



# 2026 21-Day Daniel Fast eGuidebook

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# Welcome to The Year of Freedom

As we embark on another end-time new year, we celebrate the goodness, the love, and the faithfulness of God as we look forward to the imminent return of our Lord and Saviour, Jesus Christ.

We are anticipating total freedom so we can accomplish great exploits for the Kingdom. We are intentional about pursuing complete freedom in 2026—spiritually, emotionally, socially, physically, and financially.

These 21 days will set the tone for what the rest of the year will produce.

Thank you for joining us on this transformative journey.

*Bishop Ed & Pastor Jenna-Leigh Bilong*



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## Foundation Scripture

*Then the Lord said to Moses, "Go to Pharaoh and say to him, 'This is what the Lord says: Let my people go, so that they may worship me.*

**Exodus 8:1 (NIV)**

# Why Join the Fast?

Choosing to fast together at the start of the year is a powerful way to align with God's will and purpose. Here's why joining the fast matters:



## Spiritual Alignment

Fasting helps quiet distractions and positions your heart to hear God clearly and align with His will.



## Intentional Freedom

This time of prayer and consecration invites freedom spiritually, emotionally, physically, socially, and financially.



## Biblical Discipline

Fasting strengthens your spirit to lead over the flesh, building endurance and spiritual maturity for the year ahead.



## Daniel Fast Focus

We observe a Daniel Fast, centering on simple, plant-based foods as a biblical expression of humility, discipline, and devotion to God.



"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

**Isaiah 58:6**

# First Time

## Doing the Daniel Fast

If this is your first time doing the Daniel Fast, let me just say: welcome to a powerful journey of spiritual focus and intimacy with God. The Daniel Fast isn't just about what you eat or don't eat—it's about creating space in your life to hear God more clearly, grow deeper in faith, and align yourself with His purposes.



The fast is based on the story of Daniel in the Bible, who, even in a foreign land, chose to honour God with his body and his devotion. He committed to a simple diet of vegetables and water instead of the rich food of the Babylonian palace. His choice wasn't just about food—it was an act of obedience, discipline, and trust that God would honour his faithfulness.

### Stay in the Word...

Here are some scriptures for you to study as you prepare: Daniel 1:8-16, Daniel 10:2-3, Matthew 4:4, and Hebrews 11:6. I encourage you to stay committed until the end. This is a season of breakthrough, clarity, and spiritual growth—so step in with faith and let God move in your life.

Staying in the Word and in prayer is key to sustaining your focus and strength throughout the fast. Let God's Word guide your thoughts, your choices, and your actions each day.

Take intentional moments to seek His presence and listen for His voice. Remember, the fast is not just about what you give up, but about what God will reveal, renew, and release in your life as you draw near to Him.

Also, if you have any chronic conditions or health concerns, please consult your doctor before starting the fast to ensure it is safe for you.

# Guidelines for the Daniel Fast:

## What to Eat and What to Avoid

### Foods You Can Eat on the Daniel Fast

1. Fruits (fresh, frozen, dried, or canned without added sugar)
2. Vegetables (fresh, frozen, or canned without additives)
3. Whole grains (brown rice, quinoa, oats, barley, etc.)
4. Legumes (beans, lentils, chickpeas, etc.)
5. Nuts and seeds (raw, unsalted)
6. Plant-based oils (olive, avocado, coconut, etc.)
7. Water (herbal teas and natural fruit-infused water are acceptable)
8. Natural seasonings and herbs
9. Plant-based milk (unsweetened almond, coconut, soy, etc.)
10. Natural sweeteners (minimal amounts, such as pure maple syrup or raw honey)

### Foods to Avoid on the Daniel Fast

1. Meat and animal products (including poultry, fish, and dairy)
2. Processed and refined foods (such as chips, candy, and baked goods)
3. Sweeteners (refined sugar, artificial sweeteners, and syrups)
4. Beverages (coffee, tea, soda, energy drinks, and alcohol)
5. Fried foods (including deep-fried or oil-heavy dishes)
6. Refined grains (white rice, white bread, and pasta made with refined flour)
7. Snacks with additives (crackers, chips, or granola bars with added sugars or preservatives)
8. Artificial flavorings and chemicals (like MSG or food dyes)
9. Butter, margarine, and cream-based spreads
10. Desserts (cakes, cookies, ice cream, etc.)

The key is to focus on simple, whole, and natural foods that honor the spirit of the fast. Remember to consult with your medical doctor if you have any concerns or pre-existing health conditions before starting the Daniel Fast.



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# **Week One: Geared for Freedom**

# Day 1

## The Root of your Oppression

### Scripture

Now Joseph and all his brothers and all that generation died,<sup>7</sup> but the Israelites were exceedingly fruitful; they multiplied greatly, increased in numbers and became so numerous that the land was filled with them. – Exodus 1:6-7 (NIV)

### Notes

Contrary to what the circumstances of your life may suggest, you need to know that your struggles are an indication of the threat you are to the enemy.

