

PRAY BY THE BOOK

LEARN TO PRAY BASED ON BIBLICAL PRAYERS

PSALM 22:14

14 I am poured out like water,
and all my bones are out of joint;
my heart is like wax;
it is melted within my breast;
my strength is dried up like a potsherd,
and my tongue sticks to my jaws;
you lay me in the dust of death.
15 For dogs encompass me;
a company of evildoers encircles me;
they have pierced my hands and feet—
I can count all my bones—
they stare and gloat over me;
they divide my garments among them,
and for my clothing they cast lots.
16 But you, O Lord, do not be far off!
O you my help, come quickly to my aid!
17 Deliver my soul from the clasp of
my precious life from the power of
the dog,
18 Save me from the mouth of the lion!
You have rescued me from the horns of
the wild oxen!
19 I will tell of your name to my brothers,
I will praise you,
O you who fear the Lord, praise him!
All you offspring of Jacob, glory him,
and stand in awe of him, all you
offspring of Israel!
For he has not despised or abhorred
the affliction of the afflicted,
and he has not hidden his face from him,
but has heard, when he cried to him.
20 From you comes my praise in the great
congregation;
my vows I will perform before those
who fear him.
21 The afflicted shall eat and be satisfied,
those who seek him shall praise the Lord.
My mouth hearts live forever!
22 All the ends of the earth shall remember
and turn to the Lord,
and all the families of the nations
shall worship before you,
23 For kingship belongs to the Lord,
and he rules over the nations.
24 All the respessors of the earth cut and
worship.

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before him shall bow all who go
down to the dust,
even the one who could not keep
himself alive.
23 **A Post or Duet**
Posterity shall serve him,
it shall be told of the Lord to the
coming generation.
24 **The Lion is My Shepherd**
A Post or Duet
The Lion is my shepherd; I shall
not want.
25 He makes me lie down in green
pastures.
26 He leads me beside still waters;
27 He restores my soul.
28 He leads me in paths of righteousness
for his name's sake.
29 Even though I walk through the valley
of the shadow of death,
I will fear no evil,
30 for you are with me and your staff
they comfort me.
31 You prepare a table before me
in the presence of my enemies;
you anoint my head with oil,
my cup overflows.
32 Surely goodness and mercy shall
follow me all the days of my life,
and I shall dwell in the house of
the Lord forever!

The King of Glory

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A Post or Duet
The earth is the Lord's and the
fullness thereof,
the world and those who dwell therein,
2 for he has founded it upon the seas
and established it upon the rivers.
3 Who shall ascend the hill of the Lord?
And who shall stand in his holy place?
4 He who has clean hands and a pure
heart,
5 who does not lift up his soul to what
is false,
6 and does not swear deceitfully.

14-19 Hebrew: "I am poured out like water, and all my bones are out of joint; my heart is like wax, it is melted within my breast; my strength is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death." 20-24 Hebrew: "For dogs encompass me; a company of evildoers encircles me; they have pierced my hands and feet—I can count all my bones—they stare and gloat over me; they divide my garments among them, and for my clothing they cast lots. 25-28 Hebrew: "But you, O Lord, do not be far off! O you my help, come quickly to my aid! Deliver my soul from the clasp of my precious life from the power of the dog, 29 Save me from the mouth of the lion! You have rescued me from the horns of the wild oxen! 30 I will tell of your name to my brothers, I will praise you, O you who fear the Lord, praise him! All you offspring of Jacob, glory him, and stand in awe of him, all you offspring of Israel! For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him. 31 From you comes my praise in the great congregation; my vows I will perform before those who fear him. 32 The afflicted shall eat and be satisfied, those who seek him shall praise the Lord. My mouth hearts live forever! 33 All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you, 34 For kingship belongs to the Lord, and he rules over the nations. 35 All the respessors of the earth cut and worship."

PSALM 27

27 I will not boast of my strength,
nor will I exult in my power,
for I am like a willow tree,
like a poplar by the water.
28 My heart is not proud,
O Lord;
my eyes are not lifted up;
I do not boast of my strength,
nor will I exult in my power,
for I am like a willow tree,
like a poplar by the water.
29 My heart is not proud,
O Lord;
my eyes are not lifted up;
I do not boast of my strength,
nor will I exult in my power,
for I am like a willow tree,
like a poplar by the water.
30 My heart is not proud,
O Lord;
my eyes are not lifted up;
I do not boast of my strength,
nor will I exult in my power,
for I am like a willow tree,
like a poplar by the water.

