



BEAUTY  
IN  
BROKENNESS

INTERCEDE

CCF MIDYEAR PRAYER & FASTING 2018

JUNE 27-30, 2018

# MESSAGE FROM THE SENIOR PASTOR

Dearest Brothers and Sisters in Christ,

We started out this year focusing on our unchanging God – His unchanging attributes, unchanging promises, and unchanging word. It is indeed a comfort for us to be able to hold on to our unchanging God “*with whom there is no variation or shifting shadow*” (James 1:17).

It is because our God is unchanging that we practice the disciplines of prayer and fasting. Such disciplines allow us to experience stability in His presence and bask in His unchanging love and goodness toward us.

As we devote a good part of the week to prayer and fasting, let us come to His throne with a high regard for Him. Only then can we have the right perspective of ourselves and respond to Him properly.

One of the responses that God welcomes and delights in is humility.

*Isaiah 57:15 – For thus says the high and exalted One who lives forever, whose name is Holy, “I dwell on a high and holy place, and also with the contrite and lowly of spirit in order to revive the spirit of the lowly and to revive the heart of the contrite.”*

Humility comes in many forms, one of which is brokenness. It is this kind of humility that our prayer and fasting meditations will center on. When we approach God with a broken and contrite heart, we experience sweet communion with Him.

It is with this thought that I encourage us all to submit our hearts to the examination of the Holy Spirit to prepare us for this period of prayer and fasting. May we all come out of this having a more intimate relationship with our Lord Jesus Christ.

Your fellow servant in Christ,



**Peter Tan-Chi**  
SENIOR PASTOR

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## Prayer List

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Thank you for joining **INTERCEDE** 2018! Christ's Commission Fellowship's bi-annual prayer and fasting week is held every start and middle of the year in order 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 Wednesday to Saturday 7:30pm 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 with thanksgiving to Him as our Heavenly Father, bring 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 of time in order 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 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, His provisions for our needs, and for spiritual breakthroughs over the sins or bondages in our lives.

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 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).

# 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, 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](http://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, 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 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, social media, 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

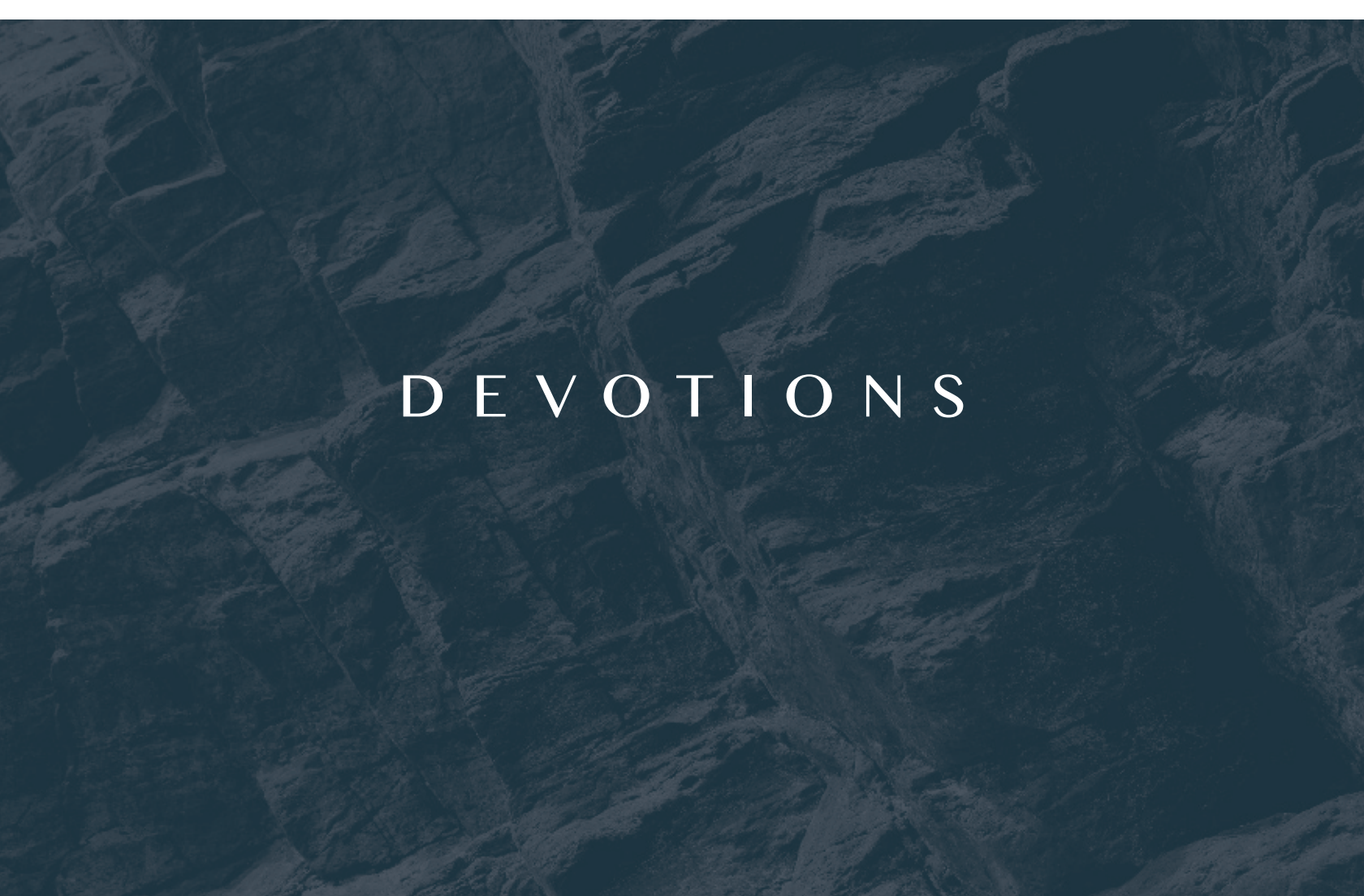
Consult your doctor before you begin your fast. Be aware that some doctors may not have been trained in this area so their understanding about it may be limited.