After the death of Joseph and his brothers, the Israelites continued to be exceedingly fruitful, multiplying greatly and increasing in number. This is what triggered the oppression.

Knowing that you have a forceful potential is essential when going through the struggles of life.

### Additional Scriptures

Joseph – Genesis 37:8

David – I Samuel 18:28-29

Able – Genesis 4:8



## **Prayer Points**

### **Personal Prayer**

- Ask God to reveal unto you, your areas of strength.
- Destroy every spirit and feelings of inferiority in your life. For God has not given us a spirit of fear, but the Spirit of love, power and a sound mind.
- Deal with the spirit of imposter syndrome in your life.
- Take your rightful place in Christ Jesus, taking advantage of all benefits and privileges and bona fide blessings of the Lord.
- Rejoice in the Lord and praise him for who he is and for all he has done.

### **Prayer for your family**

- Pray for every member of your family to be saved
- Pray for God's grace upon their lives to be activated.
- Pray for them to experience God's favour and blessings.

### **Pray for your community**

- Pray for God's mercy upon our communities
- Pray for God to protect our people from oppressors
- Pray for God's hand upon our communities
- Pray that the gifts and potential in our communities do not go to waste.

## **Our Creed – The One True God**

We believe that the one true God has revealed Himself as the eternally self-existent I AM, the Creator of heaven and earth and the Redeemer of mankind. He has further revealed Himself as embodying the principles of relationship and association as Father, Son and Holy Spirit or the tri-unity of the Godhead (Deuteronomy 6:4, Genesis 1:1).

# Day 2

## Fruitful in the land of oppression

### Scripture

Now Joseph and all his brothers and all that generation died,<sup>7</sup> but the Israelites were exceedingly fruitful; they multiplied greatly, increased in numbers and became so numerous that the land was filled with them. – Exodus 1:6–7 (NIV)

### Notes

Your fruitfulness begins in the land of oppression. Don't wait for freedom before becoming fruitful.

Nobody ever becomes fruitful with what they do not have. You are expected to be fruitful with whatever you have.

Your fruitfulness may stir up trouble you; but it is that same fruitfulness that will free you.

### Additional Scriptures

Genesis 17:6

Genesis 48:4

Psalms 105:24

Genesis 41:52

## **Prayer Points**

### **Personal Prayer**

- Ask God to make you fruitful and productive
- Help me unearth my potential and transform it into reality.
- Help me equip and educate myself, polish my giftings to be more fruitful and more productive.
- Ask God to help you cut off every distraction that is bringing destruction in your life, in your family, in your career and to your future.

### **Pray for your family**

- Pray for God to visit your family once again
- Pray for fruitfulness in your family.
- Rebuke the spirit of barrenness in your family; spiritually, socially, physically, financially, and emotionally.

### **Pray for your community**

- Pray for your community to be fruitful and strong.
- Pray for your community to be known for its fruitfulness
- Pray for schools in your community to have the best passing rates
- Pray for more brilliant scholars from your community

## **Our Creed – The Bible is the Inspired Word of God**

We believe that the Bible, the accepted Canon of the Sacred Scriptures, is a supreme revelation verbally inspired by God to man, superior to conscience and reason, though not contrary to reason, and is therefore our infallible, authoritative rule of faith and practice (John 17:17, 2 Peter 1:21, 2 Timothy 3:16-17).

# Day 3

## The Grace to multiply in the land of the oppressor

### Scripture

Now Joseph and all his brothers and all that generation died,<sup>7</sup> but the Israelites were exceedingly fruitful; they multiplied greatly, increased in numbers and became so numerous that the land was filled with them. Exodus 1:6-7 NIV

### Notes

Oppression cannot and should never stop multiplication. The only way of survival is to multiply.

You have to multiply yourself, multiply your revenue, multiply your efforts, your knowledge, your wisdom, your money, your business, your clients, your children and ... and...and...

You must keep multiplying.

The day you stop multiplying is the day you start dying.

### Additional Scriptures

Ezekiel 36:11

Genesis 9:7

Isaiah 29:17



## Prayer Points

### Personal Prayer

- Ask God to give you a desire for multiplication in Jesus name
- Ask God to give you a strategy for multiplication in Jesus name
- Take authority in the name of Jesus and destroy every poisonous seed that has been spoiling your seed.
- No more delay in your multiplication in Jesus name.

### Pray for your family

- Pray that the grace of multiplication will pour over every member of your family
- Pray that all family resources be multiplied in Jesus name.
- Pray and break the spirit of stagnation over your family in Jesus name.