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O Lord;
my eyes are not lifted up;
I do not boast of my strength,
nor will I exult in my power,
for I am like a willow tree,
like a poplar by the water.

27-30 Hebrew: "I will not boast of my strength, nor will I exult in my power, for I am like a willow tree, like a poplar by the water. 31 My heart is not proud, O Lord; my eyes are not lifted up; I do not boast of my strength, nor will I exult in my power, for I am like a willow tree, like a poplar by the water. 32 My heart is not proud, O Lord; my eyes are not lifted up; I do not boast of my strength, nor will I exult in my power, for I am like a willow tree, like a poplar by the water. 33 My heart is not proud, O Lord; my eyes are not lifted up; I do not boast of my strength, nor will I exult in my power, for I am like a willow tree, like a poplar by the water."

INTERCEDE

CCF PRAYER & FASTING 2020

JANUARY 6 - 11, 2020

MESSAGE FROM THE SENIOR PASTOR

Dear brothers and sisters in Christ,

It is a great privilege for us to devote the first week of every year to gather as a group to fast and pray. The twin spiritual disciplines of prayer and fasting allow us to experience God's loving presence in such a way that may well impact our spiritual journey throughout the year.

I am hopeful that, at the end of this spiritual activity, we will emerge not just as prayerful persons but as men and women of prayer. And collectively, CCF will indeed become a house of prayer.

God be with us all!

Your fellow servant in Christ,



Dr. Peter Tan-Chi
SENIOR PASTOR

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Thank you for joining **INTERCEDE!** Christ's Commission Fellowship's bi-annual prayer and fasting week 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).

GUIDE

To help us prepare for the prayer and fasting week here are some answers to common questions and some practical tips.

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 WE SHOULD 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 "When 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.

(“What Does the Bible Say About Fasting?”, Christ Unlimited Ministries, www.bible.com)

WHAT ARE THE 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.

1. 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.

2. 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.

3. Juice fast

This is a partial fast specifically restricted to only juices.

4. 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).

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.

STARTING AND BREAKING 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, softdrinks) 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.

SUGGESTIONS FOR PRAYER

A doration. We worship God for who He is, what He has done, and will continue to do. We focus on the greatness and goodness of God, and acknowledge Him in our lives. We express that His glory and pleasure are more important than our concerns and needs.

C onfession. To confess means to acknowledge our sins before God. Sin offends God, hence we do not make excuses for or make light of it. In this time of fasting and prayer, let us ask God for the grace to continuously turn away from sin.

T hanksgiving. We thank God for what He has done and will continue to do in our lives. We also thank Him in advance for how He will answer our prayers. We should always pray with an attitude of gratitude.

S upplication. We humbly bring before God our requests and the requests of others. We express our dependence on God who is our strength, healer, provider, protector, comforter, guide, and friend.

DEVOTIONS

(Notes from the Evening Watch message)

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(Notes from the Evening Watch message)

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2 Chronicles 20:3-6, 9, 12-15 – ³Jehoshaphat was afraid and turned his attention to seek the LORD, and proclaimed a fast throughout all Judah. ⁴So Judah gathered together to seek help from the LORD; they even came from all the cities of Judah to seek the LORD. ⁵Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD before the new court, ⁶and he said,

*“O LORD, the God of our fathers, are You not God in the heavens? And are You not ruler over all the kingdoms of the nations? **Power and might are in Your hand so that no one can stand against You...** ⁹Should evil come upon us, the sword, or judgment, or pestilence, or famine, we will stand before this house and before You (for Your name is in this house) and **cry to You in our distress, and You will hear and deliver us.**’ ...¹²O our God, will You not judge them? For we are powerless before this great multitude who are coming against us; **nor do we know what to do, but our eyes are on You.**”*

¹³All Judah was standing before the LORD, with their infants, their wives, and their children. ¹⁴Then in the midst of the assembly...

*¹⁵...thus says the LORD to you, **“Do not fear or be dismayed because of this great multitude, for the battle is not yours but God’s.”***

REFLECTION

There was an invading Edomite army encroaching upon the southern Kingdom of Judah under Jehoshaphat’s rule (2 Chronicles 20:10). Instead of readying the weapons, rallying the soldiers, and preparing the nation for war, Jehoshaphat did something entirely unexpected—he called for the entire nation to fast and pray, to seek help from the Lord (verses 3-4). He stood before God in desperate supplication, uttering, “We do not know what to do, but our eyes are on You.”

