



# Taste and See

*Inviting all Muslim Peoples to  
Experience the Lord's Goodness*

A 30-Day Prayer Guide

## About Frontiers

With love and respect, inviting all Muslim peoples to follow Jesus.

The sole purpose of Frontiers is to fulfill the Great Commission among all Muslim peoples of the world.

And he said to them, "Go into all the world and proclaim the gospel to the whole creation."  
— Mark 16:15

With over 1,200 overseas workers reaching Muslims in more than 50 countries, Frontiers is helping advance the Gospel in the least-reached places.

But hundreds of millions of Muslims are still without a Gospel witness.

God is changing that by using Frontiers to recruit, train, and send new teams of long-term workers to go and make disciples of Christ among Muslims.

Learn more at [frontiersUSA.org](https://frontiersUSA.org).

Want to receive this prayer guide in daily emails? Sign up for the digital version at [frontiersUSA.org/taste](https://frontiersUSA.org/taste).

Dear Friend,

Thank you for joining in prayer for the next 30 days!

Whether breaking an all-day fast at the *iftar* meal during Ramadan, celebrating a special feast, or gathering as a community around a delicious meal, Muslims throughout the world treasure the important role food plays in their lives. Sweet and savory flavors and rich scents fill homes as families and friends gather together.

Yet hundreds of millions of Muslims have yet to "taste and see that the Lord is good" (Psalm 34:8).

This 30-day prayer guide is filled with familiar foods throughout the Muslim world, encouraging scriptures, and practical ways to pray for the least-reached peoples.

Together, let's pray that they will hear the Good News, turn to Jesus, and experience His goodness and mercy.

For His glory in all the earth,



Bob Peckham  
CEO / U.S. Director



DAY 1

# Dates

Location: The entire Muslim world

Ayesha's stomach growled as her brother prayed. She tried to focus so she could gain God's favor, but hunger from the first long day of Ramadan distracted her.

When the prayer finally ended and the sun slipped below the horizon, she eagerly popped a date into her mouth. She knew that many other Muslims were also enjoying the sweet fruit to break their fast, and she sighed as it began to relieve the pangs of hunger.

As always, the *iftar* meal at the end of each day during Ramadan satisfied her physical needs, but she still felt distant from God. Her new friend Jenny had told her that Jesus loved her like a best friend. If that was true, she wanted Jenny to tell her more.

## HOPE FOR TODAY

Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

— Psalm 34:8

## Ways to Pray

- As Muslims seek favor during Ramadan and all year long, ask Jesus to meet them in their spiritual hunger.
- Pray that Muslims like Ayesha will seek to know the One who will never leave their side.
- Ask the Lord to send more Frontiers field workers to the least-reached places so that many more Muslims will hear the Gospel and turn to Jesus.



DAY 2

# Shawarma

Location: Middle East

Waleed and his Palestinian friend Iyad often enjoyed a friendly debate over the origins of *shawarma*. Even tonight as they broke their fast together, they argued good-naturedly over whether Jordanians or Palestinians had truly invented the dish.

These harmless discussions were a reprieve from the true conflict that their region still experienced. Sometimes it seemed to Waleed that brother hated brother and cousin hated cousin just because of where they had been born. He longed for peace but didn't know where to begin.

## HOPE FOR TODAY

Let the peace of Christ rule in your hearts, to which indeed you were called in one body.

— Colossians 3:15

## Ways to Pray

- Pray for Muslims to turn to Jesus to find true and lasting peace in their hearts and minds.
- Ask God to send messengers of the Gospel to regions where Muslims suffer the effects of political and military unrest.
- Ask God to end conflict in regions of the Muslim world that have known little else for years so that many will have the chance to hear of Him.



DAY 3

# Khinkali

Location: Georgia

Zaza plucked a dumpling from his plate and held it by the hard knob at the top. He didn't really like *khinkali*, but he would never admit that. To be Georgian was to love *khinkali*. And lately his national identity seemed to be all he had left. The car accident that took his ability to walk also stole his job and his fiancée.

As part of a Muslim minority group, he prayed five times a day, but with every prayer unanswered, he wondered if he even believed in Islam anymore. There had to be some answer to why he had survived, some purpose for his life. If he couldn't find it in what he'd been taught by the imam, he'd begin looking for it elsewhere.

## HOPE FOR TODAY

For he satisfies the longing soul, and the hungry soul he fills with good things.

— Psalm 107:9

## Ways to Pray

- Ask the Lord to reveal Himself to Muslims who are earnestly seeking the truth.
- Pray that He will comfort those who feel abandoned or overlooked.
- Pray that Muslim men and women will turn to Christ and find their identity in Him alone.



