

ALIVE *in*
calling

IFGF

21 DAYS
PRAYER & FASTING

4- 24
JANUARY
2024

#prayerworks

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24

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Foreword

Happy New Year!

Did you know that God calls you to live far beyond anything you can imagine? You are placed on earth to make a contribution, to make a difference in and with your life. He says, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." (Ephesians 2:10).

Each of us has a calling that needs to be lived out during our time on this earth, and it will make our lives meaningful and whole. After we are saved, God wants to involve and invite us to live and be part of His noble purposes for this world. Therefore, recognizing His calling in our lives is worth pursuing and discovering - because in every season of life, in every year to come, God has extraordinary callings He wants to declare.

Let's use these 21 days of Prayer and Fasting to gain clear direction from Him, and remember to write them down as your goals and purposes for this year.

Alive in Calling!

Ps. Dave Rustanto
Global Prayer Coordinator

Introduction

What is 21 Days of Prayer and Fasting?

"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." (Daniel 10:2-3 NKJV)

As a spiritual discipline, we use fasting to humble ourselves before God. We deny the desires of our flesh so that we can focus our attention on seeking Him. As we allow our body to rest from the food it craves, we provide spiritual nourishment to our spirit and mind.

21 Days of Prayer and Fasting is a spiritual discipline involving abstaining from eating at certain times and/or refraining from consuming certain foods for 21 days.

For every child of God, fasting is a lifestyle, and the question is not "Do I have to fast?" but "When should I fast?"

The Purpose of 21 Days of Prayer and Fasting

1. To seek knowledge, understanding, and wisdom from God for the coming year (Daniel 1:17).
2. To dedicate everything we do in the coming year to Him alone.
3. To discipline our flesh and strengthen our spiritual life.

Fasting Guidelines

1. **Abstaining from eating at certain times:**
 - For those who have previously fasted, it is recommended to skip two meals. The fasting period is from 10 pm every night until 6 pm the next day, giving you a 4-hour eating window daily, from 6 pm to 10 pm.
 - For those who have just started fasting, skipping one meal you usually have is recommended. You can choose to skip either breakfast, lunch, or dinner.
 - For those who are not physically fit, it is recommended to fast until noon only.
2. **Abstaining from consuming certain foods:**

Avoid consuming certain meats (e.g., pork, fish, chicken, etc.) or other foods you consume daily (e.g., chocolate, coffee, tea, rice, bread, etc.) for 21 days.

You may do both types of fasting or choose only one, depending on your commitment and personal ability.

How do we lead our lives differently during our fast?

1. During the 21 days, pray for at least one person who needs Christ. Contact them and set aside time to meet and pray over their needs.
2. Reduce the time you spend on gadgets or social media. Create a routine for devotional time with God. Worship Him, read the 21 Days Prayer and Fasting Devotional book, and meditate on His word.
3. During the devotion time, intercede for our families and friends who need salvation, proclaim blessings upon them, pray for our country and nation, and declare a soul harvest upon our local church.
4. Ask God for His wisdom and vision to guide us throughout the year.
5. Attend corporate prayers at your local church and share your testimony to strengthen the body of Christ.

Always maintain a clean and compassionate heart. Remember that this period of prayer and fasting is not just about abstaining from food and drink but about spending more time with the Lord. As we distance ourselves from our fleshly desires, we draw nearer to God. When we focus on the Lord, we will discover that God has been waiting to reveal tremendous and beautiful things beyond anything we could ever ask or think (Isaiah 30:18).

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GOD GIVES THE CALLING

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10 NIV)

How can we discern God's calling for our lives? Many believers often struggle to understand God's call in their lives. The Apostle Paul stated in his letter that everyone born again in Christ Jesus is prepared to do good works. Furthermore, Jesus, on the last night, said that whoever believes in Him will do the works He does and even greater works than those (John 14:12).

The divine purpose of every believer is to live a life of good works, following the example of Christ. Doing good works by God's will leads believers to become the salt and light of the world, impacting many people and glorifying the Father in heaven, as written in Matthew 5:16.

How can we live out God's calling?

1. **Responding**

Responding to God's call by surrendering our lives to do good works faithfully is a wise choice for believers who understand the divine purpose. The Apostles of Christ faithfully lived to be like Christ and to fulfill the Father's will. Some even became martyrs because of this calling.

