

INTERCEDE
CCF PRAYER & FASTING

PRAYER:
EXPERIENCING
GOD'S LOVE

JANUARY 8-13, 2024

PART OF A YEAR-LONG
CELEBRATION OF

ccf 40

from our **senior pastor**

Greetings, brothers and sisters in Christ!

Through the years, we have chosen to start the year right with a time of prayer and fasting. As we continue to trust God for His grace in 2024, we do so by having the entire CCF movement come together to pray and fast. This year, we will also be celebrating our 40th Anniversary, and the best way to start it is to begin with prayer and fasting! The theme of this week is **PRAYER: Experiencing God's Love**. Why did we choose such a theme for this year?

The best explanation comes directly from God's word:

1 John 4:10-11

¹⁰ In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins.

¹¹ Beloved, if God so loved us, we also ought to love one another.

Jesus told us that there is only one clear and best way that the world will know we are truly His disciples. LOVE. Specifically, our love for one another. But how loving are we to one another – really? Can we still improve in our love for one another – in our homes and in the church? Undeniably, the answer is a resounding “YES!”

It is not difficult to love one another as Jesus loved us. It is impossible. Only through the empowerment of the Holy Spirit can we love like Jesus loves. And we are capable of loving like Jesus loves only if and when we experience His love for ourselves. And one of the best ways to experience His love is to spend time with Him in prayer and fasting. This week, we will see how this LOVE is experienced in the various aspects of our lives– for our FAMILIES, the CHURCH, the COMMUNITY, our ENEMIES, our WHOLE BEING, and the WORLD.

May the Lord give all of us an encounter with Him in our prayer and fasting time, and may our hearts be ready to experience His love and live out that love to bless others.

May God bless us all for His glory!

In Christ,



Dr. Peter Tan-Chi

SENIOR PASTOR, CHRIST'S COMMISSION FELLOWSHIP

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LET'S FAST AND PRAY **TOGETHER.**



Our bi-annual prayer and fasting weeks are held every start and middle of the year for us to express our dependence on God and recalibrate ourselves to His will.

As we fast and pray, study and apply His Word, and gather together from Monday to Saturday for corporate worship and prayer, let us confidently bring our needs to Him,

**THE GOD WHO IS THE SAME YESTERDAY, TODAY, AND
FOREVER (HEBREWS 13:8).**

WHAT IS **PRAYER?**

Prayer is conversing and communing with God and listening to Him for the purpose of aligning our will to His. We come before God in the name of Jesus, based on His Word (the Bible), and guided by His Holy Spirit. When we pray, we worship Him, pour our hearts out in thanksgiving to Him as our Heavenly Father, bring to Him our needs and the needs of others, and ask that His Kingdom come and His will be done in our lives (Matthew 6:9-13; 1 John 5:14-15; John 16:23-24; Jude 20).

WHAT IS **FASTING?**

Fasting is the voluntary abstinence from food for a specified duration of time to express remorse and repentance from sin, to earnestly seek God's will, or to be more intimate with God as we spend extended time in reading His Word and in prayer. Foregoing something essential such as food gives us an opportunity to express how sincere and determined we are in aligning ourselves with God's heart by humbly seeking His answers to our questions, praying for His provisions for our needs, and asking for spiritual breakthroughs.

While modern-day Christians may also fast (abstain) from other things like entertainment, sports, and social media, abstaining from food is the typical expression of fasting in the Bible because we can survive our entire lives without many things — but we cannot go on forever without food. Meaning, we have chosen God and His pleasure more than what sustains our physical life (Nehemiah 1:4, 9:1; Esther 4:3; Daniel 9:3; Joel 2:12; Matthew 6:16-18; Acts 13:2; Isaiah 58).

WHY SHOULD WE FAST?

GOD EXPECTS US TO FAST.

*Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face.
– Matthew 6:16-17*

Jesus said “**Whenever** you fast”, not “**If** you fast.” This means that fasting, like prayer, is not an option. Fasting is part of the Christian life.

JESUS FASTED.

*And after He had fasted forty days and forty nights, He then became hungry.
– Matthew 4:2*

Before Jesus' ministry, He fasted for forty days. He knew He needed spiritual strength to fulfill His purpose. Fasting makes us physically weak but spiritually stronger and more prepared to do God's work.

THE EARLY CHURCH FASTED.

*Then, when they had fasted and prayed and laid their hands on them, they sent them away.
– Acts 13:3 (see also Acts 14:23)*

The Church fasted for Saul (Paul) and Barnabas. Later, Paul and Barnabas appointed leaders in various churches, fasting and praying before commending these leaders to the Lord.

FASTING DEMONSTRATES HUMILITY BEFORE GOD.

*But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom.
– Psalm 35:13 (See also 1 Kings 21:27-29; Ezra 8:21)*

Humility lets us experience God's grace. When we humble ourselves in prayer and turn from our wicked ways, God promises to hear us and answer us according to His perfect will.

FASTING MAKES US SENSITIVE TO THE LEADING OF THE HOLY SPIRIT.

Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry.

