

**ALIVE**  
IN CULTURE

**IFGF**

# 21 DAYS PRAYER & FASTING

6-26  
JANUARY  
2025

#prayerworks



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# Foreword

Praise God!

It's a wonderful opportunity to start the new year by preparing our hearts, minds, and spirits, filled with hope, strength, and faith as we begin 2025 with 21 Days of Prayer and Fasting. In this spiritual journey, we will focus on the theme "Alive in Culture".

This theme invites us to live as light and salt in a world with an ever-changing culture and its challenges. Nevertheless, the church of God must steadfastly proclaim God's unchanging love and truth.

Through the prayers and reflections in this guidebook, I invite us to live out our faith in a relevant and impactful way for our surroundings, while becoming more sensitive to God's will in this increasingly complex world.

This book provides scriptures, reflections, reflective questions, and practical steps that can help guide us through the 21 Days of Prayer and Fasting, leading us to a deeper intimacy with God. Renewed by the Holy Spirit, we are called to be "ALIVE"—living and active—in and for our world, becoming agents of change filled with love and truth.

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 Culture!*

Rev.. 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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## THE COURAGE TO ASK AND DEDICATE

*And she made a vow, saying, "Lord Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head." (1 Samuel 1:11 NIV)*

Irritated, sad, deeply distressed, and bitter. How many of us ever felt those emotions? As we go through our lives, these emotions are unavoidable. Just like Hannah, when she married her loving husband, she was not expecting a closed womb and to have a provoking rival in the marriage on top of it. When life happened to Hannah, she felt irritated, sad, deeply distressed, and bitter. Those feelings persisted even though her husband tried to comfort her.

However, Hannah chose to respond to this situation by bringing her prayers to God. She made a vow to God, that if only God would see her, remember her, and give her a son, she would dedicate her son to God. When we're sad, frustrated, or irritated, bring it up to God, as in Philippians 4: 6 says "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Those feelings are signs of our limitations and God is the only one who can change those circumstances. Surrender our circumstances to God, ask sincerely, and dedicate our requests to Him.

Some time passed after her prayer, God remembered Hannah's prayer and gave her a son. Hannah remembered her promise to dedicate her son to God and surrendered him to the Lord. Like Hannah, we should remember what God has done for us. We should dedicate the blessings back to God as an act of worship and gratitude.

In this new year, let's ask and surrender our circumstances to God because He's the only one who can give us peace that surpasses all understanding.

### REFLECTIVE QUESTIONS

1. What is my attitude when faced with a situation that makes me feel depressed and bitter? Have I brought it up in prayer to God?
2. Are there blessings I have received but have not yet dedicated back to God as an act of worship and gratitude?

### PRACTICAL ACTIONS

1. Start making a list of things you want to surrender and pray about to God, especially those that cause anxiety or pressure.
2. Take time each day to give thanks for the blessings God has given and dedicate those things back to Him in prayer.

**MY FAMILY IN HIS HANDS**

*But as for me and my household, we will serve the Lord. (Joshua 24:15b NIV)*

Family is one of God's greatest gifts. In a world filled with lies and uncertainty, we need to entrust our families to God's guidance and protection.

Proverbs 3:5-6 reminds us, "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." When facing challenges in family life, it is important to surrender our worries and decisions to God and trust in Him. He knows our struggles, hopes, and futures, and promises to guide us when we surrender to Him.

Two important Bible verses for our family life are Joshua 24:15, declaring, "But as for me and my household, we will serve the Lord," and Psalm 127:1, which reminds us that "Unless the Lord builds the house, the builders labor in vain; unless the Lord watches over the city, the guards stand watch in vain."

These verses emphasize the importance of inviting God into our family life. Without His guidance, all our efforts are in vain. However, if our household is built upon God's wisdom, our family will be strong and unshaken by the world's challenges.

Let us be reminded through this daily devotion that our families will be blessed when we place them in God's care. Trust in His guidance, invite Him to build, and shape our homes, so we remain under the protection of His loving hands.

**REFLECTIVE QUESTIONS**

1. Have I invited God into every decision and challenge my family faces?
2. How can I trust my family more fully to God's guidance and protection each day?

**PRACTICAL ACTIONS**

1. Set aside special time to pray together as a family, asking for God's guidance and protection in every aspect of family life.
2. Commit to prioritizing worship and reading God's Word together regularly so each family member grows stronger in faith and love.



## WHEN GOD SPEAKS

*So Eli told Samuel, "Go and lie down, and if he calls you, say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place. The Lord came and stood there, calling as at the other times, "Samuel! Samuel!" Then Samuel said, "Speak, for your servant is listening." (1 Samuel 3:9-10 NIV)*

We live in an era similar to Samuel's, where many are distracted by worldly matters and meaningless pursuits, failing to consider God's voice in their lives. Our hearts need to be purified daily by His Word so we can recognize His voice in our daily lives.

