



2025 DANIEL FAST eGuidebook



Date:
06-26 January

Table of contents

Message from the Leaders 3

About Daniel Fast 4

What to Eat and What to Avoid 5

21 Day Fast - Weekly Outline 6-8

Daily Devotionals 9-29

Additional Resources 30

Recipes 31-43

Spotify Playlist 44

Get Involved 45

2025

The Year of Double-Favour



Grace Court Family, we are so excited to step into this incredible season with you. Together, we'll experience the overflowing grace of God that empowers us to walk in His fullness and purpose. As John 1:16 declares, "And of His fullness we have all received, and grace for grace already given" – this is the year where His double-favour will be evident in every area of our lives.



Welcome to the Year of Double-Favour!

Let's journey together in faith, fasting, and prayer, knowing that God is ready to meet us, transform us, and lead us into new dimensions of His glory. We are believing with you for breakthrough, restoration, and an overflow of His blessings. We can't wait to see all that God has in store for you and for our church family this year!

– Bishop Ed
& Pastor Jenna-Leigh Bilong

Importance of Fasting

Fasting at the start of the year sets the tone for alignment with God's will and purpose, making it the perfect time to seek His direction for your life, family, and goals in 2025. It strengthens your spirit, helping it become stronger than your flesh, while clearing the noise of the world so you can hear God's voice more clearly. Starting strong with 21 days of fasting and prayer builds spiritual momentum and

disciplines you to persevere in your faith journey. Join us daily at 5 AM for powerful prayer sessions as we unite as a church to seek God, and meditate on the daily devotions to keep your heart and mind anchored in His Word. This is your opportunity to draw closer to God, prepare for breakthroughs, and see Him move in mighty ways in every area of your life. Determine to finish strong, and watch how God transforms your year through fasting, prayer, and obedience.



About Daniel Fast



The Spiritual Power of the Daniel Fast

The 21-day Daniel Fast is inspired by the prophet Daniel's example in the Bible, where he sought God with prayer and fasting. In Daniel 10:2-3, we read, "In those days, I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." This fast is a spiritual discipline that aligns us with God's will, helping us deny the flesh and grow stronger in spirit.

By abstaining from rich foods and focusing on God, Daniel received wisdom, revelation, and divine direction. Similarly, when we fast, we humble ourselves before God, allowing Him to speak clearly into our lives (2 Chronicles 7:14). Fasting also increases our sensitivity to the Holy Spirit, as Jesus said in Matthew 17:21, "This kind does not go out except by prayer and fasting." It prepares us for breakthroughs and strengthens our faith, aligning us with God's purpose for the year ahead. The Daniel Fast reminds us that while physical nourishment is important, spiritual nourishment is essential (Matthew 4:4). As we commit to this fast, we set the foundation for spiritual renewal, deeper intimacy with God, and clarity for our year.

Discipline

Alignment

Breakthrough

Revelation



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.



Outline



21 Days of Prayer and Fasting

"And of His fullness we have all received, and grace for grace already given". - John 1:16 (NKJV)

Week 1

Day	Focus Scripture	Thoughts for Meditation
Day 1	John 1:1-5	In the beginning was the word – start in the word – stay in the word – finish in the word.
Day 2	John 1:9-10	Jesus was the light of the world – now, we are the light of the world. Let's shine the light of God.
Day 3	John 1:12-14	We have the right to become sons of God... We are born of God.
Day 4	John 1:16	Out of his fullness – We have all received – double favour.
Day 5	John 1:17-18	Jesus came with truth and grace; he is God in the flesh.
Day 6	John 1:19-23	John knew who he was and who he was not.
Day 7	John 1:26-36	John had a thorough knowledge of who Jesus was.

Outline



21 Days of Prayer and Fasting

"And of His fullness we have all received, and grace for grace already given". - John 1:16 (NKJV)



Week 2

Day	Focus Scripture	Thoughts for Meditation
Day 8	John 1:37-39	Jesus asks, "What do you want"?
Day 9	John 1:40-42	The first thing you do after you meet Jesus.
Day 10	John 1:43-46	Nazareth! Can anything good come from there?
Day 11	John 1:47-51	How do you know me?
Day 12	John 2:13-17	The zeal for your house will consume me.
Day 13	John 2:23-25	Jesus did not entrust himself to people, for he knew what people are like.
Day 14	John 3:3-4	No one can see the kingdom of God unless they are born again.

Outline



21 Days of Prayer and Fasting

"And of His fullness we have all received, and grace for grace already given". - John 1:16 (NKJV)

Week 3

Day	Focus Scripture	Thoughts for Meditation
Day 15	John 3:5-8	So, is everyone who is born of the Spirit, you can't tell where they're coming from or where they're going to.
Day 16	John 3:9-17	Eternal life is in Jesus Christ.
Day 17	John 3:18-21	Eternal light or eternal darkness – which one is your choice?
Day 18	John 3:22-36	Water Baptism – have you been?
Day 19	John 4:4-26	Jesus – The living water of life.
Day 20	John 4:27-38	My food is to do the will of him who sent me and to finish his work.
Day 21	John 6:35:40	I am the bread of life – Jesus said.

