



The Esther Diet and the Esther Fast – Which should I do?

I often receive requests related to my blog posts on the Esther Diet and the Esther Rituals. Many women want to go through the same processes Esther went through, however, they don't know where to begin.

- What should I eat on the Esther diet?
- What should I fast from on the Esther fast?

To decide what plan you should follow, you must identify your own purpose. What is God calling YOU to do?

Do you need a Physical Cleanse to heal so your body is able to accomplish God's plans and purposes for your life?

The Esther Diet & Oils is briefly mentioned in Esther 2:12-13

[2In the twelve months before her turn to go to King Xerxes, the harem regulation required each young woman to receive beauty treatments with oil of myrrh for six months, and then with perfumes and cosmetics for another six months.](#) ¹³When the young woman would go to the king, she was given whatever she requested to take with her from the harem to the king's palace....(Berean's Study Bible)

The purpose of the 12-month Beauty ritual and diet was for Physical Cleansing.

The foods and oils were chosen to eliminate parasites, boost the immune system, cleanse of fungus, all types of bacteria and disease. This was to protect the king and to make the young woman as beautiful and desirable as possible.

You probably already know there are MANY different types of cleanses available today. Some are safe and some are dangerous. I have 15-years'-experience helping women and their families cleanse their body, soul and spirit with real, God-Made-Food and God-Made-Health practices.

My 6-week-program, **Be Nourished 4 Life** is a biblically based, pre-recorded program that walks you step-by-step through a cleanse of your body, soul and spirit. In this program you will have access to a plan, recipes and teaching to learn not only "how" but "why" and you also learn to create a sustainable healthy lifestyle.

Learn More about Be Nourished 4 Life here

<https://benourished4life.teachable.com/p/feel-n-fastastic2018/>



Do You Need to Hear From God?

The Esther Fast

The second time eating is mentioned is when Esther called a 3-day-fast before she approached the king to save her people. Esther 4:15-17

15 Then Esther sent this reply to Mordecai: **16** “Go and assemble all the Jews who can be found in Susa, and fast for me. Do not eat or drink day or night for three days, and I and my maidens will fast as you do. After that, I will go to the king, even though it is against the law, and if I perish, I perish.” **17** So Mordecai went and did all that Esther had instructed him....

Esther 4:15-17 – The purpose of the 3-day fast was for Spiritual Cleansing

The lives of Esther and her people were in great danger. Esther needed to be spiritually pure and able to hear the voice and wisdom of God AND she needed her husband to respond to God’s voice and not her own.

Esther’s husband already loved and respected her because she had a gentle and quiet spirit. But there was much at stake for him as well. He had signed an edict that could not be overturned, the wisdom of God was required to save Esther’s people.

Many people have the wrong idea that fasting is to get God’s attention. This is not true. We always have God’s attention. Fasting is for God to get our attention. Physically, God created a very small gland in your brain called the Pineal gland. When you refrain from eating your Pineal gland becomes very active. It actually allows you to be more spiritually focused than physically focused! God created physical mechanisms for you to connect with Him spiritually.

Isaiah 58 is the perfect chapter for you to study to learn how to fast in a way that God planned for us to fast. Fasting is not just about “not eating” ... it’s about using the time and resources we would normally eat to connect with God through prayer and His Word and to use the resources we would normally use to purchase food, to give to and help those in need.

You are welcome to download my personal fasting guide and journey here...

<https://www.thewellnessworkshop.org/wp-content/uploads/2019/11/FASTING-FOR-BREAKTHROUGH.pdf>