– Luke 4:1-2 (See also Acts 13:2, Matthew 17:21, Mark 9:29)

We are prone to forget our priorities. Fasting is a visible reminder that God takes precedence over all our needs. Fasting lifts up matters at hand to God who is able to do awesome works that will bring Him great glory.

FASTING BRINGS ABOUT PERSONAL AND NATIONAL SPIRITUAL REVIVAL.

And My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land.

– 2 Chronicles 7:14

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes.

– Daniel 9:3

Fasting prompts revival to an individual and to the country. It brings forth a stirring that will heal, change, and prepare us for greater things in God's kingdom.

FASTING IS GOOD FOR OUR HEALTH.

Fasting improves our physical condition. Many impurities in the body are burned up when the body is denied food, thus, clearing the mind, cleansing, and healing the body. Even people who are underweight who fast for spiritual purposes have been known to gain weight after completing their fasts. Many Bible teachers say that a three-day fast is especially beneficial for spiritual cleansing and also for breaking addictive habits.

*(from "What Does the Bible Say About Fasting?",
Christ Unlimited Ministries, www.bible.com)*

DIFFERENT KINDS OF **FASTING**

There are probably as many ways to fast as there are ways to pray, but these four ideas are a starting point.

NORMAL FAST

In a normal fast, a person goes without food for a predetermined amount of time. Water is allowed and necessary. Extreme care should be taken with long fasts (more than a week), especially if there are underlying medical conditions. It is wise to consult your physician if you are planning to embark on a long fast.

PARTIAL FAST

In a partial fast, a person only eats certain kinds of food for a period of time or have just one to two meals a day. In the Bible, Daniel and John the Baptist maintained a certain diet during their fasts. The 18th Century preacher John Wesley had only bread and water for many days as his fast.

JUICE FAST

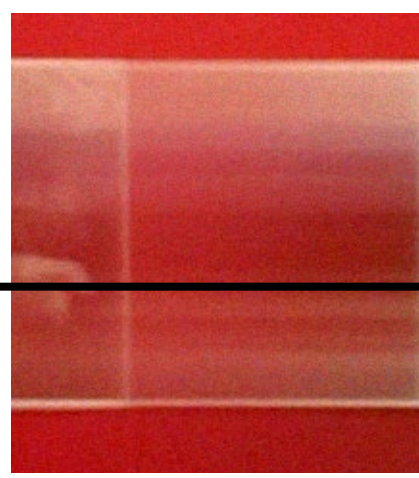
This is a partial fast specifically restricted to only juices.

OBJECT FAST

It is possible to fast from something other than food. Some decide to fast from watching television, using social media, or using the computer outside of work or school. The key is to replace the time spent on that activity with time devoted to the Lord. For married couples, this could mean abstaining from physical intimacy to focus on prayer (1 Corinthians 7:5).

STARTING AND ENDING **YOUR FAST**

It is important for you to start and end your fast gradually. Start cutting down on your food intake, especially those with caffeine (coffee, tea, soft drinks) days before you fast. More importantly, pray in advance for God to sustain you physically, mentally, and spiritually during your fast. For the first few meals after your fast, do not immediately go back to your normal food intake. Taking soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion.



PRECAUTIONS

While there are benefits in fasting, some should not fast without professional medical supervision.

For example:

- Persons who are physically too thin
- Persons who are prone to eating disorders
- Those who suffer from weakness or anemia
- Persons who have been diagnosed with certain ailments that require continuous nutrition
- Pregnant and nursing women
- People taking prescription medication

CONSULT YOUR DOCTOR BEFORE YOU BEGIN YOUR FAST.

Be aware that some doctors may not have been trained in this area so their understanding about it may be limited.

PRAY AND FAST **WITH YOUR CHILDREN**

Download the **NXTGEN** Prayer & Fasting Booklet
for families with **kids ages 7 to 12** at

go.ccf.org.ph/IntercedeKids



SUGGESTIONS FOR **PRAYER**

As we go through a number of Scripture passages for the next few days, we can learn to **PRAY THROUGH SCRIPTURE** by using the following outline.

CONFESSION

Ask the Holy Spirit to reveal anything in your life that is not pleasing to Him. Humbly confess all known sin and receive God's mercy. Then ask for God's forgiveness even for sins you may not be aware you have committed.

ADORATION

Spend time in personal worship of God, extolling Him for who He is and what He has done. Praise Him for His attributes – Almighty, Eternal, Faithful and many others. Commune with the Lord by acknowledging His manifest presence in your life.

SUPPLICATION

Lift up your requests to God. Cast all your cares to Him for He cares for you. You can pray specifically for the world, the church, your community, family, relationships, and then lastly, for your personal petitions (1 Peter 5:7).

THANKSGIVING

Thank the Lord for His many, varied, and specific blessings in your life. Ask for a heart of gratitude and contentment in all things. By faith, give thanks to Him in advance, not only for listening to your prayers but for His answers to all of these petitions.



devotions

DAY ONE

GOD'S LOVE FOR OUR **FAMILIES**

READ IT

¹ Therefore be imitators of God, as beloved children; ² and walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.

