

A 3-DAY CORPORATE FAST OF PRAYER & SUPPLICATION.

*The*  
**GLOW UP**  
**FAST**  
*GUIDE*

*HisDaughtersCloset.com*



# FAQ

## Frequently Asked Questions

1

### **When does the Fast Start & What Type of Fast?**

Sunday, June 14, 2026, to Tuesday, June 16, 2026. You are welcome to start the fast any time of the year. We are doing a corporate smoothie fast or liquid fast. Your choice.

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 adjusted to suit your health. You are welcome to make any needed modifications. (Look at pg 3 for details)

4

### **What Time Frames Are We Allowed to Eat?**

When you are smoothie fasting or liquid fasting, there is no permitted time to eat. Only drinking is permitted. You can make modifications if needed. (ex. Breakfast, Lunch & Dinner smoothie)

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?**

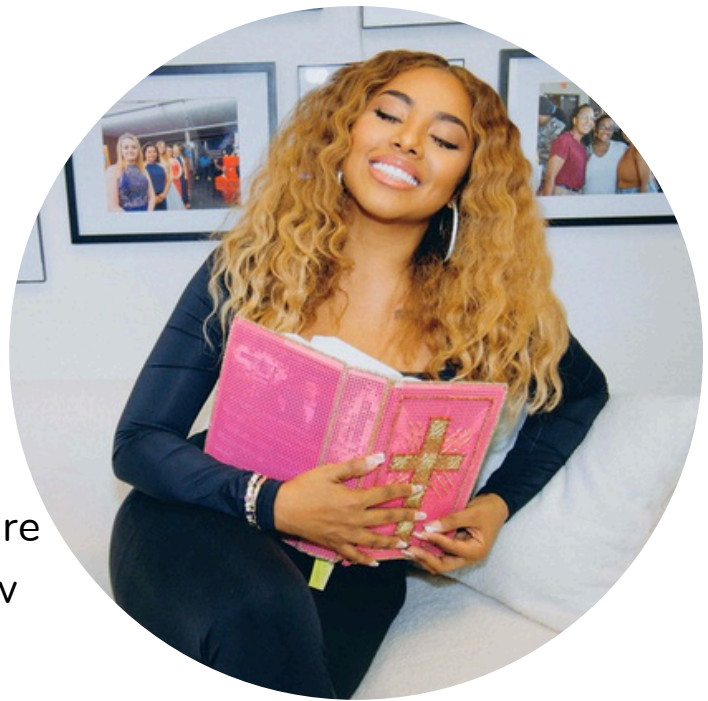
If you do not make it without the food, keep it going with your daily to-do list, such as devotion, prayer, and Bible reading! You aren't doing it for the food, but for a closer relationship with God.

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](https://hisdaughterscloset.com/contact)

# Welcome, *Daughter!*



I am so excited you are here. You are ready to embark on the 3-day Glow Up 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
  - Fasting Modifications
  - Video Devotions
  - Prayer Journaling Prompts
  - Prayer List
- AND MUCH MORE!**

## **What You Will Gain From This Fast:**

- No More Doubting Your Walk With God
- Breakthrough in Your HEALTH
- Healing 🇺🇸
- Getting Past Mental Barriers
- Become Fearless in Faith & Purpose

*Morgan Tracy J.*

# Food List

This is a **Liquid or Smoothie 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."*



## *Spinach Smoothie*

- ✓ Protein Powder (1-2 scoops)
- ✓ Half Banana
- ✓ Almond Milk (1 cup)
- ✓ Frozen Spinach (1 cup)

*215 Caclories*

## *Mango Smoothie*

- ✓ Protein Powder (1-2 scoops)
- ✓ Half Banana
- ✓ Almond Milk (1 cup)
- ✓ Frozen Mango (1 cup)

*273 Caclories*



## *Strawberry Banana Smoothie*

- ✓ Protein Powder (1-2 scoops)
- ✓ Half Banana
- ✓ Almond Milk (1 cup)
- ✓ Frozen Strawberries (1 cup)

*235 Caclories*



# *Blueberry Smoothie*



- ✓ Protein Powder (1-2 scoops)
- ✓ Half Banana
- ✓ Almond Milk (1 cup)
- ✓ Frozen Blueberries

