

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

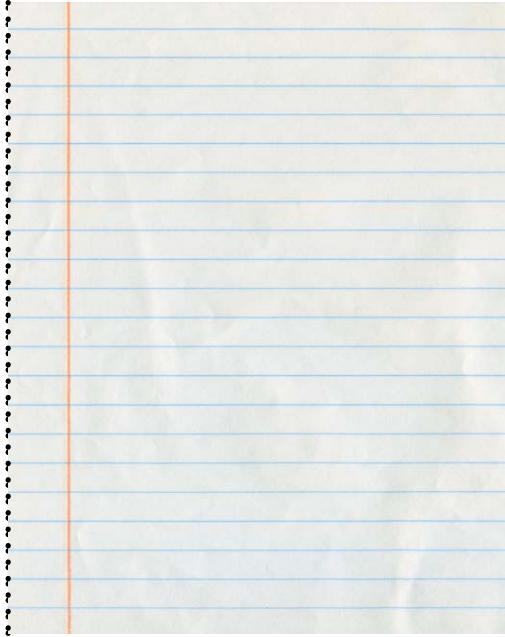
Daniel 6:18

Acts 27:33

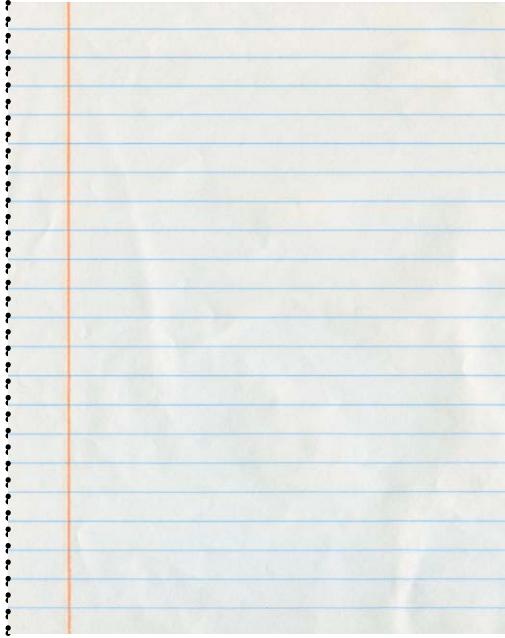
Daniel 10:3

| 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 |

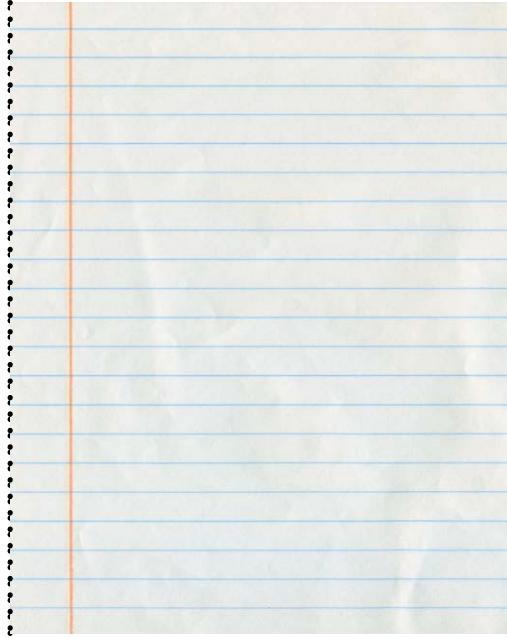














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a classmate who just moved to your school and doesn't know anyone

an elderly person struggling to carry groceries

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

a friend who dropped all their books in the hallway

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

a teammate who always gets picked last in a game



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