

INTERCEDE
ONLINE



new beginnings
God Transforms Us Through *Prayer*

CCF ONLINE PRAYER & FASTING

January 11 to 16, 2021
MONDAY TO SATURDAY

Evening watch starts online at 7:30 PM (Manila Time)



MESSAGE FROM THE *senior pastor*

Greetings in Christ, Brothers and Sisters in the Lord!

2020 has been a challenging year, and I look forward with all of you to the year 2021, a year of NEW BEGINNINGS.

There is no better way to start this year of hope than to begin with our churchwide Prayer and Fasting. As we look back at the year that was, I suggest that more than highlighting the negative aspect of the pandemic, let us begin to see with our hearts the faithfulness, kindness, and love of our Heavenly Father – YAHWEH, the Sovereign God who doesn't cease to be in control despite the many twists and turns of life.

As we begin this year with Prayer and Fasting, let us look into prayers recorded in the Scriptures. These prayers will inspire all of us to call upon God and lift up all our concerns, fears, and intentions to Him.

While we do not know what 2021 has in store for us, we know this truth: our GOD is good, abounding in love, steadfast, faithful, all-powerful, all-knowing, ever-present, and ultimately HOLY. Let us draw near to Him and have our hearts transformed, our minds renewed, and our spirits uplifted as we all INTERCEDE.

Praying with all of you in Christ,

Dr. Peter Tan-Chi

SENIOR PASTOR

Guide

What is prayer?	1
What is fasting?	
Why should we fast?	
What are the different kinds of fasting?	2
Starting and breaking your fast	3
Precautions	
Suggestions for prayer	

Day One: Pray for the Nations	6
--------------------------------------	---

Day Two: Pray for the Church	8
-------------------------------------	---

Day Three: Pray for the Family/Relationships	10
---	----

Day Four: Pray for Health/Healing	12
--	----

Day Five: Pray for the Youth/Singles	14
---	----

Day Six: Pray for Personal Breakthrough	16
--	----

Lord's Supper Guide	18
----------------------------	----

Prayer List	19
--------------------	----

guide

Thank you for joining **INTERCEDE!**

Christ's Commission Fellowship's bi-annual prayer and fasting weeks are held every start and middle of the year 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 Monday to Saturday 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).

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 in thanksgiving to Him as our Heavenly Father, bring to Him our needs and the needs of others, and ask 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 the voluntary abstinence from food for a specified duration of time to feast in God's presence. This may require repentance from sin and a healthy expression of remorse, to earnestly seek God's will, and to be more intimate with God as we spend extended time in reading His Word and in prayer. Foregoing something essential such as food, allows us to express how sincere and determined we are in aligning ourselves with God's heart by humbly seeking His answers to our questions, praying for His provisions for our needs, and asking for spiritual breakthroughs.

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. Fasting is a demonstration of our dependence on 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 should we fast?

God expects us to fast.

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. But you, when you fast, anoint your head and wash your face.

– Matthew 6:16-17

Jesus said **“Whenever** 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 Jesus' ministry, He fasted for forty days. He knew He needed spiritual strength to fulfill His purpose. 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.

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

Fasting brings about personal and national spiritual revival.

And 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, change, 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)

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.

Normal fast

In a normal fast, a person goes without food for a predetermined amount of time. Water is allowed and necessary. Extreme care should be taken with long fasts (more than a week), especially if there are underlying medical conditions. It is prudent to consult your physician if you are planning to embark on a long fast.

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.

Juice fast

This is a partial fast specifically restricted to only juices.

Object fast

It is possible to fast from something other than food. Some decide to fast from watching television, using social media, or 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).

Starting and breaking your fast

It is important for you to start and end your fast gradually. Start cutting down on your food intake, especially those with caffeine (coffee, tea, softdrinks) days before you fast. More importantly, pray in advance for God to sustain you physically, mentally, and spiritually during your fast. For the first few meals after your fast, do not immediately go back to your normal food intake. Taking soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion.

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 of it may be limited.

suggestions for prayer

As we go through a number of Scripture passages for the next few days, we can learn to pray through Scripture by using the following outline:

A doration

We worship God for who He is, what He has done, and what He will continue to do. We focus on His greatness and acknowledge His presence in our lives. We declare that His glory and pleasure are more important than our concerns and needs.