Day 1



Focus Scripture

1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was with God in the beginning. 3 Through him all things were made; without him nothing was made that has been made. 4 In him was life, and that life was the light of all mankind. 5 The light shines in the darkness, and the darkness has not overcome it. – John 1:1-5 NIV



Thoughts & Meditation

In the beginning was the word – start in the word – stay in the word – finish in the word.

Additional Scriptures

Genesis 1:1-3; Hebrews 11:3; 2 Corinthians 4:13; 2 Timothy 3:16; 2 Peter 1:20-21



Prayer Points

- Pray for the desire to know the word.
- Pray for the grace to understand the word.
- Pray for capacity to comprehend and retain the word.
- Pray for the anointing to receive revelation of the word.
- Pray for strength to obey and apply the word.
- Pray for courage to share the word with others.



Daily Scripture Reading

John Chapter 1



Day 2



Focus Scripture

9 The true light that gives light to everyone was coming into the world. 10 He was in the world, and though the world was made through him, the world did not recognize him. - John 1:9-10 NIV



Thoughts & Meditation

Jesus was the light of the world – now, we are the light of the world. Let's shine the light of God.

Additional Scriptures

Matthew 5:14-16; 1 Thessalonians 5:4; 1 John 1:5-9 Psalms 139:7-12; Psalms 27:1



Prayer Points

- Pray for the light of God to shine in your life.
- Pray for the light of God to shine in your family.
- Pray for the light of God to shine at your workplace.
- Pray for the light of God to shine wherever you are.
- Pray that you would truly be the light of the world.
- Pray that every activity of darkness in your life come to an end in Jesus' name.



Daily Scripture Reading

John Chapter 2



Day 3



Focus Scripture

12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— 13 children born not of natural descent, nor of human decision or a husband's will, but born of God.14 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. – John 1:12–14 NIV



Thoughts & Meditation

We have the right to become sons of God... We are born of God.

Additional Scriptures

Romans 14–16; Galatians 3:26; Galatians 4:6; 2 Corinthians 6:18; 1 John 3:1–2



Prayer Points

- Pray that you would walk in the full revelation of your Identity in Christ Jesus.
- Pray that you would operate in your authority as a son (daughter) of God.
- Pray for understanding your rights and privileges as a kingdom heir.
- Pray to take possession of all that belongs to you by faith.
- Pray for the power to overcome all obstacles and life's challenges.
- Pray for the leading of the Spirit of God in your life as a son of God.



Daily Scripture Reading

John Chapter 3



Day 4



Focus Scripture

16 Out of his fullness we have all received grace in place of grace already given. - John 1:16 NIV



Thoughts & Meditation

Out of his fullness - We have all received - double favour.

Additional Scriptures

2 Peter 1:3-4; Romans 8:32; 1 Corinthians 3:22-23; Luke 15:31; Philippians 4:19; 2 Corinthians 9:8



Prayer Points

- Declare and decree double-favour upon your life.
- Declare and decree Grace upon grace over your family.
- Declare and decree double-favour over your business/career/studies. Etc
- Pray the following declaration out loud.
- I declare and decree, I believe, I agree and confess that 2025 is my year of double - favour.
- I declare and decree, that I have crossed over, into a brand-new season of my life.
- A season of unprecedented favour, a season of tremendous spiritual, emotional, social and financial growth.
- I am crossed over, into a season, of declaring a possessing, a season of a mighty harvest, a season, of authority and power.
- I have crossed over into a season of peace restoration and reconciliation.
- I Thank you lord for your promises
- Praise you Lord for what you have done
- I worship you Lord in the beauty of your holiness. In Jesus name



Daily Scripture Reading

John Chapter 4



Day 5



Focus Scripture

17 For the law was given through Moses; grace and truth came through Jesus Christ. 18 No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.

- John 1:17-18 NIV



Thoughts & Meditation

Jesus came with truth and grace; he is God in the flesh.

Additional Scriptures

John 10:30; Colossians 1:15-18; Colossians 2:9; Hebrews 1:8; 2 Peter 1:1



Prayer Points

- Pray for the revelation of Jesus to the world.
- Pray for the salvation of souls through Jesus Christ.
- Pray for nations that do not know Jesus and do not allow the gospel in their country or regions.
- Pray for our leaders to encounter the person of Jesus Christ
- Pray for families to break free from religion and pursue a living relationship with Jesus Christ.
- Pray for the youth to come to the knowledge of Jesus in our nation and our continent.



Daily Scripture Reading

John Chapter 5



Day 6



Focus Scripture

19 Now this was John's testimony when the Jewish leaders in Jerusalem sent priests and Levites to ask him who he was. 20 He did not fail to confess, but confessed freely, "I am not the Messiah." 21 They asked him, "Then who are you? Are you Elijah?" He said, "I am not." "Are you the Prophet?" He answered, "No." 22 Finally they said, "Who are you? Give us an answer to take back to those who sent us. What do you say about yourself?" 23 John replied in the words of Isaiah the prophet, "I am the voice of one calling in the wilderness, 'Make straight the way for the Lord.'" - John 1:19-23 NIV



Thoughts & Meditation

John knew who he was and who he was not.