DAY 4

# Brik

Location: Tunisia

Jamila slid the fried *brik* from the pan to a plate, memories bringing tears to her eyes. Her rebellious son Imed had loved to break his fast with the savory egg-filled pastry. She wondered where he had gone. She didn't know if he was observing Ramadan or if anyone was cooking a similar meal for him.

Imed reminded her of the son in the story she'd recently read in the *Injil* with her friend Patty. When that boy had been humbled, he returned home, and she could only pray that Imed would do the same. She would eagerly welcome him back.

## HOPE FOR TODAY

"But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him."

— Luke 15:20 (NIV)

## Ways to Pray

- Pray that Muslim men and women will recognize that their own sin has separated them from God, but He is eager to forgive them.
- Muslim men and women often pray for revelation during Ramadan. Ask Jesus to reveal Himself to them in an undeniable way.
- Pray that Muslims who have found God's mercy in Christ will be eager to tell their friends and family about it.



DAY 5

# Gulab Jamin

Location: Southwest Asia and South Asia

Radha sighed as she kneaded dough for *gulab jamin*. Most of the year, she loved working in the local bakery, but during Ramadan, the small, round sweets filled every day with temptation. As they baked, a tantalizing aroma wafted from the ovens, and it wasn't even close to the end of the day's fast.

Then she remembered that she and her husband had been invited to break their fast with several other families in their neighborhood. Her neighbor Munni had said Radha didn't need to bring anything. Radha smiled and set some of the *gulab jamin* to the side to purchase so she could take them with her tonight.

## HOPE FOR TODAY

Show hospitality to one another.

— 1 Peter 4:9

## Ways to Pray

- Ask God to provide opportunities for Frontiers workers to share meals and spiritual conversations with Muslim friends and neighbors.
- Pray that Muslims who are seeking Jesus will be eager to read the Bible and have easy access to it in their heart language.
- Pray for Frontiers workers who are meeting with Muslims to share the truth of Jesus Christ boldly and respectfully.



DAY 6

# Injera

Location: Ethiopia

Quiet sobs filled the air as Abebe tore off a serving of *injera* and dipped the spongey flatbread into the stew. The village women had been preparing this meal all day in honor of his father's burial. Everyone in their community had respected his father, who had worked endlessly to ensure their crops survived even through the drought. Abebe still could not believe he was gone.

As he looked at his extended family, Abebe knew that he would have to step into his father's role. But he wasn't sure he could be as wise or steady. Everyone would be relying on him now. What if he tore apart as easily as the *injera*?

## HOPE FOR TODAY

He gives strength to the weary and increases the power of the weak.

— Isaiah 40:29 (NIV)

## Ways to Pray

- Ask God to place Muslim men and women of integrity in positions of authority and give them strength to lead well.
- Pray that Muslims' hearts will be open to the Gospel and that they will be eager to hear the Word of God.
- Pray that grieving Muslim families will seek comfort and find it in the Prince of Peace.



DAY 7

# Chudu

Location: The Caucasus

Ruslan hoisted the basket from the table and was nearly toppled by its weight. “That’s almost as big as you are,” his mother said. At ten years old, he was smaller than many of his friends, but he was still strong enough to carry their picnic to the nearby hillside.

Saturday was his favorite day of the week because the whole village came together to eat their lunch. His mother had spent most of the morning making *chudu* to share with their neighbors. The flat pies were filled with potatoes and his favorite cheese, and the wood-burning stove she cooked in gave her *chudu* a special flavor.

Ruslan was determined to eat as many as possible so he could grow up to be as strong as his dad and the other men in the village.

## HOPE FOR TODAY

Grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

— 2 Peter 3:18 (NIV)

## Ways to Pray

- Pray that Muslim children will hear the Word and grow to love and worship Jesus Christ.
- Ask God to help Muslim-background believers grow in grace and knowledge of the Lord.
- Pray for movements of disciples to grow and flourish in Muslim communities.



DAY 8

# Chelo Kebab

Location: Iran

Ebrahim took a bite of plain rice and juicy meat from the plate his wife Zoreh had set before him. Considered by many to be the national dish of Iran, *chelo kebab* had been his favorite since childhood. When he told her it was delicious, she paused and frowned. Probably because he hadn't complimented her in months. Their relationship had been strained since their arranged marriage more than a year ago, and he didn't know how to fix it.

A few weeks before, he'd heard coworkers talking about how the *Injil* said a husband should love his wife, and Ebrahim had decided to try some of the things they had mentioned.

Now, he nodded and savored another taste before telling Zoreh the meal was even better than his mother's. A slow smile spread across his wife's face. Perhaps he would ask his coworkers for more ways to show her kindness.

