

HOLSPI MINISTRIES GLOBAL



21 DAYS DANIEL (PARTIAL) FAST

DECEMBER 2025

02ND DECEMBER TO 22ND DECEMBER 2025



PREFACE

Brethren, God has put in your hands these prayer tools for spiritual self-uplifting that will bring mighty revelation of our Lord and Saviour Jesus Christ, and the kingdom of God to you. It is therefore important to engage in quiet meditation of the scriptural readings (**Joshua 1:8**) before setting out to pray.

This will release mighty words from your spirit to your mind then through your mouth, bringing to pass **Isaiah 55:11** *“So shall My word be that goes forth from My mouth: It shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.”*

Beloved brethren, it is necessary to begin your studies and prayer daily with worship. This is very important because worship brings the presence of God. In other words, it makes God’s presence real to you.

It is my earnest prayer that our heavenly Father will give to every participant of this 21-day fast the grace to experience the glory of the embrace of His lovely presence as you walk with Him. May you be greatly empowered in the wonderful name of Jesus Christ. Amen!

DAY 1

MORNING

SCRIPTURAL READINGS

Psalm 91:9

Psalm 22:3

Psalm 100:1-5

2 Chronicles 5:13-14

This morning sets the fasting period rolling. Therefore, it is important to praise and worship the name of the Lord. This exercise brings the presence of God right where you are. Though the Lord is in you but you often forget; in worship, His presence becomes real to you. Please worship the Lord daily throughout this fast and beyond.

PRAYER POINTS

- Tell Jesus how much you love Him
- Tell Him He is the source of all things for you
- Ask Him to strengthen you through these twenty-one days of fasting
- Pray for speedy response to your prayers
- Pray that God will give you great revelations of Himself and of our Lord and Saviour, Jesus Christ

EVENING

Worship the Lord for Whom He is

SCRIPTURAL READINGS

2 Chronicles 25:2

1 Corinthians 15:58

Colossians 1:23

Matthew 15:8-9

The Lord is King of Kings and you serve him. Your hearts must be right with the Lord. You cannot be serving Him while your heart is somewhere else or wishing you must have done things otherwise.

PRAYER POINTS

- Pray for a steadfast heart unto Jesus.
- Pray that your mind should not waver.
- Pray that your heart depends on God's word.

DAY 2

MORNING

SCRIPTURAL READINGS

Philippians 4:6

Psalms 100:4

1 Thessalonians 5:18

Hebrews 13:15

1 Corinthians 15:57

2 Chronicles 2:20-22

Saints, it is important for us to have a grateful heart. This is an indication of humility. We are usually quick and almost persistent in asking God for help, protection, gifts, and material things, but are not equally persistent in thanking Him. The bible says we should always thank the Lord, despite the

circumstances. So, as we come to the end of this year, let us reflect on the love of God in Christ Jesus (**John 3:16** – *For God so loved the world that He gave His only begotten so that whosoever believeth in Him shall not perish but have everlasting life*). This is the ultimate sacrifice, and we have the assurance that nothing can separate us from God's love in Christ Jesus (**Romans 8:38-39**) – not even demons or principalities. So, saints, let's reflect on the grace and protection of God and thank Him from the depths of our hearts. Please worship Him before giving thanks – A few songs. Minister unto the Lord God this morning – call Him the names you know, tell Him He is awesome, powerful, and wonderful. Worship and praise Him, exalt and magnify His wonderful name. Bless Him from the low of your heart.

PRAYER POINTS

- Thank Elohim for adopting you as His child through Christ Jesus. Also, thank Him for your new status – you are now kings and priests to God because of the resurrection of His Christ (**Revelation 1:6**).
- Thank Him for the sacrifice on the cross of Calvary – thank Him for the crown of thorns that were placed on His head, for the nail-pierced hands, for the nail-pierced feet, for the spear that went into His side, for the indignity He suffered (He was spat on and mocked) and for the suffering. Please let your imagination be alive as you give thanks.
- Thank Him because on the Cross he bore your infirmities and took away your sicknesses. By his stripes, you were healed (**1 Peter 2:24**).
- Thank the Lord for His instruments of grace – His name that fills all things and is higher than every other name; His blood that contains the new covenant and was shed for the remission of sins; His Spirit (the Holy Spirit) who is your comforter, teacher etc.
- Thank Him for being your High Priest. He constantly intercedes for you in heaven. Also, thank the Holy Spirit for His intercession (**Romans 8:26**).

- Thank the Holy Spirit for being your helper/comforter, and for His direction and guidance.

EVENING

SCRIPTURAL READINGS

Ephesians 5:20

Psalm 69:30

Psalm 9:1

Saints, please continue in the place of gratitude to God. Worship and praise Him. Please reflect upon your life and family and appreciate the fact that, despite the challenges, God has brought you through January to December 2025.

PRAYER POINTS

- Thank the Lord for the gift of life for yourself and for your family. Ask Him to grant long life and prosperity to you and your loved ones – husband/wife, children, nephew etc.
- Thank God for the breakthroughs He has granted you thus far – family, marriage, career, business etc. Also, thank Him for other breakthroughs being sought.
- Thank God for the battles He has fought and won for you, even for the ones you're not aware of.
- Thank Him for those things you would like Him to do for you by the end of this year or next year.
- Give Him thanks for the challenges, tribulations or difficulties you have endured this year (including persecutions etc). Thank Him for spiritual growth.

DAY 3

MORNING

SCRIPTURAL READINGS

Psalm 51: 1-12

Psalm 103:8-14

1 John 1:8-9

Romans 3:23

2 Samuel 24:10-15

We have all sinned and fallen short of the glory of God. Anyone who says he/she has not sinned is a liar and renders God so, because it means the whole purpose of the birth and death of our Lord and Saviour Jesus Christ is based on an untruth. The good news is that God is merciful. Such is His nature. He is slow to chastise but quick to forgive. We have the blood of Jesus available to cleanse us from our sins daily and to grant us access to our Father in heaven. Our God does not ignore or despise a broken spirit, and a broken and contrite heart. Let's now surrender to Him, lift our voices and hearts, and ask for His mercy. All prayers and supplications are rendered in the name of Jesus.

PRAYER POINTS

- Pray for God to have mercy upon your life and show you kindness despite your weaknesses. He knows your weaknesses. Extend the prayer point to your children, grandchildren, parents, siblings etc.
- Pray and ask God to (i) blot out your transgressions, (ii) thoroughly wash away your iniquities, and (iii) cleanse your sins (including secret sins) – You may want to reflect on recurrent sins. Identify the sin and repent of it.
- Ask God to give you the grace to hate sin – that is strengthen your will to disobey your body (the flesh). Let Him make you an instrument of honour in His kingdom.

