

The background features a stylized mountain range in shades of blue and teal. The central mountain peak is the largest and most prominent, with a white outline and a small blue triangle at its apex. Below the mountains, there are rolling hills and a winding path in the foreground, all rendered in various shades of blue and purple.

GREAT FAITH

PRAYER, FASTING, AND CONSECRATION
JANUARY 7-11, 2019



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EVERY NATION

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FASTING 101

Connect

All of us have needs and wants. Needs are things that we cannot live without. Wants are things we would like to have. What are some of your needs? What are some of your wants?

There are many things we need and want. But sometimes, we focus so much on our needs and wants that we put aside our relationship with God. Fasting lets us focus more on God by setting aside our needs and wants.

What is fasting?

Fasting is stopping an activity (usually eating) for a period of time to focus more on God. We replace eating or using our gadgets with time with God. This means praying, worshiping, and reading the Bible. These activities build our relationship with God.

When our parents speak to us, we should pay attention and listen to them. Fasting helps us pay attention and listen to God. It helps us put aside distractions. We say to God, "I am going to listen to You because You are my Father. I trust You!"

Jesus gave us an example of fasting in Matthew 4. Jesus knew that He would need strength and power for His ministry. He prepared by fasting for forty days in the desert. During this time, He was tempted by Satan. His response to that temptation is the truth we can hold on to for strength when we fast:

... *“People do not live by bread alone, but by every word that comes from the mouth of God.”* **MATTHEW 4:4**

Fasting is usually keeping yourself from eating and drinking as you devote more time for God. But you can also fast from different media (TV, video games) and technology (gadgets, Internet) if you cannot fast from food. The important thing is to keep your focus away from the things the world offers to spend more time with God.

Before Fasting

1. Pray

Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your specific prayer requests for your family, friends, church, and nation.

2. Commit

Pray about the kind of fast that you will do and commit to it ahead of time. Ask God for grace to help you follow through with your decision. Also, ask your parents and maybe even your doctor if you are allowed to do a specific type of food fast.

3. Act

If you will be fasting from food, start eating smaller portions a few days before you fast. Avoid sugary and fatty foods. Ask someone to be your prayer partner throughout the fast.

While Fasting

1. Focus

Set aside time to read God's Word and pray. This devotional will help you go through your fast. Just be ready to listen to God's voice and do what the Holy Spirit is telling you.

2. Pray

If you can, join at least one prayer meeting in your church. Pray for your family, church, pastors, nation, campuses, and missions throughout the week.

3. Fill up

During mealtimes, if you're fasting from food, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Keep in mind that you may find yourself becoming physically weak, tired, impatient, or irritated. If you're doing a different type of fast, read the Bible and pray during the time you would normally do what you are fasting from (for example, browsing through social media or playing video games).

After Fasting

1. Eat

If you fasted from food, reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day. It may be tempting, but try not to eat junk food and sweets right away. If you've finished a different type of fast, remember what God revealed to you as you spent time with Him. Take what you learned from the fast into your everyday life.

2. Pray

Don't stop praying! Trust that God will keep His promises and knows what He's doing. Don't stop believing in and listening to God all year. Be in faith and expect God to answer your prayers!

FASTING COMMITMENTS

Day 1

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other

Prayer Meeting(s) to Attend:

Day 2

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other

Prayer Meeting(s) to Attend:

Day 3

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other

Prayer Meeting(s) to Attend:

Day 4

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other

Prayer Meeting(s) to Attend:

Day 5

Fasting Options:

- Social Media Fast
- Gadget Fast
- Skip One Meal
- Other

Prayer Meeting(s) to Attend:

I AM THANKFUL TO GOD FOR . . .

How did God answer your prayers last year?

IN 2019, I AM BELIEVING GOD FOR . . .

What are your prayer requests this year?

Myself (e.g., to be closer to God)

My Family (e.g., good health for parents)

My School (e.g., good grades)

My Friends (e.g., for friends to know Jesus)

Others (e.g., for more people to know Christ)

My prayer partner is _____ .



GREAT FAITH

Have you ever met someone whose hope and faith is so strong that it amazes you? Think of someone who is waiting for healing that seems impossible, or a friend who keeps on praying or hoping for something that seems so impossible that people are laughing at him or her.

In the Bible, Jesus met two people whose faith was admirable: a Gentile woman (Matthew 15) and a Roman centurion (Luke 7). In the original translation of the Bible, the words used to describe their faith mean “above average” or “of considerable size and magnitude.”

In this guide, we will study men and women of great faith. But this doesn’t mean that they were perfect or they did not make mistakes. They were ordinary men and women who had faith and confidence in an extraordinary God.

Each day of the fast includes declarations of faith based on God’s Word. The Bible says that there is a strong connection between our faith and the words that we speak! In the same way that we raise our hands to our teacher when we know the answer to a question, we raise our voices and declare our faith because we are fully convinced of what we believe!

