

THREE-DAY ESTHER FAST PRAYER PROGRAM

ANCHOR SCRIPTURE:

Esther 4:16

"Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king..."

BACKGROUND OF THE ESTHER FAST

The Esther Fast is modeled after Queen Esther's courageous act when the lives of her people were threatened with extinction. Faced with a crisis, Esther called for a three-day dry fast—no food or water—seeking divine intervention, favor before the king, and a reversal of evil decrees. This fast led to the salvation of the Jews, divine vindication, and a total turnaround of what was meant for destruction. The Esther Fast teaches us the power of consecration, intercession, and boldness in critical moments.

OUTCOME OF THE FAST

- Divine favor and supernatural access to kings and decision-makers
- Reversal of demonic decrees and satanic judgments
- National and personal deliverance
- Sudden elevation and restoration
- Destiny fulfillment and divine establishment

The fast concluded with honor for Esther and Mordecai, the destruction of Haman (the enemy), and a new season of joy and celebration for God's people.

SIGNIFICANCE OF THE FAST IN TIMES LIKE THIS

In times of political instability, spiritual dryness, increasing evil, and economic hardship, the Esther Fast becomes relevant. We live in an era where destinies are under siege, ungodly laws are rising, and the church is being tested. This fast

repositions us for divine help, aligns our hearts with God's will, and brings about deliverance from spiritual and physical attacks. Just like Esther, believers today must rise to contend for divine purposes through sacrifice, prayer, and obedience.

REASONS TO EMBARK ON AN ESTHER FAST

- When faced with urgent life-or-death matters
- When seeking divine direction or supernatural favor
- To break spiritual resistance or territorial oppression
- To reverse generational curses or foundational battles
- To birth a new season or step into destiny
- When advocating for family, ministry, or national breakthrough
- To rebuild spiritual altars and re-align with God

ACTIVITY LIST:

1. List the Reasons you have decided to embark on this fast
2. List out all the things you intend to do throughout the three days
3. Commit to a Prayer Schedule
Note: it is always best to do an Esther Fast on a Weekend (start on Friday) with an end day of Sunday as it is intense. Or preferably, you can start when you are on Holidays.
4. Please check with your Doctor as a three day fast without food can be taxing. Ensure you are ready.

DAY 1: CONSECRATION AND REPENTANCE

Focus: Heart purification, humility, brokenness, and alignment with God's will.

1. Lord, create in me a clean heart and renew a right spirit within me. – *Psalms 51:10*
2. I return to You with all my heart. Have mercy on me. – *Joel 2:13*
3. Draw near to me as I draw near to You today, Lord. – *James 4:8*
4. Wash me clean and make me white as snow. – *Isaiah 1:18*
5. Purify my heart from an evil conscience. – *Hebrews 10:22*
6. I humble myself; hear from heaven and heal my land. – *2 Chronicles 7:14*

7. Let no iniquity hinder my prayers, O Lord. – *Psalm 66:18*
8. Search me and lead me in the way everlasting. – *Psalm 139:23–24*
9. I examine my ways and return to You. – *Lamentations 3:40*
10. I present my body as a living sacrifice, holy and acceptable. – *Romans 12:1*
11. Purify my heart so I may see You. – *Matthew 5:8*
12. Replace my stony heart with a heart of flesh. – *Ezekiel 36:26*
13. Cleanse my lips and make me righteous. – *Isaiah 6:7*
14. I confess and forsake my sins; grant me mercy. – *Proverbs 28:13*
15. Break up my fallow ground; rain righteousness on me. – *Hosea 10:12*
16. Give me clean hands and a pure heart. – *Psalm 24:3–4*
17. Cleanse me through Your word. – *John 15:3*
18. Refine me like gold and make me righteous. – *Malachi 3:3*
19. Work in me to will and do Your pleasure. – *Philippians 2:13*
20. Forgive and cleanse me from all unrighteousness. – *1 John 1:9*
21. Revive my contrite and humble spirit. – *Isaiah 57:15*
22. Let not sin reign in my mortal body. – *Romans 6:12*
23. I crucify every fleshly lust. – *Galatians 5:24*
24. I mortify every ungodly desire in me. – *Colossians 3:5*
25. Sanctify me wholly – spirit, soul, and body. – *1 Thessalonians 5:23*
26. Cleanse me from secret faults. – *Psalm 19:12*
27. Forgive me as I forgive others. – *Matthew 6:12*
28. I walk no longer in condemnation. – *Romans 8:1*
29. Purge my conscience from dead works. – *Hebrews 9:14*
30. Let me delight to do Your will. – *Psalm 40:8*
31. I confess and uncover my iniquity. – *Psalm 32:5*
32. I come in brokenness; heal and restore me. – *Psalm 34:18*
33. Create a new spirit within me. – *Ezekiel 18:31*
34. I accept Your correction and repent. – *Revelation 3:19*
35. Teach me to do Your will. – *Psalm 143:10*
36. Like the prodigal, I return home to You. – *Luke 15:20*
37. I put on Christ and reject the flesh. – *Romans 13:14*
38. Make me holy as You are holy. – *1 Peter 1:16*
39. Help me to live soberly and righteously. – *Titus 2:12*
40. Restore the joy of Your salvation in me. – *Psalm 51:12*

DAY 2: DIVINE FAVOUR AND ACCESS TO KINGS

Focus: Supernatural favour, divine access, open doors, acceptance before men and God.

1. Let me find favour in Your sight and before kings. – *Esther 5:2*
2. Surround me with favour like a shield. – *Psalms 5:12*
3. Turn the hearts of decision-makers in my favour. – *Proverbs 21:1*
4. Let strangers build my walls and kings serve me. – *Isaiah 60:10*
5. Let Your favour distinguish me. – *Genesis 39:21*
6. Increase me in favour with God and man. – *Luke 2:52*
7. Let favour speak where I cannot. – *Exodus 3:21*
8. Grant me mercy before influential people. – *Nehemiah 1:11*
9. Let me find favour beyond qualifications. – *Ruth 2:10*
10. The set time to favour me has come. – *Psalms 102:13*
11. Make my paths straight before me. – *Isaiah 45:2*
12. Turn my weeping to joy by Your favour. – *Psalms 30:5*
13. Grant me good understanding and favour. – *Proverbs 3:4*
14. Crown me with uncommon favour. – *Esther 2:17*
15. Grant me life and divine preservation. – *Job 10:12*
16. Raise voices that will speak for me. – *2 Samuel 9:1*
17. Give me blessings by favour, not labour. – *Psalms 44:3*
18. This is my year of divine acceptance. – *Isaiah 61:2*
19. Pour favour and rain in my season. – *Zechariah 10:1*
20. Open doors no man can shut. – *Revelation 3:8*
21. Let kings seek what You put in me. – *1 Kings 10:24*
22. Grant me favour with those in authority. – *Daniel 1:9*
23. Let me obtain favour and life. – *Proverbs 8:35*
24. Make me bold before oppositions. – *Jeremiah 1:18–19*
25. Let my promotion come from You. – *Psalms 75:6–7*
26. Let every door I knock open. – *Matthew 7:7*
27. Let favour overtake all my efforts. – *Ecclesiastes 9:11*
28. Let kings and nobles honour me. – *Isaiah 49:23*
29. Deliver me and grant me favour. – *Acts 7:10*
30. Withhold no good thing from me. – *Psalms 84:11*
31. Let every royal decree be reversed in my favour. – *Esther 8:5*
32. Satisfy me with favour and bless my land. – *Deuteronomy 33:23*
33. Let me walk in divine acceptance. – *Acts 2:47*
34. Do not let Your favour pass me by. – *Genesis 18:3*
35. Let me see Your face with joy. – *Job 33:26*

36. Let Your favour confirm my victory. – *Psalm 41:11*
37. Give nations in exchange for me. – *Isaiah 43:4*
38. Choose me by divine election. – *1 Chronicles 28:4*
39. Visit me like You did others. – *Psalm 106:4*
40. Let kings ask, “What is your request?” – *Esther 5:3*

DAY 3: DELIVERANCE, REVERSAL, AND ESTABLISHMENT

Focus: Judgment reversed, divine lifting, possession of inheritance, and establishment.

1. Let every evil decree be rewritten in my favour. – *Esther 8:8*
2. Destroy every yoke by the anointing. – *Isaiah 10:27*
3. Let me escape every trap of the enemy. – *Psalm 124:7*
4. I declare my destiny shall shine. – *Job 22:28*
5. Redeem me from every curse. – *Galatians 3:13*
6. Let no weapon formed against me prosper. – *Isaiah 54:17*
7. Let strangers submit and flee. – *Psalm 18:44–45*
8. Let the tables turn in my favour. – *Esther 9:1*
9. Every mountain becomes plain. – *Zechariah 4:7*
10. I receive double for my shame. – *Isaiah 61:7*
11. Turn again my captivity, O Lord. – *Psalm 126:1*
12. I overcome by the blood of the Lamb. – *Revelation 12:11*
13. I trample on serpents and scorpions. – *Luke 10:19*
14. Do a new thing in my life. – *Isaiah 43:19*
15. Heal me and restore my health. – *Jeremiah 30:17*
16. Let God arise, and enemies scatter. – *Psalm 68:1*
17. Let my name rise in honour. – *Esther 9:4*
18. Lift my head above my enemies. – *Psalm 27:6*
19. Restore all that I have lost. – *Joel 2:25*
20. I possess my possessions. – *Obadiah 1:17*
21. Establish Your plan in my life. – *Jeremiah 29:11*
22. Give me a new name and identity. – *Isaiah 62:2*
23. Perfect and settle me. – *1 Peter 5:10*
24. Let my light break forth like dawn. – *Isaiah 58:8*
25. Break every bar off my neck. – *Nahum 1:13*
26. Be the lifter of my head. – *Psalm 3:3*
27. Though I fell, I arise now. – *Micah 7:8*
28. Let foundations shake and doors open. – *Acts 16:26*
29. Bring me into a large place. – *Psalm 18:19*

30. Deliver me from the mighty. – *Isaiah 49:25*
31. Perfect all that concerns me. – *Psalms 138:8*
32. Uproot everything You did not plant. – *Matthew 15:13*
33. Undo everything that afflicts me. – *Zephaniah 3:19*
34. Send help from Your sanctuary. – *Psalms 20:1*
35. Give me rest from sorrow. – *Isaiah 14:3*
36. Make me more than a conqueror. – *Romans 8:37*
37. Raise a standard against the enemy. – *Isaiah 59:19*
38. Put Your Spirit in me and settle me. – *Ezekiel 37:14*
39. Let nations fear Your works in me. – *Jeremiah 33:9*
40. Make me great and a voice of peace. – *Esther 10:3*

Prayer of Thanksgiving and Declaration of Victory

Heavenly Father,

I come before You today with a heart overflowing with gratitude and thanksgiving. Thank You for the grace, strength, and divine favor You've poured upon me throughout this Esther Fast. You have been my refuge, my strength, and my deliverer, and I give You all the glory for seeing me through this time of prayer and consecration. I thank You for the spiritual breakthroughs, the clarity, and the answers that You have already released. I praise You for Your faithfulness and for working on my behalf in ways seen and unseen.

Today, I declare victory in every area of my life! In Jesus' Name, I speak over my destiny, declaring that I am more than a conqueror. Every battle I've faced, I have overcome by the blood of the Lamb. I receive supernatural favor, breakthrough, and open doors. I declare that all plans of the enemy are nullified, and the victory of Christ is manifesting in my life. I possess my inheritance, and I walk in divine health, peace, and prosperity.

Father, I thank You for the victory that is already mine. I seal this fast with a heart of praise and confidence in Your unshakable promises. To You be all glory, honor, and praise. In Jesus' Name, I pray. Amen.

Please go ahead and follow up with the following 100 Declarations:

Declarations of Victory and Deliverance

1. I have found favor in the sight of God and man.
— *Esther 5:2*
2. God has gone ahead of me and reversed every evil decree.
— *Esther 9:1*
3. My enemies shall fall into the traps they set for me.
— *Esther 7:10*
4. No weapon formed against me shall prosper.
— *Isaiah 54:17*
5. The Lord has delivered me from the snare of the fowler.
— *Psalms 91:3*
6. God has turned my mourning into dancing.
— *Psalms 30:11*
7. The evil decree has been overturned for my good.
— *Esther 8:5–8*
8. God has raised me for such a time as this.
— *Esther 4:14*
9. I am more than a conqueror through Christ.
— *Romans 8:37*
10. The Lord fights my battles and I hold my peace.
— *Exodus 14:14*
11. God has delivered me from sudden destruction.
— *Psalms 91:6–7*
12. The Lord is my refuge and fortress.
— *Psalms 91:2*
13. The powers that sought my downfall are now disgraced.
— *Psalms 35:4*
14. I shall not die but live to declare the works of the Lord.
— *Psalms 118:17*
15. God has made a way where there was no way.
— *Isaiah 43:19*
16. I am hidden in the shadow of the Almighty.
— *Psalms 91:1*
17. The Lord has rescued me from every evil attack.
— *2 Timothy 4:18*
18. I walk in divine protection.
— *Psalms 121:7–8*
19. Every plot against me is turned into promotion.
— *Genesis 50:20*
20. I have overcome by the blood of the Lamb.
— *Revelation 12:11*
21. The King has stretched forth the golden scepter to me.
— *Esther 5:2*
22. I enjoy unusual favor in high places.
— *Psalms 5:12*

23. Doors are opening for me that no one can shut.
— *Revelation 3:8*
24. I am clothed in the garment of favor.
— *Esther 5:1*
25. I attract helpers of destiny.
— *Esther 2:15*
26. My name is being mentioned for elevation.
— *Esther 6:1–10*
27. I am seated with kings and queens in high places.
— *Ephesians 2:6*
28. Favor surrounds me like a shield.
— *Psalms 5:12*
29. I have access to divine secrets.
— *Daniel 2:22*
30. God is lifting my head above my enemies.
— *Psalms 27:6*
31. The Lord makes even my enemies to be at peace with me.
— *Proverbs 16:7*
32. I receive favor to speak, and men listen.
— *Esther 7:3*
33. The scepter of favor shall not depart from my hand.
— *Genesis 49:10*
34. My season of divine remembrance has come.
— *Esther 6:1*
35. My Esther fast has opened heavenly doors.
— *Matthew 17:21*
36. I am a carrier of royal favor.
— *Proverbs 22:11*
37. God has anointed me with the oil of gladness.
— *Psalms 45:7*
38. My face is radiant with divine beauty.
— *Psalms 34:5*
39. The Lord has crowned me with lovingkindness and mercy.
— *Psalms 103:4*
40. I am highly favored among many.
— *Luke 1:28*
41. I walk boldly in my divine assignment.
— *Esther 4:16*
42. I am chosen for this generation.
— *1 Peter 2:9*
43. The hand of the Lord is upon me.
— *Ezekiel 37:1*
44. I step into rooms designed for my destiny.
— *Proverbs 18:16*
45. I fulfill purpose without fear.
— *Jeremiah 1:8*

46. I have wisdom and boldness for divine assignments.
— *Esther 7:3–4*
47. My gift is making room for me.
— *Proverbs 18:16*
48. I shall not miss my moment of elevation.
— *Esther 2:17*
49. God has established me for impact.
— *Matthew 5:14*
50. I walk in full alignment with God's will.
— *Romans 12:2*
51. I am a voice of deliverance in my generation.
— *Isaiah 61:1*
52. The purpose of God for my life shall stand.
— *Isaiah 46:10*
53. I have divine clarity and direction.
— *Proverbs 3:5–6*
54. I am a vessel of honor in the hands of God.
— *2 Timothy 2:21*
55. I am not small—I am mighty in Christ.
— *Judges 6:14*
56. I shall fulfill the number of my days.
— *Exodus 23:26*
57. I rise above limitations and stagnation.
— *Isaiah 60:1*
58. I will not be silent until righteousness breaks forth.
— *Isaiah 62:1*
59. I walk into prepared places.
— *John 14:2*
60. My destiny is preserved and secured in Christ.
— *Psalms 138:8*
61. I experience supernatural breakthrough in every area.
— *Micah 2:13*
62. I step into sudden turnarounds.
— *Psalms 126:1–3*
63. Every delay is now turned into divine acceleration.
— *Amos 9:13*
64. I possess the gates of my enemies.
— *Genesis 22:17*
65. My promotion comes from the Lord.
— *Psalms 75:6–7*
66. The God of breakthrough has gone before me.
— *2 Samuel 5:20*
67. I am rising from the ashes into greatness.
— *Isaiah 61:3*

68. I receive keys to unlock closed doors.
— *Isaiah 22:22*
69. My hands shall not labor in vain.
— *Isaiah 65:23*
70. The works of my hands are blessed.
— *Deuteronomy 28:12*
71. The desert in my life is blossoming.
— *Isaiah 35:1*
72. I reap in joy what I sowed in tears.
— *Psalms 126:5*
73. Divine recompense is my portion.
— *Isaiah 40:10*
74. God is opening rivers in my dry places.
— *Isaiah 43:19–20*
75. I am a sign and a wonder in this generation.
— *Isaiah 8:18*
76. All things are working together for my good.
— *Romans 8:28*
77. My story is changing for the better.
— *Job 42:10*
78. Restoration is mine in double measure.
— *Joel 2:25*
79. I move from scarcity into overflow.
— *Psalms 23:5*
80. Every chain has been broken—my liberty has come.
— *Isaiah 10:27*
81. I am seated with Christ in heavenly places.
— *Ephesians 2:6*
82. I carry the presence and power of God.
— *Acts 1:8*
83. I am the light of the world.
— *Matthew 5:14*
84. I am salt to my generation.
— *Matthew 5:13*
85. The Spirit of the Lord is upon me.
— *Isaiah 61:1*
86. I trample on serpents and scorpions.
— *Luke 10:19*
87. I am a royal priesthood and holy nation.
— *1 Peter 2:9*
88. I am born of God and I overcome the world.
— *1 John 5:4*
89. I am God's beloved—nothing can separate me from His love.
— *Romans 8:38–39*

90. I am blessed with all spiritual blessings.
— *Ephesians 1:3*
91. I carry resurrection power within me.
— *Romans 8:11*
92. I walk in the authority of the name of Jesus.
— *Philippians 2:10*
93. The anointing upon me breaks yokes.
— *Isaiah 10:27*
94. I am a temple of the Holy Spirit.
— *1 Corinthians 6:19*
95. I shine like a star in this world.
— *Philippians 2:15*
96. I carry wisdom beyond my years.
— *James 1:5*
97. I am crowned with glory and honor.
— *Psalms 8:5*
98. The Lord is my shepherd—I lack nothing.
— *Psalms 23:1*
99. I am marked by the blood of Jesus.
— *Exodus 12:13*
100. The favor and hand of God are forever upon me.
— *Nehemiah 2:8*