2. **Disciplining**

Every believer should learn to disciple by emulating Jesus' life with His disciples. He diligently taught and imparted important values during His life. From the four Gospels, we can learn at least four patterns that Jesus applied when disciplining them: *I do, you see; I do, you help; You do, I help; and You do, I see.*

PRAYER

Heavenly Father, thank You for Your grace that has called us in Christ Jesus to live out every good work You have prepared. Guide me with Your Holy Spirit daily to faithfully accomplish them so I can bless and disciple many souls for You. In Jesus's name. Amen.

THE CALLED WILL SURELY BE STRENGTHENED

I can do all this through him who gives me strength. (Philippians 4:13 NIV)

When did we last realize that “It’s good to be alive”? Without needing many conditions to be thankful for life, simply being grateful for life itself, regardless of everything we are experiencing. Did you know that globally, on average, 1-2 people die every second?

As you read the two sentences above, at least ten people have lost their lives. **Why not you?** The answer is that God still entrusts something in your life, a calling He wants you to fulfill! Today, we will learn that every believer has the same calling, even though our professions and gifts differ. We are called to disciple and proclaim Christ (The Great Commission - Matthew 28:19-20).

In today’s Scripture, we learn that the strength of Christ is a special characteristic that distinguishes those who live in Him from those who do not because when God grants something special, there is always a purpose behind it. Paul wrote the book of Philippians while he was in prison. Interestingly, the main theme throughout this book is joy and steadfastness in the Word.

How can someone going through the hardest days testify about the joy and strength of the Lord? From the life of Paul, we can learn that God will strengthen every person who is called to live in Him because that strength will be our greatest testimony. It is a strength that amazes the world and “draws” them to know Christ as the source of that strength.

The power of God becomes evident not in easy days but in the days that are impossible for us to go through without God. So, when those challenging days come, remember whose strength we can rely on and proclaim. **The called will surely be strengthened because that strength is the Good News of Christ for the world** to know His love.

PRAYER

O Lord, thank You for the time and opportunity of life that You entrust us. Empower us to believe that the strength You give is for us to proclaim the Good News to the world. Let Your power be perfect in our weakness, and may we always hold fast to Your word to fulfill Your calling. In Jesus’s name. Amen.

WHEN DOUBT COMES

Jesus replied, "Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. (Matthew 21:21 NIV)

Successful or not? Healed or not? Answered or not? These thoughts often cross our minds when we do or pray for something. We doubt whether what we do, pray for, or hope for will succeed or align with our plans. When someone is in doubt, the biggest factor they think about or rely on is their own ability. Things that can be seen, analyzed, and physically possessed are what we believe will determine the outcome. In other words, we rely on our own abilities and understanding without involving God.

In today's Scripture, Jesus tells His disciples about believing and not being doubtful. He teaches that when we have faith and believe in what we do or ask God, He will be with us and be pleased to answer our prayers or requests.

Proverbs 3:5 says, "Trust in the LORD with all your heart, and do not lean on your own understanding." It takes a steadfast heart to trust in God's will and authority. To believe that He will not give a stone to those who ask for bread or a serpent to those who ask for fish, but He will give what is good to His children. When we draw near to God, we will know His plans and will in our lives, confident that He provides according to His riches and glory.

When we are in doubt, we should remember to remain obedient to God's authority and have faith that He will give the best to His children. The next thing is to keep moving forward, step by step, with His strength. When the Lord, the Creator of the universe, walks with us, there is no need for doubt. Accept the hope and certainty that strengthen your steps.

PRAYER

Good Father, I ask for forgiveness if I often do not rely on and submit to Your will and plan. I want to continue walking in Your ways and believe that Your plan is beautiful for my life. In the name of Jesus. Amen.

STAND FIRM IN CHALLENGES

A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. (Psalm 91:7 NIV)

Do you still remember the story when the Lord Jesus met His disciples at night, and a violent storm raged, tossing their boat into the sea? In Matthew 14:22-33, Jesus instructed His disciples to go ahead of Him after feeding five thousand people. When night fell, a storm arose, and strong winds battered the disciples' boat. This is the story of Peter experiencing a supernatural event, walking on water with Jesus.

God's calling to every believer is like walking on water with Him. Initially, when we decide to respond to God's calling and commit to walk with Him, enthusiasm fills our hearts. But when problems arise, our faith and commitment are tested.