- Ask God to give you the grace to resist the devil when tempted by him and his agents.
- Pray and ask God to give you an unquenchable desire to obey and please Him.

EVENING

SCRIPTURAL READINGS

Mathew 6:14-15

Ephesians 4:31-32

Colossians 3:12-13

Mark 11:25

Mathew 5:43-46

Saints, the dominant pattern in the life of your Saviour on earth was persistent obedience and emulation of His Father in heaven. He said in **John 5:19** that He did not do things on His own, but whatever He heard or saw His Father do, He emulated. This is the same standard expected of us in our “followership” of Christ. At the cross, Jesus prayed to God to forgive His killers “for they know not what they are doing”. This is a good example worth emulating. Besides, the Lord Himself cautioned that if we do not forgive others from our hearts, His Father in heaven will not forgive us. Unforgiveness overburdens the heart, clogs the free movement of the Spirit and block prayers. It could lead to bitterness and douse our relationship with God. So, let us now lift our voices and ask God to forgive others, noting that you cannot love your enemies or bless those who curse you or pray for those who persecute you (**Mathew 5:43-46**) without forgiving them.

PRAYER POINTS

- Repent of unforgiveness, bitterness etc.

- Ask God to give you the grace to forgive from your heart those who have wronged you within and out of your family.
- Pray deeply for the Holy Spirit to help you to love your enemies, bless those who curse you, do good to those who hate you, and pray for those who persecute you.
- Ask the Holy Spirit to enable you to live in peace with everyone, as much as it is up to you.
- Ask the Lord to bless you with a pure heart, so that you can see His Father in heaven.
- You can now ask the Lord to have mercy and favour you in connection with your circumstances – your ministry, job, profession, career, marriage etc.

DAY 4

MORNING

SCRIPTURAL READINGS

Galatians 2:20

Proverbs 23:26

Luke 9:23-24

There are different levels of surrender, all of which affect our relationship with God. Initial surrender to the drawing of the Holy Spirit leads to salvation. When we let go of our own attempts to earn God's favour and rely upon the finished work of Jesus Christ on our behalf, we become children of God. Greater surrender during a Christian's life brings deeper intimacy with God and more power in service.

PRAYER POINTS

- Ask the Lord to search your heart and identify resistant territories that need to be yielded to Him.

- Pray and ask the Lord that all escape routes be exposed, so that the full work of the Lord may be completed.

EVENING

SCRIPTURAL READINGS

Matthew 26:39

Romans 12:1-2

John 15:5

Brethren, the more areas of our lives we surrender to the Lord, the more room there is for the Holy Spirit to fill us. When filled with the Holy Spirit, we exhibit traits of His character. The more we surrender to God, the more our old self-worshipping nature is replaced with one that resembles Christ. God demands that we surrender the totality of ourselves. He wants the whole, not a part.

PRAYER POINTS

- Ask the Holy Spirit to help you perpetually surrender to the will of God.
- Ask the Lord to help you remain attached to the true vine, so that you will produce fruit that remains.

DAY 5

MORNING

Worship the Lord

SCRIPTURAL READINGS

John 6:63; 12:49

Numbers 22:6; 23:23

Proverbs 18:21; 13:3; 21:23

Luke 16:15

James 1:19

Words that come out of your mouth can tear down or build up. Your tongue can set a path in your life that can affect your destiny for good or bad. Your tongue must be controlled in order to ensure it bears fruit acceptable to the Lord. To gain control of our tongue, we must try to speak little and allow God to speak through us. Jesus Christ practiced this when He says *"I have not spoken of myself; but the Father which sent me, He gave a commandment, what I should say, and what I should speak"* (**John 12:49**). Speaking to promote yourself robs you of the privilege of allowing God to announce you. Do not use your tongue to manipulate people to look at you in high esteem, for it is not acceptable in God's sight.

PRAYER POINTS

- Ask God to forgive you for the words you allowed to flow out of you that did not glorify Him.
- Ask God to forgive you for the words you have released to tear down others or cause curses to come upon them.
- Pray for the power to desire to speak little and the grace to listen more.
- Pray against the urge to contribute your thoughts to every conversation or controversy.
- Pray for the power to wait to hear from God before speaking.
- Pray for restoration for anyone who has suffered because of your tongue.
- Pray that God restores you for anything you have suffered because of the tongue of others.

EVENING

Worship the Lord

SCRIPTURAL READINGS

Proverbs 10:19, 4:23

Ephesians 4:29

Luke 6:45

James 3:5-12

Psalm 51:10-11

Your Christian experience is not effective until you gain control of your tongue. To control your tongue, you must sacrifice the desire to speak, as well as deny yourself the satisfaction you derive from expressing yourself. When you talk too much, many words give sin an opportunity to manifest in your life. You are called to holiness even in your conversation. What is in your heart determines what comes out of your mouth. So, you must guard what goes into your heart. Let not what comes out of your mouth grieve the Holy Spirit. If you fear God, you will guard your heart and watch what comes out of your mouth.

PRAYER POINTS

- Pray that God will create in you a clean heart and renew a right spirit within you.
- Ask the Holy Spirit to stay with you and cause you to hear and speak wholesome words pleasing to the Lord.
- Ask the Holy Spirit to lead you always in your conversation, casual or professional.
- Pray for utterance so that when you speak, the mysteries of Christ will be revealed to others.

