INTERCEDE

CCF MID-YEAR PRAYER & FASTING 2017

JULY 19 - 22, 2017

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(Matthew 20:1-16; 21:33-46

13:6-9; 20:9-19).

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all be ever seeing, but never perceiving. / 10 This people's heart has become calloused. / 1

SQUEEZE STREET SAME & MANUAL

Dear brothers and sisters in Christ.

As we face the second half of the year, let us take time to re-evaluate the commitments and goals we have set at the beginning. Have we been faithful in keeping them? What have we been preoccupied with?

Our greatest pursuit in life should be to know Jesus and grow in intimacy with Him. As the apostle Paul says, all things are loss compared to the surpassing greatness of knowing Christ (Philippians 3:8). There is no greater joy than to abide in Him.

My prayer is for all of us to fervently seek the Lord and know Him more and more; to grow not just in knowledge, but in love for God and for the people around us. May this time of prayer and fasting humble us, fill us, and draw us closer to Him. May we experience breakthroughs as we seek the Lord and delight in His presence.

God bless you all!

Yours in Christ,

Peter Tan-Chi



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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 out our hearts 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, become earnest 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 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. It means that 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.

And whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen fasting by men. 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 His ministry, Jesus fasted for forty days. He knew He needed spiritual strength to fulfill His purposes. 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.

And Jesus, full of the Holy Spirit, returned from the Jordan and was led about 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 to us that God takes precedence over all our needs. Fasting lifts up the matter at hand to God who is able to bring about awesome works that bring Him great glory.

FASTING BRINGS ABOUT PERSONAL AND NATIONAL SPIRITUAL REVIVAL.

If 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 and change us 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 and 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 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 only had 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:

- 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.
- 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.
- T Thanksgiving. We thank God for however He will answer our prayers. We always pray with an attitude of gratitude.
- 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.



RADICAL PRAYER FOR RELATIONSHIPS

JULY 19, 2017, DAY 1

Read:

MATTHEW 6:1-34

¹ "Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven.

² "So when you give to the poor, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be honored by men. Truly I say to you, they have their reward in full. ³ But when you give to the poor, do not let your left hand know what your right hand is doing, ⁴ so that your giving will be in secret; and your Father who sees what is done in secret will reward you.

⁵ "When you pray, you are not to be like the hypocrites; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full. ⁶ But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you.

⁷ "And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. ⁸ So do not be like them; for your Father knows what you need before you ask Him.

⁹ "Pray, then, in this way:

'Our Father who is in heaven, Hallowed be Your name.

¹⁰ 'Your kingdom come.

Your will be done,

On earth as it is in heaven.

¹¹ 'Give us this day [e]our daily bread.

¹² 'And forgive us our debts, as we also have forgiven our debtors.

'And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.']
 For if you forgive others for their transgressions, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others, then your Father will not forgive your transgressions.

¹⁶ "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. ¹⁷ But you, when you fast, anoint your head and wash your face ¹⁸ so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.

¹⁹ "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; ²¹ for where your treasure is, there your heart will be also.

²² "The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. ²³ But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!

²⁴ "No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.

²⁵ "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? ²⁷ And who of you by being worried can add a single hour to his life? ²⁸ And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! ³¹ Do

not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. ³³ But seek first His kingdom and His righteousness, and all these things will be added to you.

³⁴ "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

The pagans would pray in two ways: (1) They would heap exaggerated praises upon their gods hoping they can flatter them to answer their prayers; and/ or (2) They would nag their gods with their prayers hoping their nagging will pressure their gods to give in to their requests. Jesus taught his disciples not to be like the pagans who use "meaningless repetitions" (Matthew 6:7).

RADICAL PRAYER FOR RELATIONSHIPS

JULY 19, 2017, DAY 1

Reflect:

- How many times is God referred to as "your Father" in Matthew chapter six?
- 2. What does this tell you about prayer and your relationship with God?
- Based on 6:12-15, what is the connection between our relationship with people and our relationship with God?
 Why are healthy horizontal relationships (with people) necessary to have a healthy vertical relationship (with God)?

Respond:

- Can your relationship with God be likened to that of a loving father and his child? Why or why not? If not, how do you think you can have such a relationship? (see John 1:12)
- 2. How will a loving relationship with God as your Heavenly Father affect the way you pray?
- 3. Are there any relationships with people you need to "fix" or make right? (see Matthew 5:23–24) Who do you need to forgive and/or ask forgiveness from so that both your vertical and horizontal relationships can become radically healthy? Ask your Heavenly Father to give you the humility and courage to make those relationships right.

Remember:

MATTHEW 6:12

"And forgive us our debts, as we also have forgiven our debtors."

Requests:

(Write down your prayer requests for today and take note of God's answers)

Record:	

RADICAL PRAYER FOR PROVISION

JULY 20, 2017, DAY 2

Read:

MATTHEW 6:7-13

"And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. ⁸ So do not be like them; for your Father knows what you need before you ask Him.

⁹ "Pray, then, in this way:

'Our Father who is in heaven,

Hallowed be Your name.

¹⁰ 'Your kingdom come.

Your will be done,

On earth as it is in heaven.

- ¹¹ 'Give us this day our daily bread.
- ¹² 'And forgive us our debts, as we also have forgiven our debtors.
- $^{\mbox{\scriptsize 13}}$ 'And do not lead us into temptation, but deliver us from evil.

[For Yours is the kingdom and the power and the glory forever. Amen.']

MATTHEW 6:19-34

¹⁹ "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; ²¹ for where your treasure is, there your heart will be also.

²² "The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. ²³ But if your eye is bad, your whole

body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!

 24 "No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and wealth.

²⁵ "For this reason I say to you, do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? ²⁷ And who of you by being worried can add a single hour to his life? ²⁸ And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! ³¹ Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32 For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 But seek first His kingdom and His righteousness, and all these things will be added to you.

³⁴ "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Money or wealth was such an obsession even during ancient times that it was personified as a "god." It was an idol, an object of worship, and was thought of as the master of those who worship it. Jesus made it clear that his followers cannot worship and serve both God and money. We need to choose one as our master.

Reflect:

- 1. What important points did Jesus make using birds and flowers?
- How does worry and anxiety affect prayer life?
- 3. What should be settled or decided first before we can pray without worry and anxiety? (v. 24)

Respond:

1. Which do you prefer, "daily bread" or "annual bread given in advance"? Why is daily dependence on God's provision such a radical prayer for you?

- 2. Make a list of your current requests. Which ones are real needs and which ones are "nice to have" or "wants"? Which ones are you most anxious about?
- 3. How can today's devotion correct your attitude about praying for God's provision?

Remember:

MATTHEW 5:24

"leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."

Requests:	
(Write down your prayer requests for today and take note of God's answers	.)

RADICAL PRAYER FOR PROVISION

JULY 20, 2017, DAY 2 Record:



RADICAL PRAYER FOR HEALING

JULY 21, 2017, DAY 3

Read:

MATTHEW 8:1-17

¹ When Jesus came down from the mountain, large crowds followed Him. ² And a leper came to Him and bowed down before Him, and said, "Lord, if You are willing, You can make me clean." ³ Jesus stretched out His hand and touched him, saying, "I am willing; be cleansed." And immediately his leprosy was cleansed. ⁴ And Jesus said to him, "See that you tell no one; but go, show yourself to the priest and present the offering that Moses commanded, as a testimony to them."

⁵ And when Jesus entered Capernaum, a centurion came to Him, imploring Him, ⁶ and saying, "Lord, my servant is lying paralyzed at home, fearfully tormented." 7 Jesus *said to him, "I will come and heal him." 8 But the centurion said. "Lord. I am not worthy for You to come under my roof, but just say the word, and my servant will be healed. 9 For I also am a man under authority, with soldiers under me; and I say to this one, 'Go!' and he goes, and to another, 'Come!' and he comes, and to my slave, 'Do this!' and he does it." 10 Now when Jesus heard this, He marveled and said to those who were following, "Truly I say to you, I have not found such great faith with anyone in Israel. 11 I say to you that many will come from east and west, and recline at the table with Abraham, Isaac and Jacob in the kingdom of heaven; 12 but the sons of the kingdom will be cast out into the outer darkness; in that place there will be weeping and gnashing of teeth." 13 And Jesus said to the centurion. "Go: it shall be done for you as you have believed." And the servant was healed that very moment.

¹⁴ When Jesus came into Peter's home, He saw his mother-in-law lying sick in bed with a fever. ¹⁵ He touched her hand, and the fever left her; and she got up and waited on Him. ¹⁶ When evening came, they brought to Him many who were demon-possessed; and He cast out the spirits with a word, and healed all who were ill. ¹⁷ This was to fulfill what was spoken through Isaiah the prophet: "He Himself took our infirmities and carried away our diseases."

The religious climate during Jesus' time was that of segregation and discrimination. Those who were considered unspiritual or "cursed" by God were treated as outcasts. This included those afflicted with leprosy and those who do not belong to the Jewish race.

Reflect:

- What did the leper and centurion have in common? How come they had such faith in Jesus?
- How would you describe their requests/prayers? (vv. 2, 5-9)
- 3. What's the difference between Peter's mother-in-law and the strangers from the crowds that came for healing? What does this tell you about Jesus' character and concern for all kinds of people?

Respond:

- 1. What hinders you from having faith in Jesus' ability and willingness to heal?
- 2. What would be a radical prayer for healing? How would you ask God to heal a friend, a loved one, or yourself?
- 3. What should be your attitude toward God whether He chooses to heal or not?

Remember:

MATTHEW 8:17

"This was to fulfill what was spoken through Isaiah the prophet: "He Himself took our infirmities and carried away our diseases.""

Requests:

(Write down your prayer requests for today and take note of God's answers)

RADICAL PRAYER FOR HEALING

Record:	002. 2., 20., 27 0



RADICAL PRAYER FOR OUR COUNTRY JULY 22, 2017, DAY 4

Read:

MATTHEW 6:9-13

⁹ "Pray, then, in this way:

'Our Father who is in heaven,

Hallowed be Your name.

¹⁰ 'Your kingdom come.

Your will be done,

On earth as it is in heaven.

- ¹¹ 'Give us this day our daily bread.
- ¹² 'And forgive us our debts, as we also have forgiven our debtors.
- ¹³ 'And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.']

God's kingdom is present wherever His reign and rule is manifested through His people. God's will is rightfully pursued by His subjects no matter how difficult it is to live as a committed follower of Christ under earthly rulers.

Reflect:

- 1. What is the ultimate concern of radical prayer? (vv. 9-10)
- 2. How do you think this affected the perspective of Jesus' disciples considering they were Jews who, like everyone else, were tired of being under the rule of the ungodly Roman Empire?

Respond:

- 1. How should your citizenship in God's kingdom affect your attitude and behavior as a citizen of your country?
- 2. How can Matthew 6:9-10 be contextualized to our country's present situation?
- 3. Take this time to fervently pray for our country in light of Jesus' teaching on how we should pray.

Remember: Record: **MATTHEW 6:9-13** ⁹ "Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. 10 'Your kingdom come. Your will be done, On earth as it is in heaven. 11 'Give us this day our daily bread. 12 'And forgive us our debts, as we also have forgiven our debtors. ¹³ 'And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.'] Requests: (Write down your prayer requests for today and take note of God's answers)

Notes:



Notes:



PRAYER LIST

A. The Philippines

- President Duterte and Cabinet officials—honesty and competence
- 2. Senate and House lawmakers—loyalty to the country
- 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, terrorism, etc.
- 9. Long-term solution to traffic problem

B. The Church

- 1. Love, purity, zeal and prayerfulness of CCF members
- Faithfulness to God's mission and vision for CCF.
- The Leaders and their families—Elders, Pastors, Dgroup Leaders
- 4. Staff, volunteers, missionaries, and other workers
- 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
- 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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