

Glow Up

FAST

3-DAY CORPORATE FAST



STARTING
JULY 14TH

WWW.HISDAUGHTERSCLOSET.COM

FAQ

Frequently Asked Questions

1

When does the Fast Start & What Type of Fast?

July 14, 2025 to Wednesday 16, 2025. 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 or liquid 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 health. You are welcome to make any needed modifications. (look at pg 8 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

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 List
 - Bible Reading Plan
- AND MUCH MORE!**

What You Will Gain From This Fast:

- No More Doubting Your Walk With God
- Breakthrough in your Life
- Healing ❤️🩹
- Getting Past Mental Barriers
- Become Fearless in Faith & Purpose

Morgan Tracy J.

HisDaughtersCloset.com
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MORNINGS WITH THE *Girls* (& GOD)



**START YOUR FAST WITH THE
MORNING PRAYER CALL**

**KICK OFF EACH DAY OF THE FAST
WITH US IN PRAYER! JOIN THE
MORNING PRAYER CALL!**

**7:30
A.M.
(CST)**

click the button below

MORNINGS WITH GIRLS ZOOM LINK

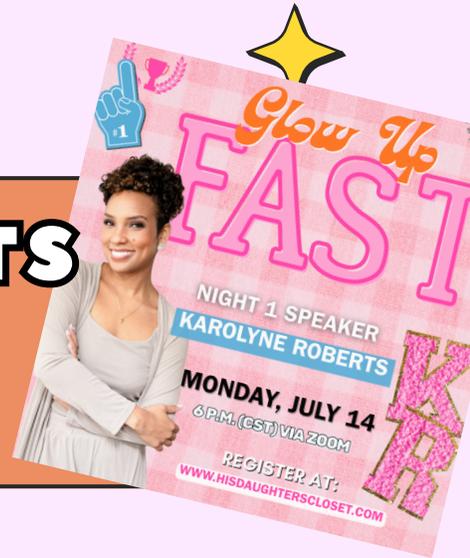
**STARTING
JULY 14TH**

GLOWUP FAST NIGHTLY SCHEDULE

2025

**MON
JULY 14** **KAROLYNE ROBERTS**

Monday, July 14, HDC Hosts Karolyne Roberts at 6 p.m. (cst) via zoom



TO BE ANNOUNCED

Tuesday, July 15 join us again for another great speaker at 6 p.m. (CST)

**TUES
JULY 15**

**WED
JULY 16** **MORGAN TRACY J.**

Wednesday, July 16 2025 with Morgan Tracy J. at 6 p.m. (cst)