DAY 6

MORNING

SCRIPTURAL READINGS

Exodus 34:5-7

Psalm 145:8-9

1 Timothy 1:17

Malachi 3:6

Hebrews 6:17-18

John 4:24

1 John 1:5

Jeremiah 32:17

Daniel 11:32

Everything in the Christian life begins with a correct revelation of who God is. Our faith, devotion, confidence in prayer, and endurance in trials, depend entirely on our understanding of His nature. If we misunderstand God, we will approach Him and serve Him incorrectly. Scripture reveals that God is eternal—without beginning or end (**1 Timothy 1:17**). He is all-powerful (**Jeremiah 32:17**), all-knowing (**Psalm 147:5**), and present everywhere (**Psalm 139:7–10**). He is not limited by time, circumstance, or the strength of creation. God reigns sovereign over all. The Bible declares that “*God is light, and in Him is no darkness at all*” (**1 John 1:5**). He is perfectly holy, perfectly righteous, perfectly good, and incapable of deceit. Scripture says it is impossible for God to lie (**Hebrews 6:18**), and His Word is unchanging and eternally reliable (**Malachi 3:6**). This is why the believer can trust His promises completely—God’s character makes His Word unbreakable. When God revealed Himself to Moses, He emphasized His nature before His power: “*The Lord, merciful and*

gracious, slow to anger, abounding in goodness and truth” (Exodus 34:6). To know God rightly is to trust Him deeply, worship Him correctly, and walk steadily in faith. As we grow in the knowledge of who God is, our prayers become confident, our hearts become stable, and we live as people who know their God— *“the people who know their God shall be strong and do exploits” (Daniel 11:32).*

PRAYER POINTS

- Pray for a deeper revelation of the nature of God.
- Pray that your heart becomes aligned with His nature.
- Pray for unshakable trust in His Word.
- Pray that the knowledge of God increases your faith and stability.
- Thank God for His holiness, power, truth, and sovereignty.

EVENING

SCRIPTURAL READINGS

Leviticus 20:26

1 Peter 1:14-16

Ephesians 1:17-19

Ephesians 5:1-2, 8-11

2 Corinthians 3:17-18

1 John 1:5-7

Revelation must become transformation. Scripture declares that God is light (**1 John 1:5**), and those who walk with Him should reflect His nature. A believer’s life should increasingly express God’s character— holiness, goodness, compassion, truth, justice, and righteousness. Paul prayed that *“the eyes of*

your understanding be enlightened” so that believers may truly know God and understand *“the exceeding greatness of His power toward us who believe”* (**Ephesians 1:18–19**). When our spiritual eyes are opened, we no longer live as defeated people but as children of the King. As we look into God’s nature through the Word and fellowship with the Holy Spirit, we are *“transformed into the same image from glory to glory”* (**2 Corinthians 3:18**). The true measure of spiritual maturity is not spiritual gifts or knowledge but character that reflects God’s nature. This evening, say this prayer from your heart: “Lord, shine Your light in me, remove anything that does not reflect You, and make me like You.”

PRAYER POINTS

- Pray for the Holy Spirit to enlighten the eyes of your understanding.
- Pray for grace to reflect God’s righteousness, holiness, mercy, and truth.
- Pray that every area of darkness in your life be exposed and healed.
- Pray for strength to walk in humility, purity, and integrity.
- Ask God to make your character and lifestyle a testimony of who He is.

DAY 7

MORNING

SCRIPTURAL READINGS

1 John 4:13-15

John 16:5-15

Judges 3:10

John 14:26

Acts 1:8

John 2:27

1 John 1:5-7

Saints, the Holy Spirit carries and establishes God's presence in our lives. He is the one who bears witness of Christ, because He is the Spirit of truth (**1 John 5:6-7**). He is the reality of God and our Lord Jesus in us. As a believer, your spirit is joined with the Lord's (**1 Corinthians 6:17**) because Jesus lives in you (**Galatians 2:20**) through the Holy Spirit. The role of the Holy Spirit in the life of a Christian and in the world-wide church is huge, but at least, we know from the book of John that the Holy Spirit guides us into all truths and reveals all that belongs to Jesus unto us. He is our anointed teacher/instructor (**1 John 2:26-27**), our intercessor (**Romans 8:26**), the one who raises a standard against our enemies (**Isaiah 59:19**), He assigns ministerial tasks/assignments (**Acts 13:2**) and provides spiritual gifts to the saints (**1 Corinthians 12:8-11**). If we consider the growth of the world-wide church since Jesus ascended into heaven, you will see that it is the work of the Holy Spirit. Although He is the last person of the Trinity to be revealed to the saints, He was with God from the foundation of the earth (**Genesis 1:2b**) and is of no lesser position than the Father and His son, Jesus. It is therefore important and necessary for us to have a solid relationship with the Holy Spirit as we walk with Christ, and in our respective ministries (a ministry does not only refer to that of a pastor or a preacher. A member of the choir; an usher; an instrumentalist; a janitor; a member of the intercessory team; a worker, etc., are all ministers). He is God's power onto us. Before you engage in prayers this morning, please lift up your voice and worship the Holy Spirit in the same magnitude as the other members of the Trinity – A few songs.

PRAYER POINTS

- Thank the Lord God for sending the Holy Spirit in the name of His son, Jesus.
- Thank the Holy Spirit for His resurrection power that raised Jesus from the death. Let that power “resurrect” any “dead” necessary thing in your life.
- Ask for the zeal to surrender to the Holy Spirit and have a deeper relationship with Him.
- Ask for the leadership of the Holy Spirit in your ministry (including your church and the body of Christ) and in all aspects of your life – your career, your business, your marriage, the nurturing of your children and grandchildren etc.
- Pray and ask the Holy Spirit to reveal more of Jesus to you.
- Ask the Holy Spirit to reveal God’s purpose and plans for your life.
- Ask the Holy Spirit to strengthen your faith in Jesus in the face of trials and tribulation.
- Pray and ask the Holy Spirit for revelations of solutions to your current challenges, even going into 2026.

EVENING

SCRIPTURAL READINGS

1 Corinthians 12:1-12

Acts 10:38

Acts 2:1-4

Joel 2:28-32

Isaiah 59:19

Galatians 5:22

PRAYER POINTS

- Pray and ask God to anoint you with the Holy Spirit for the purpose of service in His kingdom (Don’t rush this prayer point).

- Ask the Holy Spirit to grant you His fruit – love, joy, peace, kindness, longsuffering, goodness, self-control etc.
- Review 1 Corinthians 12 and ask the Holy Spirit for a gift or gifts, for example: the gift of prophecy, gifts of healing, gift of interpretation of tongues etc. **(This should be deep and meaningful. Pray it over a few times).**
- Ask the Holy Spirit to raise a standard against the floods of attack from your enemies/adversaries going into 2026.

DAY 8

MORNING

SCRIPTURAL READINGS

Hebrews 11:1-6

James 5:16-18

Mark 9:23-24

Romans 10:13-14, 17

Hebrews 12:1-2

As a born-again believer, you are the righteousness of God in Christ Jesus. This righteousness is lived out by faith, for “the righteous shall live by faith.” Faith is the spiritual channel through which God brings His promises into physical reality. **Hebrews 11:1** teaches that faith is substance—the foundation upon which hope rests. It is the vessel God uses to manifest His will in our lives. The prayer of faith moves God, and when God moves, nothing is impossible. Elijah is an example. Though “*a man subject to like passions as we are,*” his persistent prayer stopped the rain for three and a half years (**James 5:17**). It was not human strength, it was faith at work. Faith grows as we stay connected to Jesus. Studying the Word, obeying it, and practicing it daily will build spiritual

strength. As we boldly apply the Word and experience its results, our faith increases and becomes unshakable.

