

3 - DAY ESTHER FAST FOR SUCH A TIME AS THIS



This Undiluted Love Esther Fast guide
was prepared by

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GREETINGS

It is with a heart full of reverence and divine anticipation that I welcome you to this heaven orchestrated 3-Day Esther Fast. This is not just a collective act of consecration—it is a personal call to respond to Heaven's invitation. Just as Esther stood in the gap for her people with courage and conviction, so are we being summoned to stand in faith, humility, and obedience in this critical hour. Let this fast be guided not by routine or obligation, but by the **leading of the Holy Spirit**, who will direct your prayers, align your heart, and reveal the heart of God. In these three days, may you experience divine clarity, supernatural breakthrough, and an intimacy with the Father that transforms you from the inside out. This is your moment to rise, to seek, and to surrender.

With grace and love,

Rev. Dr. Latoya Clarke Grant

ESTHER FAST 101

Fasting is the voluntary act of abstaining from food (and sometimes drink or other distractions) for a set period to focus on God. It is a spiritual discipline found throughout Scripture used for repentance, intercession, direction, and drawing closer to God.

Matthew 6:16 – “When you fast...” (Jesus assumes fasting will be a regular practice.)

The Esther Fast is typically observed over a period of three days and nights. However, the specific approach may vary for you. Some may choose to fast from midnight to midnight over three consecutive days, while others may begin at 6 a.m. each day. Please seek the Lord for personal guidance and allow the Holy Spirit to lead you in both the timing and manner of your fast.

Purpose

The story of Esther is found in the Old Testament and takes place during the time of the Persian Empire. Esther, a young Jewish woman, was chosen to become queen after King Xerxes removed Queen Vashti. Unknown to the king, Esther was a Jew—one of God's chosen people living in exile.

When a wicked advisor named Haman plotted to annihilate all Jews in the empire, Esther's cousin Mordecai urged her to go before the king and plead for her people. This was dangerous, as approaching the king without invitation could lead to death.

In response, Esther called for a three-day fast—no food, no water—for herself and the Jewish people. It was a time of desperation, consecration, and bold intercession.

Esther 4:16 – “Go, gather together all the Jews... and fast for me... I will go to the king, even though it is against the law. And if I perish, I perish.”

God honored Esther's courage and sacrifice. The evil plan was exposed, Haman was defeated, and the Jewish people were saved. The fast became a pivotal moment in history, showing the power of prayer, fasting, and obedience in the face of spiritual warfare.

Biblical Root

The Esther Fast is a dry fast, which means no food and no water is consumed during the duration of the fast. This is one of the most intense types of fasts and is usually observed for a maximum of three days, following the example set in the Bible:

Esther 4:16 – “Do not eat or drink for three days, night or day. I and my attendants will fast as you do...”

You can modify the fast to include water if needed – God honors the heart posture more than the strict method.

Esther fast is extreme. Avoid if you're pregnant, have health issues, or are on medication. Consult your doctor.

Rest as much as possible during the fast. Physical weakness is normal.

True spiritual fasting focuses on God. Center your total being on Him: your attitudes and actions, your motives, desires, and words.

Approach

DAY BEFORE



(PREPARATION – DAY BEFORE)

Prepare your heart to enter the fast
with focus and faith.

SPIRITUAL PREPARATION

Read:

- Esther 4:15–17 – Esther calls for a corporate fast.
- Esther 5:1 – Esther approaches the king after fasting, clothed in divine boldness and favor.

Pray:

Ask God to prepare your heart, reveal any hidden sin, and align your motives with His will.

- Psalm 139:23–24 – “Search me, God, and know my heart... see if there is any offensive way in me...”
- Proverbs 16:2 – “All a person’s ways seem pure to them, but motives are weighed by the Lord.”

Repentance:

Confess and renounce any sin. Forgive others, and release any offense or bitterness.

- 1 John 1:9 – “If we confess our sins, He is faithful and just to forgive us...”
- Mark 11:25 – “And when you stand praying, if you hold anything against anyone, forgive them...”
- Psalm 66:18 – “If I had cherished sin in my heart, the Lord would not have listened.”

Set Intentions:

Clarify the purpose of your fast (e.g., breakthrough, direction, healing, intercession).