## HOPE FOR TODAY

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

— Hebrews 4:12

## Ways to Pray

- Pray that Muslims will have access to the Bible—either in print, audio, or digital versions—and will be eager to consume it.
- Praise God that the Scriptures have the power to change attitudes and actions.
- Ask the Lord to heal broken relationships in ways that draw Muslims to Him.



DAY 9

# Bosnian Ćevapi

Location: The Balkans

Davud laughed as his stomach growled loudly. When his friend Sam suggested they get something to eat, Davud pointed to a small ćevapi grill on the street where a crowd of men waited impatiently.

“This is the best food in Bosnia,” Davud claimed. When it was their turn, Davud requested two plates. Minced meat had been formed into links and then grilled before being wrapped in flatbread and served alongside onions and *kajmak* cream for dipping.

Davud took a huge bite and sighed with pleasure. “I could eat this every day and still be hungry for more,” he said.

Sam chuckled around his own bite. “Jesus said that anyone who comes to Him will never be hungry again.”

Davud frowned. “How could that be?”

## HOPE FOR TODAY

Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.”

— John 6:35

## Ways to Pray

- Pray that Muslim men and women will taste the truth of Jesus Christ and hunger for more of Him.
- Ask God to orchestrate conversations between Muslims and followers of Christ.
- Pray for Muslims like Davud to have open ears to hear the Good News and open hearts to follow Christ.



DAY 10

# Kefta Tagine

Location: North Africa

Layla placed the ceramic *tagine* dish in the middle of a cloth on the floor. She joined her new neighbors, three women from America, around the food.

Desperate for love, Layla had lied to and betrayed several of her friends years before. Word of her adultery and duplicity had spread, so few in her neighborhood were willing to speak to her, let alone eat with her. Some had told her to her face that even God would reject her. Layla feared they were right.

Yet these foreigners ate out of the same *tagine* and had assured her that Jesus already loved her. She wondered how in the world this could be true.

## HOPE FOR TODAY

See what kind of love the Father has given to us, that we should be called children of God; and so we are.

— 1 John 3:1

## Ways to Pray

- Praise God that He freely offers His love to all who turn to Jesus. Pray that Muslims would do so.
- Ask God to pour out His rich love on Muslim women who feel abandoned or alone.
- Ask the Lord to remove the veil of sin and shame and replace it with His righteousness and mercy.



DAY 11

# Persian Tea

Location: Southwest Asia

Mahin opened the door to her home and quickly invited her friend Fahimeh inside. Immediately, she offered something to drink and hurried to prepare the fragrant black tea they both enjoyed. As Mahin poured the deep reddish-brown liquid into a glass cup, Fahimeh offered a soft smile of gratitude. But her expression fell again. "Is something wrong?" Mahin asked, as she held out a bowl of sugar cubes.

Fahimeh took one but paused before placing it between her teeth, which would sweeten her drink. "I wish I were as rich as this tea. Since my husband died, I've struggled to pay rent. Now, we will be evicted unless I can pay for the last three months."

Mahin sighed. She did not have a solution for her friend, but they would try to find the answer.

## HOPE FOR TODAY

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!

— Ecclesiastes 4:9–10

## Ways to Pray

- Pray that Muslim friends will encourage one another to seek the truth and find it in Christ.
- Ask God to help Frontiers field workers establish strong friendships with Muslims that open the door to sharing the Gospel.
- Ask the Lord to provide for Muslim men and woman in financial and physical need in such a way that they will recognize Jesus' love for them.



DAY 12

# Tabbouleh

Location: Middle East

Marwa, a Muslim-background believer, knelt in her small garden. The Middle Eastern sunshine warmed her back as she gathered cucumbers and tomatoes to make *tabbouleh*, her favorite salad.

Collecting the vegetables reminded Marwa of what she had read in the *Injil* that week. Jesus said that many souls were ripe for harvesting, and that His followers had the job of gathering people to Him.

Marwa knew many friends who were dissatisfied with Islam. She said a prayer that God would give her the words and courage to share the truth about Jesus with them.

## HOPE FOR TODAY

And he said to them, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."

— Luke 10:2

## Ways to Pray

- Ask God to raise up many more laborers to go to the Muslim world and share the Gospel.
- Pray that the spiritual soil in the Muslim world would be prepared so that many will hear and believe the Word of God.
- Pray for Muslim-background believers to share their faith courageously.



DAY 13  
**Roti**

Location: South Asia

Mukesh wasn't the best *roti* maker in town, but he was the fastest. He enjoyed rolling out the dough as quick as a flash, tossing it onto the *tava* over the fire, cooking it, and sending it sailing over his shoulder to the serving tray. He landed each one without even looking.

