

the
ESTHER
fast



Welcome, *Daughter!*



I am so excited you are here. You are ready to embark on the 3-day Esther fast! I have experienced the

power of fasting, and we have hundreds of testimonies. If you are ready to go to the next level of living then you are in the right place.

Inside This Guide:

- Frequently Asked Questions
 - How to Fast
 - What to Do Daily
 - Fasting Modifications
 - Video Devotions
 - Prayer Journaling Prompts
 - Prayer Lists
 - Bible Reading Plan
- AND MUCH MORE!**

What You Will Gain From This Fast:

- No More Doubting Your Walk With God
- Getting Past Mental Barriers
- Become Fearless in Faith & Purpose

Morgan Tracy J.

HisDaughtersCloset.com

info@HisDaughtersCloset.com

Before You Start

Fasting

/ˌfɑːst/ verb

"abstain from all or some kinds of food or drink, especially as a religious observance."

The corporate fast this year is the 3-Day Esther Fast! This is a powerful fast that Esther and her people embarked on. In the Book of Esther, *she embarked on a 3-day dry fast*. However, we make modifications to our fast, especially for our health needs.

This Fast Consists of:

- Water
- Herbal Tea
- Lemon Water
- Any Needed Modifications

It's time to fast again, and this year we are expecting a move from God!

So, thank you for being interested in fasting, and let's first start with the misconceptions associated with this practice.

- No, fasting isn't only for ministers
- No, fasting isn't for older people
- No, fasting isn't only for 40 days
- Yes, you can fast any time of the year
- Yes, fasting is Biblical
- Yes, all Christians should fast



"Such a Time as this."

FAQ

Frequently Asked Questions

1

When does the Fast Start & What Type of Fast?

February 1, 2023 to February 3, 2023. You are welcome to start the fast any time of the year. Also, the Esther Fast is a 3-Day Dry Fast- We modify it with Water Fasting.

2

Can You Choose to Fast or Do you have to Be Led?

We must fast as Christians. Jesus lets us know that prayer and fasting are pivotal to our walk. Pray over yourself before you embark on a fast.

3

Can I Modify the Fast For Me?

Yes, this fast can be modified for your personal health. You are welcome to make any needed modifications. (look at pg 6 for details)

4

What Time Frames Are We Allowed to Eat?

When you are water fasting, there is no permitted time to eat. Only drinking water. During your Daniel Fast you can eat any time of the day.

5

Can I Fast On My Period or While I'm Sick?

Yes, you are welcome to fast on your period. However, if you are sick, don't start your fast until 2 weeks after you are back to optimal health.

6

What Do I Do If I Don't Make It the Full 3 Days?

If you do not make it without the food, keep it going with your daily to-do list, as in devotion, prayer, and Bible reading! You aren't doing it for the food, but for a closer relationship with God.

7

How Can I Get Help With My Fasting?

Join or re-watch the Zoom Prayer Call Chat for the Q&A segment, or contact us at the website: hisdaughterscloset.com/contact

Fasting Benefits:

With fasting, we see spiritual and physical benefits. The biggest key is recognizing that we can't accomplish certain things with prayer alone. We must Pray and Fast!

"But this kind does not come out except by prayer and fasting." (Mat.17:21)

WHAT YOU GAIN IN A FAST:

- Closer Relationship with God
- Answered Prayers
- Clarity for the Future
- Break Addictions
- Break Soul Ties
- Break Sinful Bondage
- Renewed Faith
- Transformed Mind
- Transformed Body
- Health Improvements
- Weight loss

WHAT YOU COULD FAST FOR:

- Any Unresolved Issues in Your Heart
- Financial Breakthrough
- Healing
- Favor in the Workplace or College
- Purpose and Future
- Unsaved Family Members
- Relationship Guidance
- Health Issues
- New Opportunities for Your Life
- Leaders
- Vision for Your Business



Remember:

A fast is your very own and you can fast for any reason that God presses on your heart.

Esther Fast

Day

1

Water Fasting (modifications if needed)

Goal: It's All Mental

The first day is for jump-starting your system and helping you get things in order. Get your heart and mind in order to lean on Christ in this time of fasting and not your own strength.

Day

2

Water Fasting (modifications if needed)

Goal: Unbind HER

The second day is about unbinding from your past actions, past seasons, and past struggles. God is wanting you to walk in freedom. God wants to know what keeps you bound so He can free you.

