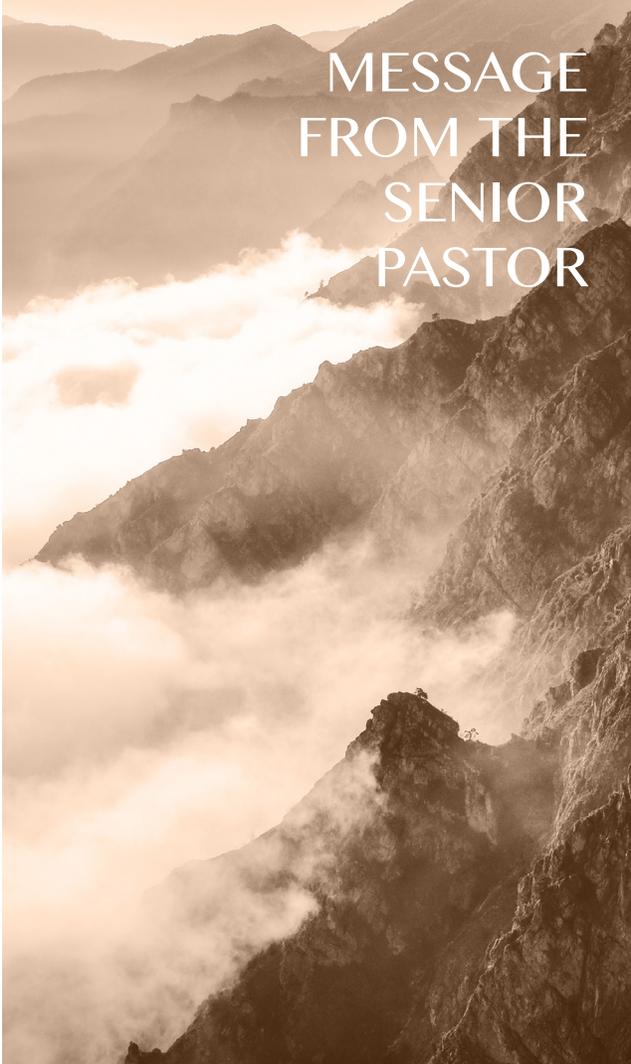


INTERCEDE

CCF PRAYER & FASTING 2018

BE STILL  
AND KNOW  
THAT I AM  
GOD



# MESSAGE FROM THE SENIOR PASTOR

Dearest brothers and sisters in Christ,

Praise God for another year!

As we usher in 2018, may we remember the Lord's favor and goodness to us. Indeed, His mercies are new every morning; great is His faithfulness (Lamentations 3:23)!

We have an amazing, all-powerful, and unchanging God. We can rest securely in His presence because of who He is. As Psalm 46:10 says, we ought to cease striving and know He is God. He is sovereign and in control. More importantly, He loves us and wants what is best for us.

My prayer is for us to know God's heart toward us, and grow deeper in our faith and knowledge of who He is. May we all have fresh encounters with the Lord this prayer and fasting week, and discover real peace, joy and satisfaction in His presence alone.

God bless us all!

Your fellow servant in Christ,



**Peter Tan-Chi**  
SENIOR PASTOR

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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. We once again focus on the person of God and reflect on His character traits. God is immutable, unchanging, dependable, reliable, and faithful. Hence, the Psalmist looked to God as our refuge and strength, our ever-present help in times of trouble (Psalm 46:1). So as we fast and pray, study and apply His Word, and gather together from Monday to Friday 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 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 hearts 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).

## 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 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, 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 of food.

## SUGGESTIONS FOR PRAYER

**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.



DEVOTIONS





We are often faced with so many challenges in life. One of the most common challenges is about provision. We sometimes feel embarrassed to ask God for our needs, or at times we don't really feel He cares. Here is how the psalmist prayed when he was in need.

READ THE PASSAGE SEVERAL TIMES

## PSALM 34

<sup>1</sup> I will bless the Lord at all times;  
His praise shall continually be in my mouth.

<sup>2</sup> My soul will make its boast in the Lord;  
The humble will hear it and rejoice.

<sup>3</sup> O magnify the Lord with me,  
And let us exalt His name together.

<sup>4</sup> I sought the Lord, and He answered me,  
And delivered me from all my fears.

<sup>5</sup> They looked to Him and were radiant,

And their faces will never be ashamed.

<sup>6</sup> This poor man cried, and the Lord heard him  
And saved him out of all his troubles.

<sup>7</sup> The angel of the Lord encamps around those who fear  
Him,  
And rescues them.

<sup>8</sup> O taste and see that the Lord is good;  
How blessed is the man who takes refuge in Him!

<sup>9</sup> O fear the Lord, you His saints;  
For to those who fear Him there is no want.