Whether they were preparing the *iftar* meal to break their Ramadan fast or enjoying an everyday snack, his customers knew they could expect a show when they came to buy flatbread. But Mukesh couldn't help but feel that his job was incomplete. He could fix the hunger pains, but what about those whose hunger was for more than food?

### HOPE FOR TODAY

"Blessed are those who hunger and thirst for righteousness,  
for they shall be satisfied."

— Matthew 5:6

### Ways to Pray

- Pray that Muslim men and women who long for hope will turn to Jesus, who offers it freely.
- Ask God to give Muslims a full meal of faith in Him.
- Pray that more laborers will go to the Muslim world to share the Good News of hope in Christ.



DAY 14  
**Künefe**

Location: Türkiye and the Balkans

Zeynep set the table for the *suhoor* meal as her father pressed a hand to his stomach. They needed a filling meal to sustain them through a day of Ramadan fasting, and she'd prepared one of his favorites. Her father's smile grew wide behind his beard when she placed warm *künefe*, a cheese pastry soaked in sweet syrup, before him. Before she died the year before, Zeynep's mother had taught her the recipe, which had been passed down from her grandmother, too.

Though *künefe* was often served as a symbol of goodwill following conflict, Zeynep rarely quarreled with anyone. But lately she'd felt at odds with God. How could He allow her mother to be killed so suddenly in a car accident? The more questions she asked, the less she understood about God. A pastry couldn't end her internal conflict, but maybe she could find answers that would.

### HOPE FOR TODAY

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

— James 1:5

### Ways to Pray

- Pray that Muslims will turn to God with their questions and discover His grace and love.
- Ask God to pour out His goodness on Muslims in the midst of trials and pain so that they will seek and find Him.
- Ask God to send more workers to the field to meet Muslims like Zeynep and point them to the truth in Scripture.



DAY 15

# Sabzi Polo ba Mahi

Location: Iran

Mahdi sighed with pleasure as he took his place at the dinner table. His wife had spent all day cleaning and cooking. He inhaled the delicious scent of *sabzi polo ba mahi*, herbed rice with fish. His wife made the traditional dish for the Persian New Year, *Nowruz*, and several other times a year, but he hadn't thought deeply about the symbolism of the meal until now.

The crisp green herbs in the rice brought spring to mind and stood for new growth and rebirth. He'd made many mistakes in his life, so he liked the idea of starting over fresh. But how could someone be reborn?

## HOPE FOR TODAY

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

— 1 Peter 1:3

## Ways to Pray

- Praise God for rebirth, fresh starts, and second chances through Christ alone.
- Ask God to show Muslim men and women the living hope in Jesus.
- Pray that all who hear the Gospel and taste of the Lord's goodness will turn to and follow Him.



DAY 16

# Mango Lassi

Location: South Asia

Gulam watched as the *lassi* street vendor mixed yogurt and mango puree in a big metal pot to prepare the smoothie. Drink in hand, Gulam took a slow sip. The refreshing flavor and cool beverage made the heat feel bearable. He wished the *lassi* could remove his other concerns, too, but he knew he'd have to face his imam again.

He'd gone to the leader of his local mosque with questions about Islam that had been keeping him up late into the night. Instead of answering them, the imam was angry that Gulam had dared to ask. Gulam knew he needed answers more than he needed a cold drink on a hot day.

## HOPE FOR TODAY

And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment."

— Revelation 21:6

## Ways to Pray

- Ask God to use disillusionment with Islam to spur many Muslims to seek answers in the Word of God.
- Praise God that He is able to meet every need and thirst of the human soul.
- Pray that Muslims will have dreams and visions of Jesus and follow Him.



DAY 17

# Dolma

Location: Middle East

Dina knocked on the door of the apartment just as the sun dipped below the city skyline. The door creaked open, and she slipped inside, locking it behind her. As neighbors were breaking their fast with a shared *iftar* meal, the underground church gathered for a quiet worship service.

The dim apartment smelled of delicious food, and someone passed around a plate of *dolma*, rice and meat wrapped in grape leaves. Dina took one before opening to the Bible passage they would read that evening. Together, the women whispered the words of the scripture, thankful that Ramadan gave them an opportunity to gather without fear of scrutiny.

## HOPE FOR TODAY

So, whether you eat or drink, or whatever you do, do all to the glory of God.

— 1 Corinthians 10:31

## Ways to Pray

- Ask God to protect and provide for the persecuted church in the Muslim world.
- Pray that Muslim-background believers will take every opportunity to share the Good News with their neighbors.
- Pray that anti-Christian governments will soften their stances to allow followers of Christ to worship Him freely.