- Habakkuk 2:2 – “Write the vision; make it plain...”
- James 1:5 – “If any of you lacks wisdom, you should ask God...”

Prepare Scripture List:

- Begin compiling verses to meditate on during the fast. Suggestions include:
- Isaiah 58:6–11 – God’s purpose for fasting.
- Joel 2:12–13 – Return to the Lord with fasting and weeping.
- Matthew 6:16–18 – Jesus’ instructions on fasting.
- Romans 12:1–2 – Be transformed by the renewing of your mind.

Prepare a Journal:

Dedicate a journal for the fast. Use it to record:

- Daily reflections
- Scriptures God highlights
- Prayers and answers
- Dreams or revelations
- Habakkuk 2:2 – “Write the vision...”
- Psalm 45:1 – “My heart is stirred by a noble theme as I recite my verses for the king; my tongue is the pen of a skillful writer.”

Create a Worship Playlist:

Curate a playlist of anointed worship music to set the atmosphere for prayer, reflection, and stillness. Worship softens the heart and invites the presence of God.

- Psalm 22:3 – “God inhabits the praises of His people.”
- 2 Chronicles 20:21–22 – Worship precedes victory
- John 4:24 – “God is spirit, and His worshipers must worship in the Spirit and in truth.”

Limit Distractions – Social Media Detox:

- Commit to stepping away from social media, entertainment platforms, and other digital distractions during the fast. This is a time to unplug from the noise of the world and tune in to the voice of God.
- Colossians 3:2 – “Set your minds on things above, not on earthly things.”
- Psalm 46:10 – “Be still, and know that I am God.”
- 1 Corinthians 7:35 – “...so that you may live in a right way in undivided devotion to the Lord.”
- Ask the Holy Spirit to guide how you use your time—whether in stillness, prayer, journaling, or simply listening.

PHYSICAL PREPARATION

- **Seek Medical Advice (If Applicable):**

If you have any underlying health conditions, are pregnant, nursing, taking medications, or have concerns about fasting, please consult your healthcare provider before beginning this fast. Your health and safety are important, and fasting can be adapted if necessary.

- 1 Corinthians 6:19–20 – “Do you not know that your bodies are temples of the Holy Spirit...? Therefore honor God with your bodies.”
- Proverbs 4:7 – “Wisdom is the principal thing; therefore get wisdom...”
- Eat light and clean: Focus on easily digestible foods like fruits, vegetables, and broth.
- Hydrate well: Drink plenty of water throughout the day.
- Reduce dependency: Begin limiting caffeine, sugar, and heavy foods 24–48 hours in advance to ease your body into the fast.
- 1 Corinthians 10:31 – “So whether you eat or drink... do it all for the glory of God.”

Personal Declaration of Accountability and Commitment

Today, I (insert your name) commit myself fully—spirit, soul, and body—to the 3-Day Esther Fast. I acknowledge that this is not a religious exercise, but a divine response to Heaven’s call. I choose to posture my heart in humility, obedience, and expectation. I will be guided by the Holy Spirit, strengthened through the Word, and sustained by His grace. I renounce all distractions, unbelief, and fear. I will worship in spirit and in truth, I will pray with fervency, and I will listen for the voice of the Lord. I will not fast in vain—I fast for breakthrough, clarity, alignment, favor, and transformation.

I take accountability for my spiritual posture and embrace the process with diligence and devotion. By God’s strength, I will complete this fast, and I believe that Heaven will respond.

“Lord, I am available. Let Your will be done in me and through me. In Jesus’ name, Amen.

DAY

01

CONSECRATION

A day to humble yourself before God,
repent, and surrender fully to His will.

DAY 1: CONSECRATION

Focus: Repentance, Humility, and Surrender

Theme Scripture:

- Joel 2:12–14 – “Even now,” declares the Lord, “return to Me with all your heart, with fasting and weeping and mourning...”
- Psalm 51 – David’s heartfelt prayer of repentance and restoration.
- Esther 4 – Esther calls a fast and prepares to surrender her life for the sake of her people.

Prayer Focus & Supporting Scriptures

1. Asking for Mercy and Forgiveness

- Psalm 51:1–2 – “Have mercy on me, O God... blot out my transgressions.”
- 1 John 1:9 – “If we confess our sins, He is faithful and just to forgive...”
- Isaiah 1:18 – “Though your sins are like scarlet, they shall be as white as snow...”