<sup>10</sup> The young lions do lack and suffer hunger;  
But they who seek the Lord shall not be in want of any good  
thing.

<sup>11</sup> Come, you children, listen to me;  
I will teach you the fear of the Lord.

<sup>12</sup> Who is the man who desires life  
And loves length of days that he may see good?

<sup>13</sup> Keep your tongue from evil

And your lips from speaking deceit.

<sup>14</sup> Depart from evil and do good;

Seek peace and pursue it.

<sup>15</sup> The eyes of the Lord are toward the righteous  
And His ears are open to their cry.

<sup>16</sup> The face of the Lord is against evildoers,  
To cut off the memory of them from the earth.

<sup>17</sup> The righteous cry, and the Lord hears  
And delivers them out of all their troubles.

<sup>18</sup> The Lord is near to the brokenhearted  
And saves those who are crushed in spirit.

<sup>19</sup> Many are the afflictions of the righteous,  
But the Lord delivers him out of them all.

<sup>20</sup> He keeps all his bones,  
Not one of them is broken.

<sup>21</sup> Evil shall slay the wicked,  
And those who hate the righteous will be condemned.

<sup>22</sup> The Lord redeems the soul of His servants,  
And none of those who take refuge in Him will be  
condemned.

AS YOU PRAY:

See vv 8-10. Pray on the basis of the truth of these verses  
that God is indeed our faithful Provider.

See vv 15-18. Do not be ashamed to cry out to the Lord  
regarding your needs. His ears are open to your cry.

(Reflect if one or more of P.R.A.C.T.I.C.E. points apply to the passage in  
relation to you. See inside back page.)

Prayer Focus  
**GOD'S SUFFICIENCY AND OUR NEEDS**







How should you pray when you are sick? We may be physically ill, but sometimes it is our emotions that need healing. During these situations, we may no longer know what to pray for. Let us meditate on how the psalmist prayed in the midst of sickness.

READ THE PASSAGE SEVERAL TIMES

**PSALM 103**

<sup>1</sup> Bless the Lord, O my soul,  
 And all that is within me, bless His holy name.  
<sup>2</sup> Bless the Lord, O my soul,  
 And forget none of His benefits;  
<sup>3</sup> Who pardons all your iniquities,  
 Who heals all your diseases;  
<sup>4</sup> Who redeems your life from the pit,  
 Who crowns you with lovingkindness and compassion;  
<sup>5</sup> Who satisfies your years with good things,  
  
 So that your youth is renewed like the eagle.  
<sup>6</sup> The Lord performs righteous deeds  
 And judgments for all who are oppressed.  
<sup>7</sup> He made known His ways to Moses,  
 His acts to the sons of Israel.  
<sup>8</sup> The Lord is compassionate and gracious,  
 Slow to anger and abounding in lovingkindness.  
<sup>9</sup> He will not always strive with us,  
 Nor will He keep His anger forever.  
<sup>10</sup> He has not dealt with us according to our sins,  
 Nor rewarded us according to our iniquities.  
<sup>11</sup> For as high as the heavens are above the earth,  
 So great is His lovingkindness toward those who fear Him.  
<sup>12</sup> As far as the east is from the west,  
 So far has He removed our transgressions from us.  
<sup>13</sup> Just as a father has compassion on his children,  
 So the Lord has compassion on those who fear Him.  
<sup>14</sup> For He Himself knows our frame;

He is mindful that we are but dust.  
<sup>15</sup> As for man, his days are like grass;  
 As a flower of the field, so he flourishes.  
<sup>16</sup> When the wind has passed over it, it is no more,  
 And its place acknowledges it no longer.  
<sup>17</sup> But the lovingkindness of the Lord is from everlasting to everlasting on those who fear Him,  
 And His righteousness to children's children,  
<sup>18</sup> To those who keep His covenant  
 And remember His precepts to do them.  
<sup>19</sup> The Lord has established His throne in the heavens,  
 And His sovereignty rules over all.  
<sup>20</sup> Bless the Lord, you His angels,  
 Mighty in strength, who perform His word,  
 Obeying the voice of His word!  
<sup>21</sup> Bless the Lord, all you His hosts,  
 You who serve Him, doing His will.

<sup>22</sup> Bless the Lord, all you works of His,  
 In all places of His dominion;  
 Bless the Lord, O my soul!

AS YOU PRAY:

Take time to bless the Lord in the midst of your situation. See vv 1-14 to find reasons to bless the Lord even in the midst of problems.

Focus on verses such as vv3-5 and make them a part of your petitions to the Lord as you pray.

(Reflect if one or more of P.R.A.C.T.I.C.E. points apply to the passage in relation to you. See inside back page.)

Prayer Focus  
**GOD'S POWER AND OUR HEALTH**







# 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 judiciary 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
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 world
6. Setting up of campus ministries in the different high schools, colleges and universities of 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



# 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?)

