold. *Patience and pressure* place God’s chosen instruments at the right place at the right time. Esther was, as the world would say, “out of her league.” She was a speck wandering around in a palace of powerful dignitaries. She was young and inexperienced, yet a witness to high positions from which people manufactured decrees that determined the life-or-death fate of thousands of souls—and, ultimately, Christianity. Xerxes’ kingdom was vast and there was no one besides Esther who could petition him for compassion!

Do you feel insignificant in, or incompetent to handle, God’s call on your life?

Are circumstances and emotion overwhelming at times?

Does your progress seem painstakingly slow?

I hope you are taking in the story of Esther like medicine for your soul.

Consider these verses:

But we do [strongly and earnestly] desire for each of you to show the same diligence and sincerity [all the way through] in realizing and enjoying the full assurance and development of [your] hope until the end, in order that you may not grow disinterested and become [spiritual] sluggards, but imitators, behaving as do those who through faith (by their leaning of the entire personality on God in Christ in absolute trust and confidence in His power, wisdom, and goodness) and by practice

¹ Gesenius' Hebrew-Chaldee Lexicon, *Biblehub.com* (accessed January 4, 2021), <https://www.blueletterbible.org/lang/lexicon/lexicon.cfm?Strongs=H6684&t=KJV>.

of patient endurance and waiting are [now] inheriting the promises (Heb 6:11-12, AMPC).

Jesus looked at them and said, “With man this is impossible, but with God all things are possible” (Matthew 19:26, NIV).

For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay (Hab 2:3, ESV).

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows (James 1:17, NIV).

If God is Providential (which He is), are you too late? **Yes | No**

If it looks impossible, is it? **Yes | No**

Does God change? **Yes | No**

If promises are slow in coming, does that mean they do not exist? **Yes | No**

Have you become “disinterested” because of the length of the trial? **Yes | No**

Personally, what I love about the story of Esther was she was “out of her league” but God is above and beyond *everyone’s* league! It is God’s ultimate providence that decides every matter under the sun. If we, as insignificant and alone as we may seem, stay the course and allow pressure and time to refine us as we make our way to God’s throne, **He is faithful**. Period. Our story, and the outcome, is far more about God, than us. Wow! This takes the pressure off!

God will do it.

Esther is the story of every woman called into Christian ministry. God delights in using ladies to bring forth Christian aspects upon the earth—myrtle trees to single stars. He also uses men and sways king’s hearts like watercourses, deciding destiny and fate. Just wait...you haven’t seen all the beautiful things God has in store for you yet!

Speak these things out loud...

- God is Providential. I am not too late. I will be right on time.
- With man, it does look impossible. But I have God. With Him all things are possible. Jesus says so.
- God does not lie. God does not change. If He used Esther, and kept her alive and granted her favor, He will do the same with me.
- Part of the enemy’s tactic is to wear out the saint. But I am refreshed in the presence of the Lord. I am not tired. I’m just getting started. God’s promises are real and they are for me. I will never give up. I have faith and the love of Christ inside of me. God is good. And God is good—**to me**.

- No matter how long it takes, I know God will use me in mighty ways, because He is mighty. God never fails. God is arranging every detail of my life, working all things out for good.

Fill in the blanks:

For we are not wrestling with _____ and _____ [contending only with _____ opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this _____, against the spirit forces of wickedness in the heavenly (supernatural) sphere (Ephesians 6:12, AMPC).

If this is true (and it is), who or what are we warring with?

If we are warring with “spirit forces of wickedness in the supernatural sphere” Who alone can win the war?

The Lord says this to you: Be not afraid or dismayed at this great multitude; for the battle is not yours, but God’s (2 Chron 20:15b, AMPC).

Christ has already won the war!

How does it feel knowing you cannot lose?

Esther’s amazing story proves that God is in control—from the finest detail, such as the thoughts of one man’s heart, to the largest scale of a supernatural war of good versus evil. The Bride of Christ in Revelation is the true Church—the saints who overcome. So be patient, be brave, be bold. Allow God to use the high pressure/narrow path circumstances in your life to refine you to become His royalty. You are His queen! Climb that mountain.

Mordecai’s statements tell us that 1) God would save the Jews through someone else if Esther cowered to fear, and 2) she would ultimately die from such cowering. Matthew Henry observes...

This was the language of strong faith, which staggered not at the promise when the danger was most threatening, but against hope believed in hope. He that by sinful devices will save his life, and will not trust God with it in the way of duty, shall lose it in the way of sin.²

Henry claims that those who do not overcome their fears to serve the Lord with their very lives (a living sacrifice) are not answering the end of their “being raised up” or saved (Rom 12:1). Part of walking out one’s own salvation with fear and trembling is taking a stand for God (Phil 2:12; Eph 6:13). This often feels like a singular stand, as God proves each soul’s

² Matthew Henry, Concise Commentary on the Whole Bible, *Biblehub.com* (accessed January 4, 2021), <https://biblehub.com/commentaries/esther/4-8.htm>.

loyalty one at a time. This means we will go through stages and places in life where we seem alone in our walk—but we are not. We have Christ in us, the hope of glory. If Esther would have chosen incorrectly—fear over faith, she would have forfeited her life anyhow! She would have died spiritually. The spirit happens first. What goes on in the inner man does ultimately influence circumstances—for better or worse. So be patient, ever-choose the good, and prove true to God.

Consider fasting before the Lord for the sake of your own believing spirit. Take this time to fast social media, fast worry, fast complaining, fast fear, fast all things doubtful and negative or troubling. But don't stop there. Replace them with the goodness of God. Feed yourself health and love and victory and hope as the Bible lays it out for you. Feast on the Truth of God's Word. It comes true! Every word.

As Xerxes asked Esther, "What do you want?"

The Lord may be asking the same of you—*What do you really want?* Do you want life? Or death? Your choice will affect many, many other souls.

You are that important.

God bless you!

Resources

ONLINE BIBLES

<https://www.biblegateway.com/>

<https://www.blueletterbible.org/>

<https://biblehub.com/>

<https://netbible.org/bible/>

BIBLE APPS

<https://www.youversion.com/the-bible-app/>

<https://www.bible.com/app>

DICTIONARIES

<http://webstersdictionary1828.com/>

STUDY TOOLS

<https://www.biblestudytools.com/>

DEVOTIONALS

<https://utmost.org/>

COMMENTARY

<https://www.biblestudytools.com/commentaries/matthew-henry-complete/>

OTHER

Gesenius' Hebrew-Chaldee Lexicon, *Biblehub.com* (accessed January 4, 2021), <https://www.blueletterbible.org/lang/lexicon/lexicon.cfm?Strongs=H6684&t=KJV>.

Matthew Henry, *Concise Commentary on the Whole Bible*, *Biblehub.com* (accessed January 4, 2021), <https://biblehub.com/commentaries/esther/4-8.htm>.

ANSWERS

PAGE 7: mouth.

PAGE 9: flesh; blood; physical; present darkness.

Dawn Dyson Ministries

Thank you for participating in this Bible study. May God richly bless you as you learn of Him. Invite a friend to study with you! Please stay connected to this ministry, consider donating today to help us continue to serve God's Kingdom. God loves you and God is with you FOREVER!

For He [God] Himself has said,
I will not in any way fail you nor give you up nor leave you without support.
[I will] not, [I will] not, [I will] not in any degree leave you helpless
Nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!]
Hebrews 13:5b (AMPC)

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