¹⁵ Therefore be careful how you walk, not as unwise men but as wise, ¹⁶ making the most of your time, because the days are evil. ¹⁷ So then do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, ¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; ²⁰ always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; ²¹ and be subject to one another in the fear of Christ.

EPHESIANS 5:1-2, 15-21

MEDITATE ON IT

1. What are the two instructions given by Paul – one at the start of v1 and the other at the start of v2? What did he say is our basis as we carry out those important instructions? (vv 1-2)
2. List down how the passage describes what ought to be our walk in our daily life (vv 15-21). How would each of these specifically look like in your own everyday life as you walk with Christ?
3. What are the specific actions from the passage that you have difficulty practicing in your life? What are the reasons for the difficulty?
4. Further reading: For husbands & wives (Ephesians 5:22-33); For parents & children (Ephesians 6:1-4)

NOTES

APPLY IT

Our walk with Christ is only possible because of His great sacrificial love for us. The more we understand what Jesus has done for us, the more we can imitate His example when it comes to loving those closest to us, even when that can be difficult. We can't follow Jesus on our own strength. That is why we need to pray and ask to be filled with the Holy Spirit in order to love our families, to share God's word to them, to give thanks in all situations, and to be subject to one another in humility.

1. What specific actions do I need to start practicing in my family? How exactly will I do it?
2. How can I "make melody in my heart to the Lord" and give thanks to Him, even right at this very moment? (Suggestion: Read a Psalm to Him, sing a song to Him, and thank Him for the many specific blessings He has given you and your family.)
3. Is there anyone in my family or among my loved ones with whom I need to share Christ's love? (Ask God who these are and pray for an opportunity to spend time with them.)

***BY FAITH, I WILL PRAY FOR AN OPPORTUNITY TO ENGAGE WITH...
(MENTION EACH PERSON BY NAME)***

Set Simple, Measurable, Appropriate, Realistic, and Time-bound (SMART) commitments

Example: "I will engage with my loved one by spending quality time with them, doing their favorite bonding activity next weekend."

NOTES

PRAY IT

Ask God to use you as a channel of His love to your close relationships, relatives, and family members:

- To be a more Christ-like spouse, parent, child, family member, friend, etc..
- To shepherd our families and friends in the ways of the Lord.
- To be filled with the Holy Spirit in order to exhibit the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).
- To glorify and praise God in all things, even through the challenging relationships in our families.

Let us confess our tendency to take our relationships for granted, to ignore conflicts or relational tensions, as well as our unforgiveness towards those who have hurt us, especially in our families.

Pray for intentionality starting this week to reach out to a family member, relative, or friend with whom you need to reconcile.

Take the opportunity to pray with your loved ones: encourage one another and appreciate each other's good qualities and actions.

Take time to ask one another: "How can I improve? How have I hurt you? Will you forgive me?", then pray for each other.

DAY TWO

GOD'S LOVE FOR THE CHURCH

READ IT

¹ Now before the Feast of the Passover, Jesus knowing that His hour had come that He would depart out of this world to the Father, having loved His own who were in the world, He loved them to the end...

³ Jesus, knowing that the Father had given all things into His hands, and that He had come forth from God and was going back to God, ⁴ got up from supper, and *laid aside His garments; and taking a towel, He girded Himself.

¹² So when He had washed their feet, and taken His garments and reclined at the table again, He said to them, "Do you know what I have done to you? ¹³ You call Me Teacher and Lord; and you are right, for so I am. ¹⁴ If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. ¹⁵ For I gave you an example that you also should do as I did to you... ¹⁷ If you know these things, you are blessed if you do them... ²⁰ Truly, truly, I say to you, he who receives whomever I send receives Me; and he who receives Me receives Him who sent Me."

³⁴ "A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. ³⁵ By this all men will know that you are My disciples if you have love for one another."

JOHN 13:1-4,12-20, 34-35 [ABRIDGED]

MEDITATE ON IT

1. What did Jesus do just hours away from His eventual betrayal and crucifixion? What was so significant about this act? How did the disciples react? (vv1-11)
2. What were Jesus' instructions to the disciples? What would it look like for us to follow Jesus' example in our own context today? (vv12-35)
3. According to this passage, why should Christ-followers practice love for one another?

NOTES

APPLY IT

Jesus is our ultimate example of love. In the time prior to the Cross, He shares a meal with His disciples in the last supper, He washes their feet, He instructs them in the way of love, and He warns them of what is to come. Eventually, one of his disciples betrays Him, another one denies Him thrice, and the rest all scatter, leaving Jesus alone in His final hours. Despite all their shortcomings, Jesus loved them until the very end. As His Church, we should be aware of anything that hinders us from loving like Jesus.

1. How have I experienced the endless and enduring love of Christ in my own life? (If you have not done so yet, write a brief testimony of what the Lord Jesus has done for you and how He has saved you from your sins.)

Before Christ, I was....

Then I came to know Jesus through....

Ever since then, my life has changed in...