Additional Scriptures

Philippians 3:12-14; Hebrews 12:1-2; 1 Peter 4:10-11; John 3:30-35



Prayer Points

- Pray that God may help you know and appreciate who you are.
- Pray that God may help you not to envy or seek honour that is not due to you.
- Pray for God to uproot any seed of pride and competition in you.
- Pray for God to grant you joy in doing what he has called you to do.
- Pray for God to grant you the grace to remain faithful to his plans and purpose for your life.
- Pray that people's suggestions may not divert your heart from God's path for your life.



Daily Scripture Reading

John Chapter 6



Day 7



Focus Scripture

26 "I baptize with water," John replied, "but among you stands one you do not know. 27 He is the one who comes after me, the straps of whose sandals I am not worthy to untie." 28 This all happened at Bethany on the other side of the Jordan, where John was baptizing. 29 The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world! 30 This is the one I meant when I said, 'A man who comes after me has surpassed me because he was before me...(read on till 36). - John 1:26-36 NIV



Thoughts & Meditation

John had a thorough knowledge of who Jesus was. Yet, the spirit of offense twisted his mind about Jesus.

Additional Scriptures

John 1:29; Matthew 3:14; Luke 1:15; John 1:33; Matthew 11:1-6



Prayer Points

- Pray for God to free you from the spirit of offense.
- Pray that you will not stop believing God because of hard times and challenges.
- Pray for people who are no longer attending church because of offense
- Pray for people who are no longer serving the Lord because of offense.
- Pray for men/women of God who have stopped serving God because of offense
- Pray for the Holy Spirit to blow the spirit of offense out of the church of Jesus Christ.



Daily Scripture Reading

John Chapter 7



Day 8



Focus Scripture

37 When the two disciples heard him say this, they followed Jesus. 38 Turning around, Jesus saw them following and asked, "What do you want?" They said, "Rabbi" (which means "Teacher"), "where are you staying?" 39 "Come," he replied, "and you will see." So they went and saw where he was staying, and they spent that day with him. It was about four in the afternoon. - John 1:37-39 NIV



Thoughts & Meditation

Jesus asks, "What do you want"?

Additional Scriptures

John 6:26; Matthew 11:7-10; Luke 14:25-27; 1 Kings 19:19-21



Prayer Points

- Ask God to give you a clear revelation of why you follow Jesus.
- Ask God to help you to always remember why you joined the church
- Pray for the spirit of perseverance in the face of persecution and discouragement.
- Pray for tenacity in the days of adversity.
- Pray for the spirit of sacrifice for service in God's house
- Pray that nothing will move you or frustrate you enough to kick out of what God wants you to do for him.



Daily Scripture Reading

John Chapter 8



Day 9



Focus Scripture

40 Andrew, Simon Peter's brother, was one of the two who heard what John had said and who had followed Jesus. 41 The first thing Andrew did was to find his brother Simon and tell him, "We have found the Messiah" (that is, the Christ). 42 And he brought him to Jesus. Jesus looked at him and said, "You are Simon son of John. You will be called Cephas" (which, when translated, is Peter).
- John 1:40-42 NIV



Thoughts & Meditation

The first thing you do after you meet Jesus.

Additional Scriptures

Matthew 28:19-20; Acts 1:8; Mark 16:20; Acts 8:4; 1 Timothy 2:4; 2 Peter 3:9



Prayer Points

- Pray for boldness and courage to share your testimony and to win souls for Jesus.
- Identify 3 people who do not know Christ and pray for them by name.
- Pray for God to touch the unsaved world and cause people to encounter his saving grace.
- Intercede for an evangelism team to emerge in our church.
- Pray for God to supply sound system, truck, bus and every evangelism tool needed.
- Pray for the increase of souls in the Kingdom through Grace Court.



Daily Scripture Reading

John Chapter 9



Day 10



Focus Scripture

43 The next day Jesus decided to leave for Galilee. Finding Philip, he said to him, "Follow me." 44 Philip, like Andrew and Peter, was from the town of Bethsaida. 45 Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph." 46 "Nazareth! Can anything good come from there?" Nathanael asked. "Come and see," said Philip. – John 1:43-46 NIV



Thoughts & Meditation

Nazareth! Can anything good come from there?

Additional Scriptures

1 Corinthians 1:27-28; 1 Corinthians 1:20-23; 1 Samuel 16:7; Matthew 21:42



Prayer Points

- Pray for God to help you to never judge a book by its cover
- Pray for God to help you to never lose your blessing by judging people based on their race, gender, ethnicity, nationality or social status.
- Pray for the Lord to help you see God in every person around you.
- Pray for the discerning of the Holy Spirit to help you reject what does not come from God, even if it is delivered by a very impressive person, from a very influential nation or society.



Daily Scripture Reading

John Chapter 10



Day 11



Focus Scripture

47 When Jesus saw Nathanael approaching, he said of him, "Here truly is an Israelite in whom there is no deceit." 48 "How do you know me?" Nathanael asked. Jesus answered, "I saw you while you were still under the fig tree before Philip called you." 49 Then Nathanael declared, "Rabbi, you are the Son of God; you are the king of Israel." 50 Jesus said, "You believe because I told you I saw you under the fig tree. You will see greater things than that." 51 He then added, "Very truly I tell you, you will see 'heaven open, and the angels of God ascending and descending on' the Son of Man." - John 1:47-51 NIV



Thoughts & Meditation

How do you know me?