PRAYER POINTS

- Pray for hunger for the Word of God.
- Pray for the grace to apply the Word daily with boldness.
- Pray that the Holy Spirit births genuine faith in your spirit.
- Pray for deliverance from doubt and double-mindedness.
- Pray that your prayer life becomes empowered with faith that produces results.
- Pray: “Lord, help my unbelief.”

EVENING

SCRIPTURAL READINGS

2 Timothy 1:7

Psalms 56:3-4

Matthew 14:28-31

Romans 4:20-21

John 15:4-7

Fear is one of the greatest enemies of faith. It invites doubt and paralyzes one. Peter began to sink not because Jesus failed, but because he shifted focus to the storm. Fear breaks focus, meanwhile faith looks at Jesus. God has not given us a spirit of fear but of power, love, and a sound mind (**2 Timothy 1:7**). True faith waits on God even when nothing appears to be changing. This patience grows as we remain connected to Christ through prayer, obedience, and in His Word. Faith grows through the Word and consistent practice. The more one walks with Christ, the stronger faith becomes—and the weaker fear becomes.

PRAYER POINTS

- Pray for deliverance from fear.
- Pray for grace to wait on God without anxiety.
- Pray for a heart that fully trusts Jesus.
- Pray for obedience that strengthens faith.
- Pray for discipline to study and live the Word daily.

DAY 9

MORNING

SCRIPTURAL READINGS

Romans 5:3-5

James 1:2-4

Colossians 3:12-13

1 Peter 4:12-19

Hebrews 12:2

Romans 4:17-21

Psalms 86:15-17

Isaiah 40:28-31

There is always a waiting period after praying and giving to God. Patience is a virtue and also a fruit of the Spirit. When we cultivate patience, we mirror the character of Christ and allow His love to shine through us.

There are moments when the waiting season stretches longer than we expected, and patience then grows in to endurance. Endurance is the grace to remain steadfast even in the midst of hardship, pressing on until the end. Jesus 'endured the cross, despising the shame, pain and suffering because of the joy

set before Him (**Hebrews 12:2**). God uses these seasons to strengthen, establish and settle you (**1 Peter 5:10**).

PRAYER POINTS

- Pray that God will keep you focused and give you the grace to resist discouragement and temptation.
- Pray for endurance in times of trials for you and ask God to renew your strength in Him as you wait.

EVENING

SCRIPTURAL READINGS

Mark 11:23-24

James 1:6-8, 4:8

Proverbs 3:5-6

Psalms 46:10a

Isaiah 26:3

Numbers 23:19

Psalms 37:7; 21:2

PRAYER POINTS

- Ask God to remove all doubt, confusion and fear from your heart.
- Pray against double-mindedness.
- Ask God to teach you to let go.
- Ask God to give you the discipline to spend time in God's presence, to study His word daily for clarity and direction, and the strength to fast and pray.
- Pray for confidence in God's word and power.

- Ask Him to strengthen and increase your faith in Him, and to help you find rest in Him.

DAY 10

MORNING

SCRIPTURAL READINGS

Romans 4:18

Hebrews 11:1

Ephesians 2:12

Colossians 1:27

Romans 15:13

Hope is born out of faith. Abraham believed God and “hoped against hope” (***Romans 4:18***). ***Hebrews 11:1*** shows that hope rests on something real: faith gives foundation to what we expect from God. Without faith, hope has nothing to stand on; without hope, faith has nothing to reach for.

Romans 8:24 teaches that we are saved by hope. When hope is weak, the believer becomes discouraged, spiritually drained, and directionless. Before Christ, we were without hope (***Ephesians 2:12***); but now, Christ lives in us: “the hope of glory” (***Colossians 1:27***).

Hope is not wishful thinking; it is divine expectation rooted in the unchanging character of God.

PRAYER POINTS

- Pray for renewed and overflowing hope in Christ.
- Pray for strengthened faith so your hope stands firm.
- Pray against discouragement and unbelief.

- Declare that your hope is rooted in God’s eternal promises.
- Pray for joy and hope through the Holy Spirit.

EVENING

SCRIPTURAL READINGS

Hebrews 6:18-20

Romans 15:13

Mark 13:13

Romans 8:24-25

Psalms 42:5

Hope is strengthened in seasons of waiting. After fasting, prayer, giving, or obedience, there is often a waiting period. This is where patience is formed, and patience produces spiritual maturity.

Trials and delays may come, but Jesus said that the one who endures to the end will be saved (**Mark 13:13**). Hope teaches us to trust God even when nothing appears to be changing.

Hebrews 6:18-20 says God has given us hope as a refuge—an anchor for the soul. When emotions shake or progress seems slow, hope holds the believer steady. Hope, is divine expectation, grounded in God’s unchanging character.

PRAYER POINTS

- Pray for grace to wait on God with patience.
- Pray that hope grows stronger in trials.
- Ask the Holy Spirit to anchor your soul in God’s promises.
- Pray against discouragement and weariness.
- Declare that your expectation in God will produce testimony.

DAY 11

MORNING

worship the Lord.

SCRIPTURAL READINGS

James 1:12-15

Luke 4:1-13

Ezekiel 18:30-32

1 John 1:9

Temptation is inevitable in the life of a believer. It must come at several points in time. That's why Jesus says we must watch and pray to avert temptation. It is also very important to understand the various stages of happenings in temptation. Please read **James 1:14-15** carefully.

1. **Tempted:** It is the thought of evil (V14)
2. **Drawn away:** Strong imagination of the evil thought (V14)
3. **Lust:** It is the delight in viewing the evil (V14)
4. **Enticed:** Your will is weakened (V14)
5. **Lust conceived:** Yielding the evil (V15)
6. **Sin:** Sinful act is committed (V15)
7. **Death:** Result of actual sin (V15)

H R Palmer wrote this song "**Yield not to temptation, for yielding sin...**" Before you commit the actual sin, you must have experience 1, 2, 3, 4, 5 stages.

Brethren, if you cannot repent within these stages then you will fall into sin.

