

esther fast prayer points

esther fast prayer points are essential spiritual tools for individuals and congregations seeking divine intervention, breakthrough, and deliverance. This article explores the depth and meaning behind the Esther fast, providing comprehensive prayer points inspired by the biblical account of Queen Esther. Readers will discover the origins and significance of the Esther fast, learn how to prepare for it, and explore powerful prayer points to guide them through their fasting journey. This guide also addresses practical tips, spiritual benefits, and answers to frequently asked questions about the Esther fast. Whether you are fasting for personal needs, family, or national deliverance, this article equips you with actionable insights and prayer points for a victorious Esther fast experience.

- Understanding the Esther Fast: Origin and Significance
- Preparing for the Esther Fast
- Key Esther Fast Prayer Points
- Spiritual Benefits of the Esther Fast
- Practical Guidelines for a Successful Esther Fast
- Frequently Asked Questions about Esther Fast Prayer Points

Understanding the Esther Fast: Origin and Significance

The Esther fast originates from the biblical story in the Book of Esther, where Queen Esther called for a three-day fast without food or water to seek God's intervention for the deliverance of the Jewish people. The fast was a response to a national crisis, emphasizing unity, humility, and dependence on God. Understanding the context of the Esther fast helps believers approach it with reverence and expectation. This fast is unique due to its intensity and urgency, symbolizing total surrender and trust in God's power to reverse dire situations.

The significance of the Esther fast lies in its demonstration of faith and the power of collective prayer and fasting. It is often undertaken during times of crisis, spiritual warfare, seeking favor, or when facing seemingly impossible circumstances. Today, many believers incorporate Esther fast prayer points into their spiritual disciplines to seek breakthroughs, protection, and restoration both personally and corporately.

Preparing for the Esther Fast

Preparation is vital for a fruitful Esther fast. Fasting, especially of the intensity described in Esther 4:16—without food and water for three days—requires both spiritual and physical readiness. Proper preparation enhances focus, minimizes distractions, and helps set clear intentions for fasting and prayer.

Spiritual Preparation

Spiritual preparation involves aligning your heart and mind with God. This includes repentance, forgiveness, and seeking the guidance of the Holy Spirit. Confession of sins and letting go of grudges ensures that your prayers are unhindered and effective.

Physical Preparation

Physical preparation is crucial due to the demanding nature of the Esther fast. Hydrate well before starting the fast, and if possible, consult with a healthcare provider, especially if you have underlying health conditions. Gradually reduce food intake prior to the fast to help your body adjust.

Setting Objectives

Define clear objectives for your fast. Determine what you are believing God for—be it deliverance, favor, healing, or breakthrough in specific areas. Writing down your prayer points and intentions helps maintain focus and persistence throughout the fast.

- Repentance and self-examination
- Forgiveness and reconciliation
- Hydration and gradual food reduction
- Setting clear prayer objectives
- Seeking medical advice if necessary

Key Esther Fast Prayer Points

Esther fast prayer points are targeted prayers derived from the themes and lessons of the

Book of Esther. These prayer points can be personalized to address specific needs, such as deliverance, favor, wisdom, and protection. The following prayer points provide a structured guide for your Esther fast.

Prayer Points for Divine Favor

During the Esther fast, seeking favor is paramount, just as Esther sought the king's favor. Pray for supernatural favor in every area of your life, including your workplace, family, and community.

- Lord, grant me favor before those in authority as you did for Esther.
- Let every door of opportunity open for me during and after this fast.
- Remove every barrier to favor in my life.

Prayer Points for Deliverance

Deliverance from evil plots and spiritual attacks is a central theme in the Esther fast. Pray for God's intervention against every scheme of the enemy.

- Father, deliver me and my family from every evil plot as you delivered the Jews in Persia.
- Expose and frustrate the plans of the enemy over my destiny.
- Let every instrument of oppression be destroyed in Jesus' name.

Prayer Points for Wisdom and Divine Strategy

Wisdom and strategy were crucial for Esther's success. Pray for divine insight, direction, and boldness to make the right decisions.

- Grant me the wisdom to know what to do at every turn.
- Give me boldness to approach opportunities and challenges with confidence.
- Let your Holy Spirit guide me in all my undertakings.

Prayer Points for Reversal of Evil Decrees

The Esther fast resulted in the reversal of a death decree. Pray for the nullification of negative pronouncements and for restoration.