Later on, the Spirit of God would give them hope as these words were said: “for the battle is not yours but God’s (verse 15b). You need not fight in this battle; station yourselves, stand and see the salvation of the Lord on your behalf (2 Chronicles 20:17a).”

In response, they gave thanks—singing and praising God—and then the nation was delivered miraculously without a single weapon being raised (2 Chronicles 20:21-24).

How do we respond to the problems happening in our country? Do we seek the Lord in prayer and fasting, setting our eyes upon Him?

AS WE PRAY...

- Intercede for our leaders 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:
 - Graft and corruption, drugs, forced labor, human trafficking
 - Ungodly values, moral decline, materialism, idolatry
 - Economic hurdles, traffic problem, bills and laws that are against God’s word and will
 - That more Filipinos from all walks of life will be saved and for them to develop a genuine reverential fear of the Lord
- Ask God how you can be part of the solution to the problems our nation is facing.

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Many times Scripture can be our guide in praying over our lives and even that of our family. In Paul’s letter to the Philippians, he encourages the church—who often met in households and among family members—to grow in their faith towards the Lord and in their love for one another. Despite writing the epistle from prison, Paul wants them to live out their God-given roles and he does so by first and foremost, lifting them up in prayer.

REFLECTION

Looking at the underlined portions, you may pray through Scripture in this pattern for your very own family:

Philippians 1:3-11

³*I thank my God in all my remembrance of you, ⁴always offering prayer with joy in my every prayer for you all,*

List down specific family members and give thanks to the Lord for each of them:

- Your own family: _____

- Your father’s side: _____

- Your mother’s side: _____

⁵*in view of your participation in the gospel from the first day until now.*

Pray for the family members who have not yet heard of the Gospel. Ask the Lord in what way you can participate in caring for them, showing them the love of God, and sharing your faith to point them to Jesus.

⁶*For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.*

Pray for the family members who already know and love Jesus: that they may grow more Christlike and that they would not give up but instead allow the Lord to continue His good work in their lives.

⁷*For it is only right for me to feel this way about you all, because I have you in my heart, since both in my imprisonment and in the defense and confirmation of the gospel, you all are partakers of grace with me.*

Pray for the heart:

- If some family members have mistreated you in the past, ask God to enable you to forgive and to continue loving them despite the hurt they have inflicted.
- If some have rejected your sharing of the faith, ask God to empower you to still be a faithful witness and to constantly look for opportunities to pray, care, and share.
- If some have come to believe, ask God that you can follow through with them, perhaps by inviting them to church or to a simple personal catch-up.

⁸*For God is my witness, how I long for you all with the affection of Christ Jesus. ⁹And this I pray, that your love may abound still more and more in real knowledge and all discernment,*

Pray that Christ’s love in your family would abound more:

- In caring affection – by extending care, concern, and love
- In real knowledge – by knowing Christ in a deeper and more intimate way

- In all discernment – by having wisdom and guidance in family decisions

¹⁰*so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; ¹¹having been filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God.*

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

- To be a better and more excellent family member, spouse, parent, child, etc
- To be sincere and blameless, not living a double life or being hypocritical
- To be filled with the Holy Spirit in order to bear the fruit of righteousness
- To glorify and praise God in all things, even with difficult relationships in our families

(Notes from the Evening Watch message)

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Exodus 33:18-20 –¹⁸Then Moses said, “I pray You, show me Your glory!”¹⁹And He said, “I Myself will make all My goodness pass before you, and will proclaim the name of the LORD before you; and I will be gracious to whom I will be gracious, and will show compassion on whom I will show compassion.”²⁰But He said, “You cannot see My face, for no man can see Me and live!”

Exodus 34:5-9 –⁵The LORD descended in the cloud and stood there with him as he called upon the name of the LORD.⁶Then the LORD passed by in front of him and proclaimed, “The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth;⁷who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations.”⁸Moses made haste to bow low toward the earth and worship.

⁹He said, “If now I have found favor in Your sight, O Lord, I pray, let the Lord go along in our midst, even though the people are so obstinate, and pardon our iniquity and our sin, and take us as Your own possession.”

REFLECTION

Moses was close to breaking down.