DAY 18

# Bombay Biryani

Location: South Asia and Southwest Asia

Radha added chicken to the pot on the stove, breathing in the familiar sweet and spicy scent of *biryani*. Her mother had made this dish for every special occasion she could remember, including Radha's wedding.

Tonight, Radha prepared it for her extended family, who would be visiting. There had been discord in her family the last few years, and she prayed this favorite dish would remind them of happier times and unite them.

She longed for peace and reconciliation with those she loved, but wondered if forgiveness and graciousness were possible in any of their hearts—even her own.

## HOPE FOR TODAY

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

— Colossians 3:13 (NIV)

## Ways to Pray

- Ask God to bring reconciliation and peace to families, cities, and entire regions of the Muslim world.
- Praise God for the forgiveness of Jesus, and pray that Muslims will know and accept His grace.
- As Muslim men and women are changed by the Gospel, pray that they will show the same compassion and mercy they have received.



DAY 19

# Slata Mechouia

Location: Tunisia

Lamia put the finishing garnishes on her *slata mechouia* and snapped a picture. She opened a text message and sent the image of the grilled vegetable salad to her father. Years before, he had carefully shown her how to char the peppers, tomatoes, and onions over an open flame to give the salad a distinct smoky flavor.

She laughed when her dad responded. *It looks delicious. You must have had a good teacher!*

He had taught her so many things, but lately he'd been telling her about what he was learning from the *Injil*. Lamia trusted her father and decided she would start learning more about Jesus too.

## HOPE FOR TODAY

These words that I command you today shall be on your heart. You shall teach them diligently to your children.

— Deuteronomy 6:6-7

## Ways to Pray

- Ask God to open the hearts of Muslims to the truth of who Jesus is.
- Pray that Muslim-background believers will boldly share what they are learning with their family members.
- Ask God to send more laborers to the Muslim world to share the Good News of God's grace.



DAY 20  
**Esh**

Location: Chad

Melom pressed into the crush of village women as they jostled each other, trying to grab the long wooden spoon to stir the pot of bubbling *esh*. Most days, preparing a pot of millet porridge was a chore. But her people believed that a woman who stirred the *esh* at a big event would receive special rewards in the afterlife.

Melom snatched the spoon from the hands of the woman next to her and gave the pot a good stir before someone else grabbed it from her. Melom's shoulders relaxed in relief. Trying to earn spiritual favor was a never-ending burden.