Then, sin will lead to death (spiritual and physical). **Romans 6:23a** "*For the wages of sin is death.*"

So, do everything to repent before sin happens. Even if you sin, do all not to find yourself in stage 7 - Death. Repent! Repent! Repent!

PRAYER POINTS

- Ask God to help you to discern when you are tempted.
- Pray that the Lord help you pray against temptation effectively.
- Pray that God should help you come out from any present temptation.
- Pray that sin will not have dominion over you.
- Pray that God should open your heart to receive His word and give you the desire to change.
- Pray that God helps you to use His word as a mirror to see where you have fallen short of His expectation and begin to effect changes in your life.

EVENING

SCRIPTURAL READINGS

Nehemiah 8:10

Psalm 16:11

Romans 15:13

Psalm 30:5

Psalm 126:5-6

PRAYER POINTS

- Pray that God will fill your heart with the joy of the Lord.
- Pray that the joy of the Lord will be your strength in every situation.
- Pray that joy flows within you as you meditate on His word.
- Ask God to surround your mind with peace so that joy can flow unhindered.

DAY 12

MORNING

SCRIPTURAL READINGS

Isaiah 14:13-14

Ezekiel 28:13-18

Daniel 4:28-34

Revelation 12:3-12

Luke 14:11

Philippians 2:7

1 John 2:16

James 4:6

Dear saints, pride is a sin and God hates it with intensity. That is why **James 4:6** says, *“God resists the proud but gives grace to the humble.”* Can you imagine being resisted or confronted by God? You are unlikely to succeed in your affairs - marriage, career, business etc. So, pride is a guaranteed harbinger of failure, frustration, and disappointment in the life of a saint or servant of God. God’s generous blessings, anointing or favour upon your life will not stop Him from chastening you or your loved ones for being proud. Satan was once an “anointed cherub” with a close relationship to God (**Ezekiel 28:14-15**), but he was thrown out of heaven because he became proud. Nebuchadnezzar was a powerful king, but literally, God condemned him to “grass-eating” until he repented of pride (**Daniel 4:28-34**). Pride is a poisonous sin, and for those who suffer with it, it demonstrates that they are still “of the world” and not of God (**1 John 2:16**). Our utterances to and attitudes toward our loved ones, leaders, wives/husbands, the church, and God are mirrors on which we can examine for ourselves the extent of pride in our hearts. Once we can accept in our hearts

that all good things come from God, that our lives depend upon Him, and without Him we can do or achieve nothing, we would be in the position to defeat pride. Jesus' example is worth emulating, because He emptied Himself of the form of God and took the form of a servant to perform the assignment God gave Him (***Philippians 2:7***). The good news is that God is merciful. Such is His nature. He is slow to chastise but quick to forgive. Let's pray against pride: Search your hearts and deeply reflect on your utterances and attitudes toward God, your husband/wife, children, grandchildren, employer, pastor, elders in church etc. and identify instances or situations in which you have shown pride and repent. Ask for God's mercy.

PRAYER POINTS

- Pray for grace and zeal to resist pride in your heart. To resist exalting yourself.
- Ask the Holy Spirit to transform you by the renewal of your thoughts and submission to Christ.
- Ask the Holy Spirit to separate you from friends, associates and other influencers who have previously encouraged you to demonstrate pride.
- Ask God to ease or overturn previous opposition to you/loved ones because of pride, because you have repented of it.

EVENING

SCRIPTURAL READINGS

Numbers 12:1-8

1 Peter 5:6

Psalms 37:11

James 4: 6

Luke 14:11

Proverbs 29:23

Saints, the antidote to pride is humility. It is important to point out that humility is not a weakness. Instead, whilst pride leads to destruction, God grants grace, honour, and peace to those who are humble (***Psalm 37:11 & Proverbs 29:23***). Indeed, humility is one of the traits that provoke God to grant you favour and fight for you. Take the example of Moses. In ***Numbers 12:3***, the bible describes him as “*very humble, more than all men who were on the face of the earth.*” Because of his humility, when his siblings engaged in gossips against him, God Himself came down from heaven in a pillar of cloud to reprimand them (***Numbers 12: 4a-8***), thereby giving honour to His humble servant. Would you like to be honoured like Moses? Then ask the Holy Spirit to help you develop, sustain, and apply humility in your heart and affairs consistently – in your relationship with God, your marriage, ministry, business etc. Be guided by Peter’s recommendation in ***1 Peter 5:6*** that: “*Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you*”. It is God who exalts, not man. But He exalts only those who humble themselves (***Luke 14:11***).

PRAYER POINTS

- Ask God to forgive you for the times that you have exalted or attempted to exalt yourself.
- Ask the Holy Spirit to transform you and give you a humble heart.
- Ask the Holy Spirit to give you the zeal to show humility to everyone and in all circumstances.
- Ask the Holy Spirit to give you the grace to teach humility to your children, grandchildren, and entire family.

DAY 13

MORNING

SCRIPTURAL READINGS

Revelation 12:7–17

2 Corinthians 10:3–5

Ephesians 6:10–17

Proverbs 4:23

John 10:10

Revelation 12 records the moment war broke out in heaven—Michael and his angels fighting the dragon and his forces. That battle did not end with their defeat. It continues as long as the Church remains in the world. The kingdom of Christ will never be at peace with the kingdom of darkness. Every believer is engaged in a spiritual conflict. The battlefield is not primarily external; it is the mind, the heart, the thought realm. Every temptation, deception, doubt, and disobedience is part of the same war. Any attempt by the church or believer to “coexist” with darkness only opens the door to defeat. We are soldiers in God’s army, and we must know that the enemy will not stop. The dragon hates the seed of the woman and seeks to devour the Church. Therefore, we must stand strong and fight. Our weapons are not carnal but spiritual. They are mighty through God for pulling down strongholds and dethroning every thought that opposes Christ (**2 Corinthians 10:3–5**). Victory in spiritual warfare is built on two dimensions:

1. The armour of God – our defence

Truth, righteousness, faith, salvation, the preparation of the gospel of peace (**Ephesians 6:10–17**).

2. Prayer – our offense

The Word of God is the cartridge; prayer is the weapon that fires it. When both work together, strongholds fall and victory manifests.

PRAYER POINTS

- Pray for the development of the full armour of God.
- Pray against every mental and emotional stronghold.
- Pray for deeper knowledge of Jesus Christ.
- Pray for increased potency in prayer.
- Pray for spiritual alertness and intolerance of darkness.