### Pray for your community

- Ask God for favour over your community
- Ask God to bring development in your community
- Ask God to multiply people of good will in your community



## Our Creed – The Deity Of The Lord Jesus Christ

We therefore believe that Jesus Christ came into the world to reveal the Father and was the brightness of His Glory and the express image of His Person, that Jesus Christ was the Creator of all things, for by Him the worlds were made. The Lord Jesus Christ is the eternal Son of God. The Scriptures declare: His virgin birth (Isaiah 9:6-7, Matthew 1:23, Luke 1:30-35), His sinless life (Hebrews 7:26, 1 Peter 2:22), His miracles (Acts 2:22, 10:38), His substitutionary work on the cross (1 Corinthians 15:3, 2 Corinthians 5:21), His bodily resurrection from the dead (Matthew 28:6, Luke 24:39, 1 Corinthians 15:4), and His exaltation to the right hand of God (Hebrews 1:3)

# Day 4

## Increase in the land of the oppressor

### Scripture

“Look,” he said to his people, “the Israelites have become far too numerous for us.<sup>10</sup> Come, we must deal shrewdly with them or they will become even more numerous and, if war breaks out, will join our enemies, fight against us and leave the country.” - Exodus 1:9-10 (NIV)

### Notes

Increase is God’s will for his children. Jesus came so we can have more and not less. We need more power, more love and more of God in our lives.

We need more influence, more favour, more money, more opportunities, more productivity.

We need to increase speed to do what the father has assigned us to do.

### Additional Scriptures

Psalm 115:14-15

2 Peter 3:18

Isaiah 54:2

Philippians 1:9



## Prayer Points

### Personal Prayer

- Ask God to help you increase your capacity
- Ask for increase of your spiritual and mental capacity
- Ask for increase of wisdom and understanding of life and the things of God.
- Ask God to increase your faith

### Pray for your family

- Ask God to increase his presence in your family in Jesus name
- Ask God to increase the fire of the Holy Spirit in your home
- Ask for God's anointing fall on every member of your family in increasing measures.

### Pray for your community

- Pray that your community has an increase talents and gifted individuals.
- Pray for your community to experience an increase of the fear of the Lord
- Pray that your community has an increase of all necessary amenities.



## Our Creed – The Lordship Of Christ

Wherefore, we acknowledge the Lordship of Jesus Christ over all things in heaven, and in the earth and under the earth (Philippians 2:9-10).

# Day 5

## Spreading in Spite of Oppression

### Scripture

So they put slave masters over them to oppress them with forced labor, and they built Pithom and Rameses as store cities for Pharaoh. <sup>12</sup>But the more they were oppressed, the more they multiplied and spread; so the Egyptians came to dread the Israelites. – Exodus 1:11-12

### Notes

What God blesses no man can curse. For greater is he that is in you that he that is in the world.

The Jesus factor in you defies every oppression and causes you to increase, multiply and spread even more.

With Jesus Christ, you are invincible, you are unstoppable, you are unbeatable, you are untameable, and you are uncontainable.

### Additional Scriptures

2 Corinthians 4:8-9

ISAIAH 58:6-7

Psalms 9:9



## **Prayer Points**

### **Personal Prayer**

- Pray that the opposition will not stop you from being the best you can be.
- Pray for grace in Jesus name to defy all odds amid your oppression.
- Pray for God to increase and multiply strategic helpers and destiny connectors on your path.
- Pray that your oppression would well up in unprecedented inspiration and creativity.

### **Pray for your family**

- Pray that your family would rise above hardships and hard times in Jesus name.
- Pray for strength to bear it under any misfortune that has beset the family – grief, terminal illness, loss of employment, etc.
- Pray for God to restore what the locust has eaten in Jesus name.

### **Pray for your community**

- Pray that God would remove the oppressors out of our communities
- Pray that God would purge evil out of our communities
- Pray that our communities are safe, clean, and crime free.

## **Our Creed – The Fall Of Man**

We believe that man, by voluntary transgression, fell from a state of righteousness and holiness in which he was first rested, into a state of death in trespasses and sins, and thereby incurred not only physical death but also spiritual depravity and death or separation from God in which he is held as a slave of sin and an enemy of God, until he is delivered by the power of the Gospel of the Kingdom of God (Romans 5:12, Genesis 3)

# Day 6

## No weapon formed against you shall prosper

### Scripture

The king of Egypt said to the Hebrew midwives, whose names were Shiphrah and Puah,<sup>16</sup> “When you are helping the Hebrew women during childbirth on the delivery stool, if you see that the baby is a boy, kill him; but if it is a girl, let her live.”<sup>17</sup> The midwives, however, feared God and did not do what the king of Egypt had told them to do; they let the boys live. – Exodus 1:15-17

### Notes

God will always raise someone to take up your case; to protect you and your interests.

Jesus came to seek and save that which was lost. The midwives would not kill, your dreams, your destiny, they will protect your life, your assignment.

Your purpose is stronger than the plans of the enemy against you. A pregnant woman is most vulnerable at the time of delivery. She can't neither defend herself or defend her unborn child.

Delivery time is often your most vulnerable time and you need those around you to know this.

### Additional Scriptures

Isaiah 54:15-17

Psalms 34:17

Isaiah 43:2

Luke 10:34-37



## Prayer Points

### Personal Prayer

- Pray for God to send you midwives who would help deliver your dream
- Pray for God to place people around you who would protect what you carry
- Ask for God fearing men and women who would understand your condition, those who would take care of you and the vision even when you are incapable of helping yourself.