2. Whose “feet” can I “wash” this week? How can I emulate this practice of being lowly and last of all — doing something for others that requires self-denial and sacrifice without expecting anything in return?

Set Simple, Measurable, Appropriate, Realistic, and Time-bound (SMART) commitments

Example: “I will prepare some food and serve my Dgroup/family this week.”

NOTES

Pray for the Church:

- Let us pray to be more like Jesus, denying ourselves and serving others sacrificially, without expecting anything in return.
- Let us lift our church, Christ's Commission Fellowship, to continue magnifying the Lord by making disciples who will make disciples of all nations.
- Pray for a culture of honoring God's Word and authorities in the Church—to submit to God above all and abide by the wisdom of our elders, pastors, and servant-leaders.
- Intercede for our leaders that the Lord may indeed sustain His servants and grant them wisdom on how to navigate through the year ahead such that God is glorified in their lives and our church:
 - Our Senior Pastor Peter Tan-Chi, his wife Deonna, and their entire family
 - For all the Elders, Pastors, servant-leaders, and each one's families
 - CCF Ministry Heads, Staff, Workers, Volunteers, Partner Missionaries
 - Every discipler and their disciples to grow in Christlikeness as they fulfill the Great Commission
 - For the CCF Training Center, that it may be completed, but more importantly that it be used for decades to come for God's purpose and glory
 - For our national and international church planting initiatives to bear fruit for God's glory
- Intercede for the various CCF satellites, ministries, House Fellowships, and Dgroups all over the country and the world, as well as those in different workplaces and communities, to continue serving the Lord in steadfastness and faithfulness.
- Pray to be part of a Dgroup or, if you are already in one, to start your own Dgroup this year.

Pray for Lifestages Ministries:

- Across (Family)
- B1G (Singles)
- Elevate (Youth)
- NxtGen (Kids)

Pray for Support Ministries:

- Discipleship Ministry
- GLC
- WOW (Women)
- MoveMEN⁺ (Men)
- CCF Sports
- Tulong Tayo, Marketplace, G-Men, Uplift
- Ignite Business Leaders Ministry
- Pastoral Care
- #Not Alone

Pray for CCF Departments:

- CCF Ministries Team
 - Welcome Center & Host Team
 - Exalt Team
 - Communications Team
 - IT Team
 - Live Production Team
 - Finance, Audit, Accounting Teams
 - Admin, Procurement, and Engineering Teams
 - HR Team
 - Legal Team
 - Intercede Team
- Intercede for the CCF Life Academy and all the leaders, workers, and teachers to continue to be empowered by the Holy Spirit to educate students in the ways of Christ, impacting them to become committed Christ-followers and letting them make Jesus known for future generations.
 - Lift up Mt. Makiling Re-creation Center and the team behind it: for wisdom in managing the facilities and in building the Sports Development projects, for the required staff and key positions to be filled by the right candidates; for all guests to encounter Jesus in a personal and transformational way; for the safety and security of the all who visit MMRC.
 - Pray for International Care Ministries (ICM), that the poorest of the poor churches that are part of this program may thrive and multiply as they learn to make disciples who will make other disciples.

DAY THREE

GOD'S LOVE FOR THE COMMUNITY

COUNTRY | GOVERNMENT | WORKPLACE | SCHOOL

READ IT

³⁵ Jesus was going through all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom, and healing every kind of disease and every kind of sickness.

³⁶ Seeing the people, He felt compassion for them, because they were distressed and dispirited like sheep without a shepherd. ³⁷ Then He said to His disciples, "The harvest is plentiful, but the workers are few. ³⁸ Therefore beseech the Lord of the harvest to send out workers into His harvest."

MATTHEW 9:35-38

MEDITATE ON IT

1. What was Jesus able to do prior to this verse? Enumerate the people He was reaching out and ministering to (read vv 27-34 for context).
2. As Jesus was traveling around the cities and communities, what did He feel for the people He encountered? What was His instruction to the disciples?
3. In what way can we develop more compassion for the needy? How can we pray for more workers to be sent into the harvest field? More importantly, how can we be part of the answer to that prayer?

NOTES

APPLY IT

Jesus was constantly on the road, traveling to different areas and engaging with different people. He did this in order to preach the good news and to make known the Kingdom of God through the healing of various ailments, casting out evil spirits, and simply being there for people who needed Him most. He exemplified what it means to build up the community wherever He went. The same should be true of His followers—we ought to be helping out where it is needed and at the same time heralding the Gospel of Christ.

1. Where has God placed me to be an example of His love? (Think about your current occupation, position, influence, and relationships—how can you be more compassionate towards the people around you and find ways to help them?)
2. In what way can I take part in God’s redemptive work in my own community - whether it be in my immediate city, local government, workplace, or school?

By faith, I will do my part by...

Set Simple, Measurable, Appropriate, Realistic, and Time-bound (SMART) commitments

Example: “As a Christ-follower, I will do my part in sharing the love of Jesus in my community by volunteering in an evangelistic feeding program once a month.”