*263 Caclories*

*things to include in your smoothie*

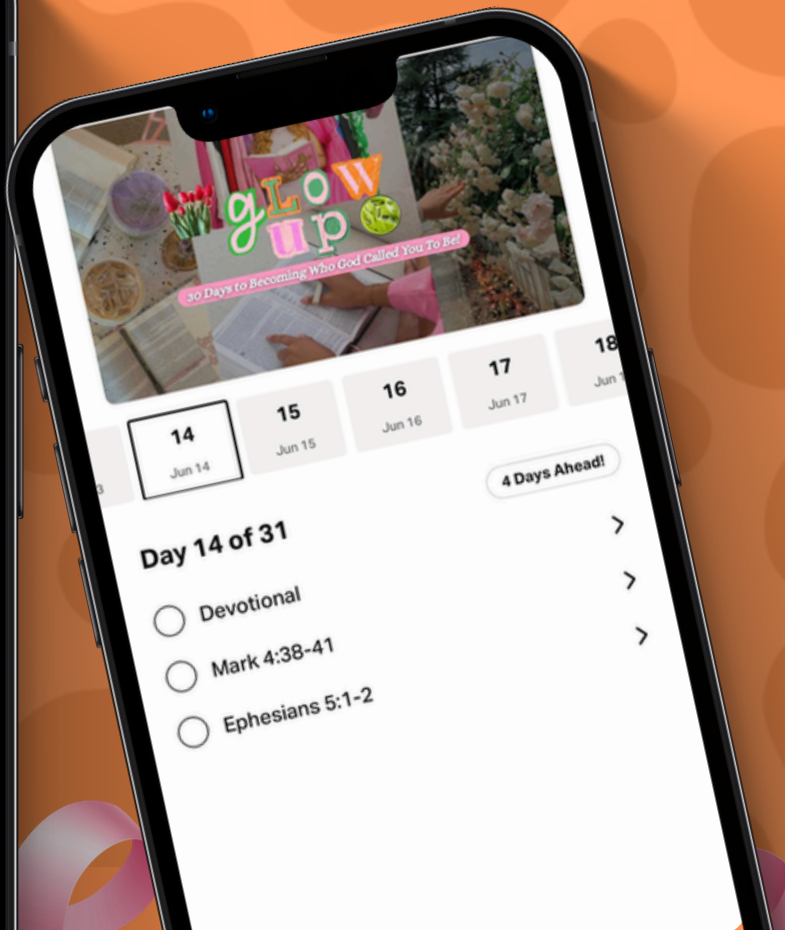
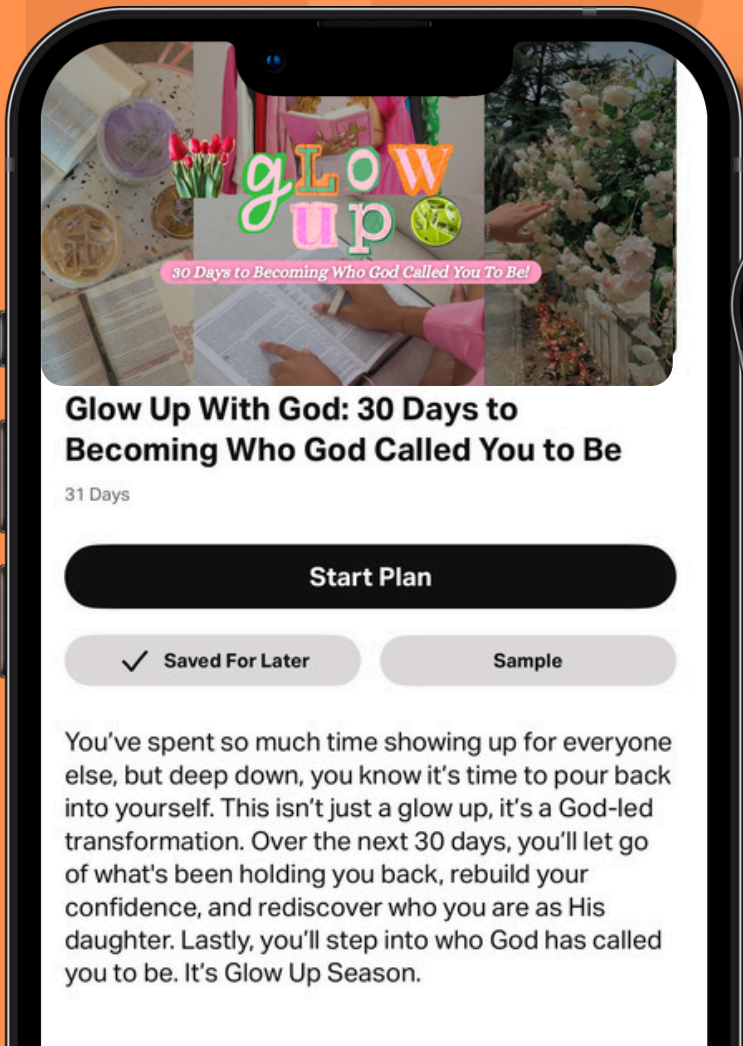
- ✓ Spinach
- ✓ Ginger Root
- ✓ Kale
- ✓ Avacado
- ✓ Peanut Butter or Almond Butter
- ✓ Cucumber
- ✓ Coconut Water
- ✓ Lime