Prayer Point:

Ask the Lord to reveal any hidden sin and purify your heart. Approach Him in humility, knowing that mercy triumphs over judgment.

2. Breaking Generational Curses

- Lamentations 5:7 – “Our ancestors sinned and are no more, and we bear their punishment.”
- Galatians 3:13 – “Christ redeemed us from the curse of the law...”
- Exodus 20:5–6 – God visits iniquity to the third and fourth generation—but shows mercy to thousands who love Him.

Prayer Point:

Declare freedom from generational cycles of bondage. Renounce all agreements—spoken or inherited—that contradict God’s promises.

3. Laying Down Personal Agendas

- Luke 22:42 – “Not My will, but Yours be done.”
- Proverbs 3:5–6 – “Trust in the Lord with all your heart... and He shall direct your paths.”
- Romans 12:1 – “Offer your bodies as a living sacrifice, holy and pleasing to God...”

Prayer Point:

Surrender your plans, preferences, and timing. Invite God to reorient your desires and lead you in His perfect will.

DAY

02

**INTERCESSION &
WARFARE**

A day to stand in the gap, pray boldly,
and war in the Spirit for breakthrough
and protection.

DAY 2: INTERCESSION & WARFARE

Focus: Praying for Others, Spiritual Breakthroughs

Theme Scripture:

- Esther 5:1 – "On the third day Esther put on her royal robes and stood in the inner court..." (She approaches the king with boldness and divine strategy for her people.)
- Isaiah 58:6–12 – "Is not this the kind of fasting I have chosen: to loose the chains of injustice...?"
- Ephesians 6:10–18 – "Put on the full armor of God so that you can take your stand against the devil's schemes."

Prayer Focus & Supporting Scriptures

1. Intercede for Your Family, Nation, and Church

- 1 Timothy 2:1–2 – "I urge... that petitions, prayers, intercession... be made for all people..."
- 2 Chronicles 7:14 – "If My people... will humble themselves and pray... I will heal their land."
- Acts 12:5 – "The church was earnestly praying to God for him."

Prayer Point:

Stand in the gap for your loved ones, leaders, and community. Ask God to release wisdom, protection, revival, and righteousness.

2. Declare Spiritual Authority and Protection

- Luke 10:19 – "I have given you authority... to overcome all the power of the enemy."
- Psalm 91:1–7 – "He who dwells in the secret place... shall abide under the shadow of the Almighty."
- Ephesians 6:10–11 – "Be strong in the Lord... put on the full armor of God."

Prayer Point:

Declare your identity and authority in Christ. Clothe yourself in the armor of God. Speak protection over your household, your mind, and your calling.

3. Pray Against the Enemy's Plans (Like Haman's Plot)

- Esther 7:10 – Haman was hanged on the very gallows he built for Mordecai.
- Isaiah 54:17 – "No weapon formed against you shall prosper..."
- Psalm 35:1–8 – A cry for divine intervention against wicked schemes.

Prayer Point:

Expose and cancel the enemy's assignments against your life, your purpose, and your loved ones. Declare that every evil plan will be overturned by God's justice and favor.

DAY

03

**BREAKTHROUGH &
FAVOUR**

A day to receive with boldness—
thanking God for victory, divine favor,
and open doors.

DAY 3: BREAKTHROUGH & FAVOR

Focus: Receiving Divine Favor and Boldness

Theme Scriptures:

- Esther 7 – Esther's bold intercession results in justice, favor, and deliverance for her people.
- Psalm 91 – A declaration of protection, covering, and divine favor for those who dwell in God's presence.
- 2 Chronicles 20:1–30 – Jehoshaphat's victory through worship and obedience—God fought the battle for them.

Prayer Focus & Supporting Scriptures

1. Thank God in Advance for Answers

- Philippians 4:6–7 – “With thanksgiving, present your requests to God...”
- 1 Thessalonians 5:16–18 – “Give thanks in all circumstances; for this is God's will...”
- Psalm 100:4 – “Enter His gates with thanksgiving and His courts with praise...”

Prayer Point:

Thank God by faith for the breakthroughs you have not yet seen. Praise Him for victories unfolding in the spirit realm before they manifest.