When God was angry at the Israelites for being stubborn and constantly rebelling against Him in the wilderness, He would not go with them lest He should destroy them (Exodus 33:5-6). Moses then pleads with the Lord that He would extend compassion on them for they are His people; God responds, “My presence shall go with you, and I will give you rest” (Exodus 33:14).

Moses wasn’t content with this because he asks a second request of God: “I pray You, show me Your glory!” (Exodus 33:18), as a confirmation of God’s covenant over His people. What Moses experienced soon after is a picture of God’s mercy and grace. Even though Moses could die if He saw the perfect holiness of God, the Lord covered Moses with

His hand, revealed His character to Moses, and God’s presence went before Moses.

When we seek God for a breakthrough, more often than not, we want a blessing, a sign, or a change in our situation. For Moses, the Lord and His presence were enough as a breakthrough. When you seek the Lord, do you focus on your own goals or focus on His glory instead?

AS WE PRAY...

- Are we facing any discouragement, anxiety, conviction of sin, guilt, or fear that gets in the way of our relationship with God?
- Ask the Lord for a personal breakthrough in seeking God’s glory in our lives over our personal agenda.

Spend time to personally meditate on the attributes of God and worship Him:

- Holy, perfect, and glorious
- Compassionate and gracious
- Patient and slow to anger
- Abounding in lovingkindness and truth
- Forgiving iniquity, transgression, and sin
- Righteous and just

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1 Kings 3:6-9 – ⁶Then Solomon said, “You have shown great lovingkindness to Your servant David my father, according as he walked before You in truth and righteousness and uprightness of heart toward You; and You have reserved for him this great lovingkindness, that You have given him a son to sit on his throne, as it is this day. ⁷Now, O LORD my God, You have made Your servant king in place of my father David, yet I am but a little child; I do not know how to go out or come in. ⁸Your servant is in the midst of Your people which You have chosen, a great people who are too many to be numbered or counted. ⁹So give Your servant an understanding heart to judge Your people to discern between good and evil. For who is able to judge this great people of Yours?”

REFLECTION

Young Solomon had big shoes to fill after his father David ruled Israel. He knew that God had called him towards a role that would build and maintain God’s Kingdom and rule in his own country. Solomon felt his inadequacy for such a huge task for he was only a “little child” in his own words (verse 7b). So when God asked what He would give to him (1 Kings 3:5b), Solomon asked for wisdom and understanding. In this story, Solomon was an example of a young man asking God for only what He could give and for that, God was pleased to endow him not only with wisdom but with riches and honor as long as Solomon would walk in God’s ways and follow His heart.

When God reaches the younger generation, He seeks to use them mightily as long as they follow His ways. In what way can we empower those who are younger than we are?

AS WE PRAY...

Let us petition God for our youth regarding such areas as:

- Excellence in school
- Healthy family relationships
- Victory over addictions (drugs, pornography, digital addiction)
- Sexual purity and self-control
- Overcome depression, anxiety, and suicidal thoughts

Go out of your way this week to pray with a younger person.

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(Notes from the Evening Watch message)

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PRAYER LIST

A. THE PHILIPPINES

1. The President, Vice President, Cabinet Members, and their advisers
2. The Senators and Congressmen
3. The Chief Justice and the all justices
4. The Military and Police force
5. The local government officials down to the barangay officials
6. For public officials to serve with integrity, wisdom, faithfulness, God's protection, and guidance
7. For corrupt officials to be exposed and brought to justice
8. For righteousness, justice, peace, and economic prosperity
9. For more Filipinos from all walks of life to be saved and for them to develop a genuine reverential fear of the Lord
10. For major national issues (drugs, graft and corruption, forced labor and human trafficking, family fragmentation and absentee parents, moral decline, idolatry, materialism, ungodly values, pornography, sexual promiscuity, 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)

B. 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, Dgroup leaders, church planters, missionaries, campus workers, staff members and volunteers (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)
5. Establishment of 200,000 Dgroups globally and 100 city churches in the Philippines by year 2020
6. Continuous multiplication of spiritually healthy international satellites and house churches
7. That CCF members will be people devoted to prayer
8. Reach the young generation through Elevate campus ministries in high schools, colleges, and universities across the nation

C. 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 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

D. 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

E. FINANCES

1. Freedom from debt
2. Good stewardship of God's money and financial blessings
3. Tithe regularly and be generous
4. Business, professional, and career growth

F. OTHER PERSONAL PRAYER ITEMS



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