Additional Scriptures

Exodus 33:17; Isaiah 43:1; Jeremiah 1:5; John 10:3; Hebrew 4:13



Prayer Points

- Thank God that he knows you by name
- Thank God that he knows your weaknesses and flaws, yet he still loves and cares for you.
- Take your Bible and pray Psalm 139:1-18 out loud
- Pray it a few times throughout the day.



Daily Scripture Reading

John Chapter 11



Day 12



Focus Scripture

13 When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. 14 In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. 15 So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables. 16 To those who sold doves he said, "Get these out of here! Stop turning my Father's house into a market!" 17 His disciples remembered that it is written: "Zeal for your house will consume me."
- John 2:13-17 NIV



Thoughts & Meditation

The zeal for your house will consume me.

Additional Scriptures

Psalms 69:9; Jeremiah 20:9; 2 Corinthians 5:14-19; Zechariah 12:1



Prayer Points

- Pray for the zeal and the fire of God to be ignited deep down in your soul
- Pray for the zeal of the Lord's house to consume every part of your life.
- Pray for this zeal and for this fire to fall on our church and the body of Christ
- Pray that whatever is God's concern would become your concern.
- Pray that you become the eyes, the mouth, the hands and the feet of God.



Daily Scripture Reading

John Chapter 12



Day 13



Focus Scripture

23 Now while he was in Jerusalem at the Passover Festival, many people saw the signs he was performing and believed in his name. 24 But Jesus would not entrust himself to them, for he knew all people. 25 He did not need any testimony about mankind, for he knew what was in each person. – John 2:23–25 NIV



Thoughts & Meditation

Jesus did not entrust himself to people, for he knew what people are like.

Additional Scriptures

Jeremiah 17:9; Philippians 2:3; Psalm 15:1 2 Timothy 2:2



Prayer Points

- Pray for our hearts to completely turn to God.
- Pray for God to bring you to a place where Jesus can entrust himself to you
- Pray that God would make you a selfless servant.
- Pray that God would make you reliable, trustworthy pillar in the house of God.
- Pray that you truly become an ambassador of Christ representing his Kingdom



Daily Scripture Reading

John Chapter 13



Day 14



Focus Scripture

3 Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again." 4 "How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!" - John 3: 3-4 NIV



Thoughts & Meditation

No one can see the kingdom of God unless they are born again.

Additional Scriptures

1 Peter 1: 22-25; 1 Corinthians 15:50; Acts 2:38-41; 1 John 5:12



Prayer Points

- Pray for genuine conversion in the church.
- Pray that religious leaders would experience new birth by the power of the Holy Spirit.
- Pray for revival to break out in schools, universities, seminaries, in main line denominational churches.
- Pray for miracles signs and wonders to be manifest in these last days like never before.



Daily Scripture Reading

John Chapter 14



Day 15



Focus Scripture

5 Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. 6 Flesh gives birth to flesh, but the Spirit gives birth to spirit. 7 You should not be surprised at my saying, 'You must be born again.' 8 The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit." - John 3:5-8 NIV



Thoughts & Meditation

So, is everyone who is born of the Spirit, you can't tell where they're coming from or where they're going to.

Additional Scriptures

1 Kings 18:9-12; Acts 8:39; 1Corinthians 2:14-15; Galatians 5:16; 2 Corinthians 12:2-4



Prayer Points

- Pray for the baptism of the Holy Spirit for yourself and in the church
- Pray for more in-depth spiritual experiences
- Pray for God to take you spiritual heights you have never reached before.
- Pray for Spiritual gifts to be unlocked in you
- Pray for the move of the Holy Spirit in the church and for the supernatural.
- Pray for the prophetic gifts to start moving over the praise and worship team



Daily Scripture Reading

John Chapter 15



Day 16



Focus Scripture

9 “How can this be?” Nicodemus asked.10 “You are Israel’s teacher,” said Jesus, “and do you not understand these things? 11 Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. 12 I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? ...(continue reading up to verse 17). - John 3:9-17 NIV



Thoughts & Meditation

Eternal life is in Jesus Christ.

Additional Scriptures

Acts 4:12; John 14:6; 1 Timothy 2:5-6; Matthew 11:28-29; Romans 3:23-25



Prayer Points

Pray for the Gospel of Jesus Christ to be more relevant than ever before in the following sectors of society.

- Pray our President and Ministers
- Pray for our Government authorities
- Pray for our education system
- Pray for our Health department
- Pray for the business sector of the country
- Pray for the safety of our nation
- Pray for the sport and entertainment sector



Daily Scripture Reading

John Chapter 16



Day 17



Focus Scripture

18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. 19 This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. 20 Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. 21 But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God. - John 3:18-21 NIV



Thoughts & Meditation

Eternal light or eternal darkness – which one is your choice?

Additional Scriptures

Joshua 24:14-15; 1 Kings 18:21; James 1:8; Deuteronomy 30:19



Prayer Points

- Break every generational curse over your life
- Break every destructive behavioural pattern in your life and in your family
- Break every ancestral worship, rituals and practices over your life.
- Break every bloodline disease in your life and in the life of your children
- Break every stronghold you have identified in your life.



