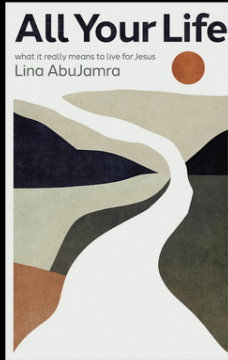


New from



InterVarsity Press

Honest Talk on Purpose, Dating, Money, and Following Jesus



All Your Life is a timely and practical guide for anyone who wants to move beyond momentary spiritual experiences and build a faith that lasts.

Written by physician, Bible teacher, and humanitarian Dr. Lina AbuJamra, *All Your Life* addresses the questions many young adults, and those who disciple them, are asking:

- How do I know God's will for my life?
- How should my faith shape my relationships, career, finances, and future?
- How can I remain grounded in a culture marked by anxiety, loneliness, identity confusion, and doubt?
- What does it really mean to hear God's voice or experience God's presence?

Blending biblical truth, honest personal stories, and practical application, Lina helps readers move from uncertainty to confidence, from compartmentalized faith to whole-life discipleship, and from simply believing in Jesus to intentionally following Him in every part of life.

Drawing from decades of mentoring young adults, medical practice, and global ministry, Lina equips readers to surrender every area of life to Jesus—not just their beliefs, but their decisions, ambitions, relationships, and future. The result is a resilient faith that remains steady through life's questions, pressures, and changing seasons.

All Your Life: What It Really Means to Live for Jesus

by Lina AbuJamra, MD

ISBN: 1514015609 | 192 pages, paperback | InterVarsity Press | August 4, 2026

About the Author

Lina AbuJamra is a Pediatric ER doctor, now practicing telemedicine, and founder of Living With Power Ministries.

Known for her bold faith, contagious energy, and down-to-earth honesty, Lina has become a trusted voice in today's culture—especially for those wrestling with questions, pain, and a desire for deeper purpose. Whether she's teaching the Bible, speaking at conferences, podcasting, or writing books, Lina is on a mission to bring hope by connecting biblical truth to everyday life.

When she's not writing or speaking, you'll find her in the trenches—literally—offering medical care and humanitarian aid in disaster and crisis zones like Lebanon and Uganda.



Publishing Platforms

BAKER BOOKS
CHRISTIAN ART GIFTS
DAVID C COOK
FOREFRONT BOOKS
INTERVARSITY PRESS

MOODY PUBLISHERS
MOODY RADIO
OUR DAILY BREAD
RIGHT NOW MEDIA
YOUVERSION APP



livingwithpower.org



Suggested Interview Questions

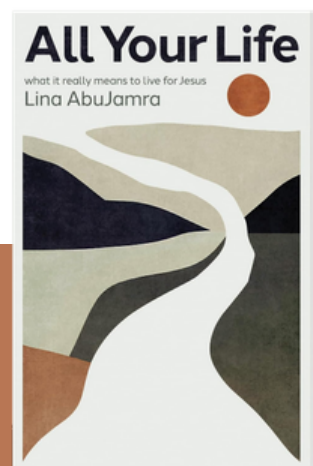
- What made you write this book?
- What is your hope for the book and what do you hope it will accomplish?
- Why is there a need for this book—a need for learning how to have faith for a lifetime?
- Why discipleship—not just spiritual experiences—is essential for helping Gen Z develop a lifelong faith?
- How to address the biggest challenges facing Gen Z today, including anxiety, identity, loneliness, and doubt.
- Practical ways to help Gen Z surrender every area of life to Jesus, including relationships, calling, influence, and future plans.
- How to move Gen Z from momentary spiritual excitement to lasting spiritual formation.
- What message do you want to leave readers with in *All Your Life*?

Who Is This Book For

College students, Recent graduates, Young professionals, Gen Z, Millennials, Parents of young adults, Pastors, Campus ministry leaders, Church leaders, Anyone wanting to build a faith that lasts.

Releases August 4

Download a free sample [here](#).



What People Are Saying

Lina Abujamra is one of the smartest and most impactful thinkers and communicators I know, but I don't recommend this book if you just want some sharp insights (although there are plenty). I only recommend it if you're ready and willing to dramatically draw closer to Christ.

- Dallas Jenkins, Creator, The Chosen

Lina Abujamra writes with uncommon clarity, courage, and honesty. All Your Life doesn't offer shortcuts or slogans; it offers a deeply faithful invitation to follow Jesus with integrity, endurance, and joy in the real complexities of modern life. This is the kind of book that meets people where they actually are and gently, wisely leads them toward a more grounded, resilient faith.

- Ian Simkins, lead pastor of The Bridge Church and author of Every Table and Altar

With vulnerability drawn from her own journey, Lina offers realistic, Scripture-rooted wisdom across key areas of the Christian life to equip believers to build resilient, lifelong discipleship. If you've ever felt like following Jesus turned out harder than expected, or if you're mentoring others and want to help them thrive through trials and questions rather than merely survive them, All Your Life is an invaluable, grace-filled resource. I know you'll be challenged and encouraged by this thoughtful, practical book!

- Shawn Holtgren, Vice President for Spiritual Life and University Affairs, Bethel University (IN)

Lina's honest take on living for Christ authentically and practically is so refreshing and real! THIS is THE book every young person needs while navigating faith and real-life choices! Lina's passion for her audience is so apparent, and I am inspired by her every time I read her words or hear her voice!

- Ainsley Britain, Author of "Don't Date a Boo Boo Dude" and "The Enneagram for Teens"

Media Inquiries

Contact Irina Schiau at irina.schiau@gmail.com to schedule an interview!