NOTES

Pray for the Philippines:

- Intercede for the citizens of our nation—that we may all learn to trust God wholeheartedly and live as prayerful and dutiful men and women of Christ. May every Filipino turn to Christ for real salvation and transformation.
- Intercede on behalf of our country—including our incumbent leaders, that we may all seek the Lord and do His will over the issues that continually encroach upon our nation.
- Pray for our political, legislative, and judicial leaders to uphold biblical values and exemplify godly character, competence, justice, accountability, and with a focus on the family—for them to serve with integrity, wisdom, faithfulness, protection, and guidance:
 - The President, Vice President, Cabinet Members and advisers
 - The Senators and Congressmen
 - The Chief Justice and all justices
 - The Military and Police force
 - The Local Government and Barangay officials

Pray for major national issues:

- For proper crisis management and economic sustainability
- Graft and corruption, illegal drug trade, forced labor, human trafficking
- Ungodly values, moral decline, materialism, idolatry
- Economic hurdles, high gas prices, inflation, traffic problems, bills, and laws that are against God's word and will
- That more Filipinos from all walks of life be saved, disciplined and for them to develop a genuine love for the Lord.

Pray for Christians For Nation-Building (C4NB)

- For the Lord to work in and through this movement to raise awareness among Filipinos (especially the youth) on values-based political engagement and good citizenship that is Christ-honoring and Bible-based.

Pray for the Youth

- For God to use our Elevate Youth Ministry to continue to reach out to more students in various campuses, so that the youth may come to know Christ and continue to spread the Gospel where they are.
- For our #NotAlone program to continue to expand and reach out to many more schools all over the country and minister to both teachers and students.

Pray to do your own part in building God's Kingdom here on Earth as it is in Heaven:

- Seek the Lord's guidance on what He is doing in your community. Offer to Him your own occupation and become a representative of His Kingdom; be ready to obey Him wherever He will lead you and whatever He will ask you to do.
- Strive for excellence in school or at work—doing everything for God's glory alone.
- Pray for a culture of obeying God's word and practicing evangelism and discipleship in your sphere of influence: family, community, company, and country.
- Serve in your workplace or community (start a Bible study or prayer time in your place of work or nearby location).

DAY FOUR

GOD'S LOVE FOR OUR ENEMIES

READ IT

²⁷ “But I say to you who hear, love your enemies, do good to those who hate you, ²⁸ bless those who curse you, pray for those who mistreat you. ²⁹ Whoever hits you on the cheek, offer him the other also; and whoever takes away your coat, do not withhold your shirt from him either. ³⁰ Give to everyone who asks of you, and whoever takes away what is yours, do not demand it back. ³¹ Treat others the same way you want them to treat you. ³² If you love those who love you, what credit is that to you? For even sinners love those who love them. ³³ If you do good to those who do good to you, what credit is that to you? For even sinners do the same. ³⁴ If you lend to those from whom you expect to receive, what credit is that to you? Even sinners lend to sinners in order to receive back the same amount. ³⁵ But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men.

³⁶ Be merciful, just as your Father is merciful.

LUKE 6:27-36

MEDITATE ON IT

1. According to Jesus, how are we to approach our enemies? List down each action that can be found in the passage, and write how each can apply to your own situation.
.....
.....
.....
2. The “Golden Rule” is found in Luke 6:31. What would it look like for you to practice this principle in everyday life? How would you start treating others differently?
3. How does God show His love towards His own enemies—even to ungrateful or evil people?

NOTES

APPLY IT

Prior to giving our lives to Jesus, we were all enemies of God (see Romans 5:10). As sinners, we had fallen short of God's holy standard and therefore deserved His wrath. Yet, God still provided what we needed even if we didn't deserve it! The wonder of the Gospel is that God loves us so much that He sent Jesus to die for His enemies. If this is true in our own lives, then we would approach those who mistreat us in a radically different way. We should treat them with supernatural love.

1. In what situation was I mistreated, opposed, persecuted, or taken advantage of?

(Acknowledge what happened before the Lord and pray for a merciful heart to release the hurt, forgive the sin, and let go of any bitterness.)

2. Who is the Lord directing me to forgive or to ask forgiveness from?

(Mention each person by name and ask for an opportunity to make amends.)

3. ***Who is the Lord leading me to treat with kindness this week? What act of kindness can I do for him/her?***

Set Simple, Measurable, Appropriate, Realistic, and Time-bound (SMART) commitments

Example: "I will pray daily for _____ who has hurt me and share God's love to them through a heartfelt note or message this week."

NOTES

PRAY IT

- Pray for our relationships that we will love the unlovable and be Christ-like to those who mistreat us or think ill of us.
- Ask God for a humble heart to acknowledge the times that we've been the enemy to someone and to seek an opportunity to make amends and restore the relationship.
- Let us pray in faith for God to grant us victory in such areas as:
 - Conflict among our relationships in the family, at work/school, among friends, or fellow churchmates
 - Unforgiveness
 - Bitterness over past hurts
 - Desire for vengeance
 - Pride, defensiveness, rationalizing sin
 - Being abusive or hurtful towards others
 - Attacks of the enemy, demonic influence
- Ask the Lord for a relational breakthrough in seeking God's forgiveness, reconciliation, and restoration over that conflict or hurt; let the Holy Spirit provide a spiritual revival for you, with renewed strength and zeal to follow Him faithfully.