The Bible says:

“I believed; therefore I have spoken.” Since we have that same spirit of faith, we also believe and therefore speak.

2 CORINTHIANS 4:13 (NIV)

May this guide help you develop a habit of meditating, speaking, and acting on the Word of God.

ABRAHAM'S GREAT FAITH



Genesis 15:1-6; Romans 4:19-21

*¹⁹And Abraham's faith did not weaken, even though, at about 100 years of age, he figured his body was as good as dead—and so was Sarah's womb. ²⁰Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this he brought glory to God. ²¹He was fully convinced that God is able to do whatever he promises. **ROMANS 4:19-21***

If your parents told you that they would give you the latest game console or gadget on your birthday, would you be surprised? Would you believe them?

God had promised Abraham that he would have a son of his own. Abraham knew he and his wife, Sarah, were old; also, Sarah could not have children. So they laughed at the idea of having a son. But Abraham never weakened in his faith. His faith grew stronger no matter how hopeless the situation was. He rested on the promise of God and was fully convinced that God was able to do what He had promised.

Faith accepts reality, but it also admits that there is something more real: God's Word. This is not always easy, especially when we face difficulties like failing grades, not having money to pay for tuition, not having food on the table to eat, your parents fighting, having sick loved ones, and so on.

Like Abraham, we can rest in God's Word, that He will do the things He promised, no matter how impossible they may seem. He has the ability to give you high grades if you study your lessons, provide for your tuition, restore broken relationships, and even heal the sick, because nothing is too difficult for Him. Faith is choosing to believe more in the Word of God than in what we know or see.



Great faith overcomes impossible circumstances with the Word of God.

Day 1

SARAH'S GREAT FAITH



Genesis 21:1-7; Hebrews 11:11

It was by faith that even Sarah was able to have a child, though she was barren and was too old. She believed that God would keep his promise. HEBREWS 11:11

In the same way that her husband, Abraham, believed in God's promise, Sarah accepted that God was faithful, which resulted in faith—a total confidence in God's character. Even when she could not have borne a child because of a physical condition, Sarah saw how God was faithful to keep His promise.

This is very much like the game where you are blindfolded and your partner gives you instructions so that you can avoid obstacles on your way to your destination. In this obstacle course, you have to depend on and trust your partner to lead you through the right path.

Life is similar to this game. We do not have the capacity to see and navigate through the obstacles of life. Fortunately, we have a faithful guide directing us. Unlike our partners who can give wrong information and directions, we can trust God's instructions and guidance because we know His character: that He is perfect, truthful, and faithful.

We know that if we trust Him, we will finish the biggest obstacle course ever—life.



Great faith focuses on God's faithfulness.





1. Faith and trust happen when we believe in God's character. If you are to play a blindfold game with God as your partner, would you put your trust in Him? List the reasons you can trust God as your partner.

2. Now that we trust Him, we have to train ourselves to clearly hear His voice so that we can obey Him better. For this to happen, we have to constantly meditate on God's Word. This is not always easy. Can you think of obstacles that make it hard for you to hear God? (For example, distractions when you do your quiet time with God.) What is one action step that you can do today to hear God better?



Lord, I declare that I trust in You with all my heart, and I do not lean on my own understanding. In all my ways I will look to You. You will make my paths straight. I will read Your Word day and night and bind it in my heart. Like a tree planted by the water, I will not fear when the world threatens me.




And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

HEBREWS 11:6

Day 2

MOSES' GREAT FAITH

 Exodus 12:29-42; Hebrews 11:24-27

It was by faith that Moses left the land of Egypt, not fearing the king's anger. He kept right on going because he kept his eyes on the one who is invisible. HEBREWS 11:27

Mountain climbers rarely climb mountains in bad weather. When it's rainy or stormy, not only will the land be slippery and muddy, but the path won't be clear because of heavy fog. Because of this, climbing would be dangerous! There may be sharp rocks, sink holes, and cliffs that they cannot avoid. Although the obstacles are still there even in good weather, the mountain climbers need to see clearly to reach the top. Also, without the fog, climbers can clearly see the peak. This keeps them enduring until they reach the top.

Faith is like that. When the promises of God are clear, we can endure—despite the obstacles that are in front of us. Moses, although he might have lost his good life and had to face Pharaoh's anger, endured because he saw God who is invisible (Hebrews 11:27). Moses and the nation of Israel faced a huge problem: they could not cross the Red Sea in front of them, and Pharaoh and his army were behind them! But Moses believed that God would get them through it, even when the Israelites complained and didn't trust that God could do it. True enough, God parted the Red Sea, and all the Israelites, about two million, passed through.

