

Matthew 4:2

Daniel 1:12

Esther 4:16

Deuteronomy 9:9

Jonah 3:7

Judges 20:26

1 Samuel 7:6

1 Samuel 31:13

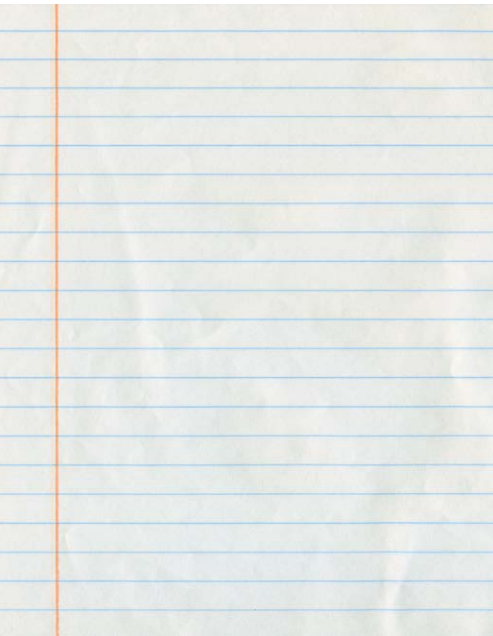
Daniel 6:18

Acts 27:33

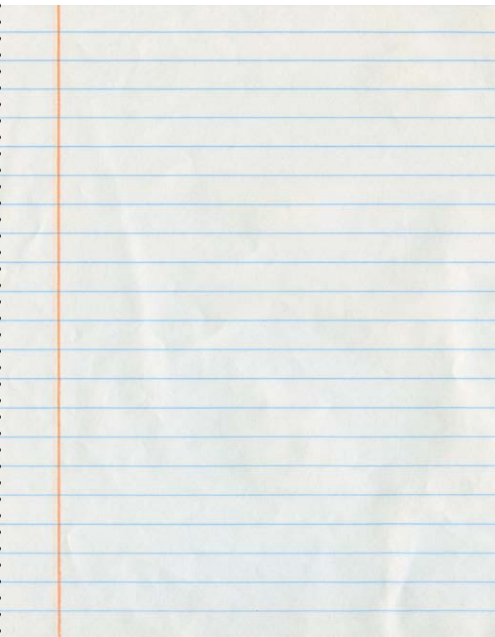
Daniel 10:3

Reference	Who?	From what?	For how long?	Why?
Matthew 4:2	Jesus	all food	40 days & nights	To overcome temptation & dedicate self to God
Daniel 1:12	Daniel & friends	all but water & vegetables	10 days	To obey God's food laws
Ezra 10:6	Ezra	bread & water	one night	Grief over exiles' sin
Esther 4:16	all Jews in Susa	food & drink	3 days & nights	To seek God's protection & deliverance
Deuteronomy 9:9	Moses	bread & water	40 days & nights	To receive God's law
Jonah 3:7	all people & animals in Nineveh	all food & drink	(unknown)	To express repentance and humility
Judges 20:26	Israel's army	all food	one day	Grief over death & guidance in battle
1 Samuel 7:6	all Israel	water & food	one day	Repentance & deliverance
1 Samuel 31:13	valiant men of Jabesh	presumably all food	seven days	Grief over deaths of Saul & sons
Daniel 6:18	pagan king	food, sleep, & diversions	one night	To seek deliverance for Daniel
Acts 27:33	Paul & shipmates	all food	14 days	To seek deliverance for themselves
Daniel 10:3	Daniel	delicacies, meat, & wine	three weeks	Mourning & understanding visions

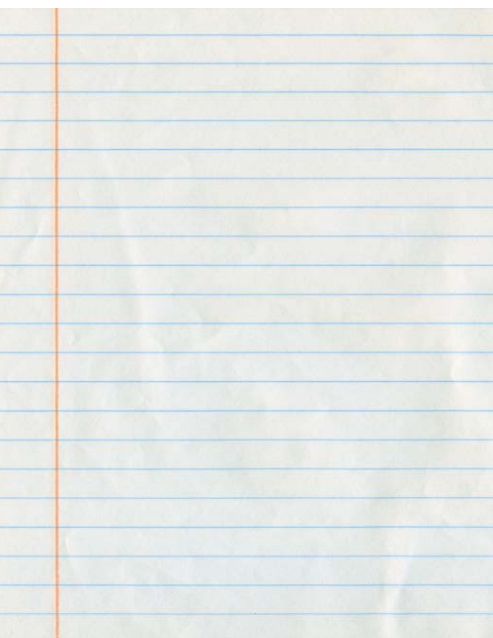














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a classmate who just
moved to your school and
doesn't know anyone

a friend who dropped all
their books in the hallway

an elderly person
struggling to carry
groceries

a child younger than
you who is too shy to
join a game

someone who speaks a
different language and
is trying to understand
instructions

a teammate who always
gets picked last in a game



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