For Such a Time

Esther: a four-week walk for women

עֵת

Et: the appointed time

My name _____ Our group meets _____ Leader _____

HOW THIS WALK WORKS

- Walk one day at a time in the Hereph app, on your own phone. Each day takes a few quiet minutes.
- Once a week, the group gathers to share what the week stirred. Bring this handout; each week has its own page with questions to sit with ahead of time.
- No one is behind. The app holds your place, and you can share from whatever day you are on.
- Days 1 to 7 are free for everyone. Days 8 to 28 are supporter-backed ($4.99 a month or $39.99 a year). If you stay in the free week, you are fully part of the group and the conversation.

GETTING IN

Open **app.hereph.app** on your phone, or scan the code. There is nothing to download and no account needed to begin. Tap **Paths**, open the **Women** lane, and choose **For Such a Time** (The Hidden Hand). Begin Day 1 when your leader launches the walk.

To put Hereph on your home screen, or to keep your walk on more than one device, see **hereph.app/start**.

Open the app
app.hereph.app

Get started
hereph.app/start

OUR AGREEMENTS

- What is shared here stays here.
- We do not fix each other. We listen, and we honor what is said.
- No one has to share, and no one is asked for the story behind her answer. Presence is enough.

AT THE KICKOFF WE READ

Esther 4:13–14 · Psalm 46:10

"Be still, and know that I am God." PSALM 46:10 · KJV

Hidden

Before we meet: walk Days 1 to 7 in the app, one a day.

THIS WEEK'S WORDS

DAY	WORD	HEBREW	MEANING	ANCHOR
1	**Galah**	גָּלָה	Exiled: the orphan carried far from home	Esth 2:5–7
2	**Laqach**	לָקַח	Taken: the passive verb that names it honestly	Esth 2:8
3	**Nagad**	נָגַד	To tell: the identity kept hidden, and its cost	Esth 2:10
4	**Chen**	חֵן	Favor: grace that landed in a place she did not choose	Esth 2:15–17
5	**Keter**	כֶּתֶר	Crown: the arrival that did not fix the ache	Esth 2:17
6	**Ma'en**	מָאֵן	To refuse: Vashti, the fear that has evidence	Esth 1:12
7	**Et**	עֵת	Time: the appointed hour; you were not misplaced	Esth 4:14

READ ALOUD TOGETHER

Esther 2:5–7

QUESTIONS TO SIT WITH

1. Esther is introduced as an orphan in exile, **Galah**, before she is ever called beautiful or chosen. Why do you think the book starts there? What did your own starting place teach you to expect about home and belonging?
2. **Laqach** names what happened to her honestly: she was taken. Speaking generally, not personally: why do women so often carry blame for things that were never theirs to decide? What did it feel like to hand that weight back on Day 2?
3. Mordecai told her to keep her people a secret, **Nagad**. What does hiding protect, and what does it quietly cost? Where are you managing a room instead of being fully in it?
4. The week lands on **Et**, the appointed time. If you were not set down here by accident, what has your exact road made you able to do for someone else?

Go deeper: Keter, the crown that solved nothing. What arrival have you been telling yourself you must reach before you are allowed to feel at peace?

MY NOTES

The Decree

Before we meet: walk Days 8 to 14 in the app, one a day.

THIS WEEK'S WORDS

DAY	WORD	HEBREW	MEANING	ANCHOR
8	**Tsorer**	צֹרֵר	Adversary: a real threat, named without panic	Esth 3:5–6
9	**Sha'anan**	שַׁאֲנָן	At ease: comfort as anesthesia	Amos 6:1
10	**Saq**	שַׂק	Sackcloth: grief made visible at the gate	Esth 4:1–2
11	**Malat**	מָלַט	To escape: the illusion of exemption	Esth 4:13
12	**Davar**	דָּבָר	Word: the hard truth a loved one sends	Esth 4:8–12
13	**Yada**	יָדַע	To know: acting before you can see the end	Esth 4:14
14	**Revach**	רֶוַח	Relief: it was coming; the question was through whom	Esth 4:14