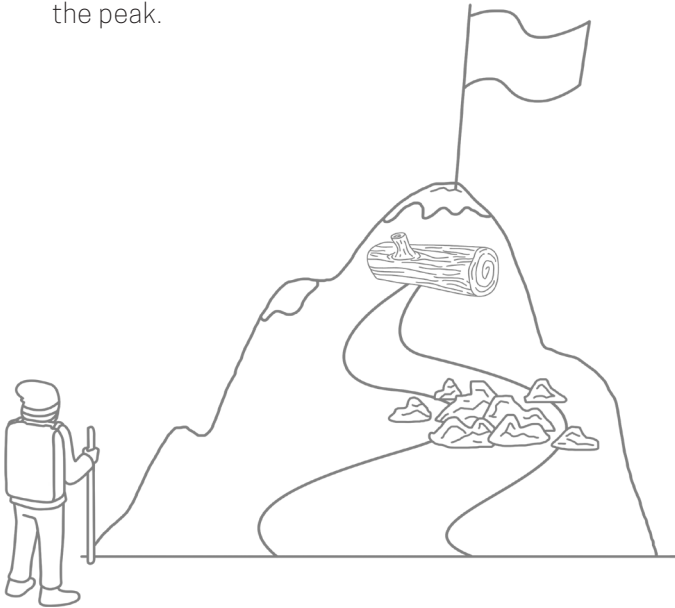
Do you see the promises of God in every area of your life? The promises of God may be unseen to our physical eyes, but they can be seen with eyes of faith. You can find these promises as you read God's Word. As it is written, *heaven and earth will pass away; but God's Word will stand forever.* (Matthew 24:35; Isaiah 40:8)



Great faith sees the promises of God.



1. Hope arises when you have a clear picture of what God wants to do in and through your life. For example, you know that He wants you to excel in your studies. You know that He wants you to share His Word wherever you are. The clearer the picture, the stronger your hope is to endure the obstacles you will face. Is your picture clear? Write God's goal for you on the flag.
2. What specific promise from God are you waiting for at this time? Write God's promises on your backpack as you climb your mountain. What are the challenges you are facing as you wait? Place them on the rocky paths leading to the peak.



Lord, I declare that I am steadfast and immovable because of Jesus Christ! I rejoice in every difficulty because it brings perseverance, and perseverance brings proven character, and proven character brings hope, and hope does not disappoint. I do not lose heart! I run the race with endurance by fixing my eyes on Jesus, who, for the joy set before Him, endured the cross.



*We want each of you to be faithful to the very end.
If you are, then what you hope for will fully happen.*

HEBREWS 6:11 (NIRV)

Day 3

CALEB'S GREAT FAITH



Numbers 13:1,2,17-33; Joshua 14:9-12

³⁰But Caleb tried to quiet the people as they stood before Moses. "Let's go at once to take the land," he said. "We can certainly conquer it!" ³¹But the other men who had explored the land with him disagreed. "We can't go up against them! They are stronger than we are!" **NUMBERS 13:30,31**

Have you ever joined a contest? Math, Science, English, sports, or any school competitions? How would you feel if all of your competitors were older than you? Would you still believe that you could win? Or you would tell yourself, "I don't have a chance to win because they're smarter, better, and stronger than me"?

After the Israelites had wandered in the desert for forty years, God was finally going to allow them to enter the Promised Land. Israel sent out spies, including Caleb, to check the land that God promised. This land was theirs. But there was a problem: there were giants in the land. Unlike most of the people of Israel who believed the bad report of the other spies that the giants were scary and strong, Caleb believed in the promise of God. Caleb gave us an example to follow. He declared God's promises even when faced with overwhelming obstacles.

There are always giants in the Promised Land. We all have our personal giants that try to prevent us from reaching our promised land. But if we follow the example of Caleb's faith and trust what God says more than what we see, we too will overcome every obstacle.



Great faith declares God's promises even when facing great obstacles.



1. A wild animal caged in a zoo may scare you, but it can actually do nothing to harm you. In the same way, unbelief speaks lies in our heads to scare us. Unbelief may take the form of worry, fear, doubt, and anxiety. List down the forms of unbelief that you tend to listen to.

2. What are the giants you face every day? What Bible verse will you hold on to in order to defeat them?



Lord, I declare that whatever is born of God overcomes the world; and this is the victory that has overcome the world—my faith. I am strong in the Lord and in the strength of Your might. I am more than a conqueror through You who love me. I am born of You, and I overcome the world. I can do all things through Christ who makes me strong.




For every child of God defeats this evil world, and we achieve this victory through our faith. 1 JOHN 5:4



Day 4

RAHAB'S GREAT FAITH

 Joshua 2:1–21; Hebrews 11:31

Rahab, the prostitute, had faith. So she welcomed the spies. That's why she wasn't killed with those who didn't obey God.