Daily Scripture Reading

John Chapter 17



Day 18



Focus Scripture

22 After this, Jesus and his disciples went out into the Judean countryside, where he spent some time with them, and baptized. 23 Now John also was baptizing at Aenon near Salim, because there was plenty of water, and people were coming and being baptized. 24 (This was before John was put in prison.) 25 An argument developed between some of John's disciples and a certain Jew over the matter of ceremonial washing. 26 They came to John and said to him, "Rabbi, that man who was with you on the other side of the Jordan—the one you testified about—look, he is baptizing, and everyone is going to him."... (Continue reading up to verse 36).
-John 3:22-36 NIV



Thoughts & Meditation

Water Baptism – have you been?

Additional Scriptures

Mark 16:16; Acts 8:36; Acts 19:3-5; Acts 2:38



Prayer Points

- If you are not baptized in water or if you are not sure of your baptism, seek to be baptized this year.
- Pray that many would seek water baptism in the church
- Pray that power for true freedom would be experienced through water baptism
- Pray that Grace Court would baptize thousands of souls for Christ
- Pray for New converts to be baptized



Daily Scripture Reading

John Chapter 18



Day 19



Focus Scripture

4 Now he had to go through Samaria. 5 So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. 6 Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. 7 When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" 8 (His disciples had gone into the town to buy food.) (Continue reading up to verse 26). - John 4:4-26 NIV



Thoughts & Meditation

Jesus – The living water of life.

Additional Scriptures

John 7:37-39; Revelation 7:17; Jeremiah 17:13; Zecharia 14:8-9



Prayer Points

- Pray for the washing of the water of the word over your life and your family
- Pray for the Lord to fill you with his fresh living water
- Pray for the Lord to lead you to quiet waters and restore your soul.
- Pray life and longevity from the water of life in Jesus
- Pray for success and prosperity of your marriage, business, studies, projects etc.
- Pray for righteousness, peace and joy in the Holy Spirit.



Daily Scripture Reading

John Chapter 19



Day 20



Focus Scripture

27 Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, “What do you want?” or “Why are you talking with her?”
28 Then, leaving her water jar, the woman went back to the town and said to the people...” - John 4:27-38 NIV



Thoughts & Meditation

My food is to do the will of him who sent me and to finish his work.

Additional Scriptures

John 5:19; John 6:38; Matthew 7:21-23; John 10:37-38



Prayer Points

- Pray for the perfect will of God over your life
- Pray for God’s will over your calling and career
- Pray for God’s will for your future
- Pray for God’s purpose for your life, his vision, his mission and his objectives
- Pray for your dreams and goals for 2025
- Write them down and pray over them



Daily Scripture Reading

John Chapter 20



Day 21



Focus Scripture

35 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. 36 But as I told you, you have seen me and still you do not believe. 37 All those the Father gives me will come to me, and whoever comes to me I will never drive away. 38 For I have come down from heaven not to do my will but to do the will of him who sent me. 39 And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day. 40 For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day." - John 6:35:40 NIV



Thoughts & Meditation

I am the bread of life – Jesus said.

Additional Scriptures

Psalms 23; Matthew 26:26; Luke 22:19; Exodus 25:30



Prayer Points

Pray and take holy communion that represents the body and the blood of Jesus for the following:

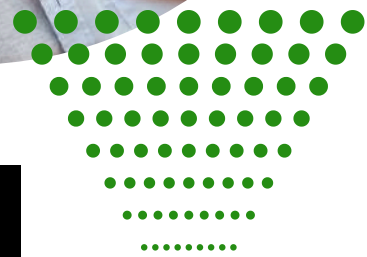
- Healing
- Protection
- Provision
- Strength
- Wisdom
- Grace
- Favour



Daily Scripture Reading

John Chapter 21





Additional Resources

In the next segment of the eGuidebook, you'll find additional resources to enrich your 2025 fasting journey. This includes a collection of affordable and easy recipe ideas to inspire your meals, as well as a curated worship setlist on Spotify to accompany your daily personal devotional time. Images are for illustrative purposes only and may not represent actual items.

We encourage you to use these resources to stay spiritually connected and nourished, allowing them to enhance your experience and bring deeper focus to your time of fasting and reflection.

Carrot & Cucumber Slaw

31

Ingredients :

- 2 carrots, shredded or grated
- 1 cucumber, shredded
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt & pepper

Serving Suggestions :

Pair with grilled veggies or enjoy as a light side dish. Garnish with sesame, poppy or pumpkin seeds.

How To Make :

- ① Mix shredded veggies.
- ② Toss with olive oil, lemon juice, salt, and pepper.
- ③ Serve chilled.



Potatoes with Garlic and Herbs

Ingredients :