In the spiritual realm, three key principles are essential: sensitivity to God's Word, obedience, and guidance by the Holy Spirit. Without these, we cannot align ourselves to hear God's voice.

Samuel grew up near Priest Eli with the purpose of learning to be sensitive to God's voice, and his obedience in every situation determined his success in ministry. Samuel had a teachable heart, and from this, we can learn to apply the same in our lives.

Samuel learned to act as a servant of God, developing a keen ear for God's Word under Eli's authority. We, too, can learn from Samuel to serve God, listen to His voice, honor spiritual authority, and obey the guidance of the Holy Spirit.

## REFLECTIVE QUESTIONS

1. Have I directed my heart to hear God's voice every day, or are there things blocking my sensitivity to Him?
2. How can I better honor the spiritual authority God has placed in my life while remaining obedient to the guidance of the Holy Spirit?

## PRACTICAL ACTIONS

1. Set aside time each day to pray and read God's Word, asking Him to purify your heart to become more sensitive to His voice.
2. Develop the habit of praying for the spiritual authorities in your life, asking God to grant them wisdom and for the obedience to follow their guidance.



## IN THE STILLNESS, I HEAR HIS VOICE

*Then the LORD came and stood there, calling as at the other times, "Samuel! Samuel!" Then Samuel said, "Speak, for Your servant is listening." (1 Samuel 3:10 NIV)*

Have you ever heard God's voice? Voice is a vital element our bodies produce for communication. Imagine having someone you love dearly, yet that person never communicates with or listens to you. Could such a relationship grow close?

Often, we as God's people think that only certain people, like pastors, can hear God's voice. However, God desires to speak with every one of His children, not just certain people.

Here are some important truths about hearing God's voice:

### 1. Hearing God in Stillness

Psalms 46:10 highlights the importance of being still to recognize God's presence. Jesus Himself often spent time alone with the Father, as recorded in Matthew 14:13 and Mark 1:35. Elijah's story on Mount Horeb in 1 Kings 19 reminds us that God doesn't always speak through dramatic displays like a powerful wind, earthquake, or fire but through a gentle whisper. This shows that God often speaks softly. Thus, we must set aside time to be alone with Him, distancing ourselves from the noise of the world so we can hear His voice and sense His presence.

### 2. Opening Our Hearts to Hear God's Voice

Like Samuel, we must learn to say, "Speak, for Your servant is listening" (1 Samuel 3:10). To open our hearts to God, we need to take actionable steps, such as regularly reading and meditating on His Word, so we become more sensitive to His guidance.

This year, let's strive to sharpen our sensitivity to hearing God's voice, live under His guidance, and not rely on our understanding.

## REFLECTIVE QUESTIONS

1. Have I set aside time to be alone with God, away from the noise of the world, so I can hear His voice?
2. How can I better open my heart to receive and respond to God's Word in my daily life?

## PRACTICAL ACTIONS

1. Schedule daily quiet time to be still, pray, and listen to God's voice, free from distractions.
2. Commit to regularly reading and meditating on God's Word to enhance your sensitivity to His voice.



## THE COURAGE TO FACE CHANGE

*And the Lord said to Samuel: "See, I am about to do something in Israel that will make the ears of everyone who hears about it tingle. (1 Samuel 3:11 NIV)"*

Why do we need to change? Things are already comfortable as they are. Will this new thing be good for me? Change often brings us to unknown, unwanted, or even unpleasant situations. Fear and doubt about what lies ahead can haunt us. However, change is also part of God's plan, leading to something better in line with His will.

In 1 Samuel 3:11-14, God revealed that Eli's leadership would end because of his disobedience and tolerance of sin. God planned to draw people closer to Him, and He would introduce something new according to His will. The prophet Samuel courageously initiated spiritual change for Israel, playing a role in leading King David to his glorious reign. Samuel took a bold stand to embrace the changes God had planned.

Why is courage important? The first step to creating change in life is courage. When you want to repent, you must have the courage to leave sin behind. If you want to live righteously, you need to boldly do what is right in God's eyes, without compromise.

We gain courage by having a righteous heart. Proverbs 28:1 states, "The wicked flee though no one pursues, but the righteous are as bold as a lion." A person who lives in righteousness has no fear of the future.

In addition, we must also hope for God's presence. In 2 Corinthians 3:12 it says, "Since we have such a hope, we are very bold." Knowing God's faithful character gives us the courage to face change.

### REFLECTIVE QUESTIONS

1. What change is God wanting in my life, and what is holding me back from taking that step?
2. How can I strengthen my faith and hope in facing changes that might feel intimidating?

### PRACTICAL ACTIONS

1. Identify one area of your life that needs to change, and create a concrete action plan to get started, such as praying or consulting with a spiritual mentor.
2. Take time daily to meditate on God's Word and remind yourself of His faithful nature, so you can build courage to face the changes.