DAY FIVE

GOD'S LOVE FOR OUR **WHOLE BEING**

READ IT

³⁵ As Jesus was approaching Jericho, a blind man was sitting by the road begging. ³⁶ Now hearing a crowd going by, he began to inquire what this was. ³⁷ They told him that Jesus of Nazareth was passing by. ³⁸ And he called out, saying, "Jesus, Son of David, have mercy on me!" ³⁹ Those who led the way were sternly telling him to be quiet; but he kept crying out all the more, "Son of David, have mercy on me!" ⁴⁰ And Jesus stopped and commanded that he be brought to Him; and when he came near, He questioned him, ⁴¹ "What do you want Me to do for you?" And he said, "Lord, I want to regain my sight!" ⁴² And Jesus said to him, "Receive your sight; your faith has made you well." ⁴³ Immediately he regained his sight and began following Him, glorifying God; and when all the people saw it, they gave praise to God.

LUKE 18:35-43

MEDITATE ON IT

1. How did the blind man know about Jesus? What did he do to seek the Lord? (vv35-37)
2. How did the crowd react to the blind man? What was Jesus' response to him? (vv38-42)
3. How would you answer Jesus' question in verse 41: "What do you want Me to do for you?"
4. Describe what came about as a result of the healing. Why do you think Jesus extends His healing touch to people?

NOTES

APPLY IT

Whenever there were people who approached Jesus for healing and health, He would lovingly receive them and touch their lives in a way that only He could. He knew what they were going through and desired not only to heal them physically but also more importantly, to save them spiritually. Whatever ailments or limitations we are facing today, Jesus' love for us reminds us that He desires to make us whole and well, often requiring of us simple child-like faith in His power and a heart of gratitude whatever the result.

1. Was there a time that I experienced illness or being limited in whatever capacity? How did I respond to that trial?
2. When was the last time I prayed an impossible prayer of faith, completely surrendering and entrusting my situation to the Lord? What was the result, if any?
3. I will take a few moments to intercede for those who are currently ailing and in need of spiritual healing and salvation. By faith, I will pray for _____ (*mention each person by name, every _____ beginning this week, for the next 6 months.*)
4. What habits can I further develop to take care of my spiritual, mental, emotional, and physical wellness?

Set Simple, Measurable, Appropriate, Realistic, and Time-bound (SMART) commitments

Example: "I will start prayer walking just 5-10 minutes daily as I spend time with the Lord."

NOTES

Let us confess our unworthiness before the Lord; for the times that we have relied on our own resources and reasoning, rather than running to God first and foremost—for our healing and wholeness.

PHYSICAL HEALING:

- As we pray for healing – whether for ourselves or others – let us trust that God heals in His time and in His way. Instead of demanding or dictating how the Lord should heal us or our loved ones, let us remember to pray with child-like faith—believing that God is the same Healer yesterday, today, and forevermore.
- Ask the Lord for a personal breakthrough in your health and well-being—pray for a heart that seeks God’s Kingdom above all; let the Holy Spirit guide your lifestyle so that you would take care of your body which is His temple.
- Pray for good health from the Lord as we do our part in eating properly, sleeping adequately, exercising regularly, and practicing soul care daily (spiritual disciplines, meditation, silence and solitude before the Lord, and more.)

EMOTIONAL AND MENTAL HEALING:

- Let us confess the times we've let our worries consume us; for the times that we have relied on our own resources and reasoning, rather than running to God, first and foremost, for our healing and well-being.
- Take the time to cast your burdens unto the Lord: any discouragement, anxiety, shortcomings, or fear that get in the way of your relationship with God.
- You likely know one or more persons experiencing emotional stress or mental health challenges. Pray for each of them by name, for the Lord’s supernatural healing upon them – as well as for salvation if they do not yet know Jesus as Lord and Savior.

SPIRITUAL HEALING

- Let us pray in faith for God to grant us a spiritual breakthrough in such areas as:
 - Pride, self-centeredness, secret sins
 - Idolatry, greed, materialism
 - Sexual purity, self-control, integrity
 - Addictions (alcohol, drugs, pornography, digital/gaming, gambling, etc)
 - Bad influences, ungodly relationships, gossip, slander, lying
 - Spiritual warfare and attacks of the enemy (suicidal ideations and tendencies)
- Confess and ask forgiveness for sin, shortcomings, and any bondage or addictions; seek God's restoration in our lives as we repent and surrender.

GOD'S PROVISION

- Let us confess the times we let our worries consume us. Let us repent of the times that we have relied on our own strength or wisdom, rather than depending on God first and foremost for our needs and resources.
- Ask the Lord for a financial breakthrough—pray for a heart that seeks God's Kingdom above all; let the Holy Spirit guide you to become a good steward of His resources.
- Pray to be more generous, charitable, and cheerful as you give your time, talents, and resources to God's work in the church, in your family or community, and/or anyone who may be in need at this moment.
- Pray to be more generous, charitable, and cheerful as you give of your time, talents, and resources to God's work in the church, in your family or community, and/or anyone who may be in need at this moment.