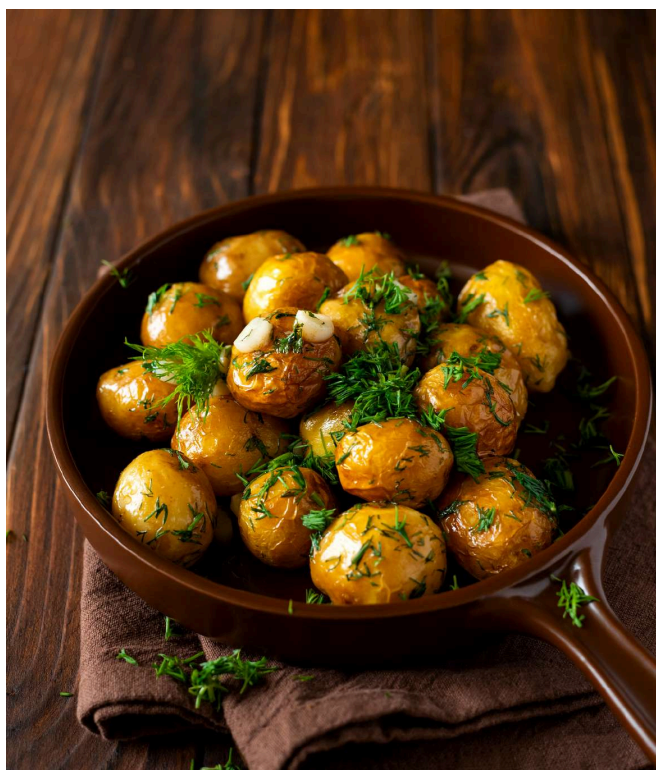
- 6 medium potatoes, cubed or whole baby potatoes
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp dried rosemary (or fresh, chopped)
- 1 tsp dried thyme (or fresh, chopped)
- 1 tsp paprika (optional)
- Salt and pepper to taste

Serving Suggestions :

Serve as a side dish with steamed green beans or a fresh cucumber and tomato salad.

How To Make :

- 1 Preheat oven to 200°C.
- 2 In a large bowl, toss potato cubes / baby potatoes with olive oil, garlic, rosemary, thyme, paprika, salt, and pepper.
- 3 Spread potatoes evenly on a baking tray lined with parchment paper.
- 4 Roast for 30-35 minutes, turning halfway through, until golden and crispy.



Vegetable Stir-Fry

Ingredients :

- 1 cup mixed veggies (carrots, bell peppers, broccoli)
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp soy sauce (optional)
- Salt & pepper to taste
- Add black beans (Optional)

Serving Suggestions :

Serve over quinoa, mash potatoes made with coconut milk or cauliflower rice for a complete meal.

How To Make :

- 1 Heat olive oil in a pan, sauté garlic.
- 2 Add vegetables, stir-fry for 5-7 minutes.
- 3 Season with soy sauce, salt, and pepper.
- 4 Serve hot.





Sweet Potato & Chickpea Curry

Ingredients :

- 4 sweet potatoes, peeled and cubed
- 1 can chickpeas, drained
- 1 onion, chopped
- 1 garlic clove, minced
- 1 tbsp curry powder
- 1 can coconut milk
- 1 cup vegetable broth
- Salt & pepper
- Spinach - chopped (Optional)

Serving Suggestions :

Serve this wholesome curry over a bed of whole-grain couscous for a satisfying and nutritious meal. For extra texture and flavor, pair it with roasted vegetables like broccoli or zucchini. Garnish with fresh cilantro and a squeeze of lime for brightness. You can also enjoy it with a side of lettuce wraps for a lighter option. This dish is perfect for keeping you energized and aligned with your Daniel Fast goals!

How To Make :

- 1 Sauté onion and garlic, add curry powder.
- 2 Add sweet potatoes, chickpeas, coconut milk, and broth.
- 3 Simmer for 20 minutes until potatoes are tender.
- 4 Season with salt and pepper.



Cauliflower Rice

Ingredients :

- 1 or 2 cauliflower, grated
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt & pepper

Serving Suggestions :

Serve the cauliflower rice as a base for roasted vegetables, bean chili, or fresh avocado slices, and garnish with chopped cilantro and a squeeze of lime.

How To Make :

- 1 Sauté garlic in olive oil.
- 2 Add grated cauliflower and cook for 5-7 minutes.
- 3 Season with salt and pepper.
- 4 Optional Step: After sautéing the grated cauliflower, add 1 diced tomato, 1 finely chopped chili (or 1 tsp chili flakes for milder heat), 1/2 tsp cumin, and 1/2 tsp paprika. Stir and cook for 3-4 minutes until the tomato softens and blends with the cauliflower.
This step adds a flavorful, spicy Mexican twist to your cauliflower rice!



Roasted Plantain & Black Bean Vegan Bowl

Ingredients :

- 2 ripe plantains, peeled and sliced
- 1 tbsp olive oil
- 1 cup cooked black beans (drained and rinsed if canned)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp chili powder (optional)
- 1 cup cooked quinoa or brown rice
- 1 avocado, quartered
- 1/2 cup grated or finely chopped red cabbage
- 1 cup mixed greens or baby spinach
- Juice of 1 lime
- Salt and pepper to taste

Serving Suggestions :

Garnish with chopped cilantro or a sprinkle of sesame seeds for added crunch and flavor. Enjoy as a colorful and nutritious meal!

How To Make :

- 1 Heat olive oil in a skillet over medium heat and fry plantain slices until golden and caramelized, about 2-3 minutes per side. Remove and set aside.
- 2 In the same skillet, add black beans, cumin, smoked paprika, chili powder, salt, and pepper. Stir and cook for 3-4 minutes until heated through.
- 3 Assemble the bowl: Start with a base of quinoa or brown rice, layer with black beans, fried plantains, mixed greens, grated red cabbage, and quartered avocado.
- 4 Drizzle lime juice over the top for a fresh and tangy finish.



