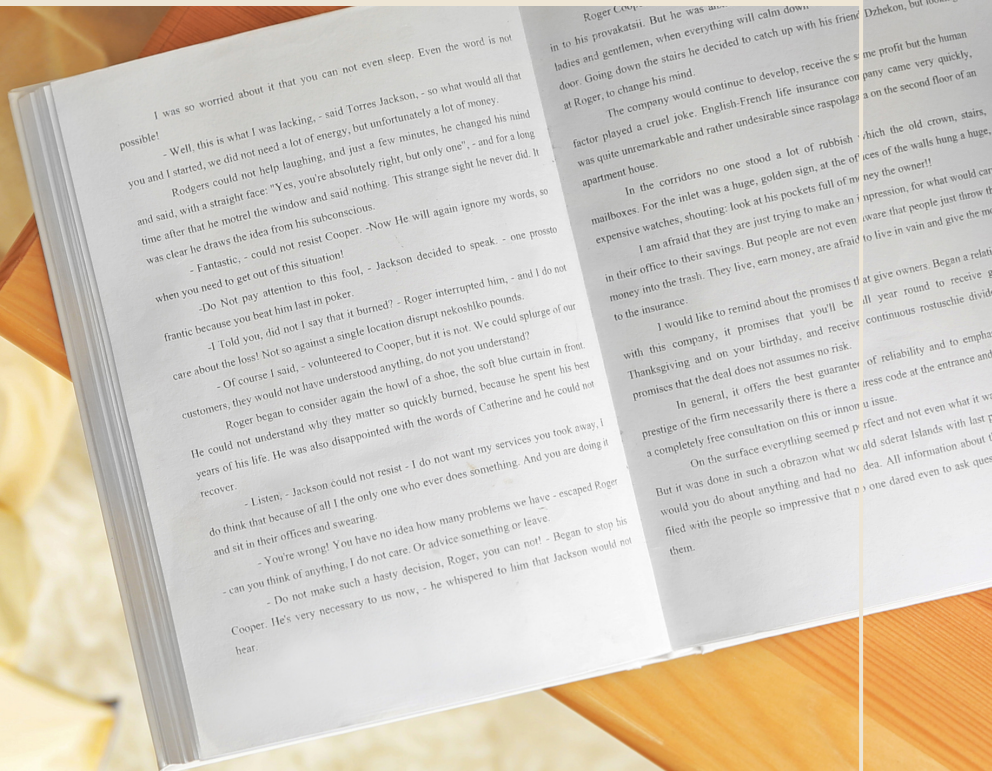


## FASTING GUIDE

# 3 Day Esther Fast

BY NIKKI BLACK  
MINISTRY FOR HER





# WELCOME

I am so excited you decided to join me on this 3 day Esther Fast. This fast can be modified for you and your personal health needs. Ask yourself this, What are you wanting God to do in your life during this fast?



# How to use this fasting guide

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! We must learn to step out of the way to make room for God to move. This type of fast is a water fast. No food.

Don't worry, you can make modification. The focus is not food but leaning on the Word



# MODIFICATIONS YOU CAN MAKE WHEN WATER FASTING



TIP 1

# Try a Substitute

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



TIP 2

# Snack Options

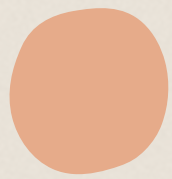
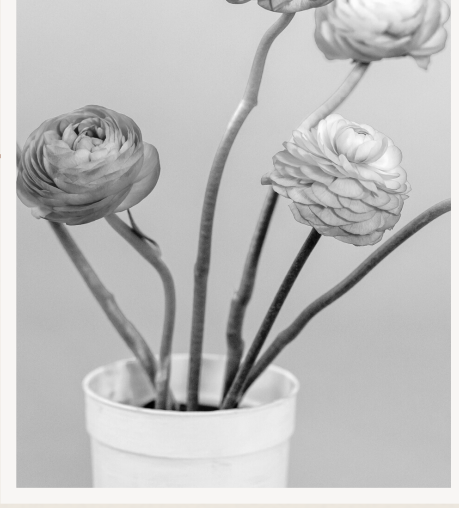
Sunflower seeds,  
cashews, peanuts,  
sesame, nut  
butters (including  
peanut butter)

MINDSET MATTERS

# Fasting Makes You Bold



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.



