"Divide 7 by 10 (mod 23)" means find a number so that if you multiply it by 10 you get 7, at least after adding and subtracting 23 as many times as needed.

Divide 4 by 10 (mod 26)

4 is not divisible by 10 on its own
$4 + 26 = 30$ is divisible by 10
$4 \times 3 = 30 \equiv 30 - 26 = 4 \pmod{26}$

Divide 7 by 10 (mod 23)

Divide 8 by 10 (mod 21)

Divide 4 by 5 (mod 21)

Divide 3 by 10 (mod 37)

Divide 9 by 10 (mod 37)

Divide 1 by 10 (mod 37)

Divide 4 by 3 (mod 37)

Divide 3 by 10 (mod 40)

Divide 0 by 10 (mod 40)

Divide 0 by 3 (mod 40)