## THE CHURCH: A SPIRITUAL COMMUNITY TO SUPPORT CHANGE

*But He said to me, "My grace is sufficient for you, for My power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. (2 Corinthians 12:9 NIV)*

There are moments in life when we come face-to-face with our limitations and weaknesses. I personally experienced this during my studies in Japan. After attending an international school, I transitioned into a new and challenging Japanese education system. Despite studying hard for the entrance exams, I was shocked when my score was only 5 points. At that moment, I felt hopeless and doubted my abilities.

However, as I reflected on 2 Corinthians 12:9, "My grace is sufficient for you, for My power is made perfect in weakness," I realized that my strength did not rely solely on academic achievements. By inviting God into my academic journey through prayer and reading the Bible, I learned to depend entirely on Him. By His grace, I eventually graduated as the top student in my class.

This experience taught me that our weaknesses are not the end but rather the starting point for experiencing God's power. In the context of the church, a spiritual community becomes a place where we can share our weaknesses and find support from others.

How can a spiritual community support us?

1. Spiritual support: the church, as a spiritual community, provides encouragement when we face challenges. Together, we can strengthen and remind one another of God's grace.
2. Strength in weakness: when we feel weak, it becomes an opportunity for God's power to shine. We are invited to acknowledge our weaknesses and rely on God in every aspect of our lives.
3. Wisdom for change: when facing change, we are reminded that God has a better plan. Relying on faith and support from the church, we can boldly take steps toward desired change.

By recognizing the importance of a spiritual community, we can live with greater courage and hope, no matter what changes we face.

### REFLECTIVE QUESTIONS

1. What weakness or limitation am I currently facing?
2. How can my spiritual community support me in overcoming these challenges?

### PRACTICAL ACTIONS

1. Take time to pray for God's support and for those in your community who are struggling.
2. Join church activities or small groups to build relationships and get support from others.



## MORE THAN RITUALS: OUR HEARTS

*Hearing the uproar, the Philistines asked, "What's all this shouting in the Hebrew camp?" When they learned that the ark of the LORD had come into the camp, (1 Samuel 4:6 NIV)*

Some of us may have watched the movie *Air Force One*, starring Harrison Ford, where the U.S. President's airplane is hijacked by terrorists. It's interesting to note that the call sign "Air Force One" is only used for the aircraft when it carries the President. Once he steps off, the plane reverts to being just a regular aircraft.

In reading 1 Samuel 4 carefully, we see that Israel's mistake wasn't just believing that the presence of the Ark of the Covenant would guarantee victory. In the preceding chapters, we find that they lacked the fear of the Lord. The priests lived in disobedience and failed to honor God's holiness. As a result, God's power was not with them. This was the costly price Israel paid.

***Disobedience is always more costly than obedience.***

***– Mike Murdock –***

"In the fear of the LORD there is strong confidence, and His children will have a place of refuge." (Proverbs 14:26 NKJV)

Let us reflect on our lives: Are we truly living in obedience? Obedience is more than attending church every week; it involves allowing the Holy Spirit to guide every decision, struggle, and everything we do.

### REFLECTIVE QUESTIONS

1. What areas of my life have not fully honored God, and how can I redirect my heart toward Him?
2. How can I better involve the Holy Spirit in my daily decisions and struggles?

### PRACTICAL ACTIONS

1. Take time daily to reflect and pray, asking God to reveal areas where you may be living in disobedience. Write down the insights and consider how you can make changes.
2. Find a trusted friend or mentor in your community to share your struggles and pray with. Having someone to hold you accountable will help you stay focused on living in obedience to God.



## HONOR THE ROOTS OF FAITH

*But God struck down some of the inhabitants of Beth Shemesh, putting seventy of them to death because they looked into the ark of the LORD. The people mourned because of the heavy blow the LORD had dealt them. (1 Samuel 6:19 NIV)*

In 1 Samuel 6:13-20, we read about the Ark of the Covenant, a symbol of God's presence, returning to Israel after being in the hands of the Philistines. The people of Beth Shemesh, a Levitical city, recognized its importance and responded with joy and sacrifices. However, the story takes a grave turn when some fail to treat the Ark with proper respect, leading to the death of seventy individuals who dared to look inside it.

This incident reminds us of the importance of honoring the sacred aspects of our faith. While the people of Beth Shemesh were enthusiastic about the Ark's return, their respect was incomplete. Their curiosity and disobedience toward something so holy brought judgment.

Honoring the roots of our faith requires more than enthusiasm for God's presence; it demands a deep reverence and awe for His holiness. The foundation of our faith is built on a relationship with the holy God, who desires us to honor Him not just with our words but also with our hearts and actions.