2. Declare Victory and Answered Prayers

- Romans 8:37 – “In all these things we are more than conquerors through Him who loved us.”
- Job 22:28 – “You will also decree a thing, and it will be established for you...”
- Esther 8:16–17 – “For the Jews it was a time of happiness and joy, gladness and honor...”

Prayer Point:

Make bold declarations over your life, family, finances, and future. Proclaim that every scheme of the enemy has been overturned and that God's favor surrounds you like a shield.

3. Ask for Wisdom, Clarity, and Courage

- James 1:5 – “If any of you lacks wisdom, let him ask of God...”
- Proverbs 3:5–6 – “Trust in the Lord... and He shall direct your paths.”
- Joshua 1:9 – “Be strong and courageous... for the Lord your God will be with you wherever you go.”

Prayer Point:

Ask God to guide your next steps. Pray for a clear mind, an undivided heart, and fearless obedience to walk through every open door with confidence.



**TIP: SPEND TIME IN
STILLNESS
LISTENING FOR
GOD'S VOICE.
JOURNAL ANY
IMPRESSIONS OR
INSIGHTS.**

POST-FAST INSTRUCTIONS

Breaking the Fast (Gently)

Post-Fast Reflection

Spiritual Mindset After the Fast

Breaking the Fast (Gently):

“Whether you eat or drink, or whatever you do, do it all for the glory of God.”

– 1 Corinthians 10:31

- Begin with water or herbal tea to rehydrate your body.
- Eat soft, light foods such as fruits, broth, or steamed vegetables.
- Avoid meats, sugar, or heavy meals for at least 12–24 hours to allow your digestive system to adjust gradually.

Post-Fast Reflection:

“Write the vision and make it plain...”

– Habakkuk 2:2

“Call to Me and I will answer you and tell you great and unsearchable things you do not know.”

– Jeremiah 33:3

- Journal any revelations, scriptures, or personal breakthroughs God revealed.
- Record dreams, visions, or answered prayers that come during or after the fast.
- Continue in prayer and spiritual attentiveness—many breakthroughs occur after the fast ends.

“Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

– Galatians 6:9

Spiritual Mindset After the Fast:

“The LORD is near to all who call on Him, to all who call on Him in truth.”

– Psalm 145:18

A renewed closeness with God and a greater sensitivity to spiritual things are often the most lasting and precious results of a fast. Do not be discouraged if you don't experience a dramatic or emotional "mountaintop moment."

Your motive in fasting must be to glorify God—not to chase an experience or personal fulfillment. When your heart is truly seeking Him, God will honor your sacrifice and draw near to you in a deep and lasting way.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

THE CHARGE

Kingdom Vessel,

You have pressed through. You have humbled yourself, fasted, and sought the face of God. Just like Esther stood in boldness and saw divine favor release a nation, you too have stood in the gap—on behalf of yourself, your family, your community, and your destiny. You fasted not just for answers, but for alignment with the heart of Heaven—and I want to remind you: your obedience is not in vain.

Throughout this fast, we've journeyed through powerful revelations:

"Plot Twist" reminded us that what the enemy meant for harm, God is already turning for good. He specializes in divine reversals, and your story is not over—Heaven is still writing the ending.

"The Hidden Weight of the Crown" revealed that favor comes with responsibility. Being chosen doesn't always feel light, but it is holy. Just like Esther, your yes carries kingdom impact.

And **"You Are Heaven's Choice"** declared the truth that you were not overlooked—you were handpicked by God for such a time as this. You carry purpose. You carry oil. You carry royal authority in the spirit.

Now, I charge you: walk boldly in that identity. Fasted, filled, and focused, do not shrink back. You have been called to the kingdom for such a time as this. Stay in position. Keep praying. Keep watching. Keep believing. The Esther Fast may be over, but your assignment is not.

"Blessed is she who has believed that the Lord would fulfill His promises to her." — Luke 1:45

"And who knows whether you have come to the kingdom for such a time as this?" — Esther 4:14

God is moving behind the scenes. The plot is shifting. Favor is going before you. And Heaven is backing your yes.

With love, faith, and Kingdom fire,

Rev. Dr. Latoya Clarke Grant



BLESS YOU!



Let's Keep The Kingdom Connection!

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