C onfession

We ask God to search our hearts. We admit and confess our sins to Him. We ask for His forgiveness and claim His promise to cleanse us from all unrighteousness. We pray for the Holy Spirit to fill, strengthen, and empower us to flee temptations and turn away from sin.

T hanksgiving

We thank God for His grace and faithfulness in providing for all our daily needs, no matter how big or small. We thank Him for the circumstances He is allowing us to go through knowing that He is our very present help in time of need. Most of all, we thank Him in advance for how He will answer our prayers according to His perfect will.

S upplication

We humbly bring before God who hears our requests and our prayers of others. We express our dependence on Him who is our Strength, Healer, Provider, Protector, Comforter, Guide, and Friend.

journal your way

through 6 days of prayer and fasting:

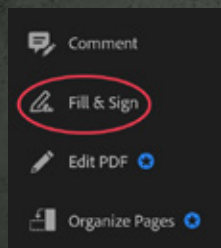
A. We encourage you to write your reflections on your physical journal or even on your phone, tablet, or laptop via your built-in notes app.



B. Alternatively, you may fill out the P&F Booklet Digitally on the notes section provided after each daily devotion by:



Opening the Prayer & Fasting Booklet in Adobe Acrobat or Adobe Reader.



Click Fill & Sign in the right pane.

Choose the Fill and Sign option and use the specific tools and options displayed in the toolbar to type your reflections in the blank spaces provided.

I am thankful to God for the following:

Recount the blessings of God in your life and list them down in adoration and thanksgiving.

I will continue to pray by faith for God to:

Humbly ask the Lord for pertinent requests that you commit to pray and trust Him for.

READ IT:

NEHEMIAH 1:3-11

³ And they said to me, "The remnant there in the province who survived the captivity are in great distress and disgrace, and the wall of Jerusalem is broken down and its gates have been burned with fire."

⁴ When I heard these words, I sat down and wept and mourned for days; and I was fasting and praying before the God of heaven. ⁵ I said, "I beseech You, O Lord God of heaven, the great and awesome God, who preserves the covenant and lovingkindness for those who love Him and keep His commandments, ⁶ let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You now, day and night, on behalf of the sons of Israel Your servants, confessing the sins of the sons of Israel which we have sinned against You; I and my father's house have sinned. ⁷ We have acted very corruptly against You and have not kept the commandments, nor the statutes, nor the ordinances which You commanded Your servant Moses. ⁸ Remember the word which You commanded Your servant Moses, saying, 'If you are unfaithful I will scatter you among the peoples; ⁹ but if you return to Me and keep My commandments and do them, though those of you who have been scattered were in the most remote part of the heavens, I will gather them from there and will bring them to the place where I have chosen to cause My name to dwell.' ¹⁰ They are Your servants and Your people whom You redeemed by Your great power and by Your strong hand. ¹¹ O Lord, I beseech You, may Your ear be attentive to the prayer of Your servant and the prayer of Your servants who delight to revere Your name, and make Your servant successful today and grant him compassion before this man."

Now I was the cupbearer to the king.

MEDITATE ON IT:

1. What was the first thing that Nehemiah did upon hearing of the news of Jerusalem's condition? (v4)
2. How did Nehemiah address God in his prayer? (v5)
3. What did Nehemiah confess to God? (vv6-8)
4. What was God's promise if they repent and follow His ways? (vv9-10)
5. How did Nehemiah conclude his prayer? (v11)

APPLY IT:

Upon seeing the condition of Jerusalem in ruins, Nehemiah, the Israelite cupbearer to the Persian King Artaxerxes, took time to pray and fast so that God would rebuild the walls.

The previous year impacted a lot of people's plans, relationships, businesses, and dwelling places. As we start the new year, let's take the time to pray, fast, and seek God's power to rebuild what was ruined.

Like Nehemiah, we have the opportunity to intercede for our government leaders, to do our part, and to be used by God in a mighty way for our nation and the rest of the world:

1. When I hear of problems in the country or around the world, do I grumble and blame or do I weep and pray? How can my prayers unto God rebuild the current situation of our country?
2. Am I fulfilling my God-given roles as a good citizen of this nation? In what way can I contribute to nation-building?
3. By faith, I will do my part by...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (SMART) commitments

PRAY IT:

- Intercede on behalf of our country — including our leaders, that we may all seek the Lord over the issues that continually encroach upon our nation.