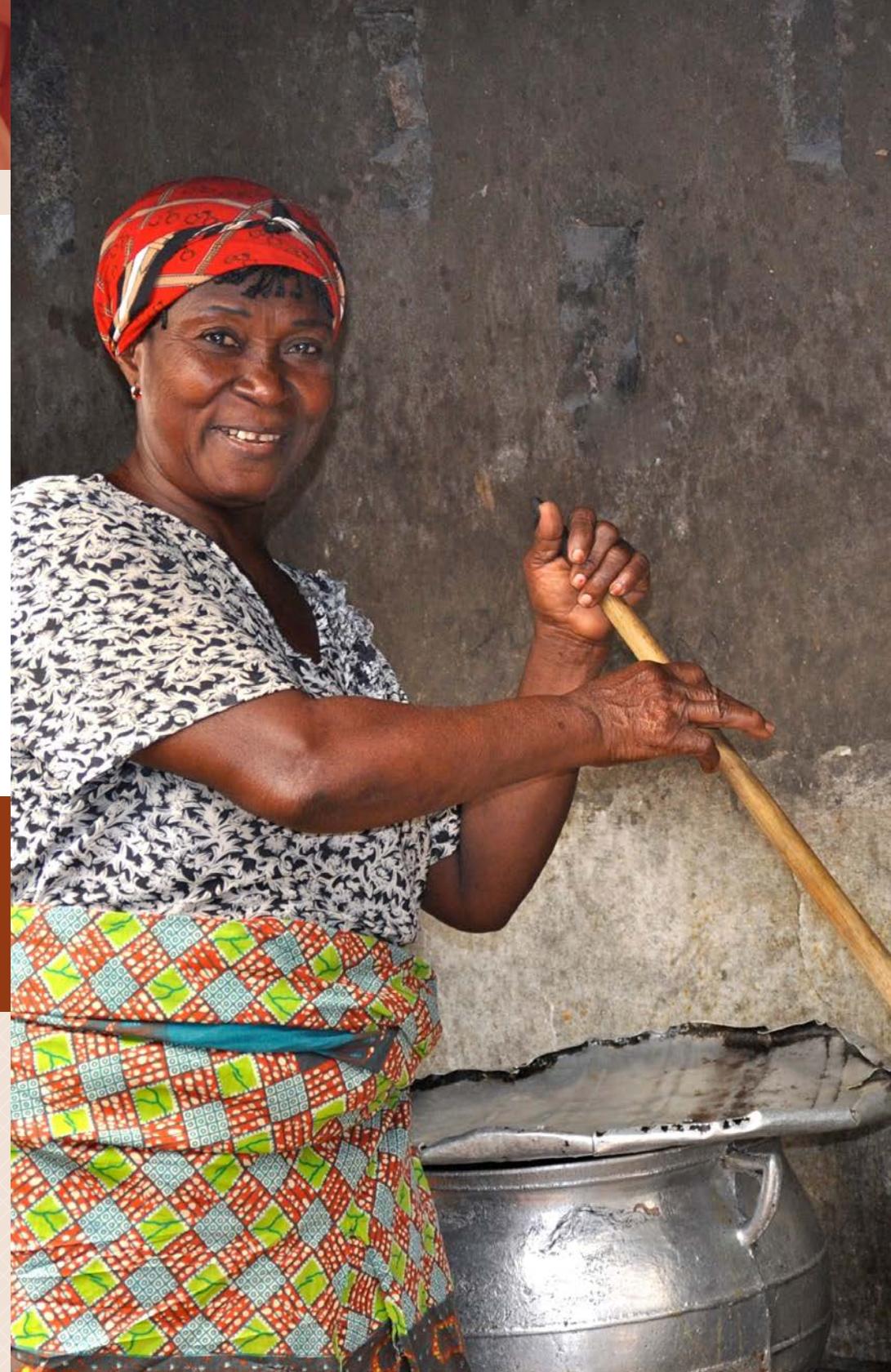
### HOPE FOR TODAY

"Come to me, all you who are weary and burdened, and I will give you rest."

— Matthew 11:28 (NIV)

### Ways to Pray

- Praise the Lord that He alone offers rest and restoration from the constant struggle for favor.
- Ask God to open the eyes of Muslims to the assurance and hope that He offers through Jesus Christ.
- Pray that Muslims will encounter Jesus, the Bread of Life.



DAY 21

# Khachapuri

Location: The Caucasus

As soon as Sabine pulled up in front of the rustic farmhouse where she had grown up, she smelled the inviting aroma of *khachapuri*, Georgia's traditional cheese bread. It had always been her favorite. She loved tearing off the outer bread and dipping it in the egg and cheese mixture in the middle. It was tasty and as comforting as her mother's hug. Right now, she needed that after another terrible argument with her own daughter.

As she stepped into the warmth of her mother's kitchen, Sabine heaved a sigh of relief. When she'd shared about the fight, her mom wrapped up a *khachapuri* and handed it over. "Take this and share it with your daughter." Sabine nodded, but she wasn't certain anything could heal her relationship with her own child.

## HOPE FOR TODAY

If it is possible, as far as it depends on you, live at peace with everyone.

— Romans 12:18 (NIV)

## Ways to Pray

- Pray that Muslims who are seeking comfort amid trials will turn to Jesus and find true peace.
- Ask God to restore strained and severed relationships throughout the Muslim world for His glory.
- Praise the Lord for the healing He has already brought to many Muslim hearts and lives as they have turned to Him.



DAY 22

# Sambusa

Location: Somalia

Abdi stood in the doorway of his small, domed home, watching the sun set over the barren landscape of the Horn of Africa. Behind him, the scent of *sambusa*, delicious pastries filled with spiced lamb, spread throughout the single room. He let the cloth doorway drop into place and joined his wife and children seated on the floor. The prospect of eating this delicious meal, a Ramadan tradition, lit up his children's eager faces.

Recent months had been marked by drought and militant conflict, and Abdi had worried he would not be able to provide for and protect his family. But this night he felt true peace for the first time in his memory. A friend had told him about Jesus' love and sacrifice, and since putting his trust in Christ, Abdi's fear of the future had been replaced by hope for eternity.

## HOPE FOR TODAY

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea.

— Psalm 46:1–2

## Ways to Pray

- Pray that Muslims like Abdi, living in areas of conflict and insecurity, will taste of the Lord's goodness.
- Pray that Muslim men and women will turn to the Lord for strength and peace in difficult times.
- Praise God for Frontiers field workers who are sharing the Good News of hope in Christ with those who live in fear. Ask Him to raise up more laborers to go.



DAY 23

# Turkish Coffee

Location: Türkiye

Only one thing could make a temporary settlement smell so good. Jabal paused outside a tent and inhaled the aromatic scent of Turkish coffee. He hadn't had a cup since his family's home had been destroyed in the earthquake, and they'd been forced to move to a new village and live in a tent beside others who had suffered the same fate.

