



I N T E R C E D E

CCF PRAYER & FASTING 2017



PRAY FOR THE FAMILY

FROM THE SENIOR PASTOR

Dearest brothers and sisters in Christ,

What a joy it is to welcome the new year with you! I pray that 2017 will be a great year for you and your family.

As I look back this past year, I see how God's faithfulness and grace has sustained us. Our loving Father truly protects and keeps His children.

That is why I want all of us in CCF to begin 2017 with a renewed passion to pray and to show others the love of God. I encourage every single one of us to love others the same way that God loves us. Participating in our prayer and fasting week is a good way to start.

Prayer helps us develop restedness. It helps us overcome our fear and anxiety. If we love God, we would want to spend time with Him. And if we acknowledge our dependence upon Him, we would be become more prayerful. Similarly, if we love people, then the best thing we can do is to pray for them. I am always reminded that I am finite, that I cannot meet everybody's needs, nor can I change people. But the one we pray to is our infinite God and Savior—Jesus Christ.

As we begin our prayer and fasting week, may it be our primary resolve to follow Jesus' example of interceding for people. May CCF be known to be a church that loves and prays for others. May we all make this year count by praying that more people will come to the saving knowledge of Jesus Christ.

Your fellow servant in Christ,
Pastor Peter Tan-Chi

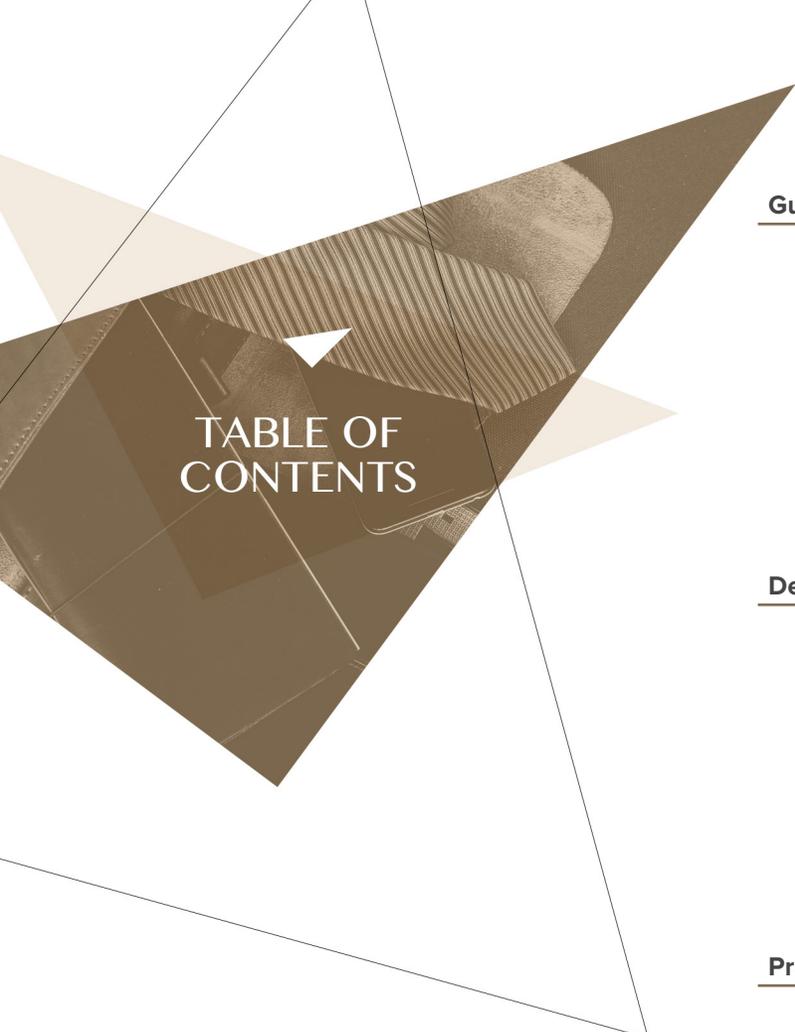


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GUIDE

INTERCEDE is Christ's Commission Fellowship's annual prayer and fasting week. Every new year we make it our priority to seek God in prayer and fasting to express our earnestness and sincerity to God as the sole center of our lives. Our theme for this year is **PRAY FOR THE FAMILY**, emphasizing the need to lift up our earthly relationships to our Heavenly Father, bringing the realities of heaven into our homes and households.

We invite you to join us the week of January 9 to 14, 2017 and set aside extra time for prayer. This devotional guide can be used to compliment or in place of your regular personal Bible reading schedule. Please join us also at the CCF Center or at a CCF Satellite nearest you for six evenings to worship God and pray together as a church and to pray for each other's requests. Our prayer gatherings will start promptly at 7:30PM.

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 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. We pour our heart out to Him as our Heavenly Father, bringing to Him our needs and the needs of others, and asking 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 voluntary abstinence from food for a specified duration in order to express remorse and repentance from sin, earnestness in seeking God's will, or to be more intimate with God as we spend more time in reading His Word and in prayer. Foregoing a basic and essential need such as food in order to seek God gives us an opportunity to express how sincere and determined we are to align ourselves with God's heart even as we humbly seek His answers to our questions and His provisions for our needs.

While modern day Christians can 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 even 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).

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, of course. Extreme care should be taken with long fasts (more than a week), especially if there are any underlying medical conditions. It is wise to consult your physician if you are planning on embarking on a long fast.

2. Partial fast

In a partial fast, a person just eats certain foods 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 or from 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 a few days before you embark on your fast. Do not immediately go back to your normal food intake for your first few meals after your fasting period. Soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion of food.

SUGGESTIONS FOR PRAYER

Fasting is not just abstaining from food and/or other objects, it is also focusing on God through prayer. Here are some suggestions and guides you may find useful for your prayer time:

*“Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.”
(Psalm 55:22)*

“Casting all your anxiety on Him, because He cares for you.” (1 Peter 5:7)

To cast is to throw something with force, never for it to return or be recovered. When we cast our concerns to the LORD we are surrendering them to God and letting Him take care of the things beyond our knowledge or control. We take responsibility for the things we should, but the for the things beyond our capabilities we leave to God in full confidence and trust. When we cast our prayers to God we do not take back the burdens upon ourselves but leave them at His feet.

We can pray with this attitude and also make use of this guide:

- C** - Confession. We confess our sins to God. To confess means to “say the same thing.” Meaning, when God says something is sin we acknowledge that it is indeed sin. We do not make excuses for or make light of it. We agree with God and we turn away from sin.
- A** - Adoration. We worship God for who He is and 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 is more important than our concerns and needs.
- S** - Supplication. We humbly bring before God our requests and the requests of others. We express our dependence and trust in God as our healer, provider, protector, comforter, guide, and friend.
- T** - Thanksgiving. We thank God for however He will answer our prayers. We always pray with an attitude of gratitude.

A person wearing a beanie and a dark shirt is seen from behind, standing in a field of tall, golden-brown grass. Their arms are outstretched to the sides. In the background, there are rolling hills covered in trees under a bright, hazy sky. Overlaid on the center of the image is a large, semi-transparent, light-brown geometric shape consisting of several overlapping triangles. The word "DEVOTIONS" is written in a bold, black, sans-serif font across the middle of this graphic.

DEVOTIONS



PRAYER LIST

A. The Philippines

1. President Duterte and Cabinet officials—honesty and competence
2. Senate and House lawmakers—loyalty to the country
3. Chief Justice Sereno and the Judiciary—effective reforms for justice and righteousness to prevail
4. Corrupt officials to be exposed and brought to justice
5. Righteousness, justice, peace, and economic prosperity
6. Evangelization of the country especially the government officials
7. Protection from calamities
8. Curtailment of drug problem, human trafficking, poverty, etc.
9. Long-term solution to traffic problem

B. The Church

1. Love, purity, zeal and prayerfulness of CCF members
2. Faithfulness to God's mission and vision for CCF
3. The Leaders and their families—Elders, Pastors, Dgroup Leaders
4. Staff, volunteers, missionaries, and other workers
5. Establishment of thousands of house churches all over the globe
6. Setting up of campus ministries in the different high schools, colleges and universities in the Philippines
7. Protection and guidance for church planters, missionaries, and their families

C. Personal Breakthrough

1. Spiritual revival
2. Physical healing
3. Breaking of bad habits
4. Christ-like character

D. Family

1. Restoration of relationships
2. Household salvation

E. Finances

1. Freedom from debt
2. Financial blessings
3. Rich generosity

F. Other Personal Prayer Items



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