Pray for our leaders to serve with integrity,
wisdom, faithfulness, protection and
guidance:

- The President, Vice President, Cabinet Members and advisers
- The Senators and Congressmen
- The Chief Justice and all justices
- The Military and Police force
- The Local Government and Barangay officials

Pray for major national issues:

- Alleviation of COVID-19, proper crisis-management, and economic sustainability
- Graft and corruption, drugs, forced labor, human trafficking
- Ungodly values, moral decline, materialism, idolatry
- Economic hurdles, traffic problem, bills and laws that are against God's word and will
- That more Filipinos from all walks of life be saved and for them to develop a genuine reverential fear of the Lord.

- Lift up a prayer for the world—including other nations and governments, that we may all depend on the Lord to thwart the spread of the COVID-19, to carry us through the adverse effects on the world economy, and to enable medical advancements for the health and protection of all.

JOURNAL:

READ IT:

ACTS 4:23-31

²³ When they had been released, they went to their own companions and reported everything that the chief priests and the elders had said to them. ²⁴ And when they heard this, they raised their voices to God with one mind and said, “Lord, it is You who MADE THE HEAVEN AND THE EARTH AND THE SEA, AND EVERYTHING THAT IS IN THEM, ²⁵ who by the Holy Spirit, through the mouth of our father David Your servant, said,

‘WHY WERE THE NATIONS INSOLENT,
AND THE PEOPLES PLOTTING IN VAIN?

²⁶ THE KINGS OF THE EARTH TOOK THEIR STAND,
AND THE RULERS WERE GATHERED TOGETHER
AGAINST THE LORD AND AGAINST HIS CHRIST.’

²⁷ For truly in this city there were gathered together against Your holy servant Jesus, whom You anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel, ²⁸ to do whatever Your hand and purpose predestined to occur.

²⁹ And now, Lord, look at their threats, and grant it to Your bond-servants to speak Your word with all confidence, ³⁰ while You extend Your hand to heal, and signs and wonders take place through the name of Your holy servant Jesus.” ³¹ And when they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit and began to speak the word of God with boldness.

MEDITATE ON IT:

1. Why were Peter and John arrested? (Chapter 3:1-10; 4:1-22)
2. How did the church respond in this situation? (vv23-24)
3. What was their main concern as they lifted their burdens to the Lord? (vv25-27)
4. What were they asking specifically from God? (vv28-30)
5. What transpired after their prayer? (v31)

APPLY IT:

Having gone through opposition for the miraculous healing of a lame beggar, Peter and John reiterate that only Jesus could do such a thing and that salvation can be found in Him alone (Acts 4:12). Their resolve is to obey God rather than men (4:19-20).

The pandemic could have just as easily hindered the work of spreading the Gospel, but in reality, God has used it to advance His redemptive plan for the world and for His people.

As we pray and seek God as one church, we are likewise empowered to continue in the Great Commission:

1. In what way have difficult situations hindered me from the calling to make disciples who will make disciples? How can I overcome these challenges?
2. How am I fulfilling my role as a faithful witness so that people around me can and experience the salvation that is freely given by Jesus Christ?
3. By faith, I will continue to serve God through...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (SMART) commitments

PRAY IT:

- Let us pray for our church, Christ's Commission Fellowship, to continue in magnifying the Lord by making disciples who will make disciples of all nations. Intercede for our leaders that the Lord may indeed sustain His servants and grant them wisdom how to navigate through the upcoming year:

- Our Senior Pastor Peter Tan Chi, his wife Deonna, and their entire family
- For all Elders, Pastors, Leaders and their families
- CCF Staff, Workers, Ministry Heads, Volunteers
- For disciplers and disciples to grow in Christlikeness as they fulfill the Great Commission
- For God to use Go Viral to reach more people with the Gospel of Christ

- Interceded for the various CCF satellites, ministries, and Dgroups all over the country and the world to continue serving the Lord in steadfastness and faithfulness.