Today, we are called to honor God's presence in our lives by treating all that pertains to Him—His Word, His Spirit, and His commands—with the utmost respect. While God invites us to celebrate His presence, we must also approach Him with reverence and humility, acknowledging His holiness.

## REFLECTIVE QUESTIONS

1. In what ways do I lack respect for the sacred aspects of my faith, and how can I improve?
2. Have I treated God's Word and His commands with the respect they deserve?

## PRACTICAL ACTIONS

1. Set aside time each week to read and meditate on God's Word, reminding yourself of His holiness. Keep a journal about what you learn and how it shapes your reverence for Him.
2. Invite friends or care group members to share how they honor God's presence in their lives. Discuss challenges and support one another in growing our reverence for God and other holy things.



## SALVATION IN JESUS

*Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved. (Acts 4:12 NIV)*

From the beginning, the world has sought a Savior. Yet, salvation can only be found in Jesus Christ. His name holds power, and in the name of Jesus, every knee shall bow.

In the theology of salvation, salvation is the deliverance from sin and its consequences through faith in Christ. It is not merely about avoiding future punishment but also about liberation from the power of sin in the present. Salvation encompasses life transformation, new birth, justification, and adoption as children of God.

By God's grace, salvation is a gift freely given out of His love (John 3:16; 1 Timothy 4:10). Everyone has access to salvation through faith in Christ. All things will submit to Him, and no enemy can undermine His authority.

This truth is vividly illustrated in the story of the Philippian jailer (Acts 16:25-34). As Paul and Silas prayed and praised God, an earthquake shook the prison, opening its doors. The jailer, who nearly ended his life, was saved after they told him to believe in Jesus. His entire household was baptized and celebrated their salvation with joy.

Moreover, we must fulfill the Great Commission (Mark 16:15-18), where Jesus commands us to preach the Gospel to all people. Those who believe will witness miraculous signs, including healing the sick.

### REFLECTIVE QUESTIONS

1. What does salvation mean to me personally, and how can I share this experience with others?
2. In my life, have I given Jesus the rightful place in every aspect of my being?

### PRACTICAL ACTIONS

1. Spend time each day reading Bible verses about salvation and write down your reflections.
2. Invite someone to discuss salvation in Jesus this week and pray together for a deeper experience of faith.



## HOW TO ASK GOD?

*But when they said, 'Give us a king to lead us,' this displeased Samuel; so he prayed to the LORD. And the LORD told him, 'Listen to all that the people are saying to you; it is not you they have rejected, but they have rejected Me as their king. (1 Samuel 8:6-7 NIV)*

The Israelites' request for a king didn't appear inherently wrong. A wise king could bring prosperity, security, and order to the nation. However, the real issue lay in the motivation behind their request. They sought a king because their hearts had turned away from God, choosing to depend on a human leader rather than God Himself.

God sees every heart and knows hidden motives. James highlights that people often ask but do not receive because their requests are driven by selfish desires: "When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." (James 4:3).

God doesn't forbid us to ask; in fact, He encourages it: "Until now you have not asked for anything in My name. Ask and you will receive, and your joy will be complete." (John 16:24). However, He invites us to ask not merely to express our desires but in the context of a close relationship with Christ. As we know Him and walk with Him, we learn to align our hearts with His.

Recently, my child asked for permission to join the Island Mission in the Riau Islands. Although the costs were significant, we granted the request joyfully because it aligned with our hearts as parents. We desired our children to have compassion for those who do not yet know God and are connected to their roots as children of Indonesian descent.

In the same way, God wants us to ask in Jesus' name—requests that align with His heart. When we ask according to His will, we experience the true joy that comes from God. Let us strive to understand God's will and ask for things that align with His heart.

## REFLECTIVE QUESTIONS

1. Are my motivations for asking something from God aligned with His heart, or more towards my desires?
2. How can I deepen my relationship with God so that my prayers reflect His will?

## PRACTICAL ACTIONS

1. Take time to examine the motivations behind your prayer requests. Write down each desire and ask whether it aligns with God's heart.
2. Read God's word daily to understand better His will and heart, so your prayer requests are more aligned with what God desires.



## INTERCEDING FOR OUR NATION

*I urge, then, first of all, that petitions, prayers, intercession, and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. (1 Timothy 2:1-2 NIV)*

Whenever there is a transition in a nation's leadership—be it a president, vice president, or members of parliament—many wonder and speculate about the future of the country. Will the country improve? Will the economy grow stronger? Will the socio-political situation stabilize? Optimism and pessimism often divide opinions during such leadership changes.

As God's children, what can we do? While many of us desire to actively participate in governance, not all Christians have the opportunity to serve in government or parliament. However, this doesn't mean we cannot play an active role in supporting our government, nation, and country.