Like Peter, who began to sink when he felt the wind, we often experience something similar. But what is our attitude when we start to doubt and lose faith? Do we ask for help from God, or do we run away from His presence?

Just like Peter, if we ask for God's help, His hand will swiftly hold us so that we will not sink. Following God's calling is a valuable and essential choice that comes with challenges from various aspects of life.

It takes work to stand firm in the truth, especially in a world that opposes Christ and His followers. But let us commit to continue to stand firm in following the Lord, no matter how difficult the obstacles may be, believing that His promise of His presence and provision is present in every season of our lives.

PRAYER

Lord, we are grateful for every guidance as we enter the year 2024. Though there are many things we do not understand, one thing we know is that You hold our lives. Whatever obstacles lie ahead, strengthen our hearts so we can continue to stand firm in Your truth. We want to learn to trust You completely. In Jesus' name, Amen.

GOD WILL FULFILL HIS PROMISES

The words of the Lord are pure words, like silver refined in a furnace on the ground, purified seven times. You, O Lord, will keep them; (Psalm 12:6-7a ESV)

We often doubt God's promises because we do not see signs of His fulfillment, and our doubt grows as the waiting period for those promises lengthens. When we doubt God's promises, we are not just doubting a promise; we are doubting God Himself. We doubt the character of the One who made the promise whether He will keep His word.

Today's Scripture reminds us that God's promise is as pure as refined silver. To obtain pure silver, it must go through a purification process, a process where silver is intensely heated, causing impurities and other metals to separate from the silver. Similarly, when we receive God's promises, we enter a journey where we will be tempted to forget God's promise and live by sight.

Will we still believe in His promise when what we see is vastly different? As we enter the year 2024, we must remain faithful in spending personal time with God and focus on God's promises, not on what our physical eyes see. Remember that the Lord Himself will fulfill every promise.

His Word says that heaven and earth will pass away, but His words will not, which means we can believe that He is faithful to every word. Just because we do not see Him working does not mean He is not. Believe that He is working and will continue to fulfill every promise, for His promises are yes and amen.

PRAYER

Lord, thank you for every promise in my life. Forgive me if, in the waiting process for the fulfillment of Your promises, I rely too much on my physical sight and begin to forget Your promises. Teach me to be a person who continually holds onto Your promises. In the name of the Lord Jesus. Amen.

KEEPING YOUR HOPE

And so after waiting patiently, Abraham received what was promised. (Hebrews 6:15 NIV)

How often do our endeavors fail? Plans that were initially meticulously laid out, structured, and seemed certain, only to come to a sudden halt. We gain nothing, and we experience failure. Because of this, we often lack the patience to wait.

Life demands that we keep moving forward, continuously progressing. Meanwhile, the world's propaganda never ceases in its attempts to hinder every believer's journey.

Do not fear life's challenges; continue to nurture hope in Him. Do not be afraid of your future, for those who patiently wait will realize He is already there. Therefore, rejoice in hope, be patient in tribulation, and be constant in prayer! (Romans 12:12).

Sometimes, we may have to wait to see God's promises fulfilled. Patience and hope are the keys to recognizing and realizing God's promises.

All the individuals used by God - Abraham, Moses, Joseph, and even Jesus Himself - experienced periods of waiting, for it was during those times that God prepared and equipped them for His calling. Therefore, let us take our time wisely. Stay patient and faithfully respond to what God reveals during those waiting periods.

PRAYER

Father, grant me a patient and hopeful heart only in You. Through patience and hope in You, I can ensure that what I receive is much greater than I could ever imagine. In Jesus' Name. Hallelujah. Amen.

LEARN FROM THE GENERATIONS BEFORE US

I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also. (2 Timothy 1:5 NIV)

I often hear older people say, “Listen to us because we’ve tasted more of life’s ups and downs.” – There is truth in this statement. Learning from the generation before us, giving them a place to speak into our lives, and valuing their footsteps is a good practice as exemplified in the Bible (Abraham – Isaac – Jacob in the Old Testament, or Lois – Eunice – Timothy in the New Testament).

It’s important to appreciate the faith and dedication of the generation before us, and learning from them can provide us with:

1. **Faith Foundation:** As Lois and Eunice exemplified, we can learn from the sincerity and perseverance of the previous generation’s faith. How they built a strong faith throughout their life’s journey can inspire us to develop our faith.
2. **Spiritual Inheritance:** One of the greatest inheritances we can receive is a spiritual one from the generation before us. This includes the values of holding fast to the truths of the Word, commitment to loving the church, serving people, reading the Word and prayer, perseverance in service, and personal experiences of God’s goodness.