JOURNAL:

[illegible]

READ IT:

EPHESIANS 3:14-21

¹⁴ For this reason I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth derives its name, ¹⁶ that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, ¹⁷ so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

²⁰ Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, ²¹ to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

MEDITATE ON IT:

1. What is the Apostle Paul's posture in his prayer? (v14)
2. What does each of Paul's petitions mean? (vv16-19)
 - Being strengthened with power in the inner man (v16)
 - Letting Christ's presence dwell in the heart through faith (v17a)
 - Being rooted and grounded in love (v17b)
 - Comprehending the love of Christ (breadth, length, height, and depth) (v18)
 - Being Filled with the fullness of God (v19)

3. According to verses 20-21, what is God able to do and what is the purpose behind it?

APPLY IT:

Every family has been heavily challenged throughout the events of last year. For some, the lockdowns added relational tension and family conflicts.

1. How can God redeem what is seemingly broken or strained in my relationships?

This prayer from Paul helps to see that winning our loved ones for Christ starts on our knees.

2. Am I fervently praying for my family? How can I be more intentional in sharing the love of Christ with them?

3. Am I doing my part in cultivating a Christ centered family? As a parent, how can I build a godly legacy now? As a son or daughter, how can I honor and love my parents and relatives? How can my relationships reflect the love of Christ?

4. By faith, I will cultivate better relationships through...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (SMART) commitments

Ask God to use you as a channel of His love
unto your relatives and family members:

[illegible]

READ IT:

MATTHEW 8:5-13

5 And when Jesus entered Capernaum, a centurion came to Him, begging Him, 6 and saying, "Lord, my servant is lying paralyzed at home, terribly tormented." 7 Jesus *said to him, "I will come and heal him." 8 But the centurion replied, "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 was amazed and said to those who were following, "Truly I say to you, I have not found such great faith with anyone in Israel. 11 And 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 thrown 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 at that very moment.

MEDITATE ON IT:

1. What was the centurion's reason for meeting with Jesus? (v6)
2. How did the centurion address Jesus? What did the centurion call Him? (vv5-8)
3. What was Jesus' response to the centurion's request? (v10)
4. What did Jesus mean by what He said in vv11-12?
5. How was the centurion's servant healed? (v13)

APPLY IT:

There are many people around us who are sick and hurting. But just like the centurion, we must practice child-like faith to trust upon Christ and lift up in prayer those who may not be able to lift themselves up.

God is still doing the impossible and today He looks upon those who humbly depend on Him who say: "Lord, I am unworthy, but just say the word and your servant will be healed..."

1. Do I believe in the power and authority of Jesus to do the impossible? Like the centurion, do I approach Him with deep humility, total dependence, and simple faith?
2. How is my faith today, is it wavering in worry over my situation or pleasing in the sight of my Savior?
3. Like the Centurion, I WILL intercede humbly before Christ for those who are sick and more importantly, in need of salvation. By faith, I will pray for...

(mention each person by name)

PRAY IT:

Let us confess our unworthiness before the Lord for the times that we relied on our own resources and reasoning, rather than run to Him first and foremost.

- As we pray for healing – whether for ourselves or for others – let us trust God to heal according to His will, His time and His way. Let us pray with childlike faith—believing that God is Able. He is the same Healer yesterday, today, and forevermore.
- Pray for good health from the Lord as we do our part in eating properly, sleeping adequately, and doing regular exercise.

JOURNAL:

[illegible]

READ IT:

COLOSSIANS 1:3-12

³We give thanks to God, the Father of our Lord Jesus Christ, praying always for you, ⁴since we heard of your faith in Christ Jesus and the love which you have for all the saints; ⁵because of the hope laid up for you in heaven, of which you previously heard in the word of truth, the gospel ⁶which has come to you, just as in all the world also it is constantly bearing fruit and increasing, even as it has been doing in you also since the day you heard of it and understood the grace of God in truth; ⁷just as you learned it from Epaphras, our beloved fellow bond-servant, who is a faithful servant of Christ on our behalf, ⁸and he also informed us of your love in the Spirit.

⁹For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, ¹⁰so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; ¹¹strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously ¹²giving thanks to the Father, who has qualified us to share in the inheritance of the saints in Light.