Day

3

Water Fasting (modifications if needed)

Goal: Establish HER

The final day is all about becoming established in God and in your purpose. This fast is to make you firm in what God has said over you and what He is doing in your life.

MODIFICATIONS

For health reasons, you are welcome to modify your fast. Remember, God isn't worried about the food you eat or the amount of days, but the content of your heart!

Other Things to Fast From

- Social Media
- Television
- Red Meats
- Sweets
- Outings
- Spending Money

Partial Fast

Also, you can skip breakfast, lunch, or dinner, and replace that with studying your Bible and prayer.

Food List

This is a **WATER FAST!** However, you can make modifications if needed.



DRINKS

- Natural fruit juices
- Spring water
- Distilled water
- Smoothies
- Almond Milk
- Coconut Milk
- Cashew Milk
- Herbal Tea



VEGGIES

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Corn
- Cucumbers
- Lettuce
- Mushrooms
- Onions
- Potatoes
- Spinach
- Sweet potatoes
- Tomatoes
- Veggie burgers
- Avocado



FRUITS

- Apples
- Apricots
- Bananas
- Cherries
- Grapes
- Lemons
- Limes
- Peaches
- Pineapples
- Strawberries
- Watermelon
- Cantaloupe



Foods to Avoid

- Artificial Flavorings
- Food Additives
- Chemicals
- White Rice
- White Flour
- Artificial Preservatives



- Potato Chips
- French Fries
- Corn Chips
- Fried Foods
- Meats



- Coffee
- Caffeinated Teas
- Carbonated Beverages
- Energy Drinks
- Alcohol
- Dairy
- Gum



FOR CRAVINGS

ADD FRUIT TO YOUR WATER FOR EXTRA FLAVOR!

"Modifications."

Journal Plan

Pre-Fast Questionnaire

1

What do you desire to gain spiritually?

2

What are you expecting to receive on this fast?

3

What has held you back in your life?

4

How do you desire to feel and think during fast?

5

How do you desire to feel after your fast?

6

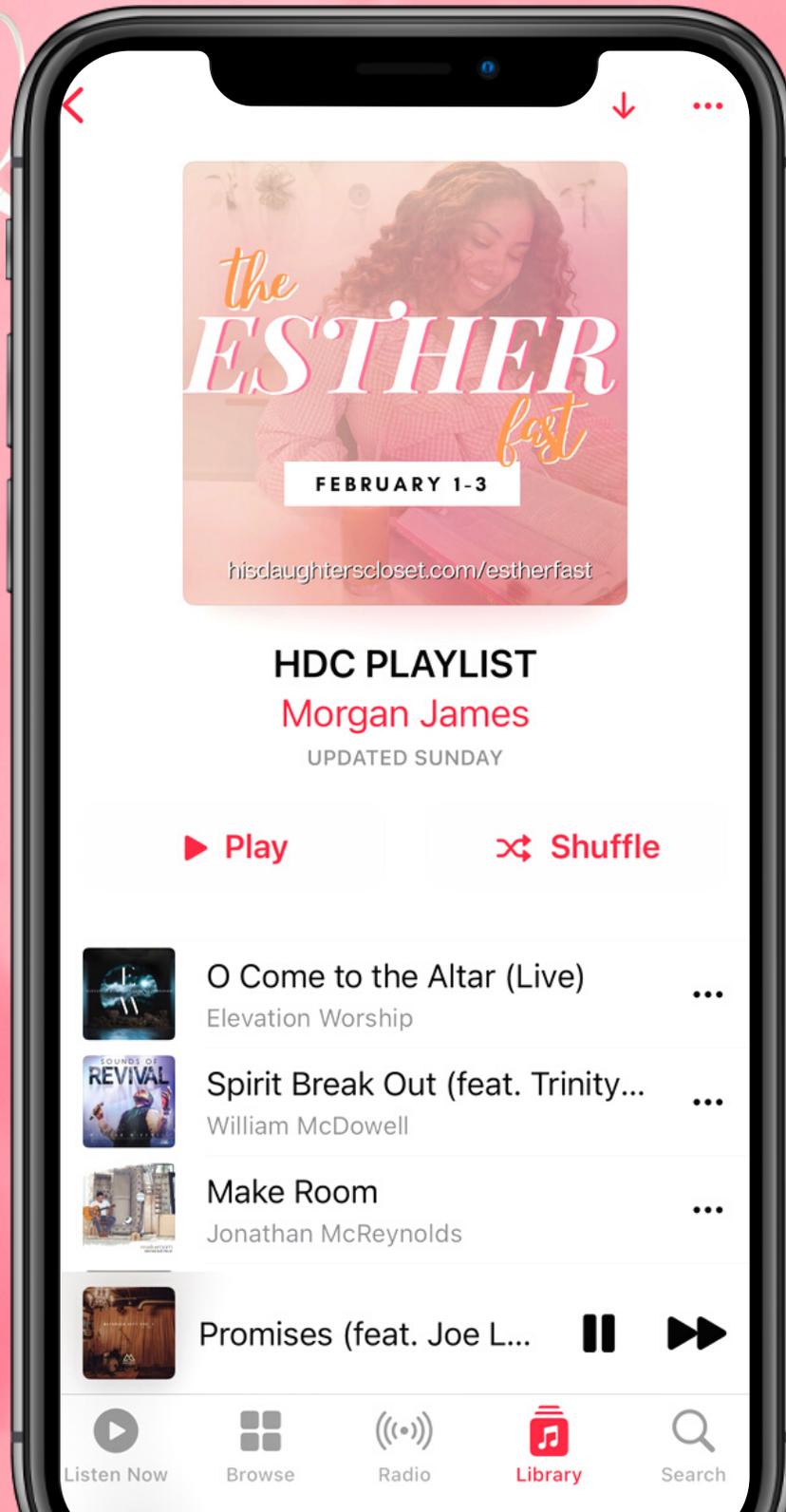
Write about your biggest dreams and desires!