Prayer



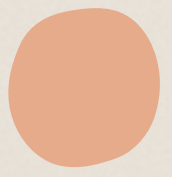
Bible Reading



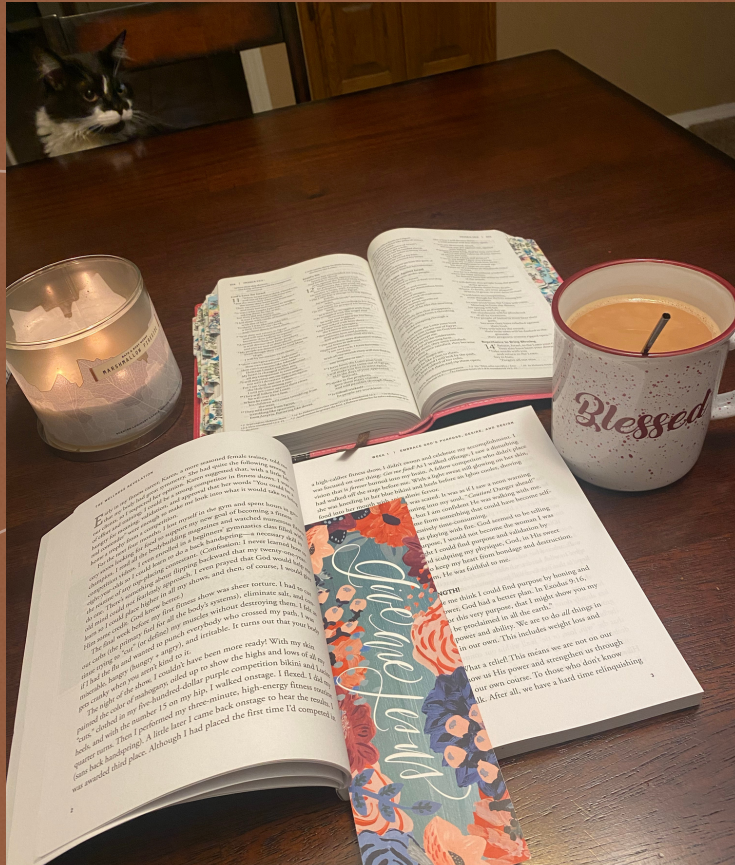
Worship



Journal



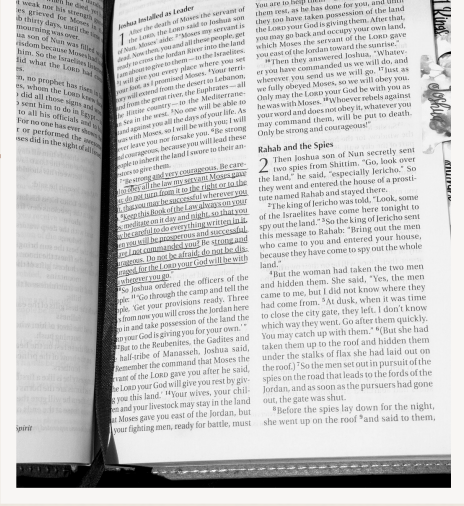
Resting



# START YOUR PRAYER JOURNAL

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





# How to Make a Journal

Write down what you want God to do for you during these 3 days. It can be little or big. It does not matter to God. When he sees the sacrifices you are making and being obedient, your results could be life changing. Write your struggles. Be real and raw with the Lord. I know when I write it down and get it off my heart, it just keep flowing. Some days it will bring you to tears and some days it is like a heavy load lifted.

Write it down and make it known.





# Prayer

Dear Lord, thank you for the break throughs you are going to do during this fast. Lord you know the need and struggles of every person. Open their heart God as they go through this fast. I pray for clarity and vision in Jesus name. I pray for peace over every situation. Give them the strength during these 3 days. Lord to not get distracted by food but to keep our focus and hunger on you. Rise up your daughters and sons. Guide them and refresh them. May they flourish in this season. In

Jesus name

AMEN



THANK YOU FOR SUPPORTING THIS MINISTRY  
AND MAY IT BLESS YOU



LOVE  
*Nikki*