



I N T E R C E D E

CCF PRAYER & FASTING 2017



P R A Y F O R T H E F A M I L Y



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



TABLE OF CONTENTS

Guide

What is Prayer? What is Fasting?	page 2
Different Kinds of Fasting	page 3
Precautions	page 4
Starting and Breaking Your Fast	page 5
Suggestions for Prayer	page 5
Prayer Guide: C-A-S-T	page 6

Devotions

Pray for the Nation	page 8
Pray for God's Family (The Church)	page 10
Pray for Family Provisions	page 12
Pray for Family Relationships	page 14
Pray for the Family's Physical Well-being	page 16
Pray for the Family's Spiritual Well-being	page 18

Prayer List

page 20



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 is seen from behind, standing in a field of tall grass with their arms outstretched towards a bright sunset. In the background, there are rolling hills covered in trees. Overlaid on the center of the image is a geometric logo consisting of a large, solid tan triangle and a smaller, outlined triangle. The word "DEVOTIONS" is written in a serif font across the middle of the image, partially obscured by the geometric shapes.

DEVOTIONS

Read:

ROMANS 9:1-5

1 I am telling the truth in Christ, I am not lying, my conscience testifies with me in the Holy Spirit, 2 that I have great sorrow and unceasing grief in my heart. 3 For I could wish that I myself were accursed, separated from Christ for the sake of my brethren, my kinsmen according to the flesh, 4 who are Israelites, to whom belongs the adoption as sons, and the glory and the covenants and the giving of the Law and the temple service and the promises, 5 whose are the fathers, and from whom is the Christ according to the flesh, who is over all, God blessed forever. Amen.

ROMANS 10:1-4, 12-15

1 Brethren, my heart's desire and my prayer to God for them is for their salvation. 2 For I testify about them that they have a zeal for God, but not in accordance with knowledge. 3 For not knowing about God's righteousness and seeking to establish their own, they did not subject themselves to the righteousness of God. 4 For Christ is the end of the law for righteousness to everyone who believes.

12 For there is no distinction between Jew and Greek; for the same Lord is Lord of all, abounding in riches for all who call on Him; 13 for “Whoever will call on the name of the Lord will be saved.” 14 How then will they call on Him in whom they have not believed? How will they believe in Him whom they have not heard? And how will they hear without a preacher? 15 How will they preach unless they are sent? Just as it is written, “How beautiful are the feet of those who bring good news of good things!”

Reflect:

1. What is Paul concerned about? (9:3, 10:1)
2. How would you describe the depth or degree of his concern? (9:1-3)
3. What is the solution to Paul's concern? (10:1, 12-15)

Research:

Even though Paul was called primarily to be an apostle to the Gentiles (Acts 9:15; Galatians 2:9) he did not ignore the fact that his own people needed the gospel. Even though most of his sufferings and persecutions came from the Jews (Acts 9:23, 29; 2 Corinthians 11:24) he never lost his compassion upon them. It is noteworthy that he wrote Romans while he was in Corinth, another city where the Jews gave him much difficulty (Acts 18).

Remember:

Memorize
Romans 10:12-13



Respond:

1. When have you ever been concerned or burdened for something as much as this?
2. How can you develop a heart for the salvation of your own countrymen? How can you begin with the members of your own household?
3. What is a practical way for you to start sharing Jesus at home? How can you extend this to your neighborhood or community?

Requests:

Take this time to pray for our country, our president and other government officials. Pray not only for peace and order and economic progress but most especially for a spiritual awakening that will help our countrymen know the true Jesus and trust in Him as God and Savior.

Please also write out your personal prayer requests here and take note of how the Lord answered it.

Record:

Read:

1 TIMOTHY 5:3-8, 16

3 Honor widows who are widows indeed; 4 but if any widow has children or grandchildren, they must first learn to practice piety in regard to their own family and to make some return to their parents; for this is acceptable in the sight of God. 5 Now she who is a widow indeed and who has been left alone, has fixed her hope on God and continues in entreaties and prayers night and day. 6 But she who gives herself to wanton pleasure is dead even while she lives. 7 Prescribe these things as well, so that they may be above reproach. 8 But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

16 If any woman who is a believer has dependent widows, she must assist them and the church must not be burdened, so that it may assist those who are widows indeed.