- Every evil decree spoken over my life, be reversed by the blood of Jesus.
- Restore all that has been lost or taken from me unjustly.
- Let your favor rewrite my story for good.

Prayer Points for Unity and Corporate Breakthrough

Unity was vital in Esther's time of fasting. Pray for unity in your family, church, or nation, and for a collective breakthrough.

- Lord, unite us in purpose and prayer as you did for the Jews in Persia.
- Release a corporate anointing for breakthrough in our midst.
- Let our prayers bring transformation in our community and nation.

Spiritual Benefits of the Esther Fast

Engaging in the Esther fast yields numerous spiritual benefits. It is a powerful tool for spiritual warfare, personal transformation, and experiencing God's intervention. The Esther fast also develops spiritual discipline and deepens intimacy with God.

Some key spiritual benefits include heightened sensitivity to God's voice, increased faith, and the breaking of strongholds. The corporate nature of the Esther fast fosters unity and collective spiritual momentum, making it effective for national and communal deliverance.

- Breakthrough in difficult situations
- Restoration of relationships and destinies
- Supernatural favor and open doors
- Deliverance from spiritual attacks and oppression
- Greater intimacy with God

Practical Guidelines for a Successful Esther Fast

A successful Esther fast requires discipline, structure, and reliance on God's grace. The following guidelines help maximize the effectiveness of your fast while minimizing potential health risks.

Structuring Your Prayer Time

Create a prayer schedule to stay focused and intentional. Allocate specific times for prayer, worship, and meditation on scripture throughout the fast.

Staying Spiritually Connected

Stay connected with other believers who are fasting for encouragement and support. Share prayer points and testimonies to build faith and unity.

Breaking the Fast Safely

After the fast, reintroduce food gradually, starting with water and light meals to avoid digestive discomfort.

1. Consult a healthcare professional before starting if you have health concerns.
2. Prepare your mind and body with prayer and reduced food intake.
3. Maintain hydration before the fast begins.
4. Set clear objectives and keep a written list of prayer points.
5. Break the fast responsibly with light, easily digestible foods.
6. Reflect on answered prayers and give thanks to God.

Frequently Asked Questions about Esther Fast

Prayer Points

Below are answers to some of the most common questions about the Esther fast and its prayer points, providing clarity and guidance for those seeking a deeper spiritual experience.

Q: What is the Esther fast?

A: The Esther fast is a three-day period of fasting without food or water, based on the biblical account of Queen Esther, undertaken to seek God's intervention and deliverance in times of crisis.

Q: How long should the Esther fast last?

A: Traditionally, the Esther fast lasts for three consecutive days and nights, as described in the Book of Esther. Some individuals or groups may modify the duration based on their health or spiritual leading.

Q: What are some key Esther fast prayer points?

A: Key prayer points include seeking divine favor, deliverance from evil, wisdom and direction, reversal of negative decrees, restoration, and unity among believers.

Q: Is it safe to do the Esther fast (no food or water) for three days?

A: The Esther fast is intense and should be approached with caution. It is advisable to consult a healthcare professional before undertaking such a fast, especially for those with health conditions.

Q: Can I modify the Esther fast for health reasons?

A: Yes, individuals with health concerns can modify the fast by taking water or light meals as needed. The focus should remain on prayer and seeking God rather than the strictness of the fast.

Q: How do I prepare spiritually for the Esther fast?

A: Spiritual preparation includes repentance, forgiveness, setting clear prayer intentions, and seeking guidance from the Holy Spirit.

Q: What scriptures can I meditate on during the Esther fast?

A: Key scriptures include the Book of Esther chapters 4-7, Psalm 91, Daniel 9:3, and Joel 2:12-14.

Q: What should I do if I feel weak or unwell during the Esther fast?

A: If you feel unwell, it is important to break the fast and seek medical attention. Health should not be compromised for spiritual exercise.

Q: Can the Esther fast be done in a group?

A: Yes, the Esther fast is often done corporately, with families, churches, or communities joining together in prayer and fasting for a common purpose.

Q: What should I do after completing the Esther fast?

A: After the fast, gradually reintroduce food, reflect on the experience, give thanks to God, and continue in prayer as led.