EVENING

SCRIPTURAL READINGS

2 Corinthians 6:7

1 Peter 2:23

Ephesians 6:12

Romans 8:13

Isaiah 59:1–2

James 3:2–9

James 4:6

Philippians 2:14–15

1 Corinthians 10:4–5

Proverbs 16:18

As we war in the spirit, we must avoid the traps that weaken our effectiveness in battle. Not every fight is ours, and not every carnal challenge represents an opportunity to jump into a spiritual fight without the leading of the Holy Spirit.

True victory comes when we fight in alignment with God's will and under the direction of the Holy Spirit. First, our battles must contribute to the purposes of God. We must arm ourselves with righteousness and fight with clean hands and a submitted heart (**2 Corinthians 6:7**). The Holy Spirit must govern our warfare because He alone knows the deep things of God (**1 Corinthians 2:10**). Second, we must remember that our enemy is not flesh and blood (**Ephesians 6:12**). When we fight in the flesh—anger, offense, manipulation, revenge—we guarantee defeat. Our war is against spiritual forces, ideologies, imaginations, and sinful impulses (**2 Corinthians 10:3-5**). Sin creates a barrier between us and God (**Isaiah 59:1-2**). Pride invites God's resistance (**James 4:6**). The tongue, when uncontrolled, becomes a weapon used against us—but when disciplined, it becomes a powerful instrument of spiritual warfare (**James 3:2-9**). Therefore: * Reject sin. * Resist pride. * Control your tongue. * Wage war in the Spirit, not in the flesh.

PRAYER POINTS

- Pray for the power to overcome sinful desires and fleshly wars.
- Ask the Holy Spirit to create in you a hatred for sin and a love for righteousness.
- Pray for grace to always yield to the Holy Spirit in warfare.
- Pray for the strength to overcome pride and fight in humility.
- Pray for divine control over your tongue, that your words become weapons of victory.

DAY 14

MORNING

SCRIPTURAL READINGS

Isaiah 41:15-16

Luke 10:19

Isaiah 22:22

Revelation 12:10-11

Mathew 16:19

Jude 1:9

Jeremiah 1:10-11

Luke 9:1

Saints, Jesus has granted you authority and power over the powers of the devil/darkness (**Luke 10:19/Luke 9:1**). You do not wrestle against the flesh but against principalities, powers, rulers of darkness and spiritual host of wickedness in the heavenly places (**Ephesians 6:12**). The battle is spiritual. However, all things visible and invisible were made through Jesus (**Colossians 1:15-16**), and God has exalted Him. He is seated in heavenly places far above all categories or dimensions of Satan's kingdom (**Ephesians 1:21-23**). And saints, by the mercy and grace of God, you have been raised to sit together with Jesus in heavenly places (**Ephesians 2:6**). Can you now see the status you have been accorded as a child of God? By the grace of God, following this fasting and prayers, you are strengthened and full of the Holy Spirit. You are an anointed woman/man of God willing to be an instrument of the Lord God of hosts. So, pray with confidence and boldness. This is the time for you to exercise your authority. All prayers and supplications will be made in the name of Jesus.

PRAYER POINTS

- Ask God to permanently shut any "open doors" in your life used by the devil to attack you and your loved ones (**Isaiah 22:22**).

- Ask God to destroy every affliction in your life and family (Remember His promise in ***Psalm 34:19*** – “*Many are the afflictions of the righteous, but the Lord delivers him out of them all*”)
- Pray against satanic assignments directed against your life and destiny, especially “fruitlessness.” Fruitlessness does not only refer to barrenness and other procreation/conception problems. It includes the general inability to see or achieve results, in one’s life.
- Pray and destroy strongholds and bondages in your life and family (i.e. your bloodline). Remember a stronghold might be your own thoughts/state of mind (jealousy etc.), so subject everything under the feet of Jesus.
- Pray and ask God to remove any evil deposit/demonic presence in your life. For your body is the temple of God and He guards it jealously.
- Pray and ask God to use His mighty hand and outstretched arm to destroy every strong man or woman operating in your life and family. Let them be bound in the name of Jesus.
- Pray against monitoring spirits and spirits of limitation causing delays and stagnation. Severely rebuke those spirits and their sources.

EVENING

SCRIPTURAL READINGS

Judges 6:25-27

Mathew 26:28

John 1:16

Galatians 3:13

Colossians 2:14-15

PRAYER POINTS

- Pray and break yourself free from any evil **covenant** in your life and bloodline (including parental and ancestral covenants). God is a covenant keeping God, but He is mindful of keeping only the one He has initiated with you through His

Son, Jesus Christ (please extend this prayer point to your family members).
Decree and declare that you are covenanted only to Jesus.

- Pray against familiar spirits and other demonic presence in the bloodline.
- Pray against personal and ancestral curses against you and your loved ones.
- Pray and ask God to break evil altars in your family/lineage. Let the fire of the Holy Ghost consume every evil altar. For this prayer point, please **revisit *Judges 6:25-27 and Jeremiah 1:10-11.***

DAY 15

MORNING

SCRIPTURAL READINGS

Psalm 103:6

Psalm 35:1-3

Psalm 59:1-2

1 John 3:8

Psalm 23

Saints, the bible reminds us that Jesus was revealed to destroy the works of the devil. By the grace of God, we have been given authority to participate in the process through the name of His son, Jesus.

PRAYER POINTS

- Pray against words spoken against you, your family and destiny. Cancel the effect of incantations, pronouncements, declarations, statements made against you and your family.
- Ask God to silence unjustified or false allegations made against you and your loved ones. Ask God to vindicate you and your family.

- Pray against witches and wizards operating in your life/family/bloodline. Ask God to intervene for you and fight against them. Ask God to destroy them, their hiding places, and their instrumentalities.
- Pray fervently for God to execute righteousness and justice against those who oppress you (***Psalm 103:6***), especially marine powers. Extend this prayer point to your family and every department of your life that is being oppressed, be it marriage, career etc.
- Ask God to rebuke the devourer of your finances. Pray against poverty and hardship. Please consider using ***Psalm 23:1-2***.

EVENING

SCRIPTURAL READINGS

Joel 2:25

Luke 9:1

Job 22:28

Isaiah 45:2-4

Acts 12:5-11

Isaiah 61:1

PRAYER POINTS

- Pray and ask God to go before you and make crooked places straight in this month and in 2026. Tell Him what you would like to do/achieve (please be specific).
- Ask God to release you and your family from any spiritual imprisonment (see example of Peter in ***Acts 12:5-11***). Remember whoever the Lord says is free, is free indeed.
- Ask God to restore all your wasted years and the blessings/opportunities the devil has stolen (***Joel 2:25***). Pray deeply, please.