ZOOM LINK

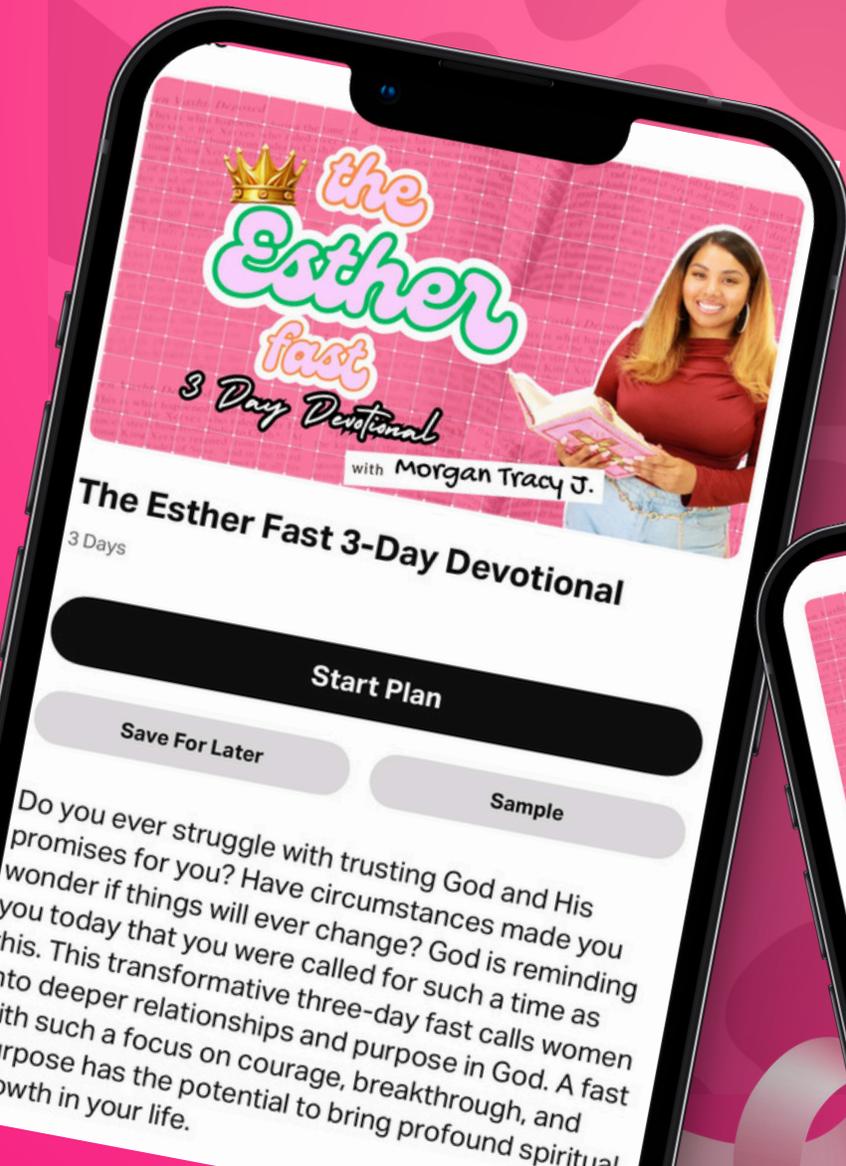
CLICK HERE

READ YOUR DAILY DEVOTIONAL ON THE BIBLE APP

the Esther fast

DEVOTIONAL

SCAN THIS WITH YOUR CAMERA FOR INSTANT ACCESS OR CLICK



LISTEN to the Worship Playlist



The smartphone screen displays an Apple Music playlist page. At the top, there is a navigation bar with a back arrow, a download icon, and a more options icon. The main visual is a playlist cover for 'HDC PLAYLIST' by Morgan James, updated 3 days ago. The cover features a woman, Morgan Tracy J., holding a book, with the text 'Esther the Fast' and 'with Morgan Tracy J.' overlaid. Below the cover are two buttons: 'Play' and 'Shuffle'. A list of songs follows, each with a small album art thumbnail, the song title, and the artist name. The bottom of the screen shows the Apple Music navigation bar with icons for Listen Now, Browse, Radio, Library, and Search.

HDC PLAYLIST
Morgan James
Updated 3d ago

Play **Shuffle**

- O Come to the Altar (Live)
Elevation Worship
- Spirit Break Out (feat. Trinity Anderson)
William McDowell
- Make Room
Jonathan McReynolds
- Million Little Miracles (feat. Joe L. Black)
Elevation Worship & Maverick City Music
- He Wasn't Man Enough

Listen Now Browse Radio Library Search

APPLE
MUSIC

Fasting

/ˌfɑːst/ verb

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

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?”

ISAIAH 58:6
english standard version

**BELIEVE
GOD
CAN**

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."

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!