One of the most impactful things we can do is intercede for the nation where God has placed us. Intercede for the nation's leaders, the country's welfare, and God's guidance and blessings over the government. Prayer is an act of faith to seek God's wisdom and favor so leaders can govern with justice and righteousness, promoting prosperity for all people.

The Apostle Paul, in 1 Timothy 2:1-2, reminds us to continually pray for all national leaders. As we pray, God works and grants His wisdom so that leaders—from presidents and vice presidents to cabinet members and parliamentarians—may live in the fear of the Lord. Ultimately, every nation on earth will belong to the Lord (Psalm 33:12), bringing peace, prosperity, and honor.

***Every leadership has its season, and every season has its leadership.***

Through prayer, we release blessings over our nation and country and ensure that they remain in God's hands. Let us commit to praying for our nation and country!

## REFLECTIVE QUESTIONS

1. Do my words and actions tend to curse or support my nation and country?
2. What steps can I take to actively support my nation and country?

## PRACTICAL ACTIONS

1. Pray for the nation where you are placed.
2. Pray for all national leaders to be granted wisdom and to live in the fear of the Lord.

## FAITH IN UNCERTAINTY

*But now your kingdom will not endure; the LORD has sought out a man after His own heart and appointed him ruler of His people because you have not kept the LORD's command. (1 Samuel 13:14 NIV)*

Saul failed to understand God's calling for him as king. Instead of focusing on God who chose and guided him, Saul turned his attention to the problems and fears he faced. His fear blinded him, causing him to forget that God is the Creator who holds all power. Under pressure and uncertainty, Saul chose to act on his own without obedience to God. Instead of relying on God, he depended on his limited strength and wisdom.

Like Saul, we often face pressures or doubts from those around us, making us question whether God is truly with us. When we don't turn to God, worry tends to take control. However, when we habitually seek God through His Word, we find strength and assurance that He never leaves us. Every problem, pressure, or rejection from others can become an opportunity to witness God's beautiful plans for us. Jesus, who knows and loves us unconditionally, is the true source of strength who never leaves us alone in facing challenges.

David, despite his sins, chose to come to God in repentance. As king, he wasn't ashamed to admit his mistakes before God and others because he understood God's unchanging faithful love. David was strong because he made God his strength and relied fully on Him. In a world filled with uncertainties, we have assurance in God's love, demonstrated through His death and resurrection. God is on our side and never fails.

## REFLECTIVE QUESTIONS

1. Do I tend to see problems through the lens of fear, or entrust them to God?
2. How can I remind myself to turn to God, especially during uncertainty?

## PRACTICAL ACTIONS

1. Set aside daily time to pray, confessing your fears and worries to God. Ask for strength and wisdom from the Holy Spirit to face every challenge.
2. Read Bible verses that strengthen your faith. Focus on God's promises in dealing with uncertainty, and meditate on the truth that He is always with us.



## OVERCOMING FEAR

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand. (Isaiah 41:10 NIV)*

The Bible contains the phrase “Do not fear” 365 times—one for every day of the year. This serves as a daily reminder that faith and fear cannot coexist in the same heart. When fear enters, faith is pushed out, but when faith takes charge, fear dissipates. Romans 10:17 teaches us that faith grows by hearing the Word of God. In moments of doubt, challenges, or uncertainty, lean on God’s word, as it has the power to strengthen our faith and bring peace amid life’s storms.

Martin Luther King Jr. once said, “Faith is taking the first step even when you don’t see the whole staircase.” Faith means trusting our steps even when we can’t see the full path ahead. It’s like standing at the entrance of a dark tunnel and believing that each step forward brings us closer to the light.

God calls us to trust Him wholeheartedly, as Proverbs 3:5-6 says: “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.” If you are facing trials right now, it’s the perfect time to strengthen your faith and trust that God is in control. Trusting the unseen God will lift us from fear and despair, just as He delivered Daniel from the lions’ den, bringing us to a place of confidence, joy, and peace.

*A prayer to overcome fear:*

“Almighty Father, source of all strength and courage, I come to You and pray that the faith in my heart becomes a light that overcomes all my fears. Fill my heart with Your assurance. Let Your word be the sword that defeats every doubt in my mind. Let every breath I take bring Your peace and replace my anxieties. Fill my soul with power, love, and a sound mind so that I can stand firm in Your mighty and eternal name. Amen.”

## REFLECTIVE QUESTIONS

1. In what situations am I more prone to being overtaken by fear instead of faith in God?
2. What steps can I take to trust God more amid uncertainty?

## PRACTICAL ACTIONS

1. Choose one comforting verse each day and meditate on it in prayer, asking God to strengthen your faith through His Word.
2. Declare your trust in God by saying a simple prayer whenever fear arises, such as, “I trust in the God who is in control,” to remind yourself that He is always with you.