### Pray for your Family

- Pray for God to surround your family with good and loyal acquaintances
- Pray for God to expose every evil intention against your family in Jesus name
- Pray for God's divine protection over your family.

### Pray for your community

- Pray that every plan of the devil to destroy your community is frustrated in Jesus name.
- Pray that every negative element targeting the children and the youth of our community would be routed out in Jesus name.
- Pray for all people of our communities to be cherished, loved and preserved.



## Our Creed – The New Birth

We believe the words of Jesus that “You must be born again”, that being born again signifies the partaking in the death, burial and resurrection of Christ (John 3:3-7, 1 Corinthians 15:1-4), that “By grace you are saved, through faith, and that not of yourselves, it is the gift of God—not of works, lest any man should boast” (Ephesians 2:8-9). We further believe that the emphasis for a continual walk in grace should be of heart righteousness and purity. We hold that all believers must live a pure life, being an example to both the believing and the unbelieving (John 3:7, 2 Corinthians 5:17, Romans 6:4)

# Day 7

## Corporate Worship Day

### **Our Creed – The Work Of Repentance And Faith In God**

We believe that repentance toward God and faith toward our Lord Jesus Christ produces the work of justification in the believer. Through faith in the shed blood of Christ, the believer is brought onto the grounds of the New Covenant and made a partaker of the death of Christ (Mark 1:15)

# Day 8

## Freedom Requires Risk-Taking

### Scripture

“When you are helping the Hebrew women during childbirth on the delivery stool, if you see that the baby is a boy, kill him; but if it is a girl, let her live.” <sup>17</sup> The midwives, however, feared God and did not do what the king of Egypt had told them to do; they let the boys live. - Exodus 1:16-17

### Notes

Freedom has a price and it does not come cheap. Many of the freedoms we enjoy today came at the highest risk; many risked death so you can have life.

We must break the chains of fear, do what we have never done to get to where we have never been.

### Additional Scriptures

2 Timothy 1:7

Joshua 8:1

Isaiah 41:10

Psalms 46:1-3



## Prayer Points

### Personal Prayer

- Pray that God would give you courage to take needful risks.
- Pray for wisdom when faced with risky and dangerous decisions.
- Thank God for providing protection while you are in action.

### Pray for your family

- Pray for your family to break out of their comfort zone
- Pray for your family to stand up for righteousness
- Pray for your family to be the midwives of this generation

### Pray for your community

- Pray that the fear of God would fall on your community
- Pray the your community will not be involved in the destruction of lives
- Pray the Lord's favour would fall on your community as they fear and honour God.



## Our Creed – The Church Is The Body Of Christ

We believe that the true Church is the Body of Christ (1 Corinthians 12:12-27), not intended to be the edifice or institution, but the habitation of God through the Holy Spirit.

# Day 9

## God Moves when We Move

### Scripture

So God was kind to the midwives and the people increased and became even more numerous.<sup>21</sup> And because the midwives feared God, he gave them families of their own. – Exodus 1:20-21

### Notes

God will never let your commitment to his plans and purposes go unnoticed. Everything you do for God will be rewarded.

He will come through for you and remember all your sacrifices.

What you do for God he will do for you.

### Additional Scriptures

Hebrews 11:6

Colossians 3:23-24

1 Corinthians 15:58

Hebrews 6:10



## Prayer Points

### Personal Prayer

- Remind God of the sacrifices you have made for his Kingdom
- God gives you permission to remind him of his word (Isaiah 43:26). So go ahead and do that right now.
- Show him your intentions for the future for his Kingdom.

### Pray for your family

- Think of anything your family has ever done for God and ask the Lord to remember it.
- Ask the Lord to remember the prayers of your mother, grandmother, father or grandfather.
- Ask God to come through for your family as the lifter of your head.



## Our Creed - The Mission Of The Church

To be an agency for evangelizing the world (Matthew 28:19-20). To be a corporate body in which man may worship God (1 Corinthians 12:13). To be a channel of God's purpose to build a body of saints being perfected in the image of His son (1 Corinthians 12:28, 14:12, Ephesians 4:11-16)



# Day 10

## Agent of Freedom

### Scripture

Now a man of the tribe of Levi married a Levite woman,<sup>2</sup> and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months.<sup>3</sup> But when she could hide him no longer, she got a papyrus basket for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile. – Exodus 2:1-3

### Notes

Help Is on the Way.

God always sends freedom through an agent.

No matter how long it takes, God will send help. Your Moses is on the way. Whilst you are waiting for your Moses, God is also preparing you to be a Moses for someone else.

We are agents of change, agents of freedom.



## Prayer Points

### Personal Prayer

- Thank God for sending help to you.
- God prepare me to be the Moses of my generation.
- God use me to be bring freedom to those who are in bondage of slavery.

### Pray for your family

- Pray for God to raise a Moses in your family. A spiritual Moses, a societal Moses, a financial Moses.
- Pray for your family to acknowledge the one God has given them as a spearhead of the family's freedom.