During this time of prayer and fasting, take the opportunity to meet with those who are older than you and discuss these matters:

1. Ask about their life journey and their faith journey with God.
2. What values, principles, and significant aspects have they held onto in their faith journey, and how can these be applied in your life today?
3. Show appreciation in practical ways for their dedication to your life (praise, sharing a meal, small gifts that show your care and gratitude, etc.).

Respecting our elders is not just honoring the time they have spent, but also valuing the experiences and wisdom they have gathered throughout their life’s journey.

PRAYER

Good Father, thank You for the leaders, mentors, parents, and spiritual siblings You have sent into my life. Thank You for every teaching, the example of life, and the heritage of faith that I can see and has influenced me until today. May Your blessing, peace, wisdom, and strength always be with them. In Jesus’ name, Amen.

LEGACY FOR NEXT GENERATION

Start children off on the way they should go, and even when they are old they will not turn from it. (Proverbs 22:6 NIV)

The younger generation today faces different challenges compared to previous generations. These challenges include both positive and negative impacts of rapidly advancing technology, economic uncertainty leading to a higher cost of living and job competition, changes in social norms and cultural values that can influence the identity and self-perception of the younger generation, and a surge in mental health issues such as anxiety and depression, which have become serious problems among today's youth.

How can families and churches support the younger generation in maintaining a strong faith?

1. **Pray for Their Future:** Prayer is crucial to educating the younger generation. Pray they may develop strong character, wisdom, and courage to face challenges.
2. **Model Faith Values:** The behavior and actions of parents and mentors have a significant impact. Model faith values such as love, patience, honesty, and perseverance in everyday life.
3. **Teach Biblical Wisdom:** Instill biblical wisdom in their daily lives. Discuss bible stories that provide moral lessons and foundational faith principles, and help them connect these stories with their personal experiences. Encourage them to read the bible regularly, pray, and guide them in building a personal relationship with God and understanding their identity in Christ.
4. **Provide Ethical and Moral Guidance:** Teach ethical and moral principles based on faith values. Discuss how these principles can be applied in daily life at home, school, and society.
5. **Build Strong Relationships:** Listen attentively, communicate openly, and show unconditional love and support. Offer praise and encouragement, and guide them in making wise decisions.

Faith growing in the hearts of the younger generation is the beacon that will illuminate the world in the future.

PRAYER

Good Father, I pray for every young generation. May Your power encompass, protect, and fortify them. Grant them wisdom and courage to stand for what is right and to confront every challenge they encounter. May every Word they hear and sow grow in their hearts. In Jesus' name, Amen.

LET'S DO RE-COMMITMENT

I have chosen the way of faithfulness; I have set my heart on your laws. (Psalm 119:30 NIV)

The beginning of the year is an opportune time for personal reflection, especially regarding what needs to be left behind from the previous year and making a faithful commitment to the Lord, particularly during these 21 days of prayer and fasting that will guide us through the year 2024.

Similar to a car or motorcycle that needs to visit the workshop periodically even when not broken, this is necessary to undergo regular maintenance, such as oil changes, spark plug replacements, oil filter changes, and more, to keep the vehicle in good condition and usable for an extended period.

Likewise, in my journey with the Lord, each new year brings me into a new season. During personal reflection, the Lord reminds me of necessary adjustments for the upcoming year, such as changes in perspective, decision-making, leadership patterns, and more.

In addition to these reminders, the Lord provides His vision and plan for what I should do for myself, my family, my work, and my ministry. I step into each new season with courage because I am back on the path of His righteousness.

The Lord desires that each of us chooses His path and incorporates all His commandments into our lives (Psalm 119:30). Therefore, I invite all of us to take the time to reflect on our lives during these 21 days of prayer and fasting, receiving every vision the Lord imparts, and ultimately, with faith, reaffirming our covenant and relationship with the Lord. Let's do it now!

PRAYER

Father, we are grateful for Your presence and all You have done in the past year. In this new year, we desire to renew our faith commitment to every plan and purpose of Yours. May it be with the strength of Your hand that empowers us until the end, and may Your name be glorified in us. In the name of Jesus Christ, Amen.