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Esther Fast Prayer Points: Unleashing God's Power Through Focused Prayer

Are you facing a seemingly insurmountable challenge, a Goliath in your life that needs toppling? Do you feel the weight of impossible odds pressing down, leaving you feeling powerless and overwhelmed? Then you've come to the right place. This comprehensive guide delves into the powerful story of Esther and provides effective Esther fast prayer points to help you unlock divine intervention and experience God's transformative power in your situation. We'll explore the biblical context, provide specific prayer points, and equip you to approach God with faith and confidence. Prepare to be empowered to pray with purpose and boldness.

Understanding the Esther Fast: A Foundation of Faith and Action

The story of Esther in the Book of Esther is a powerful testament to courage, faith, and the unwavering power of prayer. Facing the threat of genocide against her people, Esther, a Jewish woman in the Persian court, bravely steps forward, putting her life on the line to intercede for her people. Her actions highlight the importance of courageous faith and fervent prayer in the face of adversity. An Esther fast isn't just about abstaining from food; it's a spiritual discipline designed to cultivate a deeper connection with God, enhancing our receptiveness to His guidance and strengthening our faith to overcome obstacles.

Key Elements of an Effective Esther Fast

Before diving into specific prayer points, it's crucial to understand the principles underlying a successful Esther fast. It's not simply about abstaining from food and drink; it's about a concerted spiritual effort involving:

Humility and Repentance: Begin by examining your heart, confessing any known sins, and humbly seeking God's forgiveness. A humble spirit is essential for receiving God's grace.

Focused Prayer: Dedicated prayer time is key. Avoid distracted prayer; instead, focus intensely on your requests and on God's presence.

Intercession for Others: Remember Esther's selfless act. Extend your prayers beyond your personal needs to encompass the needs of others, especially those facing similar struggles.

Fasting with Purpose: Define your goals for the fast. What specific areas do you need God's intervention in? Having clear intentions strengthens your focus.

Faith and Expectancy: Believe that God hears your prayers and will answer them according to His will and timing. Expect a breakthrough.

Powerful Esther Fast Prayer Points for Breakthrough

Now, let's explore some specific Esther fast prayer points to guide your prayers:

Prayer Points for Personal Breakthroughs:

For Strength and Courage: "God, grant me the courage of Esther, to face my challenges with boldness and unwavering faith. Fill me with your strength to overcome any obstacle in my path."

For Divine Guidance and Wisdom: "Lord, guide my steps and grant me wisdom to navigate this difficult situation. Illuminate my path and reveal the best course of action."

For Protection and Safety: "Father, I ask for your divine protection over myself and my loved ones. Shield us from harm and guide us to safety."

For Healing and Restoration: "Lord, heal my body, mind, and spirit. Restore me to wholeness and grant me the strength to move forward."

Prayer Points for Intercession:

For Your Nation: "God, I pray for our nation, for peace, justice, and righteousness to prevail. Protect our leaders and guide them in wisdom."

For Family and Friends: "Father, I lift up my family and friends to you. Protect them from harm, bless them abundantly, and guide them in your perfect will."

For Those Facing Persecution: "Lord, I pray for those facing persecution and oppression. Grant them strength, courage, and your divine protection."

For the Lost and Broken: "God, I pray for those who are lost and broken. Draw them to yourself, show them your love, and restore their lives."

Maintaining Momentum After the Fast

The Esther fast is not a one-time event; it's a powerful catalyst for spiritual growth. After your fast, continue to pray fervently, maintaining the momentum you've gained. Stay connected to God through prayer, scripture, and fellowship with other believers. Continue to live a life of faith and obedience, trusting in God's plan for your life.

Conclusion

Embarking on an Esther fast requires commitment, faith, and a willingness to seek God's face with a humble and expectant heart. By utilizing these Esther fast prayer points and embracing the principles of fasting, you can position yourself to receive God's abundant blessings and experience His transformative power in your life. Remember, God is faithful, and He hears the prayers of His children.

FAQs

1. How long should an Esther fast last? The duration of an Esther fast is a personal decision, guided by prayer and discernment. It could range from a single day to several days or even weeks.
2. What should I do if I feel weak during the fast? Prioritize rest and hydration. If weakness becomes severe, consider breaking the fast. Listen to your body and trust your intuition.
3. Can I pray for specific material needs during an Esther fast? Yes, you can certainly pray for specific material needs, but remember to align your requests with God's will and purpose.
4. Is it necessary to abstain from all food and drink during an Esther fast? While complete abstinence is common, partial fasts (e.g., abstaining from certain foods) are also acceptable. The

most important aspect is the spiritual discipline and focus on prayer.