### Pray for your community

- Pray for God to raise selfless leaders in our community.
- Pray for God's hand over unborn leaders in our community
- Pray that the devil will not destroy them by abortion, drugs, or any other wicked plan of the enemy.



## Our Creed - The Ordinances Of The Church

Baptism in water, Holy Communion or the Lord's Supper. The Lord's Supper, consisting of bread and the fruit of the vine, is an expression of faith in our sharing the divine nature of our Lord Jesus Christ, and is enjoined on all believers until He comes (Matthew 28:19 20, Romans 6:4, 1 Corinthians 23:26)

# Day 11

## A Guarding Angel



### Scripture

His sister stood at a distance to see what would happen to him.  
– Exodus 2:4 (NIV)



### Notes

God will always raise someone to watch over you.

You may not have the whole world in your corner but there is always someone who cares about and who has a genuine interest in you.

You may not see them, obvious because you are in the basket of your circumstances; but you must remember that you are never truly alone.



### Additional Scriptures

Psalms 91:11-12

Luke 10:33-35

Psalms 121:8

## **Prayer Points**

### **Personal Prayer**

- Ask God to help you remember that though many times you feel like you're on your own, but that you are never alone.
- Thank you for Good Samaritans in your life
- Thank you God for good family members like Moses' Elder Sister

### **Pray for your family**

- Pray for God to raise the Mirriam's in your family
- Pray for God to raise someone with a keen interest for your family.
- Pray for God to set his guarding angels over your family

### **Pray for your community**

- Pray for God to raise watchmen and watchwomen over your community
- Pray for God to raise spiritual leaders, community leaders, business leaders with a keen interest for the wellbeing of your community.
- Pray for God to send his guarding angels over your community.

## **Our Creed – The Baptism Of The Holy Spirit**

We believe that the Baptism of the Holy Spirit is an important and necessary experience in the life of every believer, which is not dependent upon a believer's worthiness, but is a free gift of God. (John 3:3-7, Acts 2:38, Ephesians 1:13).

We therefore believe that all believers are entitled to, and should ardently expect to receive the promise of the Father, the Baptism in the Holy Spirit, according to the command of our Lord Jesus Christ. This was the normal experience of all believers in the early Christian Church (Luke 24:29, Acts 1:4, 8, 11:14-16).

With the Baptism in the Holy Spirit come such experiences as an overflowing fullness of the Spirit (John 7:37-39, Acts 4:8), a deepened reverence for God (Acts 2:43, Hebrews 12:28), an intensified consecration to God and dedication to His work (Acts 2:42)

# Day 12

## A Crying Deliverer – “in the basket” season.

### Scripture

Then Pharaoh’s daughter went down to the Nile to bathe, and her attendants were walking along the riverbank. She saw the basket among the reeds and sent her female slave to get it. <sup>6</sup> She opened it and saw the baby. He was crying, and she felt sorry for him. “This is one of the Hebrew babies,” she said. – Exodus 2:5-6

### Notes

You may have a great calling upon your life, and you may be called for great things; but there will be seasons of weeping and people will even feel sorry for you.

The basket amongst the reeds was Moses’ escape of death, his gateway to the palace and his pathway to his calling and destiny.

### Additional Scriptures

Psalms 30:5

Ecclesiastes 3:1-11

Revelation 21:4

Galatians 6:9



## Prayer Points

### Personal Prayer

- Ask God to help you never to curse your "in the basket" season.
- Ask God to deal with pride and personal ego in your life.
- Ask God for a gentle and humble spirit of a surrendered life.

### Pray for your family

- Pray for your family in their "in the basket" season.
- Pray for purpose to always rise above the pain your family is going through.
- Pray that God's plans and purpose will prevail over your family

### Pray for your community

- Pray against spiritual strongholds that have ruined your community
- Pray for the spirit of compassion to fall on the oppressors of your community
- Pray for God to make a way where there seems to be no way in your community.



## Our Creed – The Physical Sign Of The Baptism Of The Holy Spirit

We hold that God has provided glossolalia as a prayer language for the purpose of intercession, praise and communication with God, and that all believers may speak with other tongues.

The full consummation of the Baptism of believers in the Holy Spirit is the initial physical sign of speaking with other tongues as the Spirit gives utterance, and afterwards has a continual twofold aspect, as speaking to God and speaking to men (Acts 2:4).

# Day 13

## When God is at work

### Scripture

<sup>7</sup> Then his sister asked Pharaoh's daughter, "Shall I go and get one of the Hebrew women to nurse the baby for you?" <sup>8</sup> "Yes, go," she answered. So the girl went and got the baby's mother. <sup>9</sup> Pharaoh's daughter said to her, "Take this baby and nurse him for me, and I will pay you." So the woman took the baby and nursed him. - Exodus 2:7-9

### Notes

Moses is officially returning to his own mother, to be nursed and nurtured and raised by her, free from any of death or fear from the authorities.

Why and how? Because the daughter of the man who declared a death sentence on every Hebrew boy has just given a ticket of life to Moses. This is when God is at work.