GOD DWELLS IN OUR WORSHIP

Shout, and sing for joy, O inhabitant of Zion, for great in your midst is the Holy One of Israel. (Isaiah 12:6 ESV)

As believers, we have direct access to God through worship and praise. Psalm 100:4 says, “Enter His gates with thanksgiving, and His courts with praise.” Your worship is an effective weapon against the devil. Lucifer, the worship leader in heaven, was cast out because of his desire to be praised and worshipped like God. Today, the role of a worshipper remains open to those willing and ready to elevate their faith by worshipping God in spirit and truth (John 4:23).

Psalm 17:5-6 says, “My steps have held to your paths; my feet have not stumbled. I call upon you, I call on you, my God, for you will answer me; turn your ear to me and hear my prayer.” When faced with challenging situations and problems, turn to Him in worship. Experience His assistance and lead a more productive life, receiving the fulfillment of your needs, and He will replace your frustration and fear with His peace.

The Lord is great and worthy of your worship and praises; he alone deserves our heartfelt worship and supreme allegiance. As believers, we not only have something to sing about but Someone to praise. So, whether in private or corporately, musically, verbally, or however you prefer, it is time to raise your praises to the Lord.

PRAYER

Heavenly Father, I worship You as the Creator and Sustainer of the universe. Lord Jesus, I worship you as the Savior and Lord of my life. I lift my voice to offer You all that You are due. Thank you for today, and I will continue to worship you all the days of my life and forevermore. In Jesus' name. Amen.

LIFESTYLE OF A WINNER

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose. (Acts 16:25-26 NIV)

In our everyday lives, we can find ourselves ensnared in the prisons of our minds or other “prisons” that induce stress and discouragement when we confront life’s situations and problems. One example of these prisons is the prison of worry. In the early days of my repentance, my life was consumed by worry, and I was unsure how to overcome it. I had attempted various solutions, but I still grappled with uncertainty.

However, after discovering this verse, I realized that there was an escape from this prison, and that escape was through coming to the Lord through praise and worship. Paul and Silas didn’t merely listen but took action by singing praises to the Lord with all their hearts during their trials, directing their focus to the Lord rather than the situation they were facing.

From this, I learned that when we approach the Lord with wholehearted praise and worship, His presence is with us, enveloping our minds with a peace that surpasses all understanding. Consequently, whenever worry creeps in, I choose to worship and praise the Lord, who has granted me freedom and peace.

I’ve realized that feeling the Lord’s presence doesn’t require musical expertise or a melodious voice. All that’s necessary is to approach the Lord with all our hearts and praise Him through song, with a heart full of longing to meet Jesus, the lover of our souls, the One who loves and understands us more than anyone else.

PRAYER

Thank you, Lord, for the freedom and victory You have granted us. May the Holy Spirit guide our hearts to praise and worship You in every situation consistently. Give us the desire to get closer to You more and more. In Jesus’ name. Amen.

EVERYTHING HAS ITS PRICE

Therefore do not let sin reign in your mortal body so that you obey its evil desires. (Romans 6:12 NIV)

When I was young, I thoroughly enjoyed playing with remote control cars. Unfortunately, the batteries would quickly run out, and battery chargers were unavailable back then. Consequently, I used to steal batteries from a supermarket secretly. Initially, I was afraid of stealing, but I obtained the batteries without paying for them since I wasn't caught. I continued to do this repeatedly, and as time went on, I became bolder, no longer plagued by anxiety, until one day, I was caught red-handed.

At that moment, I realized I was punished with a much greater cost, including shame, fear, and even being banned from entering that supermarket. Since then, I experienced great difficulty because my parents often visited that supermarket and had no idea I could not enter it. Consequently, I had to tell many lies when I was taken there.

This was the high price I had to pay for being caught stealing in that supermarket. Similarly, when we violate God's Word, we must pay a high price in the future. We have to pay a much higher price than if we were obedient to His commandments, no matter what happens.

Always remember that Jesus has already paid the punishment we should receive for our sins and transgressions through His sacrifice on the cross. Decide to obediently do what God considers good for our body, soul, and spirit through His Word. This is the most affordable price humanity will pay on their life journey because every violation will have consequences that we will face.

PRAYER

Heavenly Father, I am thankful that You have fully paid for our lives through the blood of Your only Son, Jesus Christ, on the cross. I desire to walk in Your Word obediently. In Jesus' name. Amen.