**INTEGRITY: A COMPASS IN TIMES OF CHALLENGE**

*All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD's, and He will give all of you into our hands. (1 Samuel 17:47 NIV)*

Each of us hopes for a better future. However, before reaching that point, we often face significant challenges that test our strength, conviction, and above all, our integrity. When trials come, doubts may arise—are we on the right path? Are we making the right decisions? Amid these processes, integrity becomes a vital compass that guides our steps.

In David's battle with Goliath, he displayed remarkable character. Here are two key lessons on integrity we can learn from him:

**1. Faithful in small things (1 Samuel 17:34-36)**

Before facing Goliath, David demonstrated integrity in his daily responsibilities. As a shepherd, he didn't run away when a lion or bear threatened his flock. Instead, he faced the danger and protected the sheep entrusted to him. His faithfulness in small tasks revealed his great integrity.

**2. Trust God wholeheartedly (1 Samuel 17:37, 47)**

David didn't rely on worldly strength or weapons to face Goliath. He recognized that the battle belonged to the Lord, and this confidence gave him the courage to confront the giant. By relying on God, David trusted He would deliver him and his people.

Integrity is the key that unlocks opportunities for us to move forward, but reaching the "next level" isn't the ultimate goal. If we maintain integrity solely for personal gain or status, we will find ourselves empty and disappointed. Instead, we uphold integrity out of love for Christ, who first loved us. By living truthfully, we not only achieve a bright future but also discover the true meaning of life in Christ, who never disappoints.

**REFLECTIVE QUESTIONS**

1. Am I maintaining integrity in all aspects of life, both seen and unseen?
2. How can I trust God more during challenges, as David fully relied on Him?

**PRACTICAL ACTIONS**

1. Do your best in small things by practicing faithfulness in even small responsibilities, remembering that small actions reflect great integrity.
2. Make a declaration of trust: when challenges arise, remind yourself daily that "The battle belongs to God" and devote yourself to prayer, leaning on His strength.



## THE GREATEST BLESSING OF INTEGRITY

*May integrity and uprightness protect me because my hope, LORD, is in You.  
(Psalm 25:21 NIV)*

We often hear the phrase, “You won’t survive in this life if you only do the right thing!” In today’s world, integrity is not a popular value, and many people begin to compromise out of fear of others’ opinions or social pressure. However, we are called to live differently.

Daniel is a living example of unwavering integrity. A bright young man from a noble family, his life drastically changed when he was taken captive. While he is most famously remembered for his courage in the lions’ den, Daniel’s integrity began long before that moment—it was a lifestyle he cultivated early on.

Living with integrity doesn’t shield us from challenges. In difficult situations, Daniel could have taken an easier path by obeying the king’s commands, even when it conflicted with his faith. Yet, he chose to honor God, even at the risk of losing his life. For Daniel, loyalty to God’s Word was far more valuable than worldly ease or safety. This choice not only strengthened his testimony but also made a lasting impact, allowing him to influence multiple kingdoms during his time.

Integrity is not a means to earn blessings but a response to the greatest blessing: God’s presence in our lives. It reflects our deep respect for our relationship with Jesus, who displayed perfect integrity throughout His life. He humbled Himself and gave His life for us, showing pure and selfless love.

The only source of strength to live with integrity is Jesus Christ. When we surrender our entire lives under His authority, we choose to obey Him unconditionally, no matter the challenges we face.

### REFLECTIVE QUESTIONS

1. In what areas am I prone to compromise with integrity, and how can I improve it?
2. Have I fully surrendered every area of my life to God’s control, including the most hidden?

### PRACTICAL ACTIONS

1. Assess your commitments by reviewing your daily decisions and identifying areas where you may be compromising integrity. Take concrete steps to avoid even the smallest compromises.
2. Pray a prayer of surrender, asking Jesus to lead your life, giving everything under His control, and granting you the courage to resist anything that could undermine your integrity.

## SHAPED THROUGH PRESSURE

*David left Gath and escaped to the cave of Adullam. When his brothers and his father's household heard about it, they went down to him there. All those who were in distress or in debt or discontented gathered around him, and he became their commander. About four hundred men were with him. (1 Samuel 22:1-2 NIV)*

Sometimes, God places us in situations full of pressure and hardship to shape our character and strengthen our faith. Before David became the great king of Israel, he endured many difficult processes, including hiding in the cave of Adullam. In this place of refuge, David not only wrestled with his fears but also strengthened those who came to him—people who were distressed, indebted, and discontented. God used this challenging season to mold David into a stronger, more humble, and compassionate leader.

The pressure David faced in the cave of Adullam mirrors the pressures we face in our daily lives. Many of us feel burdened by job demands, financial struggles, uncertainty about the future, or social pressures that demand we appear “perfect.” Just as David faced his enemies and fears, we often contend with anxiety, exhaustion, or even loneliness amid life’s busyness.