During your 3-DAY fast, you'll want to have a journal or notebook to keep up with ministering scripture, revelations, and deep understandings.

LISTEN TO THE *ESTHER FAST PLAYLIST!*

KEEP YOUR MIND & HEART FOCUSED ON GOD
WITH WORSHIP & GOOD VIBES!

CLICK
HERE



▶ Play

⌘ Shuffle



O Come to the Altar (Live)

Elevation Worship

...



Spirit Break Out (feat. Trinity...)

William McDowell

...



Make Room

Jonathan McReynolds

...



Promises (feat. Joe L...



Listen Now



Browse



Radio



Library



Search

DAY 1

Mind

/mind/ noun

"Now faith is the assurance of things hoped for, the conviction of things not seen."

Hebrew 11:1

Daily Plan

DAY 1

Each day, try your best to make the most of your fast. Not being busy, but being smart with your time, and giving as much as possible to God.

This list is a proven way to dig deeper into God and His Word during your fast.

1

READ Book of Esther Chapters 1-3

Learn about Esther's days before becoming queen, and the process to become Queen. Do this in hope that it inspires you to step into your greatness no matter where you come from. The study, take notes, highlight scripture, and allow it to minister to your life.

2

WATCH Day 1 Devotional "Mental Battles"

Grab your notebook and prepare to gain insight and understanding on how to get through your first day and the remainder of the fast.

3

PRAYER Journal Question

Pray without ceasing. Cut off the music in the car and pray, rise earlier to pray and/or make more time for prayer each day.

4

MEDITATION

This can also be translated as *Prayerfully Listening*. This goal is to hear from God and gain clarity with His voice and guidance in your life.

5

WORSHIP Playlist (Listen to 1 song)

Every day, embrace the journey of your fast with worship! Even if you mess up or give up, start again in the next moment. Lean into the Spirit of God. This fast will be fulfilled by His strength and not our own.



Remember:

Jesus said "The flesh is weak , but the Spirit is Willing". Remember that the Holy Spirit inside of you is helping you through this fast!

Mindset Matters:

When fasting, the battle is in the mind. When we fast, we are changing habits, routines, and our own limiting beliefs. Adjusting your mindset to make it through starts with these 5 keys.

1

DAILY FAITH

Each day you rise out of bed, believe that you will get through that day with the Power of the Holy Spirit. Remind yourself about the greatness of God in you!

2

SCRIPTURE

Each day, take a scripture with you to work, class, or running errands to keep you from indulging. Scripture is your weapon.

3

REMOVING TEMPTATION

Choose to skip out of dinner dates, or going to places that food, for you, may be limited. Temptation is real, and you can beat it with wisdom. Use wisdom and take precaution.

4

A MANTRA

Have a little mantra you say to yourself when temptation gets too much. Things like "my better self is waiting on me", "my family is waiting on me", or "my purpose is waiting on me". Saying reminders to yourself will help you stay encouraged.