MERCIFUL GOD

who forgives all your sins and heals all your diseases, (Psalms 103:3 NIV)

Receiving forgiveness from God for our failures and truly repenting is the most important step in experiencing restoration from the Lord. In the Bible, we learn about King David, who committed a grave offense—a sin against both humans and God. He committed adultery and attempted to cover up his sin by having Bathsheba's husband, Uriah, killed.

However, even though David did not deserve forgiveness or mercy for his wicked deeds, he still understood the nature of God. He knew that God was good, always willing to show His mercy to His children (Psalm 51:1-2). God extended His grace to David because he was willing to draw near, ready to repent, and prepared to serve God.

Did David deserve forgiveness? Yes, David, like all humans, was a sinner. But because he was willing to repent and return to the right path, God declared His love, forgiveness, and mercy. He is merciful and desires us also to show His mercy to others.

By being merciful, we reflect God's character and fulfill our calling. Let's commit to the core values of mercy: respect, integrity, justice, compassion, and service. Proverbs 28:13 says, "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."

PRAYER

Good Father, thank you for always offering love and forgiveness to me. I long to continually walk in Your ways, and help me extend Your love and mercy to others. In Jesus' name, Amen.

IMMANUEL, I AM WITH YOU

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:15-16 ESV)

We often think God's goodness depends on our goodness and assume that His love equals a good life. As a result, when troubles come, we become doubtful and question God, "Why?" Jesus said that in this world, we will face troubles. This is the consequence of sin. Our weaknesses and troubles remind us that we are helpless.

But we have hope. Jesus, the perfect Son of God, suffered and died for us. He didn't have to, but He chose to. He faced loneliness, rejection, humiliation, and even experienced great anguish in the garden of Gethsemane, that his sweat was like drops of blood. In His life, He was never separated from His Father until that one time on the cross. He became our great High Priest, giving us access to the Father.

Let us believe that God is sovereign over everything; nothing surprises God. Come to the Father, pour out our hearts to Him, and admit that we need help. Our life may not get better, but He will strengthen us. Jesus never promised a perfect life in this world. But He promised to be with us, always. "It's okay not to be okay, My child. I am with you." Immanuel.

PRAYER

Heavenly Father, we thank You for Your sacrifice that through your Son, Jesus Christ, now we can come to You. Living in this world is not always easy, but in our troubles, we find hope in You. Whatever season we are in, help us know that You are always with us. In Jesus' name, Amen.

HANDLING FAILURES

And Saul's son Jonathan went to David at Horesh and helped him find strength in God. (1 Samuel 23:16 NIV)

David was an anointed and chosen man by God, and he became the most famous and victorious person among the Israelites. However, there was a time when he felt like a failure. He had nowhere to go. King Saul, his father-in-law, was against him and wanted to kill him. There was no refuge, and he was overwhelmed with worry and despair. In this crisis, his friend Jonathan came to him and helped him find strength in God.

In this context, we learn that in our lives as God's people, there may be times when we experience failures, when obstacles and challenges hinder our progress, and that's okay. In such moments, we need to seek God's help and the fellowship of our fellow believers who can help strengthen us in God. As God's ministers, we should not only focus on mission targets but also care for our fellow believers, teammates, and disciples. We should also care for their physical, spiritual, and emotional needs.

Paul describes the fellowship of believers as part of the body, and we are a support system for one another. This is why Jesus sent His disciples in pairs to support and strengthen each other in God. This is how we can effectively fulfill God's mission and stay connected to God.

PRAYER

Thank you, Lord, for You are always with me, even in my lowest moments. You also placed fellow believers to encourage me to rise from my failures. In my weakness, Your power is made perfect. I can rise and help others who have experienced failure. In the name of Jesus. Amen.

May integrity and honesty protect me, for I put my hope in you. (Psalm 25:21 NLT)

We understand that it is God's command for us as Christians to be the light and salt of the world, but we may not know what to do or feel incapable. We may think that we are not skilled, do not understand the Bible, cannot speak publicly to pray, and have other feelings of inadequacy. To overcome this, let's learn from Moses.

When God called Moses to face Pharaoh and lead the Israelites to the land of Canaan, he was already eighty years old, and his last job for the past forty years was to shepherd his father-in-law's flock of sheep. Clearly, he felt inadequate and initially refused. But in the end, Moses obeyed God's command. The Bible also says that Moses was the most gentle and humble person. God used him to free the Israelites from slavery in Egypt.