READ ALOUD TOGETHER

Esther 4:12–14

QUESTIONS TO SIT WITH

1. Haman was a real adversary, **Tsorer**, and Scripture names him without exaggeration. How do you tell the difference between a real threat that needs a plan and a fear your mind keeps rehearsing as if it were already true?
2. **Sha'anan**: the palace kept the bad news out. Comfort can work like anesthesia. What news, or what calling, might your comfort be keeping outside the gate?
3. “Do not imagine you will escape” (**Malat**) was a hard word from someone who loved her (**Davar**). When someone who loves you tells you something hard, what is your first move: defend, obey, or actually listen?
4. **Yada** and **Revach**: “who knows,” and relief will rise from another place. If deliverance does not finally depend on you, what changes about how you carry your part?

Go deeper: Saq, sackcloth at the gate. Who, or which unspoken rule, taught you to keep your grief presentable instead of letting it be seen?

MY NOTES

If I Perish

Before we meet: walk Days 15 to 21 in the app, one a day.

THIS WEEK'S WORDS

DAY	WORD	HEBREW	MEANING	ANCHOR
15	**Kanas**	כָּנַס	To gather: support recruited before the hard thing	Esth 4:16
16	**Tsum**	צוּם	To fast: courage is prepared, not felt	Esth 4:16
17	**Avad**	אָבַד	To perish: acceptance and action in one breath	Esth 4:16
18	**Sharvit**	שַׁרְבִיט	Scepter: the feared outcome tested against the real one	Esth 5:1–2
19	**Mishteh**	מִשְׁתֶּה	Banquet: wise timing over impulsive confrontation	Esth 5:4–8
20	**Ra**	רַע	Evil: the fear that finally got a name out loud	Esth 7:6
21	**Yare**	יָרֵא	To fear, to revere: dread of people or trust in the LORD	Prov 29:25

READ ALOUD TOGETHER

Esther 4:15–16

QUESTIONS TO SIT WITH

1. Before the brave thing, Esther gathered the people and asked them to fast for her (**Kanas**, **Tsum**). Why do we so often try to do the hard thing alone? Who have you kept in the dark about the very thing you most need help carrying?
2. “If I perish, I perish” (**Avad**) holds acceptance and action in the same breath. What would you attempt this week if you accepted the worst outcome instead of fighting to prevent it?
3. She walked in unsummoned and the scepter was held out (**Sharvit**); then she waited for the second banquet (**Mishteh**). Where is the wise move to speak now, and where is it to wait for the right table?
4. Day 21 asks whose fear sits on the throne: the fear of people or the fear of the LORD (Proverbs 29:25). Whose disapproval have you been treating as a life sentence, when it was only passing weather?

Go deeper: Ra: “this wicked Haman.” What have you been calling “just stressful” that, named honestly, is actually wrong?

MY NOTES

WEEK 4 · DAYS 22 TO 28

The Hidden Hand

Before we meet: walk Days 22 to 28 in the app, one a day. This is the last week of the walk.

THIS WEEK'S WORDS

DAY	WORD	HEBREW	MEANING	ANCHOR
22	**Zikaron**	זִכָּרוֹן	Record: the “coincidence” reread as providence	Esth 6:1
23	**Ets**	עֵץ	Tree, gallows: the trap turned on the one who built it	Esth 7:9–10
24	**Hafak**	הָפַךְ	To overturn: it was turned around	Esth 9:1
25	**Simchah**	שִׂמְחָה	Joy: deliverance remembered on purpose	Esth 9:22
26	**Katav**	כָּתַב	To write: the hidden girl now writing the law	Esth 9:29
27	**Panim**	פָּנִים	Face: the hidden face, felt absence named	Deut 31:18
28	**Satar**	סָתַר	To hide: the Hand hidden in her book, never absent	Deut 31:18

READ ALOUD TOGETHER

Esther 9:1 · Esther 9:22

QUESTIONS TO SIT WITH

1. On the night everything turned, a king could not sleep and a forgotten record was read aloud (**Zikaron**). Looking back, what “coincidence” in your own story would you now reread as His hand?
2. **Hafak**: it was turned around. What has grown in you during a hard season that you would not trade back, even though you never would have chosen the cost?
3. Esther, the hidden girl, ends her book writing with full authority (**Katav**). What is one thing the woman you are becoming is ready to put her name to?
4. God is never named in the Hebrew text of Esther, and never absent from it (**Panim**, **Satar**). Look back over all twenty-eight words: where did a season that felt like His absence turn out to be His hidden hand?