Suddenly the tent flap opened, and a tall man stepped into the light. Steam rose from his cup, and an inviting smile covered his face. He introduced himself as Mostafa. When Jabal told Mostafa that his coffee reminded him of home, Mostafa immediately invited him into the tent to share the pot from his final beans. Jabal almost declined, but then he remembered that many in their culture considered an unexpected visitor as a guest from God.

With a smile, Jabal joined his new friend on a cushion on the floor and talked of their homes and families as they drank the rich brew.

## HOPE FOR TODAY

*"When you give a feast, invite the poor, the crippled, the lame, the blind, and you will be blessed, because they cannot repay you. For you will be repaid at the resurrection of the just."*

— Luke 14:13–14

## Ways to Pray

- Pray that many Muslims will invite field workers to share coffee or a meal, which will open the door to spiritual conversations.
- Pray that Frontiers teams will meet men and women of peace, who are eager to hear more about Jesus.
- Ask God to show Muslim men and women that the Lord has offered them the greatest hospitality—inviting them into His family.



DAY 24

# Kabuli Pulao

Location: Afghanistan

Siddiqa showed her daughter Mirriam how to shred carrots for their favorite special-occasion rice dish. “*Kabuli pulao* takes a long time to make,” she said, “but many things worth doing take a long time.”

“Like waiting for Baba to decide to follow Jesus,” Mirriam said as her mother scraped the carrots into a pan of hot oil.

Siddiqa nodded. “I studied the *Injil* with my friends for years before your father was interested in joining me. But patiently praying for him was worth it.”

Mirriam smiled widely. “I’m so glad he will be baptized today.”

## HOPE FOR TODAY

You too, be patient and stand firm, because the Lord’s coming is near.

— James 5:8 (NIV)

## Ways to Pray

- Praise God that Muslims are turning to Jesus and choosing to follow Him in baptism.
- Ask Him to strengthen and sustain Muslim-background believers as they share their new faith with family and friends.
- Pray for many more Muslims to come into the Kingdom through the patient, consistent witness of loved ones.



DAY 25

# Durian

Location: Southeast Asia

“Why are you opening that now?” Slamet wrinkled his nose as he walked into the kitchen. His wife Melati didn’t seem bothered by the pungent aroma as she pulled the *durian* fruit apart. His father had said it smelled of particularly old cheese, but Slamet had never smelled any cheese that strong.

Melati smiled at him but continued removing the large seeds and smooth flesh hidden within the fruit’s hard exterior. “Your mother has an infection. The *durian* will help. Besides, you know it tastes sweeter than it smells.”

Slamet knew that most in his community thought eating the fruit could heal—some even said it prevented cancer. They called it the king of all fruits, but he couldn’t get past the prickly exterior, rancid smell, and too-sweet flesh. He thought a king ought to have at least some attractive qualities.

## HOPE FOR TODAY

“He is Lord of lords and King of kings, and those with him are called and chosen and faithful.”

— Revelation 17:14

## Ways to Pray

- Praise God that Jesus has made a way for all peoples to have a relationship with the Father.
- Ask Him to show Muslims that Jesus is the true King of kings and Lord of lords.
- Pray that God will use things in the natural world to show Muslims their need for Jesus as their Savior.



DAY 26

# Sheer Kurma

Location: South Asia, Southwest Asia, and Central Asia

Hajira bustled back to the table, carrying a bowl of *sheer kurma*. Her guests were new neighbors, a foreign family with young children. Their eyes lit up at the sight of the noodle pudding. The sweet dessert had been a favorite of her own children too, so she was delighted to once again share her cooking with people who appreciated it.

"Thank you for your hospitality. The food is delicious," the children's mother said.

Hajira glowed under the praise. Her children and grandchildren had moved to other cities in search of jobs, leaving her alone and lonely. She had almost forgotten how wonderful it was to have a house full of people.

## HOPE FOR TODAY

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me."

— Revelation 3:20

## Ways to Pray

- Pray that all Muslim peoples will invite Jesus into their lives and worship Him alone.
- Ask God to turn the hearts of the lonely and abandoned toward Him.
- Pray that Frontiers field workers will have opportunities to share meals with Muslims that will lead to spiritual discussions.



DAY 27

# Fesenjan

Location: Iran

Ava poked the *fesenjan*, a sweet pomegranate chicken dish, in her pan to make sure it was fully cooked and then put it back in the oven for a few more minutes. Quickly she opened the Quran and read several more pages. She needed to hurry so she'd have time to deliver the extra food she'd made for the hungry for the *iftar* meal. It couldn't wait until tomorrow. Tonight was *Laylat al-Qadr*, the Night of Power.