These days, God is seeking people who are not just capable but also obedient and willing to be used. God is seeking people who are sincere, honest, and have integrity in their daily lives. God does not ask us to be Christians or ministers only on Sundays; He wants us to be His instruments as we are in our daily lives, regardless of our profession.

St. Francis of Assisi said, "Preach the Gospel at all times, and if necessary, use words." In this age where everyone can express their opinions and thoughts through social media and where the truth is often distorted, the world observes our integrity as Christians through our actions and deeds.

As stated in Psalm 25:21, may our sincerity and honesty be integral to our lives if God resides within us. This way, we can be like Paul, who boldly stated in 1 Corinthians 11:1, "Follow my example, as I follow the example of Christ."

PRAYER

Lord, make us instruments and lights for You anytime and anywhere we are. Please help us be prepared at all times, both in words and deeds. In the name of the Lord Jesus. Amen.

WHAT I SAY, WHAT I DO

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (Colossians 3:17 NIV)

Has anyone ever promised you something but, in the end, they forgot their promise? How did you feel at that time? Surely, it was disappointment and sadness towards that person. When you first meet someone you've just gotten to know, your first impression of that person is often based on their words, actions, or behavior. Thus, you can judge momentarily whether that person is good, pretending to be good (hypocritical) or evil.

Words and actions are always interconnected. When you work, it becomes a top priority. You say "yes" to your boss to take on the task they've assigned, and automatically, you become responsible for it. The words that come from our mouths should also align with our actions. In our words, we may actually be afraid of disappointing others, or it may happen that halfway through, we suddenly feel incapable of doing what we've said.

All of this can be avoided from the beginning by:

First, praying for God's guidance, wisdom, strength, and direction in how we speak and act so that, in the end, everything aligns with His will. When we experience fear, fatigue, and despair, we believe that God will strengthen us when we pray for His help (Matthew 11:28).

Second, giving thanks to God every day because of His love; we can do all things with the abilities He has given us (1 Thessalonians 5:18). By giving thanks, we can perform every action or deed with a sense of responsibility and confidence because God is present in every word and action of ours.

Do you always put Jesus first in every action and word of yours? Can you be responsible for what you say?

PRAYER

Lord, please empower us so that through every action of ours, others can see and feel that we always rely on You, and others are also blessed through our lives. Give us wisdom so that we may have a wise heart. In the name of the Lord Jesus, we pray, Amen.

PLUGGED-IN

But you will receive power when the Holy Spirit comes on you; (Acts 1:8a NIV)

A supernatural power is poured out when believers receive the baptism of the Holy Spirit. The original Greek word for Holy Spirit is “dunamis”; it means strength, miraculous power, and ability. We are empowered with the Holy Spirit to testify about Jesus, but we must develop this “dunamis” in our daily personal relationship with our Lord Jesus. This is similar to filling the gasoline tank of our automobile, considering that we use gas every day, so we need to recharge it always.

A healthy spiritual life requires the following disciplines: consistent prayer time, reading the Scriptures, submitting to spiritual authority, and depending strongly on the guidance of our “Helper”, the Holy Spirit. The Holy Spirit is called the “Spirit of truth” (John 15:26) because He guides us to understand every word we read. He will lead us to live the life God desires and strengthen us when we are weak.

The Holy Spirit is a helper and a friend that God has given to every believer, but He is a gentle and non-coercive personality. Therefore, an open heart is needed; we invite Him daily to lead and rule our lives. The Holy Spirit is the helper given to you and me; accept His power, which will make you a winner!

PRAYER

Heavenly Father, help us be led by your Holy Spirit daily to fulfill the Great Commission and enjoy our lives surrendering to You. In Jesus's name. Amen.

BE A WITNESS

And you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." (Acts 1:8b NIV)

When a king passes away, his heir must be ready to take his position and continue the king's work in the kingdom. To do it correctly, the heir must understand the king's heart for the nation, either through conversations or the will left by the king. In Acts 1:8, the King of all kings has given us His heirs, His final words before He left this earth. He desires us to be His witnesses to the world.

A witness possesses evidence or knowledge of an event from observation or personal experience. What are we trying to prove? What have we experienced? Being His witness means we must prove to others what He has accomplished in our lives. We can bear witness to Christ through both our spoken words and our actions.