Go deeper: Simchah, joy commanded. What real good has come to you that you have never stopped to mark? How could this group mark it together?

MY NOTES

All 28 Words

DAY	WORD	HEBREW	MEANING	ANCHOR
1	**Galah**	גָּלָה	Exiled: the orphan carried far from home	Esth 2:5–7
2	**Laqach**	לָקַח	Taken: the passive verb that names it honestly	Esth 2:8
3	**Nagad**	נָגַד	To tell: the identity kept hidden, and its cost	Esth 2:10
4	**Chen**	חֵן	Favor: grace that landed in a place she did not choose	Esth 2:15–17
5	**Keter**	כֶּתֶר	Crown: the arrival that did not fix the ache	Esth 2:17
6	**Ma'en**	מָאֵן	To refuse: Vashti, the fear that has evidence	Esth 1:12
7	**Et**	עֵת	Time: the appointed hour; you were not misplaced	Esth 4:14
8	**Tsorer**	צֹרֵר	Adversary: a real threat, named without panic	Esth 3:5–6
9	**Sha'anan**	שַׁאֲנָן	At ease: comfort as anesthesia	Amos 6:1
10	**Saq**	שַׂק	Sackcloth: grief made visible at the gate	Esth 4:1–2
11	**Malat**	מָלַט	To escape: the illusion of exemption	Esth 4:13
12	**Davar**	דָּבָר	Word: the hard truth a loved one sends	Esth 4:8–12
13	**Yada**	יָדַע	To know: acting before you can see the end	Esth 4:14
14	**Revach**	רֶוַח	Relief: it was coming; the question was through whom	Esth 4:14
15	**Kanas**	כָּנַס	To gather: support recruited before the hard thing	Esth 4:16
16	**Tsum**	צוּם	To fast: courage is prepared, not felt	Esth 4:16
17	**Avad**	אָבַד	To perish: acceptance and action in one breath	Esth 4:16
18	**Sharvit**	שַׁרְבִּיט	Scepter: the feared outcome tested against the real one	Esth 5:1–2
19	**Mishteh**	מִשְׁתֶּה	Banquet: wise timing over impulsive confrontation	Esth 5:4–8
20	**Ra**	רַע	Evil: the fear that finally got a name out loud	Esth 7:6
21	**Yare**	יָרֵא	To fear, to revere: dread of people or trust in the LORD	Prov 29:25
22	**Zikaron**	זִכָּרוֹן	Record: the “coincidence” reread as providence	Esth 6:1
23	**Ets**	עֵץ	Tree, gallows: the trap turned on the one who built it	Esth 7:9–10
24	**Hafak**	הָפַךְ	To overturn: it was turned around	Esth 9:1
25	**Simchah**	שִׂמְחָה	Joy: deliverance remembered on purpose	Esth 9:22
26	**Katav**	כָּתַב	To write: the hidden girl now writing the law	Esth 9:29
27	**Panim**	פָּנִים	Face: the hidden face, felt absence named	Deut 31:18
28	**Satar**	סָתַר	To hide: the Hand hidden in her book, never absent	Deut 31:18

Hebrew unless marked. Anchors are starting points; read the full text in the app or your own Bible.

Care and support

If you or someone in your group is in crisis, call or text **988** (Suicide & Crisis Lifeline, free, 24/7), text **HOME** to **741741** (Crisis Text Line), or call **911** in an emergency. Hereph is a tool for reflection and spiritual growth, not a substitute for professional care. Pastoral care comes from your leader, your pastor, and your group. If you are not safe at home, you are not to blame and you are not alone: the National Domestic Violence Hotline is free and confidential, call 1-800-799-7233 or text START to 88788.

App questions (something will not load, an account issue): support@hereph.app · Free leader packs and member handouts: hereph.app/groups