### Additional Scriptures

Romans 8:28

Isaiah 55:11

Hebrews 4:12

Isaiah 54:17



## Prayer Points

### Personal Prayer

- Prayer that God will cause your enemies to reverse all their evil plans against you.
- Pray that God would keep you from the sword of Pharaoh, from the alligators of the Nile River until Pharaoh's daughter shows up.
- Pray that God will legally reconnect you to the right people in your life.

### Pray for your family

- Pray for family reunion and family restoration.
- Pray for your spiritual reunion and restoration.
- Pray for sons and daughters of Grace Court to return home.

### Pray for your community

- Pray that sons and daughters of your community that were removed because of unpleasant circumstances would be returned in Jesus name.
- Pray for God restore your community.
- Pray favour over your people and your community.



## Our Creed – The Healing Of The Body

We believe divine healing is an integral part of the Gospel. Deliverance from sickness is provided for in the atonement, and is the privilege of all believers (James 5:14-16).



# Day 14

## Corporate Worship Day

### **Our Creed – The Unity Of The Body**

We believe that we are one Body being members one of another, and that the basis of our fellowship is in Christ in the power of the Spirit (Romans 12:4-5, Colossians 3:15)

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# **Week Three: Let Freedom Ring**

# Day 15

## The Making of a Deliverer

### Scripture

When the child grew older, she took him to Pharaoh's daughter and he became her son. She named him Moses, saying, "I drew him out of the water." – Exodus 2:10

### Notes

He was a deliverer before he was called Moses. Moses' biological parents, Amram and Jochebed.

Exodus 6:20 taught the child about his identity, He knew about his calling before he was a name. The unnamed child was returned to his parents at three months old, and was brought back Pharaoh's daughter when he was older.

In this period, the parents put every necessary information in the child.

### Additional Scriptures

Hebrews 11:23–26

2 Kings 11:1–12

Proverbs 22:6



## Prayer Points

### Personal Prayer

- Ask God to reveal what information was put in you when you were a child.
- How is that information affecting you today? Is it positive or negative?
- What are you going to do about it today?

### Pray for your family

- Pray for your family to introduce God to their children at an early age.
- Pray that your family would raise their children in the will and plans of God.
- Pray that all children in the family would know God and serve him.

### Pray for your community

- Pray for stronger community values to be inculcated into the younger generation.
- Pray for a sense of community builders to rise amongst the youngsters.
- Pray against destructive elements such as gangsterism, drugs, prostitution in your community.



## Our Creed – The Local Church

We believe in the autonomy of the local church expression, and adherence to the Scriptural revelation of its life, ministry, and worship (1 Timothy 3:14-15)

# Day 16

## The Cost of an Independent Mentality

### Scripture

<sup>13</sup> The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, "Why are you hitting your fellow Hebrew?" <sup>14</sup> The man said, "Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?" Then Moses was afraid and thought, "What I did must have become known." <sup>15</sup> When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian, where he sat down by a well. – Exodus 2:13-15

### Notes

It took another forty years before the negotiations for the liberation of the nation of Israel could begin, all because of one man with an independent spirit.

He was a slave, yet he was acting as if he were free and independent.

Rebellion against divine authority will delay your freedom and blessing.

### Additional Scriptures

Hebrews 13:17

Exodus 23:21

I Samuel 15:23

Isaiah 30:1



## Prayer Points

### Personal Prayer

- Repent of any past or current rebellion in your life.
- Pray for God to deliver you from an independent spirit.
- Pray for God to help you recognize and acknowledge divine authority.

### Pray for your family

- Pray that God would forgive your family for any form of rebellion.
- Pray that would touch their hearts and draw them closer to him.
- Pray that every member of your family would find the grace of our Lord Jesus Christ.

### Pray for your community

- Pray that your community will respect their leaders
- Pray that your community will not disregard, disrespect or denigrate their leaders.
- Pray for law and order to prevail in your community.



## Our Creed - Sanctification

We believe that sanctification is a definite yet progressive work of grace, as taught in the Scriptures, which leads to holiness (Romans 6:22) and that God by the Holy Spirit, definitely calls who He desires, both male and female, to serve in their calling. God qualifies the ones called with power, talent, wisdom and gifts. (2 Timothy 2:21, 1 Thessalonians 5:23, Galatians 2:20)

# Day 17

## Face to Face with the Burning Bush

### Scripture

<sup>13</sup> The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, "Why are you hitting your fellow Hebrew?" <sup>14</sup> The man said, "Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?" Then Moses was afraid and thought, "What I did must have become known." <sup>15</sup> When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian, where he sat down by a well. – Exodus 2:13-15

### Notes

Spiritual Freedom starts with the encounter with God. After you have had a genuine encounter with God, nothing can ever remain the same.

Moses was exceptional from birth and his purpose and mandate was to deliver the children of Israel from Egypt but a personal encounter with God was necessary before he could enter his calling.

### Additional Scriptures

James 4:8

1 Kings 19:12

Genesis 18:1



## Prayer Points

### Personal Prayer

- Ask God for special encounter moments with him.
- Pray that you would develop a lifestyle of spending time with God.
- Pray that you would grow in hearing and knowing the voice of God.