5

PRAYER

This is a HUGE weapon. When you are hungry, tempted or wanting to give up. pray boldly and ask for help. Step away and just pray, and ask for help. That is when spiritual help comes.

DAY 1

"IT'S ALL MENTAL"

**GETTING YOUR MIND IN ALIGNMENT
TO WALK INTO YOUR BLESSING!**



 **CLICK HERE**

Fast Questions

Answer these questions and more that are in your daily devotional!

1 What does my next level look like?

2 What mental barriers are holding me back?

3 What are my biggest fears?

4 What scriptures minister to me the most and why?

5 How can I give God my all during this fast?

6 How can I pull myself out of the pit I've been in?

DAY 2

Freedom

/ˌfr(e)dəm/ noun

But he said to me, "My Grace is sufficient for you, for My power is made perfect in weakness."

Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

2 Corinthians 12:9

Daily Plan

DAY 2

Each day, try your best to make the most of your fast. Not being busy, but being smart with your time, and giving as much as possible to God.

This list is a proven way to dig deeper into God and His Word during your fast.

1

READ Book of Esther Chapters 4-6

Learn about the testing of your faith through the story of Esther. Dig deep and make time to sit with the Word and meditate over the Word. Take time daily to read, study, take notes, and allow it to minister to your life.

2

WATCH Day 2 Devotional "Unbind Her"

Grab your notebook because today is all about freedom. God is getting ready to unbind you from the past trauma, hurts, challenges, baggage, and more.

3

PRAYER LIST

You must become the prayer warrior. You must step up for your family, community, and purpose. Write a list of all you need to be praying for and take time to pray for everything.

4

MEDITATION

This can also be translated as *Prayerfully Listening*. This goal is to hear from God and gain clarity with His voice and guidance in your life.

5

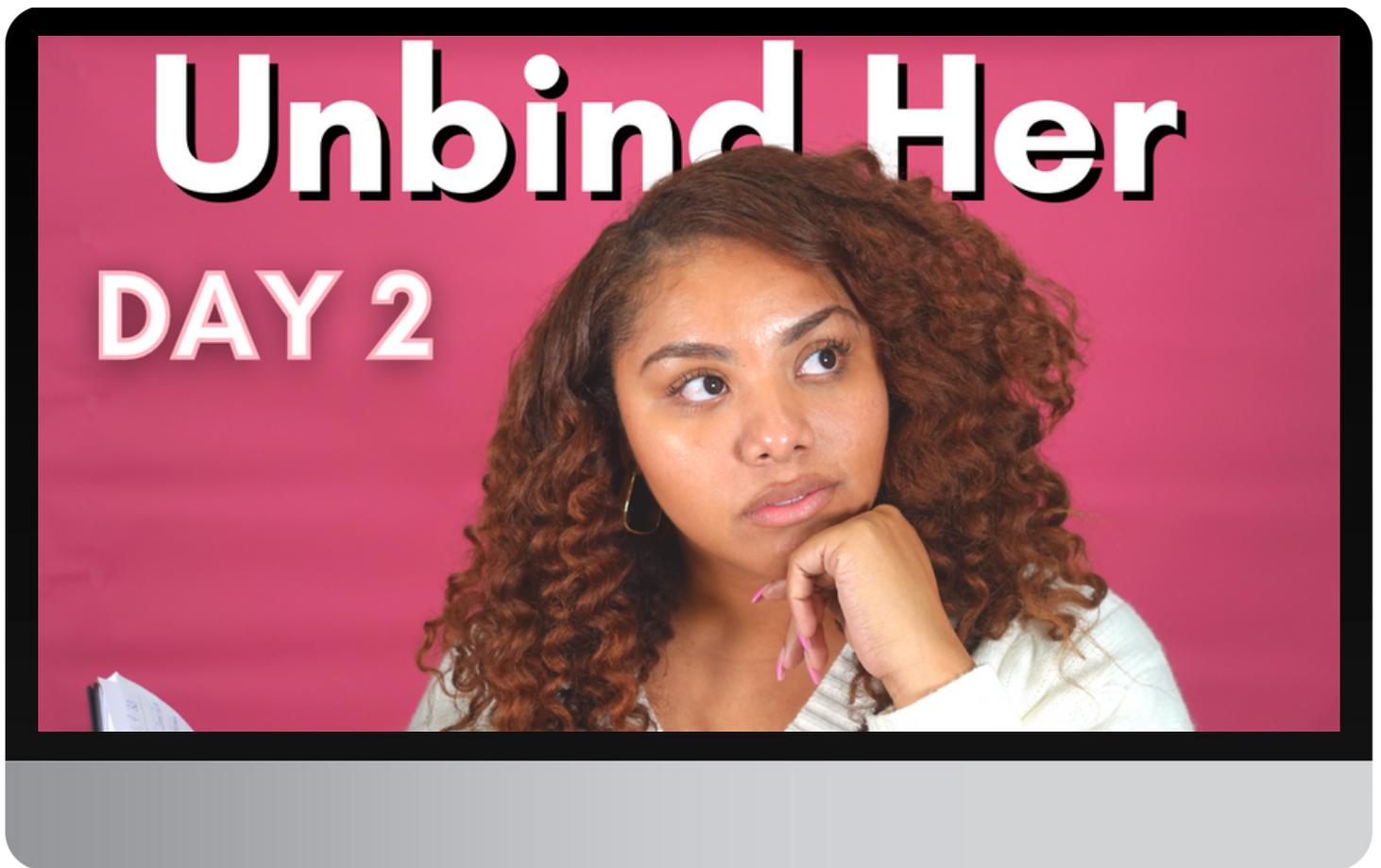
WORSHIP Playlist (Listen to 1 song)