Spicy Corn Riblets with Aromat

Ingredients :

- 4 ears of corn, cut into riblets (about 2-3 pieces per ear)
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1 tsp Aromat seasoning
- Salt and pepper to taste
- Fresh lime wedges (for serving)
- Fresh cilantro (optional, for garnish)

Serving Suggestions :

Garnish with chopped cilantro and serve with a side of fresh salsa or a cool dip like guacamole for added flavor. Enjoy these flavorful, spicy corn riblets as a side or light snack!

How To Make :

- 1 Preheat your grill or oven to medium-high heat (180°C/350°F).
- 2 In a small bowl, mix together olive oil, smoked paprika, cumin, chili powder, garlic powder, Aromat, salt, and pepper.
- 3 Brush the corn riblets with the spice mixture, ensuring they are well-coated.
- 4 Grill the corn riblets for 10-15 minutes, turning occasionally until they are golden and slightly charred. If using the oven, roast on a baking tray for 20-25 minutes, flipping halfway through.
- 5 Remove from heat and squeeze fresh lime juice over the corn.



Butterbean Curry with Coconut Milk

Ingredients :

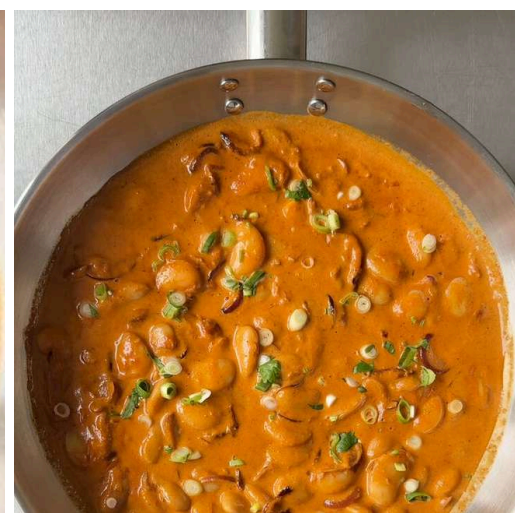
- 2 cups cooked butterbeans (or 1 can, drained and rinsed)
- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1/2 tsp ground cinnamon
- 1/2 tsp chili powder (optional)
- 1 can (400ml) coconut milk
- 1 cup vegetable broth or water
- 1 tbsp tomato paste
- 1 tbsp soy sauce or tamari
- Salt and pepper to taste
- Fresh cilantro (for garnish)
- 1 tbsp lime juice

Serving Suggestions :

Garnish with fresh cilantro or finely chopped spring onion before serving. Serve the curry over couscous, bulgur wheat cooked in vegetable stock for a flavorful and hearty alternative to rice.

How To Make :

- 1 Heat olive oil in a large pot over medium heat. Add onion and garlic, sautéing until softened (about 5 minutes).
- 2 Add cumin, coriander, turmeric, cinnamon, and chili powder (if using), stirring for 1 minute to release the spices' flavors.
- 3 Stir in tomato paste and soy sauce, followed by the coconut milk and vegetable broth. Bring to a simmer.
- 4 Add the butterbeans to the pot, stirring to combine. Let simmer for 10-15 minutes to thicken the sauce and allow the flavors to meld. Season with salt, pepper, and lime juice to taste.



Couscous Salad

Ingredients :

- 1 cup couscous
- 1 tbsp olive oil
- 1 cup boiling water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red onion, finely chopped
- 1/2 cup fresh coriander (cilantro), chopped
- 1/4 cup raisins or dried apricots, chopped
- 1/4 cup roasted butternut, cubed
- 1 tbsp apple cider vinegar or lemon juice
- 1 tsp ground cumin
- 1 tsp ground turmeric (optional)
- Salt and pepper to taste

Serving Suggestions :

Serve chilled or at room temperature as a refreshing and filling side dish or light lunch, perfect for a Daniel Fast-friendly meal. It pairs beautifully with roasted vegetables or a plant-based protein like lentils or chickpeas.

How To Make :

- 1 Place the couscous in a large bowl. Pour the boiling water or vegetable broth over it, add olive oil, and cover the bowl. Let it sit for 5-10 minutes until the couscous absorbs the liquid. Fluff with a fork.
- 2 In a large mixing bowl, combine the cherry tomatoes, cucumber, red onion, coriander, raisins or dried apricots, and roasted butternut.
- 3 Add the couscous, apple cider vinegar or lemon juice, cumin, turmeric, salt, and pepper. Toss gently to combine.





Bulgar Pilaf (Daniel Fast)

Ingredients :

- 1 cup bulgur wheat
- 2 tbsp olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 zucchini, diced
- 1 tsp ground cumin
- 1/2 tsp ground turmeric (optional)
- 1 1/2 cups vegetable broth or water
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Serving Suggestions :

Serve as a main dish with a side of roasted vegetables or a light salad. It also works wonderfully as a side for grilled plant-based proteins or as part of a larger Daniel Fast meal.

How To Make :

- 1 Heat olive oil in a large pan over medium heat. Add the onion and garlic and sauté until softened, about 3-4 minutes.
- 2 Add the diced carrot and zucchini, cooking for another 5 minutes until tender, then stir in the cumin, turmeric (if using), salt, and pepper.
- 3 Add the bulgur wheat and vegetable broth, stirring well. Bring to a simmer, then cover and cook for 10-15 minutes until the bulgur absorbs the liquid and becomes tender.
- 4 Remove from heat and fluff the bulgur with a fork. Garnish with fresh parsley before serving.