Acts 1:8 also calls for us to share the Good News and be His witnesses to the ends of the earth. It begins with those closest to us. Who are the closest individuals with whom you can share the Good News? They are our family and friends who are with us every day.

Jesus, the King of Heaven, understands that we cannot be witnesses with our own strength and abilities; we are not strong or brave enough to do so. Therefore, He has granted us the Holy Spirit as a helper and a source of power to enable us to fulfill our calling as His witnesses. Let us be His witnesses, starting from our homes, schools, workplaces, cities, countries, nations, and to the ends of the earth.

PRAYER

Lord Jesus, as heirs to Your throne, grant us the same heart as Yours to love the lost world. Instill in us the desire to share the Good News with others. Holy Spirit, empower me to be Your witness. In Your name, I pray and receive Your power.

DOING OUR BEST

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. (Colossians 3:23-24 NIV)

Life is a calling, and this calling grows within us over time. When we understand that God is a God of covenant, we realize He never forgets His covenant. However, in our daily reality, we are given an active role in building and responding to His call. This reflection invites us to delve deeper into the meaning of life as it unfolds within our calling.

In Colossians 3:23-24, we are encouraged to do everything with all our hearts, not as a mechanical task but as an act of worship to God. Every action, job, and responsibility we undertake should express our love and loyalty to Him. It is a call to “Do our best.”

The importance of working responsibly is emphasized. Responsibility is not solely about the end result but also about the process. How we manage our time, respond to tasks, and treat others along our life journey—all of these are part of our calling that gives our lives meaning and purpose.

This calling also reminds us to be faithful in what is entrusted to us. When we are faithful in small matters, we will be entrusted with greater responsibilities. Living out our calling with faithfulness is evidence of our love and trust in the God who has entrusted us with talents, time, and opportunities.

Through today’s reflection, we are reminded that life has profound meaning. Every moment is part of our calling. Let’s not view work or responsibilities as burdens but as opportunities to live meaningful lives. God rewards those who are faithful, and we live for the Lord, not just for human masters. Therefore, let’s live enthusiastically, embrace our calling, and do our best in everything. In doing so, we are not merely traversing life; we live purposefully as faithful servants of God in our calling.

PRAYER

Father, teach us to respond well to our responsibilities today so that we may be entrusted with greater ones in the future. Guide us in fulfilling Your call. In Jesus’ name. Amen.

FULFILLED

For the law was given through Moses, but God's unfailing love and faithfulness came through Jesus Christ. (John 1:17 NLT)

Something interesting is written in the book of Exodus, chapter 33, where it says that God spoke face to face with Moses like a friend (verse 11). It is never written that God was physically present when He spoke face-to-face with Moses, but it is written that Moses had an intimate relationship with God, which led Moses to ask for more from God to show His glory.

God longs for a two-way relationship with His children. Even Jesus 'tore' the veil in the temple during the crucifixion event and willingly sacrificed Himself on the cross so that humans could be reconnected with Him. He desires that those who accept Jesus Christ as Lord and Savior can receive grace upon grace (John 1:16).

Just as Aaron and the Israelites could see the radiant face of Moses after he spoke with God (Exodus 34:29), the world can only see the light and feel the warmth of God through our lives if we abide in Him.

So, how can our lives be filled with the fullness of Christ? Through the Holy Spirit! The closer we draw to the Holy Spirit, the more He will reveal Christ to us. Our Bible reading and prayers will never be the same because the Holy Spirit will teach us, help us understand, and intercede in our prayer.

PRAYER

Gracious Father, we are thankful that You have sent us a Helper, the Holy Spirit. Help us to abide in Christ continually and to use our lives for Your glory. In Jesus' name, we pray. Amen.

Thank You

To Our Wonderful Writers!

Your writings and contributions in this prayer and fasting book are a tremendous blessing and demonstrate that we are one family in God, ready to build and support each other. Please continue writing, and may God use you even more for His glory!



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The image features a dark grey background with a series of thin, light grey wavy lines that create a sense of movement. Overlaid on this are several large, rounded, organic shapes in two colors: a vibrant orange and a muted sage green. These shapes are arranged in a way that they appear to be interlocking or flowing together. The orange shapes are more vertical and elongated, while the green shapes are more horizontal and rounded. The overall composition is abstract and modern.

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