5. What if I don't see immediate results after my Esther fast? Remember that God works in His own time and according to His perfect plan. Continue to trust in Him, and maintain your faith and perseverance. Your obedience and prayers are not in vain.

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esther fast prayer points: *Three to Twenty-One Days—Esther'S Progressive Prayer Fast* Dr. Pauline Walley-Daniels, 2013-12-23 Are you looking for ways to engage in Prayer and fasting more effectively? In this guide, Dr. Pauline Walley-Daniels reveals how Esther led people in an effective prayer fast that changed their circumstances for life. She explains how to fast and provides important prayer points that are applicable to any situation. Every year, Walley-Danielss home church and its affiliates set themselves apart to perform a progressive prayer fast based on Esthers encounter. Queen Esther declared the fast when she discovered that Haman, the enemy of the Jews, was plotting to destroy her people. It was a time when all came before God, fasting and crying to Him for family members and for breakthrough and deliverance from any Hamanic decrees enacted against them and their lives. Building on that model, this guide is a song of inspiration, an encouragement through each season of the fast. The insights and practical guidelines it offers enable each of us to break through the challenges and difficulties that confront our environment and our spiritual lives. Dr. Pauline Walley-Daniels fights a good fight of spiritual warfare. She presents powerful, effective prayers that are specific to the challenges individuals may face in fulfilling their destiny. Susan Slusher, Dean, Christian International Equipping Network

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confession and prayer points. the prayer points in this book are Holy Ghost anointed. A must have for every christian who desire to live a victorious life.

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entertain the reader. However, Grossman is more convinced by Mikhail Bakhtin's approach, and he labels his application of this approach to the reading of Esther as "theological carnivalesque." Bakhtin viewed the carnival (or the carnivalesque genre) as a challenge by the masses to the governing establishment and to accepted social conventions. He described the carnival as an eruption of ever-present but suppressed popular sentiments. The connection between the story of Esther and Bakhtin's characterization of the carnivalesque in narrative is evident especially in the book of Esther's use of the motifs of "reversal" and "transformation." For example, the young girl Esther is transformed from an exiled Jewess into a queen in one of the turnabouts that characterize the narrative. Many more examples are provided in this analysis of one of the Bible's most fascinating books.

esther fast prayer points: *900 Prayers that Break Curses and Spell* Oluwatosin Ogidan, 2020-09-26 A lot of people today are suffering from various spiritual attacks or the other. They have prayed and fasted many times but no solution to their problems. However, this is due to effect of curses and spells. When any one is cursed, the only remedy is to break the curse. Curses are contracts, requests to evil power for injury or evil to befall someone or something, they can be spoken words, incantations, or prayers that invoke evil spirits to do their evil work. A curse is also a ban or censure over a person, place or thing. A curse cannot come upon a child of God who is resting on the Word of God and who walks in the righteousness of Christ. You have the power and authority through the Blood and name of Jesus to cancel any curses or spells that have been sent against you. Because of Calvary, the power of Satan has been broken. All demons have already been conquered in Christ. Liberation is not a result of how much one may struggle, pray or resist, but is because of Christ Jesus alone. If you have never trusted Jesus as your personal Savior and want to receive eternal life, you may come to Him now. It is through His name that you can be delivered from the power of darkness and have all curses broken. The 900 prayers in this book is designed to break curses and spell in your life. There are also devotional prayers that will manifest your breakthrough, success, blessings, prosperity, financial and business breakthroughs.