DAY SIX

GOD'S LOVE FOR THE **WORLD**

READ IT

¹⁶ “For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. ¹⁷ For God did not send the Son into the world to judge the world, but that the world might be saved through Him. ¹⁸ He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God. ¹⁹ This is the judgment, that the Light has come into the world, and men loved the darkness rather than the Light, for their deeds were evil. ²⁰ For everyone who does evil hates the Light, and does not come to the Light for fear that his deeds will be exposed. ²¹ But he who practices the truth comes to the Light, so that his deeds may be manifested as having been wrought in God.”

JOHN 3:16-21

MEDITATE ON IT

1. Read John chapter 3 for the context. Who was Jesus having a conversation with? Why was it so significant?
2. What did God do to exhibit His love for the world?
3. What should our response be to this truth? Why do others have difficulty accepting this truth?

NOTES

APPLY IT

As we listen in on this personal conversation of Jesus with Nicodemus, we see the heart of God for those who are lost in the darkness and seeking the truth. This shows us that changing the world often starts by just loving one person at a time and pointing them to the truth about Jesus. In our world today, there are so many unreached people and people groups who still don't know about Christ and the good news. We are called to be the recipients of the gospel and also its representatives in our own spheres of influence.

1. Have I totally and wholeheartedly trusted in the good news of Jesus Christ? How can I daily live out this truth in my own life?

(Take the time to repent and confess any aspect of life that may not be pleasing to the Lord. Ask and pray for a renewed heart and for assurance of salvation.)

2. When was the last time I shared the gospel to a stranger or someone I know from school, work, friends or a relative? How can I be more prepared for these God-given opportunities next time around?

3. As a citizen of the Kingdom of God and of this nation, do I fulfill my part in being filled by the Holy Spirit and being prayerful? In what way can I develop this further into a lifestyle?

By faith, I will develop a lifestyle of prayer and being Spirit-filled by...

Set Simple, Measurable, Appropriate, Realistic, and Time-bound (SMART) commitments

Example: "As a Christ-follower, I will pray and fast every Friday at noon time (join CCF's Pray O'clock) for the Philippines, the world, my church, CCF, and my family."

NOTES

PRAY IT

Lift up a prayer for the world—including other nations and governments, that we may all depend on the Lord to carry us through the current challenges in the world economy and for peace in the following conflict-ridden, war-torn, and economically-devastated countries:

- Israel and Palestine
- Ukraine and Russia
- Armenia and Azerbaijan
- Iraq, Iran, Afghanistan
- Myanmar, the Rohingya nation
- Sri Lanka
- Sudan, Nigeria
- West Philippine Sea and nations involved
- Other countries facing turmoil

Intercede for the nations where CCF has the opportunity to minister, especially through our International Missionary Partners (IMPs), that they may be sustained and protected by God as they go about spreading the Gospel and evangelizing in hostile territories:

- Central, East, and South Asia
- Northeast Africa

Pray that every nation would come to know and encounter the Lord Jesus Christ through His people, sharing the truth of God's Word and exemplifying the love of God in and through their lives.

LORD'S SUPPER GUIDE

for online participants:



PREPARE JUICE
AND BREAD

READ: **1 CORINTHIANS 11:23-29**

WHY ARE WE CELEBRATING THE LORD'S SUPPER?

- It is a symbolic meal that was instituted by our Lord Jesus as a vivid reminder of what He has done for us. We are to celebrate it often and remember Jesus by “proclaiming His death until He comes” (verse 26). And this is done through the Lord’s Supper.
- Before Jesus broke the bread and passed the cup, the passage says that Jesus gave thanks (verse 24). Jesus gave thanks for the opportunity to serve us by giving His body and blood for our sakes!

WHAT DOES THE BREAD AND THE WINE (IN OUR CASE, THE JUICE) SYMBOLIZE?

- The bread is a reminder of the body of Jesus which was nailed to the Cross (verse 24).
- The juice is a reminder of the blood of Jesus which was shed for us in the New Covenant (verse 25).
- We do not teach that the bread literally becomes the body of Christ, nor do we say that the wine or juice literally turns into His blood.
- Instead, we declare that these elements are just representations of our Lord – who He is and what He has done.
- To partake of these elements, therefore, is a symbolic expression of our faith in Him and His finished work.

WHY ARE WE CELEBRATING THE LORD'S SUPPER?

