

The Esther Fast

Guide to Preparing and Experiencing Three Days of Dry Fasting and Prayer



01

Prepare

Pinpoint a specific area of concern where you seek the divine intervention of God. Record this in your journal a few days prior to starting the fast.

Day 1: Petition to God

Commence the fast by worshipping God through prayer and singing. Seek physical and spiritual strength for the upcoming three days. Engage with the word of God, making notes and highlighting the scriptures that deeply resonate with you. Petition God with your requests, seeking divine wisdom and revelation.



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Day 2: Expect God's Response

Keep reading the word of God and dedicate time to prayer. Take a moment to reflect in silence while meditating on scripture. Be open to receiving guidance from God's word that relates to your prayers or requests.

Day 3: Thanksgiving

Gratefully acknowledge the wisdom that has been bestowed upon you. Have faith in the transformative power of God that is actively bringing about change in your specific area of concern. By faith, embrace the fact that your request has been granted. Thank God and give him praise, it is done!



04



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Conclude

You will feel a sense of lightness and tranquility. Let the peace of God flow through your soul. When you break your fast and savor your first meal, pay attention to how your senses have been refreshed.