### Pray for your family

- Pray that your family would make time to pray together.
- Pray that the family would have precious moments of encounter with God.
- Pray that God would give a special word to you as a family.

### Pray for your community

- Pray that God would move in your community with evangelism.
- Pray for revival campaigns in your community to be Holy Spirit filled.
- Pray that God would speak a word over your community.



## Our Creed – The Holy Matrimony

We believe that God has established marriage as a lifelong, exclusive relationship between one man and one woman and that all intimate sexual activity outside the marriage relationship, whether heterosexual, homosexual, or otherwise, is immoral and therefore sin (Gen. 2:24-25; Ex. 20:14, 17, 22:19; Lev. 18:22-23, 20:13, 15-16; Matt. 19:4-6, 9; Rom. 1:18-31; I Cor.6:9-10, 15-20; I Tim. 1:8-11; Jude 7).

We believe that God created the human race male and female and that all conduct with the intent to adopt a gender other than one's birth gender is immoral and therefore sin (Gen. 1:27; Deut. 22:5)



# Day 18

## The Land of Milk and Honey

### Scripture

<sup>16</sup> “Go, assemble the elders of Israel and say to them, ‘The Lord, the God of your fathers—the God of Abraham, Isaac and Jacob—appeared to me and said: I have watched over you and have seen what has been done to you in Egypt.’ <sup>17</sup> And I have promised to bring you up out of your misery in Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites—a land flowing with milk and honey.’ – Exodus 3:16–17

### Notes

God is taking you out of your misery. He has seen all that has happened to you by the Egyptians. God is removing you that state of slavery to a land that is flowing with milk and honey.

A spacious and fertile land where you will flourish.

### Additional Scriptures

Numbers 14:8

Joshua 5:6

Leviticus 20:24



## Prayer Points

### Personal Prayer

- Thank You that my season of freedom has arrived.
- Declare spiritual, emotional, physical, social, financial freedom.
- Prophecy your promised land into reality.

### Pray for your family

- Break every generational curse over your family.
- Smash every demonic altar that was set up in your family.
- Break the spirit of stagnation over your family.
- Speak success, progress, abundance, open doors.

### Pray for your community

- Declare freedom over your community.
- Speak a new dawn over your community.
- Decree a time of a reset over your community.



## Our Creed - The Tithe Is Holy

We believe that the tithe (10% of one's individual gross earnings) is Holy unto God. We believe that "bringing all the tithes into the storehouse" of the local Church and giving freewill offerings is to be practiced continually by all believers and is an outward expression of the Lordship of Christ in the believer and the unity of the Church, the Body of Christ, as it joins together in support of the work of the Lord (Malachi 3:10-11)

# Day 19

## Miracles, Signs and Wonders

### Scripture

<sup>19</sup> But I know that the king of Egypt will not let you go unless a mighty hand compels him. <sup>20</sup> So I will stretch out my hand and strike the Egyptians with all the wonders that I will perform among them. After that, he will let you go. – Exodus 3:19–20

### Notes

No deliverance comes cheap. Resistance is the devil's defense mechanism to keep you in bondage and slavery.

God however will deploy weapons of mass destruction to redeem you and set you free.

You will experience the hand of God through miracles, signs and wonders.

### Additional Scriptures

Acts 2:22

Romans 15:17–19

Acts 2:43

Acts 6:8

## **Prayer Points**

### **Personal Prayer**

- Pray that God would work miracles, signs and wonders through your life.
- Pray for the gifts of the Holy Spirit to be in operation in your life.
- Pray for the power of God to be tangible in your walk with him.

### **Pray for your family**

- Pray for your family to experience the miraculous.
- Pray for God's power to break free in your family.
- Pray for a supernatural manifestation of God's glory over your family.

### **Pray for your community**

- Pray for an exceptional visitation of God over your community.
- Pray for God to send his anointing over his servants in your community.
- Pray for the healing of the sick and deliverance from all bondages by the anointing of the Holy Spirit.

## **Our Creed - The Blessed Hope**

We believe in the resurrection of those who are dead in Christ and their translation together with those who are alive and remain unto the coming of the Lord is the imminent and blessed hope of the church. (Titus 2:13)

# Day 20

## A Season of Uncommon Favour

### Scripture

<sup>21</sup>"And I will make the Egyptians favorably disposed toward this people, so that when you leave you will not go empty-handed. <sup>22</sup>Every woman is to ask her neighbor and any woman living in her house for articles of silver and gold and for clothing, which you will put on your sons and daughters. And so you will plunder the Egyptians." - Exodus 3:21-22

### Notes

Favour is when God touches people to look at you favourably. They do things for you that they would not normally do.

They open doors for you they would not normally open for people. They give you things they would not naturally give to anyone. That's a season of favour.

### Additional Scriptures

Matthew 7:7

Numbers 6:25-26

Psalms 5:12

Psalms 30:5



## Prayer Points

### Personal Prayer

- Thank God for his favour upon your life.
- Thank God that he is leading you to where favour awaits you.
- Thank him for all he has favourably disposed for your life.