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esther fast prayer points: *Our Daily Manna* Bishop Chris Kwakpovwe, 2017-03-12 March 2017 Day 2 DODGE THE PROCESS! MISS THE PRODUCT! BASIC SCRIPTURE: HABAKKUK 2: 1-4 Patience is profitable. It's a lost virtue in our culture today. There is so much craze for wealth because people are no more patient. Armed robbery, prostitution or corruption, etc, for example, are the consequences of impatience. The year 2017 is still young! Prayers are being prayed. Planning is going on. There is excitement in the spirit world because the word EVIDENCE is being announced worldwide over divine megaphones. But you must realize that there is always a time lag between the day you plant pineapple or apple seed and when you actually harvest the fruit from the full-grown tree. Every divine purpose delivers in stages and there is a time for every purpose on this earth including your own. Don't cage or hinder your destiny by seeking for shortcuts. If you dodge the process - patience, you will miss the product. Habakkuk 2:3 declares: for the vision is yet for an appointed time; but at the end, it shall speak and not lie. Though it tarry (as the year progresses), wait for it; because it will surely come, it will not tarry. God is bigger than our biggest plans. He is working on your behalf. You need patience to obtain this year. Don't compare yourself with others or look around negatively. God's calendar for you is not the same with your next-door neighbour. Patience mixed with praise and worship will shield you from avoidable mistakes. Meditate also, on Micah 7:7! Your year will end in peace and glory and there shall be EVIDENCE that you serve a living God. The fullness of any vision speaks only at the end. Wait! You will never end up in shame! Amen! PRAYER POINTS: Take Song 2: Standing on the ...1. In your own words, pray about today's word as led. 2. Make a commitment on your knees that you will not panic or hurry or dwell in self-comparison with others. 3. Use the Gems For Success page before bedtime today

esther fast prayer points: *Re-booting Your Stagnant Prayer Life!!!* Elgibbor Prayer Partner, 2014-02-04 This participatory book challenges all prayerful people to delve more into praying deeply. Easy to use...and easy to follow....all serious minded Christian prayer warriors will learn new ways of attacking the evil one whilst they themselves are being empowered. The book is intended to help anyone who desires to pray effectively in their daily lives. This is not a book you read to finish, but is a practical book that enables you to practice what you already know and are in agreement to. The kingdom of darkness is given no room to maneuver as all known and unknown tactics of the devil are exposed, disassembled and put in the open for spiritual destruction. The battle is in the spiritual realm...so are the prayers. These are not prayers to petition Jehovah for new things...but

very strong spiritual petitions to strengthen the praying person. The reader is quickly immersed in hard hitting straight to the point no holds barred type of spiritual praying that takes no prisoners and is brutally unapologetic.

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Nerses of Clajes, Gallican Sacramentary, Armenian Liturgy, Basil, Chrysostom, Augustine, Apostolic Constitutions); and, Fifth Century Prayers (Liturgy of the Nestorians, Ancient Collect, Leonine Sacramentary, Gelasian Sacramentary, Liturgy of the Blessed Apostles).

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Prayer Battle 2 Dr. D. K. Olukoya, 2021-08-05 O Thou that hearest prayer, unto thee shall all flesh come. Psalm 65:2 (KJV) Howbeit this kind goeth not out but by PRAYER AND FASTING. Matthew 17:21 (KJV). Some mountains will not fall unless they are bombarded with the artillery of prayer and fasting. The weapon of prayer and fasting have been known to do wonders when other methods have failed. In addition, some breakthroughs are impossible unless there is regular, consistent, concerted, constant bombardment of prayers. The prayer points for this year's programme have been specially vomitted by the Holy Ghost to bring salvation, deliverance and healing of the spirit, soul and body to God's people. Pray them with determination, pray them with aggression, pray them with violence in your spirit, pray them with violent faith, pray them with great expectation and your life will never remain the same. The God who answereth by fire will surely answer you, in Jesus' name. Your friend in the school of prayer, Dr. D.K. OLUKOYA HOW IT WORKS The fasting & prayer programme begins 09 August 2021 and runs through 17 October, 2021, each day of the week from Monday to Sunday. On Mondays and Fridays, you break your fast at 5 PM local time; every other day you break at 2 PM local time. Children participating in the programme should break their fast at 12 PM local time daily

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outline and the relation of its message to its book, and to Scripture as a whole. Finally, after interpreting and applying the text's message in and for today's culture, the method instructs the expositor in appropriating the fruit of exegesis for the sermon or Bible lesson. A final chapter describes possibilities for periodic in-depth study. As *Greek Is Great Gain* presents each part of the method, it gives a purpose or rationale for the step and any necessary background, a list of resources to use, a procedure to follow, and a sample exegesis. A Grammar Guide appendix gives in outline form features of form and function for intermediate grammar. And there are charts to aid in analysis. *Greek Is Great Gain* clearly lives up to its subtitle in providing a method that successfully moves preachers or teachers of the Word from Exegesis to Exposition.

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