- We should have a thankful and grateful attitude as we look back and look forward.
- Look back and thank our Lord Jesus for:
 - His free gift of salvation and for forgiving our sins
 - His attributes (faithful, forgiving, gracious, holy, loving, unchanging)
 - Who He is in our lives (Lord, Master, Savior)
 - Blessings like our family (spouse, children, parents, siblings), providing for our needs, etc.
(i.e. count our blessings)
 - Opportunities to serve Him and His people (family, friends, church)
- Look forward and thank our Lord Jesus for the blessing of being alive today, and for the gift of relationships (biological and spiritual family, friends, Dgroups)
 - How He will answer our prayers
 - How He will walk us through this year (individually, as a family, as a nation)
 - The promise that one day He will return
- Take some time to reflect

**PARTAKE OF THE BREAD AND JUICE
AND CLOSE IN PRAYER**

PRAYER LIST

THE NATIONS

1. Global revival – that the world would realize their need for salvation in Jesus Christ and that Christ-followers would proclaim the Gospel to all the nations.
2. For God’s intervention in sustaining the world economy, maintaining peace and order, upholding the dignity and sanctity of life; that despite tumultuous times, people will still live in an orderly and God-fearing manner.
3. Pray for peace over conflict-ridden, war-torn and economically-devastated countries.
4. Pray for CCF Beyond and our International Ministry Partners to be sustained and protected amidst persecution and to continue to spread the Gospel and make disciples of Christ.

THE PHILIPPINES

1. Lift up in prayer the citizens of our nation — that we may all learn to love God and one another as Christ has loved us. May every Filipino know Jesus and be known for their love of Christ.
2. Intercede on behalf of our country — including our incumbent leaders, that we may all seek the Lord and do His will over the issues that continually encroach upon our nation.
3. Pray for leaders to uphold biblical values and exemplify godly character, competence, justice, accountability, and family — for them to serve with integrity, wisdom, faithfulness, protection, and guidance:
 - The President, Vice President, Cabinet Members and advisers
 - The Senators and Congressmen
 - The Chief Justice and all justices
 - The Military and Police force
 - The Local Government and Barangay Officials
4. For corrupt officials to be exposed and brought to justice; systemic change in our country’s government and for righteousness, justice, peace, and economic prosperity to be upheld.
5. For major national issues (economic sustainability, drugs, graft and corruption, forced labor and human trafficking, family fragmentation and absentee parents, moral decline, idolatry, materialism, ungodly values, pornography, sexual promiscuity, LGBTQIA+ agenda, the rise of HIV, teenage pregnancies, gender confusion, screen addiction, traffic problem, and for bills and laws that are being proposed/that have passed which are clearly against God’s word and will.)
6. For more Filipinos from all walks of life to be saved and for them to develop a genuine reverential fear of the Lord.

PRAYER LIST

THE CHURCH

1. Lives of all CCF leaders and members to be characterized by love for God and others, purity and holiness, humility and brokenness, integrity
2. Faithfulness to fulfill God's mission for CCF (to honor God and to make Christ-committed followers who will make Christ-committed followers)
3. Pastor Peter Tan-Chi and his family (holiness, intimacy with the Lord, wisdom, and power to lead the CCF discipleship movement to be Spirit-filled at all times)
4. CCF elders, pastors, ministry servant leaders, church planters, Dgroup leaders, missionaries, campus workers, staff members, and volunteers to have passion in serving God, holiness, good health and protection, spiritual growth and intimacy with the Lord, to be controlled and empowered by the Holy Spirit, to be people of moral excellence and integrity.

Pray for each person by name by visiting this link:

ccf.org.ph/meet-the-team/

5. For CCF to be effective in reaching out to people and continuing Jesus' Great Commission of making disciples. That all CCF members would take part in continuous multiplication, reaching out to their families/relatives, circle of friends, and networks with the Gospel.
6. That CCF members will be people devoted to prayer and continuously filled by the Holy Spirit
7. Reach the young generation through Elevate campus ministries in high schools, colleges, and universities across the nation.

FAMILY

1. For a Christ-centered family
2. Husbands to love their wives and be the spiritual leaders of their homes
3. Wives to respect and submit to their husbands
4. Fathers and mothers to be models of Christ-like behavior to their children
5. For parents to be intentional in disciplining their children to know and love God
6. Children to obey, honor, and respect their parents
7. For forgiveness and restoration of relationships — that family members live harmoniously with love and respect, serving God and others together
8. Salvation of household and relatives

PRAYER LIST

PERSONAL BREAKTHROUGH

1. Spiritual revival – know God more intimately, live to please God and honor Him
2. Develop Christ-like character by being filled with the Holy Spirit and bearing the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control)
3. Physical healing and living a balanced life (keep increasing in wisdom, stature, in favor with God and men)
4. Breakthrough over sins and bad habits
5. Let the Holy Spirit guide you where He wants you to serve, with renewed strength and zeal to volunteer in God's work.

FINANCES

1. Freedom from debt
2. Good stewardship of God's resources
3. Give generously
4. Business, professional, and career growth

OTHER PERSONAL ITEMS

HOW DID **GOD** **ANSWER YOUR** **PRAYER?**

**SHARE YOUR STORY AND
POINT PEOPLE TO CHRIST.**

tag us online



#CCFAnsweredPrayer

e-mail us

questions@ccf.org.ph
testimonies@ccf.org.ph

write to us

**write your answered prayers on a tithe
envelope and drop it in the tithe box**



(02) 8866-9900



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