Lentil and Potato Stew

Ingredients :

- 1 cup dried lentils (green or brown), rinsed
- 2 medium potatoes, peeled and diced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 carrots, diced
- 2 celery stalks, chopped
- 1 can (400g) diced tomatoes
- 4 cups vegetable broth or water
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp turmeric (optional)
- Salt and pepper to taste
- Fresh parsley or coriander for garnish

Serving Suggestions :

Serve the stew with a light salad for a hearty, comforting meal on the Daniel Fast. It also pairs well with quinoa or bulgur for added texture and flavor.

How To Make :

- 1 In a large pot, sauté the onion and garlic in olive oil over medium heat for about 5 minutes until softened.
- 2 Add the carrots, celery, and diced potatoes, stirring for 2-3 minutes.
- 3 Stir in the cumin, paprika, turmeric (if using), salt, and pepper, cooking for another minute.
- 4 Stir in the lentils, vegetable broth or water, and diced tomatoes, cooking for another minute. Adjust seasoning to taste. Garnish with fresh parsley or coriander before serving.



Crispy Oven-Baked Fries | Chips

Ingredients :

- 4 large potatoes (russet or your preferred variety)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp ground black pepper
- Salt to taste
- Fresh parsley (optional, for garnish)

Serving Suggestions :

Serve with a side of homemade dipping sauce, such as tahini or a tomato-based dip, for an extra burst of flavor. Enjoy as a snack or side dish during your Daniel Fast.

How To Make :

- 1 Preheat your oven to 220°C (425°F).
- 2 Wash and peel the potatoes (if preferred), then cut them into thin, even strips.
- 3 In a large bowl, toss the potato strips with olive oil, garlic powder, paprika, black pepper, and salt until well-coated. Spread the fries in a single layer on a baking sheet lined with parchment paper.
- 4 Bake for 30-35 minutes, flipping halfway through, until the fries are golden brown and crispy. Once baked, remove from the oven and let them cool slightly before serving. Garnish with fresh parsley (optional).



Breakfast Ideas

1. Overnight Oats with Fruit

Soak rolled oats in almond milk or coconut water overnight. Top with fresh fruit like bananas, berries, and a sprinkle of chia seeds or sunflower seeds.

2. Fruit Salad with Nuts and Seeds

Combine fresh, seasonal fruits like apples, oranges, mangoes, and papaya. Add a handful of mixed nuts (almonds, walnuts) and seeds (pumpkin or sunflower seeds).

3. Sweet Potato Hash with Spinach

- Sauté diced sweet potatoes with onions and garlic in olive oil. Once soft, add spinach until wilted. Serve warm.

4. Smoothie Bowl with Nuts and Seeds

Blend frozen berries, banana, and spinach with coconut water or almond milk. Pour into a bowl and top with granola, chia seeds, and shredded coconut.



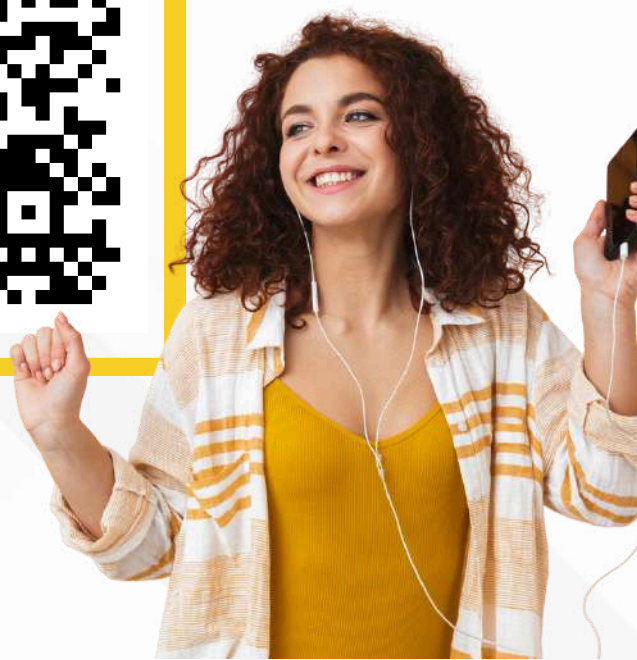
Playlist 2025



Press Play and let's Pray!

As you embark on this 21-day fast, we've compiled a special list of worship songs to accompany your journey. Whether you're seeking music to pray, meditate, or simply bask in the presence of God, this playlist will enhance your experience. You can easily access it on Spotify by scanning the QR Code below. Let the music uplift and guide you as you draw closer to God during this sacred time.

SCAN HERE





Get Involved

If you have been blessed by this eGuidebook, the devotionals, or the 21-day fast and would like to get involved, we would love to hear from you. Join us for Sunday services at 09:30 as a great place to start your journey with us! You can also sow into the ministry—our banking details are as follows:

Grace Court Impact Centre
4088014035
Absa
Cheque
Branch Code: 632005
Ref: Your Name | Fast2025



www.gracecourt.org



082 662 5288



92 Albert Street, Weltevredenpark. Johannesburg



bishop@gracecourt.org



2025 THE YEAR OF DOUBLE-FAVOUR

www.gracecourt.org