She'd been taught that Muhammad received the first verses of the Quran in a revelation on this night. And prayers and good deeds on the 27th night of Ramadan were worth more than all the good done in a thousand months. But since having a dream of a man in white the week before, she'd questioned if doing good deeds could ever be enough.

## HOPE FOR TODAY

I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.

— Hosea 6:6

## Ways to Pray

- Pray that many more Muslims will have dreams of the Man in White and seek to find who Jesus truly is.
- Ask the Lord to reveal Himself to Muslim men and women in miraculous and undeniable ways.
- Ask God to connect Muslims with followers of Christ who can answer their questions and point them to biblical truth.



DAY 28

# Manakeesh Zaatar

Location: Middle East

Hassan slumped in his chair at the *iftar* meal, hungry and so exhausted he could hardly keep his eyes open. Gratefully, he tore into the *manakeesh zaatar* his wife had set on the table and bit into the warm, herb-covered flatbread.

So often, he felt spread thin, just like the mixture of oil and oregano. He worked two jobs to provide for his family, but their landlord said he was going to increase the rent—again. His wife wanted his attention, and his kids needed new clothes. He knew it was his responsibility to care for them, but sometimes he wondered if he'd ever catch up. He just needed help.

## HOPE FOR TODAY

Our help is in the name of the Lord, who made heaven and earth.

— Psalm 124:8

### Ways to Pray

- Pray that Muslim men who feel burned out and exhausted will turn to the Lord for help and strength.
- Pray that God will rescue Muslim families that are facing trials in such a way that He will receive all glory and praise.
- Ask God to open the eyes of Muslims to their ultimate need for salvation through Jesus Christ.



DAY 29

# Shashlik

Location: Central Asia and the Caucasus

After a busy day in the office, Umed broke his Ramadan fast with some *shashlik* from a little restaurant next to his workplace. Although the kebabs were delicious, it wasn't the same as his mother's cooking.

He hadn't shared a meal with his parents since he'd argued with his father years before about moving to the city for a job. He'd quickly risen up the ranks into a top-level position, and his hard work had brought him financial security. But all the money in the world could not fill the hole of loneliness in him. He longed for true friendship and family.

## HOPE FOR TODAY

My father and my mother have forsaken me, but the Lord will take me in.

— Psalm 27:10

## Ways to Pray

- Pray that Muslims will discover how much God longs for a relationship with them through Jesus Christ.
- Ask God to comfort and sustain lonely and isolated Muslims so they will turn to Him.
- Pray that estranged Muslim families will be reunited and seek the Lord together.



DAY 30

# Baklava

Location: Middle East and Türkiye

A joyful hum of voices filled the palatial home of Qasim's cousin. The whole family had gathered for *Eid al-Fitr*, the celebration that marked the end of Ramadan. Qasim returned many wishes of *Eid Mubarak* or "blessed feast," but he didn't feel this Ramadan had been blessed at all. Even the sweet *baklava*, which he enjoyed every year, was like paper in his mouth.

He had prayed more than ever before, fasted precisely, and donated generously to the poor, yet God seemed so far away. He wondered if anything he did could truly earn God's favor.

## HOPE FOR TODAY

Since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

— Romans 5:1

## Ways to Pray

- Pray that all Muslims will hear Jesus' invitation to stop striving for favor and follow Him.
- Ask God to reveal Himself to Muslim men and women longing for rest and peace.
- Praise God that He offers grace and mercy to all peoples through His Son Jesus Christ.





## *Stay Connected to God's Work*

Don't miss out on the exciting ways God is answering prayer in the Muslim world!

Here's how to stay connected:

- Subscribe to our monthly email newsletter with field stories and updates: [frontiersUSA.org/newsletter](https://frontiersUSA.org/newsletter)
- Discover more prayer guides, Bible reading plans, and ways to pray: [frontiersUSA.org/pray](https://frontiersUSA.org/pray)
- Find us on Facebook and follow us on Instagram and X: [@frontiers\\_USA](https://twitter.com/frontiers_USA)

# *Bring the Muslim World to Your Dinner Table*

You can cook some of the featured dishes from this prayer guide in your own kitchen. Add a dash of spice and a dollop of prayer as you prepare meals enjoyed by some of the least-reached peoples.

Find tried and tested recipes at the QR code below or visit [frontiersUSA.org/recipes](https://frontiersUSA.org/recipes).





## Praying Through the Muslim World

### 8 Days of Prayer for the Least-Reached Regions

Explore God's heart for the nations and dive into eight different regions of the Muslim world.

Through daily emails, you'll discover the spiritual needs and unique ministry opportunities in each region—and be equipped with bold and strategic ways to pray for the Muslims who live there.

Get started now by visiting [frontiersUSA.org/regions-prayer](https://frontiersUSA.org/regions-prayer).

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