However, Adullam was not merely a place of escape for David; it was a place where God refined his faith and character. Similarly, the pressures we face in life are opportunities for God to shape us into stronger individuals, full of hope and capable of blessing others. In moments of pressure, we learn to rely more on God, strengthen our faith, and bear witness to His glory by living faithfully.

***Pressure turns coal into diamonds.***

The pressures of daily life—whether from work, family, or personal challenges—don’t always signal failure. Instead, they can be tools God uses to purify and shape us according to His will.

## REFLECTIVE QUESTIONS

1. How do I usually respond when faced with difficult situations? Do I see them as opportunities for God to shape me?
2. Amid the pressures I face, are there people around me who also need support? How can I help them, even while dealing with my struggles?

## PRACTICAL ACTIONS

1. When experiencing pressure, take time to pray and surrender to God, asking Him for the strength and wisdom to see His plan behind the challenges you face.
2. Be a blessing to others: identify one person around you who is also going through difficulties, and offer support through your time, prayers, or words of encouragement.



## SHAPED, NOT CRUSHED

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4 NIV)*

James offers a perspective that challenges us to see trials differently—not as crushing pressures, but as tools God uses to shape us. In daily life, we often face various challenges like work pressures, family expectations, or financial uncertainty. These trials can bring worry and exhaustion. However, James invites us to adopt a new mindset: to consider trials as “pure joy,” a response that naturally contradicts how we typically feel in difficult situations.

The word “consider” highlights the importance of mindset. To consider trials as joy means training our minds to see tests of faith not as punishments, but as opportunities. The Greek word “dokimion,” meaning “proving genuineness,” indicates that trials are moments to measure how much we’ve grown in God. Trials allow us to examine the authenticity of our faith—not just in words, but in the sincerity of our steadfastness and trust in God, no matter the circumstances.

When we willingly persevere and let endurance complete its work, our faith becomes more mature and whole before God. The fruit of perseverance is unwavering faith—faith that remains steadfast regardless of the circumstances or the outcome of our prayers. Through perseverance, we learn that God is enough for us in every season of life.

***True faith grows through trials, not crushed under them.***

## REFLECTIVE QUESTIONS

1. When I face trials, do I see them as burdens to be quickly removed, or as opportunities to grow in God?
2. Are there areas in my life where I tend to feel “fallen and condemned”? How can I shift my mindset to see them as opportunities to be shaped by God?

## PRACTICAL ACTIONS

1. When facing trials, journal your experiences and the lessons of faith you can learn from them, so you can look back on them as evidence of your spiritual growth in the future.
2. Pray for a new mindset whenever you feel pressure. Ask God to help you see trials as opportunities, not punishments. Pray for wisdom to grow perseverance that produces stronger faith.



**GENEROSITY WITHOUT EXPECTATION**

*Again David asked, "Will the citizens of Keilah surrender me and my men to Saul?" And the LORD said, "They will" (1 Samuel 23:12 NIV)*

In everyday life, the concept of "giving to receive" has become a common norm. Many of us, consciously or unconsciously, offer kindness with the hope of gaining something in return. However, the story of David in 1 Samuel 23:7-12 teaches us about generosity that transcends calculations of profit and loss. David selflessly protected the people of Keilah from the Philistines, even though he knew they might betray him to Saul.

David's attitude reflects the principles of God's Kingdom, which are not based on reciprocity but on genuine love. David gave without expecting anything in return or assurance of his safety. He extended protection generously and selflessly. In God's Kingdom, generosity is not transactional; we give not because we expect something back but because love compels us.

God also calls us to adopt this attitude of selfless giving, both in our relationships with others and in our service to Him. Just as God extends His grace to us unconditionally, we are called to live with sincere generosity. When we give without expecting anything in return, we reflect God's pure love to the world around us.

True generosity is not about what we gain in return but about our willingness to give sincerely, unconditionally, and selflessly, as God has lavishly poured out His love for us all.

**REFLECTIVE QUESTIONS**

1. Are there areas in my life where I tend to give with the expectation of something in return? How can I begin to give more sincerely?
2. What small steps can I take to show genuine generosity to those around me?

**PRACTICAL ACTIONS**

1. Practice unconditional giving through small actions, such as helping someone without expecting thanks or any form of repayment.
2. Pray to God for a heart full of love and sincerity in giving, so that you can be a channel of His love wherever you are.



## GIVING WITH JOY

*Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:6-7 NIV)*

Winston Churchill once said, “We make a living by what we get, but we make a life by what we give.” This statement highlights the importance of giving in building a better life—for ourselves and others.

Generosity is one of the most significant qualities taught in the Bible. Every prominent figure in Scripture demonstrated a generous heart. However, giving and generosity are not inherent traits. They require understanding and the right mindset that come from an intimate relationship with Jesus and reflection on His Word.