Every day embrace the journey of your fast with worship! Even if you mess up or give up, start again in the next moment. Lean into the Spirit of God. This fast will be fulfilled by His strength and not our own.

DAY 2

"UNBIND HER"

**UNBINDING FROM YOUR PAST AND
FINDING FREEDOM!**



 **CLICK HERE**

DAY 3

Establish

/e'stabliSH/ noun

Having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.

Colossians 2:7

Daily Plan

DAY 3

Each day, try your best to make the most of your fast. Not being busy, but being smart with your time, and giving as much as possible to God.

This list is a proven way to dig deeper into God and His Word during your fast.

1

READ Book of Esther Chapters 7-10

Ignite your faith and see the redemptive power of God. The goal is to ignite your faith, which will transition your prayer life to praying in the Spirit. Take notes, highlight them, and allow them to minister to your life.

2

WATCH Day 3 Devotional "Establish Her"

Your final day is all about God establishing you in Him! Today is your day to become established in your faith and in your purpose.

3

PRAYER Journal Questions

Answer the questions and dig deep into what God is saying to you.

4

MEDITATION

This can also be translated as *Prayerfully Listening*. This goal is to hear from God and gain clarity with His voice and guidance in your life.

5

WORSHIP Playlist (Listen to 1 song)

Every day embrace the journey of your fast with worship! Even if you mess up or give up, start again in the next moment. Lean into the Spirit of God. This fast will be fulfilled by His strength and not our own.

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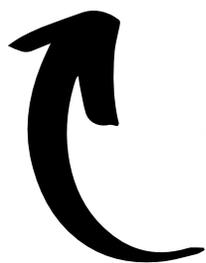
RESTING

During fasting, it is good to make time to rest, relax, and have some "you time". Do something you love and allow that to be communion with God. This will help you recharge during your fast. Rest your mind, body, and soul.

DAY 3

"ESTABLISH HER"

**GETTING ESTABLISHED IN GOD & YOUR
PURPOSE!**



CLICK HERE

Fast Questions

Answer these questions and more that are in your daily devotional!

1 What is God wanting to establish you in?

2 Do you believe you are established in God? Why or why not?

3 What does being established in God look like for you?

4 What does being established in your purpose look like for you?

5 How different would your life be if you were firmly established in God and you walked in that daily?

6 What can you be doing to be established in God and in your purpose?

Thank-you!

I'm so excited that you decided to embark on this fast. I know God is with you!

My hope for you, Daughter, is that you got your mind in order, unbound from bondage, and became more established in God than ever before!

May Jesus keep you and empower you more and more.



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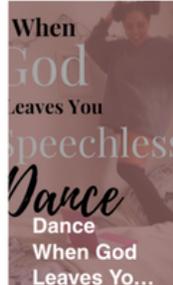
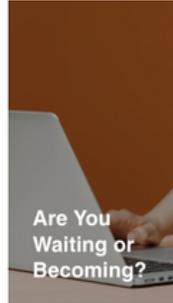
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KEEP GOING IN YOUR FAITH!

WEEKLY DEVOTIONALS

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