- There is power in your tongue to make decrees which are actionable. Please read **Job 22:28**. Make declarations in your life and family.

DAY 16

MORNING

SCRIPTURAL READINGS

Romans 12:2

Luke 9:29

God is committed to our growth and transformation. And prayer is a catalyst that He uses to prune, shape, and develop His children. Prayer is a profound aspect of faith, expressing a desire for spiritual renewal and alignment with God's will. Prayer helps us seek the Lord for His guidance and inner change to align our hearts, minds, and actions with Jesus' teachings, fostering a life that reflects His righteousness and love.

PRAYER POINTS

- Pray for the spirit of prayer.
- Pray and ask the Lord to grow, transform, and deepen your prayer life.
- Pray that the Holy Spirit bring God's word back to your remembrance during prayer so that you pray in agreement with the word of God.

EVENING

SCRIPTURAL READINGS

Philippians 4:6-7

Mark 11:24

Hebrews 4:16

Matthew 7:7

While prayer is often viewed primarily as a means of bringing our needs and requests to the Lord, the Word of God demonstrates that He deeply desires a transformative and powerful intimacy with His children. This intimacy impacts us not only personally but also communally, on a city, regional, and national level. Prayer is relational—a seeking of His presence and glory, a desire to hear His voice, a longing to grow in His likeness, and that our expectations are of Him. We also use this time to repent and cry out for our loved ones, community, and nation. When we offer ourselves to the Lord in prayer and present our hearts' desires, our dependency on ourselves, our abilities, resources, etc. gives way, and our faith is cultivated and matured.

PRAYER POINTS

- Ask the Lord to rebuild your prayer altar.
- Pray that the Lord increase your desire to pray.
- Pray for an outpouring of the Holy Spirit to lead and guide you in your prayer life.
- Ask the Lord how to pray for your family, friends, community, city, state, and nation.

DAY 17

MORNING

SCRIPTURAL READINGS

Luke 5:33-35

Galatians 5:16

Psalms 35:11-14

Daniel 9:2-4

Zechariah 7:4-5

Matthew 17:16-21

1 Corinthians 9:27

Fasting causes prayer to move in the fullness of its power. Prayer is much more powerful when the soul and body are subjected to the spirit. **1 Corinthians 6:17** declares *“he that is joined unto the Lord is one spirit”*. When your thoughts, decisions and actions are in line with the word of God, then you operate in the spirit. You then begin to pray without ceasing because you are in God’s presence. So, fasting enables you to walk in the spirit and desire not the things of the flesh.

PRAYER POINTS

- Ask the Holy Spirit to help you to start fasting.
- Pray that God will enable you live a fasting life.
- Pray that fasting should not be a burden to you.
- Pray that God will always sustain your fast to the end.
- Pray against gluttony.

EVENING

The role of fasting therefore is to subject every thought and knowledge to the Spirit. Which means the Spirit of God releases the knowledge of God and of Jesus Christ into the intellect and you will change your decisions and way of thinking from being worldly to spiritual and your decision will become righteous and your actions (emotions) released through the body will be holy unto God. The fallen nature remains minimal. During fasting, you are focused on God and God only. Therefore, fasting subjects the soul and body to the spirit, and the spirit stays on the throne. That is why it is important for a

believer to always study the bible in order to have a reservoir of the word from which the Spirit of God draws and pours into the soul. Take note that fasting is sacred. It is between you and God. So, when you fast, there must be no show-off for all to know you are fasting. You must be neat and not have anything on you that shows you are on a fast. Your heavenly Father who sees in secret will reward you openly. Fasting therefore is abstention from food and other pleasures in order to seek God's face.

PRAYER POINTS

- Pray that the Holy Spirit will help you endure fasting.
- Ask Him to help you make fasting a life style.
- Ask God to help you fast and pray for others.

DAY 18

MORNING

SCRIPTURAL READINGS

Genesis 2:18-24

Genesis 1:27

Ephesians 5:22-23

Proverbs 18:22

Ecclesiastes 4:9-12

Mark 10:6-9

1 Corinthians 7:2-3

God created male and female to complement one another and to become one flesh in marriage (**Genesis 2:24**). From the beginning He declared, "*It is not good that man should be alone,*" and He made a helper suitable for him.

Marriage is therefore a covenant between one man and one woman, joined by God into a new unity, two becoming one. This merging of two lives, histories, personalities, and perspectives is only possible by the grace of God. Since He created marriage, He alone has the authority to define it and the power to sustain it. God has assigned roles and specified His order in marriage not to suppress, but to bless. For marriage to thrive, we must honour the divine blueprint. Modern cultural opinions on marriage or gender roles cannot replace God's eternal design. If we reject His order, we also reject the blessing and strength that come from it. But when a home aligns itself under Christ, marriages flourish, families are strengthened, and the glory of God is revealed.

PRAYER POINTS

- Pray for God to bless every desiring single to find their marriage partner.
- Pray that the divine order of Christ → husband → wife is established.
- Pray for unity and oneness in marriage.
- Pray against every influence working to break marital unity.
- Pray for wisdom, purity, humility, and understanding.

EVENING

SCRIPTURAL READINGS

1 Corinthians 7:8-9, 10-15, 39

Matthew 19:4-8

Matthew 5:32

Malachi 2:16

Because of the fallen nature of mankind and the pressures of life, marital challenges are inevitable. The strength to overcome them depends on where

we place our trust. If we approach marriage the same way the world does, we cannot expect different results. This is why divorce rates among believers often mirror those of the world, and why many remain single in fear or frustration. There are spiritual forces working to destroy existing marriages and to hinder future marriages among singles. God hates divorce (**Malachi 2:16**), so we must stand with Him against every influence that weakens the marriage covenant. Jesus taught that divorce is often the result of hardened hearts, not fully submitted to the Holy Spirit (**Matthew 19:8**). Since God created marriage, only He has the authority to end a marriage. “*What God has joined together, let no man separate*” (**Matthew 19:6**). The Church must resist compromise and return to teaching and living God’s standard: lifelong covenant, forgiveness, humility, purity, and Holy Spirit-led love.

PRAYER POINTS

- Pray for the restoration of broken marriages.
- Pray for deliverance from the spirit of divorce.
- Pray for humility, forgiveness, and tenderness of heart.
- Pray that the church will boldly teach God’s standard without compromise.
- Pray that your marriage—present or future, will stand as a lifelong covenant.
- Pray that singles will be prepared for God-ordained marriages.