Giving is a principle taught by Jesus and should be the foundation of our lives. It must become a lifestyle for every child of God because, through giving, we practice the values of the Kingdom of Heaven here on earth. Love for God should be the primary motivation for our giving, not a desire for recognition or applause.

It's crucial to have the right motivation when giving because God loves a cheerful giver. When we give willingly, without compulsion or regret, we not only fulfill His calling but also experience genuine joy in the act of giving. Let's learn to give in various forms—our time, talents, and resources—knowing that each act of giving is an opportunity to glorify God and be a blessing to others.

When we give joyfully, we not only contribute to making the world a better place but also deepen our relationship with God, who loves those who give with sincerity.

## REFLECTIVE QUESTIONS

1. Do I tend to give only when I feel obligated? How can I change this attitude to be more joyful in giving?
2. In what areas can I start giving more—time, talents, or resources—without expecting anything in return?

## PRACTICAL ACTIONS

1. Create a list of practical ways to give, such as setting aside time to help others or donating to social causes.
2. Practice anonymous giving: try giving without revealing your identity, such as setting aside resources for charity, and do so with joy.



## CHOOSING TO HONOR

*Afterward, David was conscience-stricken for having cut off a corner of his robe. He said to his men, "The Lord forbid that I should do such a thing to my master, the Lord's anointed, or lay my hand on him; for he is the anointed of the Lord." (1 Samuel 24:5-6 NIV)*

From a young age, we are taught the importance of respecting elders and leaders, whether in the family, church, or workplace. While this teaching is familiar, practicing it often becomes a challenge, especially when leaders fail to meet our expectations.

David is a powerful example of someone who chose to honor even in the face of unjust treatment by Saul, a king who should have been his protector. When David had the opportunity to retaliate, he chose instead to spare Saul's life. For David, Saul was the Lord's anointed, and honoring him was an expression of respect for God's established authority.

From David's attitude, we learn that honoring leaders isn't merely about their position or authority, but also about honoring the God who appointed them. God has a purpose behind every leader's placement, and by respecting them, we demonstrate integrity and humility.

When treated unfairly, we are called not to retaliate or harbor resentment but to remain obedient to God. Honoring authority isn't just a formal act but a divine mandate that teaches us obedience and humility.

Let us commit to choosing honor—not out of obligation, but because it aligns with God's will, calling us to live in humility and obedience. By choosing to honor, we not only show our devotion to God but also create a positive atmosphere around us and reflect Christ's character to others.

## REFLECTIVE QUESTIONS

1. Do I often find it difficult to honor leaders who fail to meet my expectations? How can I change this attitude?
2. In what situations do I need to show greater respect to the authority around me, even when I disagree with their actions?

## PRACTICAL ACTIONS

1. Test your obedience by identifying one leader in your life whom you find hard to respect, and pray for strength and wisdom to honor them.
2. Demonstrate honor by taking concrete steps to respect your leader, such as acknowledging good decisions they've made, even if you hold different views.



**JUST BELIEVE**

*When they had crossed, Elijah said to Elisha, "Tell me, what can I do for you before I am taken from you?" "Let me inherit a double portion of your spirit," Elisha replied. "You have asked a difficult thing," Elijah said, "yet if you see me when I am taken from you, it will be yours—otherwise, it will not." (2 Kings 2:9-10 NIV)*

During his time as Elijah's servant, Elisha closely observed and witnessed every prophecy Elijah spoke come to pass. When the time came for Elijah to be taken to heaven, Elisha refused to part from him and followed him wherever he went. When Elijah asked what he wanted, Elisha boldly requested a double portion of Elijah's spirit—not wealth or status.

Elisha's request seemed impossible, but he fully trusted Elijah's words. Even when Elijah reminded him that it depended on his ability to see Elijah's departure, Elisha continued to believe. When Elijah was taken up, Elisha received what he had asked for, demonstrating his deep faith and trust.

In our lives, miracles happen when we believe in God and the leaders He has appointed. Unfortunately, we often doubt the leaders who have dedicated their lives to serving us. This lack of trust can block God's blessings in our lives and leave us living in fear and worry.

To receive God's blessings, we must trust and honor our leaders, following their example of faith. As Jesus said to Jairus, "Don't be afraid; just believe, and she will be healed." (Luke 8:50).

Let us start this new year with faith and trust in God so we can witness His extraordinary works in our lives. By choosing to believe, we not only open the door to God's blessings and miracles but also foster a community that supports and grows in faith together.

**REFLECTIVE QUESTIONS**

1. Are there times when I have doubted my leader? How can I change this attitude?
2. In what areas can I trust God and my leader more, and demonstrate greater obedience?

**PRACTICAL ACTIONS**

1. Write down one area where it is difficult for you to trust a leader or situation, and pray for the strength to trust in it.
2. Take concrete steps to support your leader, such as providing positive feedback or becoming more actively involved in ministry.



# 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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