Reflect:

1. What is the concern Paul is addressing?
2. How will we determine who are those who are truly in need (“widows indeed”)? (v. 5)
3. What is the role of the individual Christian and what is the role of the church when it comes to helping those who are in need? (vv. 4, 8, 16)

Research:

During Bible times women in general were not formally educated, could not own property, and were highly dependent upon the protection and provision of the men in their family. That is why the early church were supporting the care of widows (Acts 6). Here Paul is giving Timothy some guidelines so that people won't abuse the generosity and hospitality of the church and resources can be properly allocated to those who are truly in need. "Widows indeed" are not just those who are without husbands but are also those who are without living relatives that can and should care for them.

Remember:

Memorize
1 Timothy 5:8

Respond:

1. How do you know if something is a need or a want? How do you know if someone is truly in need or just lazy and irresponsible?
2. What is the relationship between personal responsibility and dependence on God? How can prayer and provision (from God through your hard work) meet your personal and family's needs?
3. Who are your relatives in real need and how can you be a channel of God's provision?

Record:

Requests:

Ask the Lord to enable you and other members of your family to be diligent and excellent at work and to be responsible and generous in being a channel of God's provision.

Please also write out your personal prayer requests here and take note of how the Lord answered it.

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

Read:

ACTS 16:1-5

1 Paul came also to Derbe and to Lystra. And a disciple was there, named Timothy, the son of a Jewish woman who was a believer, but his father was a Greek, 2 and he was well spoken of by the brethren who were in Lystra and Iconium. 3 Paul wanted this man to go with him; and he took him and circumcised him because of the Jews who were in those parts, for they all knew that his father was a Greek. 4 Now while they were passing through the cities, they were delivering the decrees which had been decided upon by the apostles and elders who were in Jerusalem, for them to observe. 5 So the churches were being strengthened in the faith, and were increasing in number daily.

2 TIMOTHY 1:5

5 For I am mindful of the sincere faith within you, which first dwelt in your grandmother Lois and your mother Eunice, and I am sure that it is in you as well.

2 TIMOTHY 3:10-17

10 Now you followed my teaching, conduct, purpose, faith, patience, love, perseverance, 11 persecutions, and sufferings, such as happened to me at Antioch, at Iconium and at Lystra; what persecutions I endured, and out of them all the Lord rescued me! 12 Indeed, all who desire to live godly in Christ Jesus will be persecuted. 13 But evil men and impostors will proceed from bad to worse, deceiving and being deceived. 14 You, however, continue in the things you have learned and become convinced of, knowing from whom you have learned them, 15 and that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus. 16 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 so that the man of God may be adequate, equipped for every good work.

Reflect:

1. How was Timothy's spiritual maturity described even before the Apostle Paul became his mentor and discipler? (Acts 16:1-2)
2. Who did God use to nurture Timothy's spirituality ever since his childhood? (2 Timothy 1:5)
3. How did Timothy come to know Jesus and grow in his spiritual life? (2 Timothy 3:14-15)

Research:

Many think Paul was the main human factor in Timothy's spiritual growth. However, Timothy was already a mature committed follower of Christ even before Paul became his discipler and mentor. This is in spite of his father's pagan background.

Remember: Memorize 2 Timothy 3:16-17 ►

Respond:

1. Who are the members of your household (everyone who lives with you) and where are they on their spiritual journey?
2. What is your relationship to each one of your household members and how can you improve your influence upon them? (i.e. help out, spend more time, be more present, etc.)
3. How can you introduce the study of the Bible to your household? What other specific things can you do to minister to them spiritually?

Requests:

Pray for the salvation and/or spiritual growth of your family members. Ask the Lord for wisdom and guidance on how to establish a regular devotion time at home.

Please also write out your personal prayer requests here and take note of how the Lord answered it.

Record:

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



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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