### Pray for your family

- Praise God for his favour over your family.
- Praise God for the overflow of grace and abundance over your family.
- Thank God for his promises over your family.

### Pray for your community

- Appreciate God's move over your community.
- Thank Him in advance for his favour over the community.
- Thank Him for His divine supply over your community.



## Our Creed - The Personal Return Of Our Lord

We believe in the personal return of our Lord and the restitution of all things spoken by the mouth of all the prophets since the world began (Mark 14:62).

# Day 21

## Corporate Worship Day

### **Our Creed – The Final Judgment**

We believe that the fearful, unbelieving, abominable, murderers, fornicators, sorcerers, idolaters, and liars shall have their part in the lake which burns with fire and brimstone, which is the second death (Hebrews 9:27).

### **Our Creed – The New Heaven And New Earth**

We believe that there shall be a new heaven and a new earth wherein dwells righteousness (2 Peter 3:13)

The background is a solid teal color with a pattern of lighter teal, semi-transparent organic shapes. These shapes resemble topographical map lines or fluid, flowing patterns, creating a textured and layered effect.

## **Additional Resources**



# Playlist 2026

 **Press Play and let's Pray!**

Every year, we prayerfully curate a worship playlist to walk with you through the 21-Day Fast. Whether you are praying, reflecting, or simply resting in God's presence, these songs have been carefully selected to encourage and strengthen your spirit.

You can access the full playlist on Spotify by scanning the QR code below. Let these songs lift your heart, guide your prayers, and draw you closer to God throughout this sacred season.

**SCAN HERE**



# Daniel Fast

## MEAL IDEAS

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This year, we want to inspire you to get creative in the kitchen and explore your own Daniel Fast recipes. To help get you started, we've included some meal ideas that will hopefully spark your imagination and guide you through this 21-day journey of prayer, reflection, and spiritual growth.





### **MEAL 1**

Lentil tomato stew with mixed vegetables

### **MEAL 2**

Sweet potato and spinach pot

### **MEAL 3**

Chickpea and vegetable curry

### **MEAL 4**

Butternut and pumpkin mash with cinnamon and honey

### **MEAL 5**

Samp and beans with onion and bay leaf

### **MEAL 6**

Cabbage and potato stew

### **MEAL 7**

Three-bean salad with lemon and herbs served with an oven-baked potato

### **MEAL 8**

Fresh Green Summer Salad

### **MEAL 9**

Vegetable soup with carrots, cabbage, and tomatoes

### **MEAL 10**

Sugar bean stew with garlic and herbs served on coconut milk mash potatoes

### **MEAL 11**

Chakalaka-style vegetables served on couscous

### **MEAL 12**

Baked potatoes cubes with sautéed spinach and onions

### **MEAL 13**

Lentil and butternut stew

### **MEAL 14**

Olive Oil Fried Plantain served with Corn Riblets and Bulgur Wheat Pilaf (Recipe in 2025 guide)

### **MEAL 15**

Refreshing Couscous Salad with tomatoes and cucumber



## MEAL 16

Vegetable curry with potatoes and peas

## MEAL 17

Bean and vegetable soup

## MEAL 18

Butterbean Curry

## MEAL 19

Simple vegetable stew/steamed or leftovers

## MEAL 20

Vegetable and Bean Stir-Fry

## MEAL 21

Pumpkin, Spinach, and Lentil Bake

## BREAKFAST IDEAS

- Oats with Fresh Fruit
- Fruit Smoothie
- Fruit Salad
- Overnight Oats with coconut milk and fruit
- Fast Banana Pancakes with oats and almond milk. Drizzled with honey.

## SNACK IDEAS

- Fruit on its Own
- Carrot and Cucumber Sticks with Hummus
- Roasted Pumpkin Seeds
- Popcorn
- Peanuts and Raisins
- Simple Fruit Cups



# Connect with Us

## Service Times:

Friday: 6:00 PM – 8:00 PM (Youth Court)

Saturday: 8:00 AM – 10:00 AM (Power Hour)

Sunday: 09:00 (Intercession) & 09:30 (Worship Service & Kidz Court)

P : 076 764 8869

A : 92 Albert Street, Weltevredenpark, JHB

E : [info@gracecourt.org](mailto:info@gracecourt.org)

W : [www.gracecourt.org](http://www.gracecourt.org)



# Get Involved

If this eGuidebook, the devotionals, or the 21-Day Daniel Fast has blessed you, we invite you to take the next step in supporting the work God is doing through our ministry. Your contribution helps us continue to provide resources, run programs, and reach more lives for the Kingdom.

You can also join us in person at our Sunday services at 09:30, a wonderful place to connect and grow with the church family. If you feel led to sow into the ministry financially, our banking details are as follows:

Grace Court Impact Centre

4088014035

Absa

Cheque

Branch Code: 632005

Ref: Your Name | Fast2026



You can also scan here to give safely and securely online:



