



FASTING INSTRUCTIONS

DAY	TIME	
2/22 - 2/24	3 DAYS	Esther Fast

To break all addictions, habits, and bondages (alcohol, drugs, nicotine, food, lust, etc.), the first three days we will ABSTAIN from ALL SOLID FOOD to starve out addiction toxins from every cell of the body. Only water is permitted. Toxins will be released from the body by channels of elimination. *If you choose not to do the Esther fast, please follow phase one instructions below.

DAY	TIME	
2/22 - 3/23	30 DAYS	Phase One

During the first phase of the fast, you will skip breakfast and lunch and will fast from MIDNIGHT TO DINNER. Remember to drink plenty of water. If you feel any weakness or dizziness, a glass of fruit or vegetable juice is permitted. This is normal because the body is ridding itself of stored –up toxins. During dinner, ABSTAIN from eating pork, red meats, and desserts. Avoid drinking soda and coffee.

DAY	TIME	
3/24 - 4/02	10 DAYS	Phase Two

During phase two, continue to fast from midnight to dinner. ABSTAIN from consuming ALL MEATS including fish, seafood, chicken, poultry, pork, and red meats until the fast ends on April 2nd (Palm Sunday)

Spiritual **PREPARATION**

PRAY

Begin praying for your fast a week before it begins. Ask the Lord to reveal any confessed sin, un-forgiveness, or rebellion. When He reveals it to you (and He will), confess your sin quickly and repent. Make a verbal commitment to the Lord and allow God to get your heart ready for what He wants to do in your life and during this time of fasting.

READ

READ bible verses on fasting. Study passages in the Bible that have to do with fasting so that you may gain insight on people who fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages are Isaiah 58, 2 Chron. 20:1-4, Ezra 8:21-23, Neh. 1:1-4, Est. 4:15-17, and Matt. 4:1-11.

ACCESS JOURNAL

Use your 2023 TOJ fasting and devotional journal. Your journal provides valuable information regarding your fast. Use it to document corporate prayer requests, praises, and answers to your prayer. You will also record what the Lord shows you through His Word.

PRAYER REQUESTS

Write down your personal prayer requests; bring them to the altar. What do you want God to do during your fast? Write down your primary reasons for fasting. Record your personal prayer requests in your journal.





Physical **PREPARATION**

Each morning, wash your face and anoint your head with the blessed oil. Read your daily scriptures and devotions and follow your fasting instructions.

Remember to abstain from the following during the fast:

- Sugar and sweeteners (Cakes, Pies, Cookies, Deserts, Etc)
- Alcohol
- Red Meat and Pork
- Deep-fried foods
- Caffeine
- All solid fats
- Leavened breads (anything made with yeast, baking soda, baking powder, etc.) and baked goods.

Food to Consume:

- Fish, seafood and chicken
- Plenty of vegetables and fruit
- Drink plenty of water
- You may have a little juice if you are feeling weak.

You are fasting from sun-up until dinner time (7 days a week). In the alternative, please adjust your mealtime to coincide with your work schedule.



THE HOLY WORD



DAILY SCRIPTURES



2/23

THURSDAY

Day Two

Put on therefore, as the elect of *God*, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering. Colossians 3:12

[illegible]

2/24

FRIDAY

Day Three

forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. Colossians 3:13

[illegible]

2/25

SATURDAY

Day Four

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. Philippians 4:6

[illegible]

2/26

SUNDAY

Day Five

The LORD hath heard my *supplication*; The LORD will receive my *prayer*.
Psalm 6:9

[illegible]

2/27

MONDAY

Day Six

Likewise the Spirit also helpeth our infirmities: for we know not what we should *pray* for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. Romans 8:26

[illegible]

2/28

TUESDAY

Day Seven

Hear my *prayer*, O God; Give ear to the words of my mouth. Psalm 54:2

[illegible]

3/01

WEDNESDAY

Day Eight

And this is *love*, that we walk after his commandments. This is the commandment, That, as ye have heard from the beginning, ye should walk in it. 1l John 1:6

[illegible]

3/03

FRIDAY

Day Ten

As the Father hath loved me, so have I loved you: continue ye in my love. If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. John 15:9-10

[illegible]

3/04

SATURDAY

Day Eleven

For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14-15

[illegible]

3/05

SUNDAY

Day Twelve

But let the righteous be glad; let them *rejoice* before God: Yea, let them exceedingly *rejoice*. Psalm 68:3

[illegible]

3/06

MONDAY

Day Thirteen

But after that the kindness and love of God our Saviour toward man appeared, not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; which he shed on us abundantly through Jesus Christ our Saviour; that being justified by his grace, we should be made heirs according to the hope of eternal life. Titus 3:4-7

[illegible]

3/07

TUESDAY

Day Fourteen

Be not wise in thine own eyes: Fear the LORD, and depart from evil. Proverbs 3:7

[illegible]

3/08

WEDNESDAY

Day Fifteen

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, to the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.
Jude 1:24-25

[illegible]

3/09

THURSDAY

Day Sixteen

And he said unto me, My *grace* is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. II Corinthians 12:9

[illegible]

3/10

FRIDAY

Day Seventeen

Let us therefore come boldly unto the throne of *grace*, that we may obtain mercy, and find *grace* to help in time of need. Hebrews 4:16

[illegible]

3/12

SUNDAY

Day Nineteen

Behold, God is my *salvation*; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my *salvation*.

Isaiah 12:2

[illegible]

3/13

MONDAY

Day Twenty

Sing unto the LORD, all the earth; Shew forth from day to day his *salvation*. 1
Chronicles 16:23

[illegible]

3/14

TUESDAY

Day Twenty-one

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Isaiah 41:10

[illegible]

3/15

WEDNESDAY

Day Twenty-two

Commit thy works unto the LORD, And thy thoughts shall be established.
Proverbs 16:3

[illegible]

3/16

THURSDAY

Day Twenty-three

The *God* of *my* rock; in him will *I* trust: He *is* *my* shield, and the horn of *my* salvation, *my* high tower, and *my* refuge, *My* saviour; thou savest me from violence. II Samuel 22:3

[illegible]

3/17

FRIDAY

Day Twenty-four

We will rejoice in thy salvation, and in the name of our God we will set up our banners: The LORD fulfil all thy petitions. Psalm 20:5

[illegible]

3/18

SATURDAY

Day Twenty-five

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will *heal* their land. II Chronicles 7:14

[illegible]

3/20

MONDAY

Day Twenty-seven

Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise. Jeremiah 17:14

[illegible]

3/21

TUESDAY

Day Twenty-eight

I create the fruit of the lips; Peace, peace to him that is far off, and to him that is near, saith the LORD; and I will *heal* him. Isaiah 57:19

[illegible]

3/22

WEDNESDAY

Day Twenty-nine

The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him. Nahum 1:7

[illegible]

Brethren, I count not myself to have apprehended: but this one *thing* I do, forgetting those things which are behind, and reaching forth unto those things which are before, Philippians 3:13

3/24

FRIDAY

Day Thirty-one

Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. Hebrews 13:5

[illegible]

3/25

SATURDAY

Day Thirty-two

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in *secret*; and thy Father which seeth in *secret* shall reward thee openly. Matthew 6:6

[illegible]

3/26

SUNDAY

Day Thirty-three

Be careful for nothing; but in every *thing* by prayer and supplication with thanksgiving let your requests be made known unto God. Philippians 4:6

[illegible]

3/28

TUESDAY

Day Thirty-five

but rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall *be* revealed, ye may *be glad* also with exceeding joy. 1 Peter 4:13

[illegible]

3/29

WEDNESDAY

Day Thirty-six

Glory ye in his holy name: Let the heart of them *rejoice* that seek the LORD.

1 Chronicles 16:10

[illegible]

3/30

THURSDAY

Day Thirty-seven

Rejoice in the LORD, ye righteous; And give thanks at the remembrance of his holiness. Psalm 97:12

[illegible]

3/31

FRIDAY

Day Thirty-eight

Delight thyself also in the LORD; And he shall give thee the desires of thine heart.

Psalm 37:4

[illegible]

SATURDAY

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. Hebrews 12:1-2

[illegible]

PALM SUNDAY

On the next day much people that were come to the feast, when they heard that Jesus was coming to Jerusalem, took branches of palm trees, and went forth to meet him, and cried, Hosanna: Blessed is the King of Israel that cometh in the name of the Lord. John 12:12-13

[illegible]