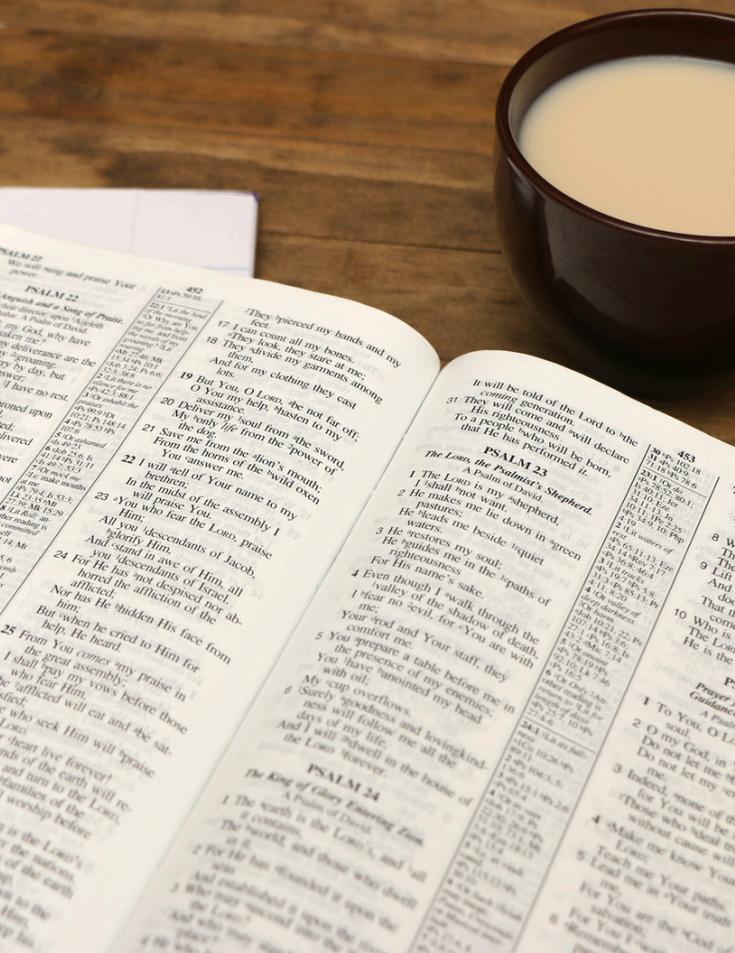
"But this kind does not come out except by prayer and fasting." (Mat.17:21)

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.

Food List

This is a **Liquid 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!

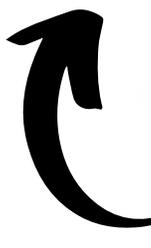


"Modifications."

BEFORE YOUR FAST!

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



 **CLICK HERE**

Journal Plan

Pre-Fast Questionnaire

1

What do you desire to gain spiritually?

2

What are you expecting to receive physically on this fast?

3

What has been your biggest obstacle in this current season of your life?

4

What is your biggest fear with fasting?

5

How do you desire to feel after your fast?

6

What is one thing that feels impossible in your life and give that to God believing in faith it'll be taken cared of?