# 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.

## SUGGESTIONS FOR PRAYER

- A - Adoration. 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 - 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 what He has done in our lives and in advance by faith for His answers to 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 strength, healer, provider, protector, comforter, guide, and friend.



# DEVOTIONS

# BROKEN TO BE A BLESSING

JUNE 27, 2018, DAY 1

For many people, broken things are considered worthless and useless. This, in a way, reflects our lives when we experience brokenness. Sin, loss, failure, frustration, poor health, and financial reversals are things that cause brokenness in our lives. In our brokenness, we feel worthless, insignificant, and rejected.

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Yet, until we are broken, God cannot use us because we are dependent on ourselves. When we are broken and we depend on God, then He will fill us with His Spirit and use us for His Glory.

Read the following passages:

- John 12:24; Matthew 16:24-25. How is brokenness described here? What are blessings in brokenness?
- Psalm 126:5-6; Matthew 5:4. What is reaped by those who sow tears? What does this tell us about those who endure brokenness?



- Mark 14:3; Matthew 26:7. What came out of the alabaster flask when it was broken? What can we learn about brokenness in these passages?
- Matthew 14:19; Mark 6:41. What resulted from the breaking of the bread? What does this teach us about brokenness?

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**As you pray...**

- In your brokenness and lowliness of heart, acknowledge God as your only source of hope, because only He can turn your mourning into dancing (Psalm 30:11).
- Whatever your situation is, whatever you are going through, ask God to continue to mold you and use you as a channel of blessing to people around you.

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The Lord is near to the brokenhearted  
And saves those who are crushed in spirit.  
**P S A L M 3 4 : 1 8**

# BROKEN TO BE A BLESSING

JUNE 27, 2018, DAY 1

(Notes from the Evening Watch message) .....

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Prayer is not so much about the posture of our bodies, but the posture of our hearts.

**AUMAR AGUILAR**

(Notes from the Evening Watch message) .....

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The greatest blessing of prayer  
is God Himself. You develop  
intimacy with Him.

**PETER TAN - CHI**

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# BROKENNESS TO WHOLENESS

JUNE 28, 2018, DAY 2

Brokenness is a humbling experience that comes from realizing our unworthiness in the face of God's holiness (see Job 42:5-6; Isaiah 6:5). Brokenness is the point when we stretch out our quivering hands to God and exclaim to Him, "Not my will, Lord, but Your will be done" (Luke 22:42).

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Read Psalm 51 and see how King David dealt with his brokenness which led to his restoration.

- Verses 1-2. What is it about God that prompted David to turn to Him in his brokenness?
- Verses 3-5. What did David declare to God about himself?
- Verses 6-11. What were David's petitions to God?
- Verses 12-15. What vows did David make to God?
- Verses 16-17. What traits of God did David affirm?

## As you pray...

- Meditate on God's sovereignty in your life. Praise and thank Him that in the midst of brokenness, He is always present to make you whole again.
- Humbly surrender every area of your life to God so that you may experience Him restoring you to wholeness.
- Ask Him for wisdom that you may respond well to your situation.

He heals the brokenhearted  
And binds up their wounds.

**PSALM 147:3**

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# BROKENNESS TO WHOLENESS

JUNE 28, 2018, DAY 2

(Notes from the Evening Watch message) .....

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We need to learn to pray  
desperately. A lot of stagnant  
Christians are not desperate  
for the Lord.  
**MARTY OCAYA**

(Notes from the Evening Watch message) .....

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If we focus on God’s goodness,  
we can worship Him  
regardless of our situation.  
**JULIUS RAYALA**

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# PORTRAITS OF BROKENNESS

JUNE 29, 2018, DAY 3

(Notes from the Evening Watch message) .....

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The character of God is our confidence when we come to Him in prayer.

FRED MONTELIBANO

(Notes from the Evening Watch message) .....

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Do not pray for easy lives. Pray to  
be stronger men and women. Do  
not pray for tasks equal to your  
powers. Pray for powers  
equal to your task.

**PHILLIPS BROOKS**

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- This image shows a single sheet of white paper with ten evenly spaced horizontal dotted lines, typical of primary school writing paper. The lines are light gray and extend across the width of the page. There is no handwriting or other markings on the paper.

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takes place as we are increasingly conformed to the image of our Lord and Savior, Jesus Christ (read Romans 8:29).

## As you pray...

Go back to one or more of the passages you read earlier.  
Ask God to turn them into personal prayers.

Example: 2 Corinthians 1:3-4

*"Lord, I bless Your Name and in the midst of (state your situation), You are the Father of mercies and the God of all comfort. Help me to experience Your comfort so that I can be a channel of Your comfort to others in their afflictions."*

You will make known to me the path of life;  
In Your presence is fullness of joy;  
In Your right hand there are pleasures forever.

**PSALM 16:11**

# BROKEN FOR A HIGHER PURPOSE

JUNE 30, 2018, DAY 4

(Notes from the Evening Watch message) .....

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“When **Billy Graham** was asked about the most important steps in preparing for an evangelistic outreach, he always answered that there were three things that mattered most: **Prayer, prayer and prayer.**”

**CLIFF BARROWS**

(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
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 salvation and 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, computer 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)



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3. Ptr 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, controlled and empowered by the Holy Spirit, 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. Reach the young generation through Elevate and Rescue Kabataan campus ministries in high schools, colleges and universities across the nation
  8. Reach surrendered drug users and their families, through the SIPAG program and in partnership with the government, by sharing the gospel and discipling them

### 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. Breakthroughs 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 discipling 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. Free from debt
2. Good steward of God's money and financial blessings
3. Tithe regularly and be generous
4. Business, professional and career growth

## F. Other personal prayer items



CHRIST'S COMMISSION FELLOWSHIP



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Frontera Verde, Ortigas Avenue  
corner C5 Road, Pasig City

# P - R - A - C - T - I - C - E

## DEVOTIONAL GUIDE

### **P**romise to claim

(Is there a promise from God that is applicable to you that you should hold on to?)

### **R**quest to pray for

(Is there a need or concern you should be praying for?)

### **A**ttitude to change

(What attitude or character trait should you change?)

### **C**ommand to obey

(Is there a direct command from God that you should be obeying?)

### **T**ruth to believe

(What truth have you learned and should believe in?)

### **I**nsight about God

(What have you learned about who God is?)

### **C**onfession to make

(What sin must you avoid or confess and repent from?)

### **E**xample to follow

(Is there an example or role model you should emulate?)