DAY 19

MORNING

SCRIPTURAL READINGS

Exodus 15:26

Isaiah 53:3-5

Psalm 103:2-3

Mark 16:18

PRAYER POINTS

- Pray for the healing power (if you feel you don't have it).
- Pray the healing prayer for your children, friends, spouses, siblings, etc. lay your hands on those present.
- Pray against sickness in the land-cancer, HIV, multiple sclerosis, Parkinson's, Alzheimer's, autoimmune diseases.
- Pray for those battling with addictions – drug, alcohol, gambling etc.
- Pray for good health in the body of Christ and for all ministers of God.

EVENING

SCRIPTURAL READINGS

James 5:13-16

Mark 1:30-34

Exodus 23:26

Deuteronomy 7:14

PRAYER POINTS

- Pray for specific people you know suffering from terminal illness or those you know who are sick or afflicted by the devil – let the blind see, the deaf hear.
- Pray for deliverance from all satanic bondages.
- Pray against barrenness.

DAY 20

MORNING

SCRIPTURAL READINGS

Proverbs 29:18

Habakkuk 2:1-4

Where there is no vision, we have no direction. You cannot walk confidently in purpose without a clear vision. God gives us vision to direct us, strengthen our faith and give us hope. We must ask in faith and trust.

PRAYER POINTS

- Write down your vision and make it clear to the Lord.
- Pray over the vision - see with the eyes of the spirit, those things you are asking for as if they are there by faith.
- Pray against adversaries standing against the manifestation of your vision.
- Pray that God will give you the courage and stamina to handle the challenges that come with pursuing vision.
- Pray that your motives for this desire stay rooted in glorifying God and not elevating yourself.

EVENING

SCRIPTURAL READINGS

Jeremiah 33:3

Psalms 32:8

Isaiah 30:21

Psalms 37:5-7

PRAYER POINTS

- Ask God for divine direction and for Him to open your ears to hear Him clearly.
- Pray that He will give you clear vision for your life, your family and ministry.
- Pray for purpose and plan on how to execute the vision.
- Ask the Lord to give you rest as you wait patiently for the vision to come to pass.

DAY 21

MORNING

SCRIPTURAL READINGS

Isaiah 25:1

Zephaniah 3:17

Psalms 86:12-13

Psalms 107:2

1 Chronicles 29:11-12

Psalms 100:1-5

Brethren, we are in the last day of this 21-day partial fast. It is therefore important for us to praise and worship God for all His wonderful works upon our lives and the lives of our loved ones. His mercies to us are great.

PRAYER POINTS

- Please praise and worship God from the depth of your heart, looking at things He did for you and your loved ones.
- Also look at the petitions you have put before Him, claiming it by faith, and worship Him, knowing He has done it for you.

EVENING

Worship the Lord

SCRIPTURAL READINGS

1 Chronicles 16:34

1 Thessalonians 5:16-18

Colossians 2:6-7

Psalms 95:2-5

Daniel 7:1

Daniel 10:1

In the morning, you praised and worshipped your Father in heaven. This evening is to thank Him. Thank Him for keeping you alive throughout the year. Thank Him for everything. Keep mentioning the things you can remember. It is important to manifest your thanks with giving. Thanksgiving is an expression of your faith in Christ. We must pay close attention to revelations be it in a dream or vision (dark or open) or by utterances or discernment. You can be your own prophet using God's word which is the greatest prophecy for your life. This evening before you break the fast please set out your vision for 2026 and present it before God. Keep praying till all the items come to pass in 2026.

PRAYER POINTS

- Prophecy those things you have written over your life and see yourself as if you have received them.
 - Prophecy and speak blessings over your children, grandchildren, siblings and spouses. Speak blessings over them. Do it with all conviction in faith. This prayer should be done on your knees.
- *Remember that this fast ends with communion service.

COMMUNION SERVICE

Please end this fast with communion at 6pm your time anywhere in the world.

Use unleavened bread and red juice.

Brethren, I encourage you even after this fast not to abandon the scriptures, exhortations and prayer points. They could be used for your devotions.

MAY THE HAND OF THE LORD BE UPON YOU AND MAY HE PROSPER YOU IN EVERY AREA OF YOUR LIFE IN JESUS NAME.

PASTOR CHARLES E. ENAW

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FOOD LIST FOR DANIEL PARTIAL FAST

Plenty of water, natural juices, groundnut (fried, boiled or roasted), corn (fried, boiled or roasted), soya beans, sweet potatoes, Irish Potatoes, wheat bread, wheat spaghetti, all fruits, all vegetables (including carrots, green beans, fresh tomatoes, okra, green spices and garden egg), brown rice, black beans, brown oat, pepper, salt, good vegetable oil.

Suggested Menu

Morning: Brown bread, fruits or oats or corn pap

Afternoon: Groundnut, fruits, water or natural juices

Evening:

1. Corn porridge (corn, fresh tomatoes, green beans, carrots, onions, green spices, pepper, salt, a bit of vegetable oil)
2. Rice and Okra soup (okra, fresh tomatoes, pepper, green spices, salt and a bit of vegetable oil)
3. Garden egg sauce and potatoes or rice
4. Garden egg and groundnut paste (fried groundnut, pepper, salt)
5. Hot pot (Irish potatoes, fresh tomatoes, green beans, carrots, onions, a bit of vegetable oil)
6. Rice or potatoes and black beans (beans, fresh tomatoes, carrots, green spices, onion, pepper, salt)
7. Any vegetable with potatoes or corn fufu
8. Tomato sauce and rice or potatoes

The following are not to be consumed during the fast:

Plantains, green banana, cassava (fufu, garri, seymour, accra banana), yams, cocoyam, palm oil and all its products, meat (cow meat, goat meat, snails etc.), fish, crayfish, chicken, eggs, fries (plantain or potato chips etc.), white flour products (biscuits, cakes, bread, gateaux etc.), Koki, no beverages (milk, Ovaltine, matinal etc.), yoghurts, bottle or canned drinks (e.g. Top, Planet, Tropical, Reactor, wine, beer etc.), no sugar, maggi, chocolate, margarine, mayonnaise, jam, butter, cheese, no sweets (coconut sweet, groundnut sweet, bonbon, tom-tom, peanuts, chewing gum etc.)

Do well to avoid eating to your satisfaction. Keep yourself light for prayers.