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

Fast Questions

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

1 What does my next level in faith and life 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?

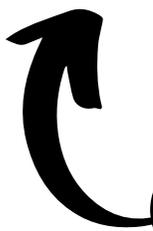
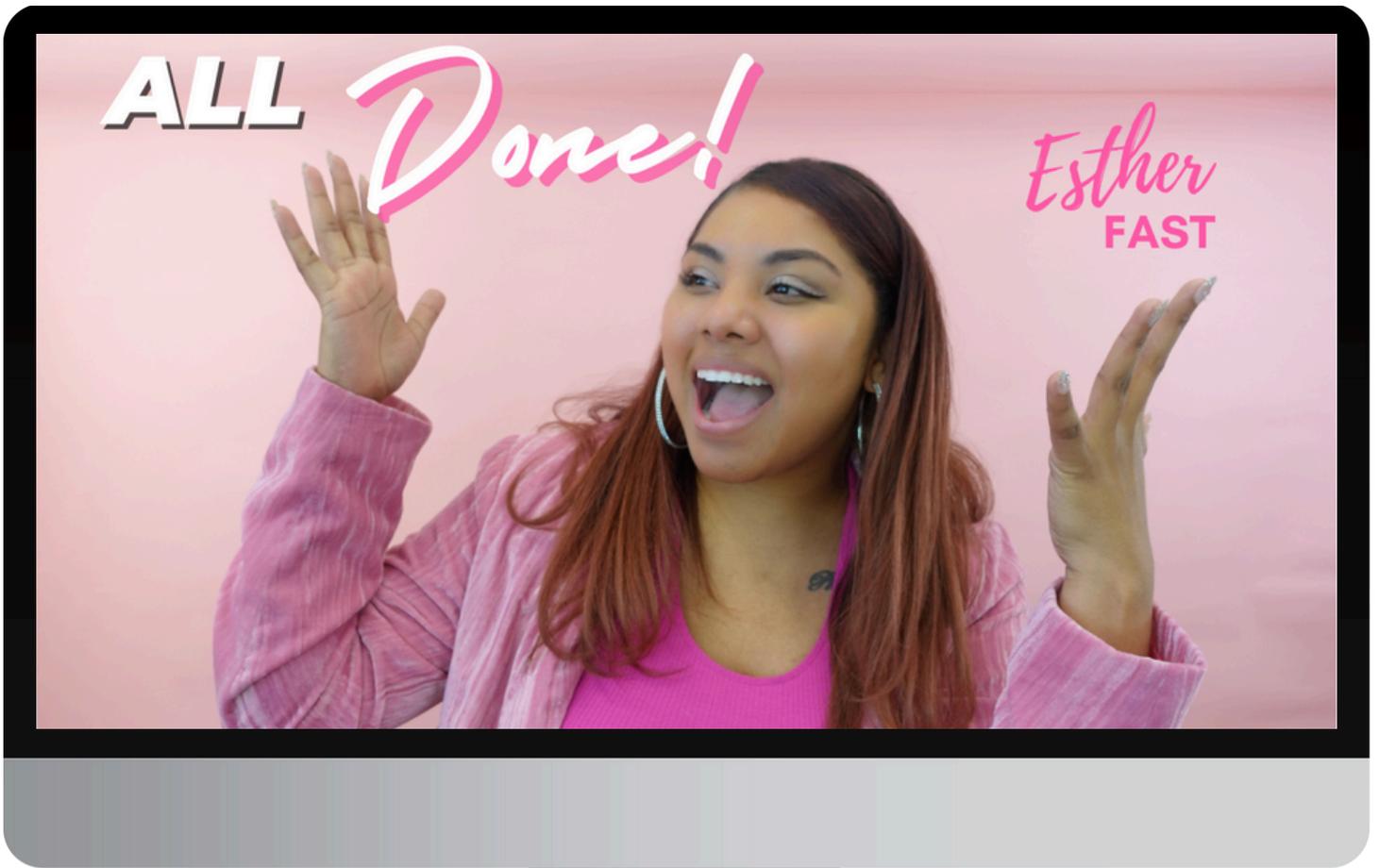
5 How can I give God my all during this fast?

6 How can I believe God to pull meo out of the pit I've been in?

YOU'RE FINISHED!

Congratulations 🎉

DO THESE TWO THINGS!



CLICK HERE

links will be live on the day of the fast!

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.



Morgan Tracy J.

Share your testimony with me **here:**

hisdaughterscloset.com

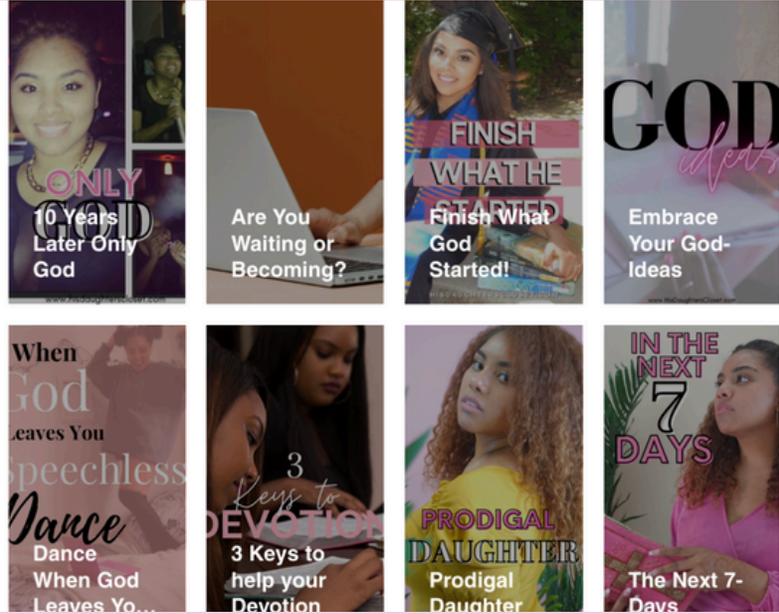
info@hisdaughterscloset.com

KEEP GOING IN YOUR FAITH!

WEEKLY DEVOTIONALS

Sign-up to get weekly devotionals straight to your email every Monday morning!

[VIEW MORE](#)



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