READ YOUR DAILY DEVOTIONAL ON THE BIBLE APP

the **Esther** fast

# DEVOTIONAL

SCAN THIS WITH YOUR CAMERA FOR INSTANT ACCESS OR CLICK



the  
**Esther**  
fast

**LIVE ON ZOOM!**

**NIGHTLY TALKS AND PRAYER!**



**CLICK HERE**

**T**he corporate fast this year is the 3-Day Smoothie 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:**

- Smoothie Fast
- Water Fast
- Partial Fast (ex. no food 6 a.m.-6 p.m.)
- 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 at 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



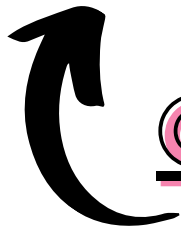
## Remember:

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

# DAY 1-3

## VIDEO DEVOTIONALS

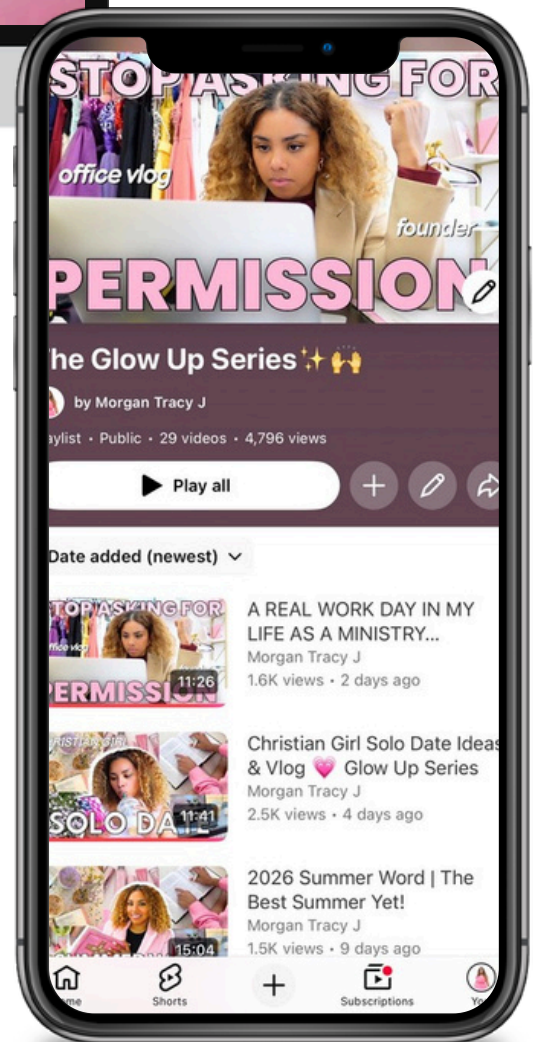
**DON'T HOLD BACK DURING THIS FAST!**



**CLICK HERE**

**DAILY VIDEOS DROP AT  
11:30 A.M. (CST)**

The Glow Up Playlist



# LISTEN to the Worship Playlist



Esther the Fast with Morgan Tracy J.

**HDC PLAYLIST**  
Morgan James  
Updated 3d ago

▶ Play      ⌘ Shuffle

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

Listen Now   Browse   Radio   Library   Search

APPLE  
MUSIC

# 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?

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2 What mental barriers are holding me back?

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3 What are my biggest fears?

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4 What scriptures minister to me the most and why?

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

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

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# All-Done!

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

Grab Your **Esther Fast Certificate** once you completed all 3 Days!



**CLICK HERE**

Share your testimony with us **here**:

May Jesus keep you and empower you more and more.

Morgan Tracy J.

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