HEBREWS 11:31 (NIRV)

The story is told of a family whose house caught on fire. Everybody was able to escape quickly except for one young boy, who was sleeping soundly on the second floor. Awakened by the heat, he ran to the window. Below, he saw his father with his arms wide open, motioning for him to jump. "I can't. It's too scary!" shouted the boy. "Do you trust me?" his dad asked. "Yes!" the boy said. His father reassured him: "Then jump, son! I'll catch you." The boy jumped just before the fire consumed the second floor. He risked his life because he was sure that his dad would catch him and keep him safe.

In the same way, Rahab, a prostitute and innkeeper who heard about God from the story of how He parted the Red Sea, chose to hide the Israelite spies. If the king of Jericho discovered the spies in her home, it would have cost her her life and the lives of her family. She was willing to risk her life by choosing to trust God, knowing that God is God in the heavens above and on the earth beneath and that their whole household would be saved and spared.



Great faith trusts God even at the risk of losing everything.





1. If you were the young boy in the story, would you have done the same thing? Would you trust your dad? As you trust your Father in heaven, what assurances in His Word can you hold on to?

2. What is the difference between telling God “I trust You” and acting out your faith? Is there a time that this happened to you? How did you respond?




Lord, I declare that I have courage, for Your hand is upon me. You are with me. I am not afraid for You, my Father in heaven, have gladly chosen to give me the kingdom. Surely goodness and lovingkindness will follow me all the days of my life, and I will dwell in Your house forever.



⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast. EPHESIANS 2:8,9 (ESV)

Day 5

PAUL'S GREAT FAITH

 Acts 27:13–38; 2 Timothy 4:6,7

22“Now I beg you to be brave. Not one of you will die. Only the ship will be destroyed. 23I belong to God and serve him. Last night his angel stood beside me. 24The angel said, ‘Do not be afraid, Paul. You must go on trial in front of Caesar. God has shown his grace by sparing the lives of all those sailing with you.’ 25Men, continue to be brave. I have faith in God. It will happen just as he told me.” **ACTS 27:22-25 (NIRV)**

Problems and challenges in life are often compared to storms. When you are faced with storms, do you still trust God? If a class is difficult, would you give up studying? If you don't have lunch money, would you quit going to school? If your parents are fighting, would you still respect them? If your best friend betrays you, would you forgive him or her?

Acts 27 tells a story about one of Paul's life-threatening situations—a big storm. He was being transported to Rome as a prisoner, and his ship was caught in a raging storm. For fourteen days, the ship was tossed back and forth until the men gave up all hope of survival. However, since Paul had heard a word from God that they would be safe and no one would die, he stood boldly on the deck of the ship in the middle of the storm and spoke God's Word with confidence. He gave a good report in the middle of bad circumstances.

In any storm of life, we can follow Paul's example. Find out what God says about your storm, and then proclaim it boldly without wavering; it will turn out for you just as He said.



Great faith finds God's goodness even when the circumstances look bad.



1. Faith is holding on to God's promises. On a scale of 1-10, with 10 being the highest, how firmly are you holding on to God's promises?

2. Do you have a hard time finding the good in bad circumstances? Why? How do you think God can help you overcome this?




Lord, I declare that I am blessed with every spiritual blessing in the heavenly places in Christ. I ask and I receive, that my joy may be made full. This is the confidence I have before You: that if I ask anything according to Your will, You hear me. And if I know that You hear me in whatever I ask, I know that I have the requests which I have asked from You.



With your heart you believe and are made right with God. With your mouth you say what you believe. And so you are saved. ROMANS 10:10 (NIRV)



JAIRUS' GREAT FAITH

 Mark 5:21-43; Matthew 9:18-26

But Jesus overheard them and said to Jairus, "Don't be afraid. Just have faith." **MARK 5:36**

Have you ever played a game where you knew that your team's representative would win for sure? You were so sure that your team would win, you were celebrating even before the game started!

Jairus was a ruler in the temple, and he had a daughter who was very sick. He had heard about how Jesus had been healing many people, so he went to Him and asked Jesus to heal his daughter. Jairus had great faith that his daughter would get well when Jesus told him, "She will be healed." He was so sure of his daughter's healing that despite people telling him that his daughter was already dead, he ignored all of these and believed Jesus when He said, "Don't be afraid, just have faith."

At some point, no matter how willing or skilled they are, the representative of your team may fail to win for your team. His or her skills and abilities may not match the need, question, or task given. But we can put our confidence in God and what He has promised us, because He is not only willing, but also infinitely able and powerful to keep His promises.



Great faith is having full confidence in what God says.





EVERY NATION

Every Nation is a global family of churches and ministries that exists to honor God by establishing Christ-centered, Spirit-empowered, socially responsible churches and campus ministries in every nation.