

3-DAY ESTHER Fast



FAQ

Frequently Asked Questions

1

When does the Fast Start & Type of Fast?

February 1, 2021 to February 3, 2021. You are welcome to start the fast anytime of the year. Also, the Esther Fast is a 3-Day Water Fast.

2

Can You Choose to Fast or Have to be led by God?

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.

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 to 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 devotion, prayer, and Bible Reading! You aren't doing it for the food, but for a closer relationship with God.

7

Are there Eating Time frames for this fast?

No there are no eating window times. You are encouraged to drink as much water as you can.



Introduction

The Corporate fast this year is the 3-Day Esther Fast! This is a powerful fast that Esther and her people embarked on. 3 Days of only water, however, we are able to make modifications to our fast especially for our health needs.

This Fast Consist of:

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

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

So, thank you for being interested in fast and let's first start with the misconceptions of fasting

- 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 anytime 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 we can't accomplish certain things with just prayer alone. We must Pray and Fast!

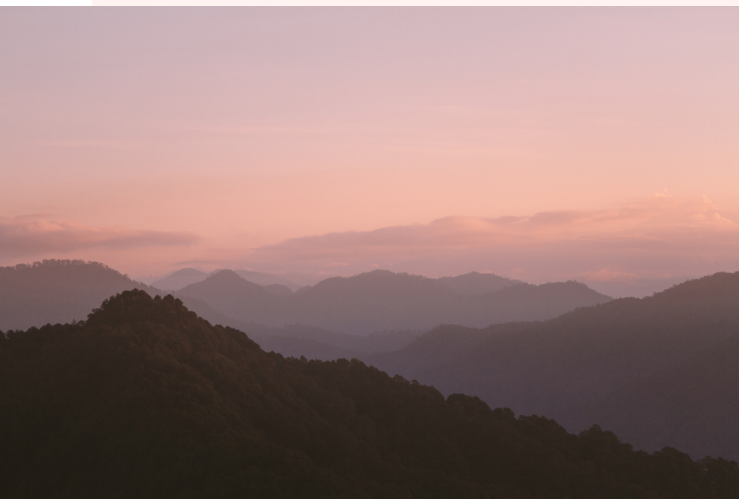
"But this kind does not come out except by prayer and fasting." (mat.17:21)

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 YOU FAST FOR?

- Any unresolved issues in your heart
- Financial Breakthrough
- Favor in Workplace or College
- Purpose and Future
- Unsaved Family Members
- Relationship guidance
- Health issue
- 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.



Journal Plan

Pre-Fast Questionnaire

1

What do you spiritually desire to gain?

2

What do you physically desire to gain?

3

What are you expecting to receive on this fast?

4

What is your biggest struggle or fear with fasting?

5

How do you desire to feel and think during fast?

6

How do you desire to feel after your fast?

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

7

Journal about anything that's been on your mind and or heart.

Each day journal about how you feel, title your journal entry with whatever comes to mind.

Why you must finish this fast?

Why are you fasting? Who are you fasting for? What do you wish to gain from this fast? Next, ask aloud Jesus for all of these things!

Ask
AND YOU
SHALL
Receive



Fasting
BRINGS
REWARD

Esther Fast



Day

1

Water Fasting (Modifications if needed)

The first day is 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.

Goal: Depend on Christ

Day

2

Water Fasting (Modifications if needed)

The second day of our fast is to get grounded in our faith and daily spiritual activities. To put more time that we ever have into His Word. We will dig deep in Esther and Study.

Goal: Depend on His Word

Day

3

Water Fasting (Modifications if needed)

The third day of our fast is to press through with Prayer. As we continue to believe we want our final week to prayer deeper and longer than before. We will Pray in the Spirit.

Goal: Press in with Prayer

MODIFICATIONS

For health reasons you are welcome to modify your fast and 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

Partial Fast

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

"Esther Fast."

The Daily To-Do's:

1

PRAYER

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.

2

BIBLE READING

Each day drown yourself in scripture. Find a scripture to minister to you each day to keep you confident in the Lord.

3

MEDITATION

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

4

WORSHIP

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.

5

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 recharge you during your fast. Rest your mind, body, and soul.

Reading Plan

Each day you have a new chapter in the Book of Esther to focus on.

This will help to gain the most out of your Bible Reading first you must pray to the Holy Spirit each time you read for deep revelation.

Second you must be committed. Make time each day for Study!

Day

1

The Book of Esther Chapters 1-3

Learn about Esthers days before coming queen and the process to becoming Queen. This in hopes inspires you to step into your Greatness no matter were you come from.

Study, take notes, highlight scripture and allow it minister to your life.

Day

The 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

Day

3

The Book of Esther 7-10

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



Online Esther Study:

Day

1

Embracing Royalty

Walking in the flesh means we are ruled by our flesh. The our bodily appetites, emotions and feelings control us. When we are being led by our carnal mind we are walking in the Flesh.



**CLICK TO LISTEN
TO THE ONLINE
BIBLE STUDY**

Check Your email for the
daily study also!

Day

2

Overcoming the Testing of Your Faith

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

Day

3

The Power of Purpose

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.

"You Were Called for Such a Time as This!"





Fasting
BREAKS
ADDICTION

Food List

What To EAT!



- Asparagus,
- broccoli,
- cabbage,
- carrots,
- corn,
- cucumbers,
- lettuce,
- mushrooms,
- onions,
- potatoes,
- spinach,
- sweet potatoes,
- tomatoes,
- veggie burgers
- avocado



- Olive,
- canola,
- grape seed,
- peanut,
- sesame,



- Apples,
- apricots,
- bananas,
- cherries,
- grapes,
- lemons,
- limes,
- peaches,
- pineapples,
- strawberries,
- watermelon,
- canteloupe



- Sunflower seeds,
- cashews,
- peanuts,
- sesame, nut
- butters
(including
peanut butter).



- Whole wheat,
- brown rice,
- millet,
- barley,
- oats,
- quinoa,
- grits,
- whole wheat pasta,
- whole wheat tortillas,
- rice cakes,
- popcorn,



- Tofu,
- soy products,
- vinegar,
- seasonings,
- salt,
- herbs,
- spices.



- Dried beans,
- pinto beans,
- split peas,
- lentils,
- black eyed peas,
- kidney beans,
- black beans,
- cannellini beans,
- white beans.



- Natural fruit juices,
- spring water,
- distilled water,
- Smoothies
- Herbal Tea
- Almond Milk
- Coconut Milk
- Cashew Milk

"Modifications."



Fasting

**MAKES YOU
BOLD**



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 saying 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.

A close-up photograph of a person's hands clasped together in a prayerful gesture. The hands are positioned in the upper half of the frame, with fingers interlaced. The person is wearing a white garment with a ruffled collar and a pearl necklace. A large, semi-transparent pink circle is overlaid on the lower two-thirds of the image, containing the text. The background is softly blurred, showing green foliage and a white wall.

Greatness

IS INSIDE OF

YOU!



Morgan Tracy J.

Founder of
His Daughter's Closet, Inc.

Why I Choose to Fast

My first fast was when I was 20 years old and it changed my life. It revealed my purpose, gave me healing and removed the sinful mountains in my life. I personally have experienced the Power of Fasting and Now I am sharing it with you!

What I hope You Gain

My hopes is that this fast will remove every barrier keeping you from living the life God has for you. A life of freedom, clarity, joy peace, kindness and most of all Love. I believe we all can experience that daily, by Walking in the Spirit and realizing we can do nothing of ourselves, only through Jesus Christ.

What You Gained on the 3-Day Esther Fast?