MEDITATE ON IT:

1. What is the Apostle Paul praying and giving thanks for? (vv3-5)
2. How did the Colossian believers come to know of the word of truth, the Gospel? (v6-7)
3. What is Paul persistently praying for? How can we be filled with the knowledge of His will in spiritual wisdom and understanding? (v9)
4. What should we do to walk in a manner worthy of the Lord? (v10)
5. What is the result of Paul's prayer? (vv11-12)

APPLY IT:

Many of the youth today are lured into trends, ideologies, platforms, and movements that may hinder them from experiencing God's grace and purpose for their lives.

The youth need stalwart examples of faithful men and women whom they can follow like Epaphras and Paul who exemplify their faith in how they live.

1. How am I doing my part in reaching out to the younger generation? Like Epaphras, can I be an instrument to impact the youth and bear fruit among my spheres of influence?
2. In what way am I walking in a manner worthy of the Lord? Have I been faithful with the opportunities, relationships, and resources that God has entrusted to my care?
3. By faith, I will reach out to the youth through...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (SMART) commitments

PRAY IT:

Let us petition God for our youth (children, teen-agers, young adults) regarding such areas as:

- Excellence in school/work
- Healthy family relationships
- Victory over addictions (drugs, pornography, digital addiction)
- Sexual purity and self-control
- Overcome depression, anxiety, and suicidal thoughts

Beginning this week, I will be intentional in reaching out to, encouraging, and praying with and for a younger person.

JOURNAL:

READ IT:

HABAKKUK 3:1-6

¹ A prayer of Habakkuk the prophet, according to Shigionoth.

² LORD, I have heard the report about You, and I was afraid.

LORD, revive Your work in the midst of the years,
In the midst of the years make it known.

In anger remember mercy.

³ God comes from Teman,

And the Holy One from Mount Paran. Selah

His splendor covers the heavens,

And the earth is full of His praise.

⁴ His radiance is like the sunlight;

He has rays flashing from His hand,

And the hiding of His might is there.

⁵ Before Him goes plague,

And plague comes forth after Him.

⁶ He stood and caused the earth to shudder;

He looked and caused the nations to jump.

Yes, the everlasting mountains were shattered,

The ancient hills collapsed.

His paths are everlasting.

HABAKKUK 3:16-19

¹⁶ I heard, and my inner parts trembled;

At the sound, my lips quivered.

Decay enters my bones,

And in my place I tremble;

Because I must wait quietly for the day of distress,

For the people to arise who will attack us.

¹⁷ Even if the fig tree does not blossom,

And there is no fruit on the vines,

If the yield of the olive fails,

And the fields produce no food,

Even if the flock disappears from the fold,

And there are no cattle in the stalls,

¹⁸ Yet I will triumph in the LORD,

I will rejoice in the God of my salvation.

¹⁹ The Lord GOD is my strength,

And He has made my feet like deer's feet,

And has me walk on my high places.

MEDITATE ON IT:

1. What did Habakkuk hear that made him afraid? What did the prophet ask of God? (v2, 16)
2. What can you learn about God's attributes and actions in verses 4 to 6?
3. How did Habakkuk deal with the impending situation? (v16)
4. What do these lines convey or represent? (v17)
 - the fig tree does not blossom
 - no fruit on the vines
 - the yield of the olive fails
 - the fields produce no food
 - the flock disappears from the fold
 - no cattle in the stalls
5. What is Habakkuk's resolve at the end of his prayer? (vv18-19)

APPLY IT:

The prophet Habakkuk lived through the fall of the nation of Israel through foreign conquest and invasion. Despite the very difficult season, the prophet learns to trust in God and surrender the outcome to His sovereign purposes.

The breakthrough that God grants is not necessarily one of physical or material progress but spiritual: a shift in our heart's focus and reliance.

1. When I am in the midst of challenges, do I run away from God or do I process it with Him? How can I redirect my focus towards the Lord amidst the challenges that I face?
2. Even when there is no breakthrough in sight, will my worship of and trust in God remain constant? What would it look like for me to surrender my future to the Lord?
3. By faith, I will continue to trust in the Lord for...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (SMART) commitments

- Take the time to cast our burdens unto the Lord: any discouragement, anxiety, guilt, regret, or fear that gets in the way of our relationship with God.
- Confess and ask forgiveness for sins, shortcomings, and any bondages or addictions; seek God's restoration in our lives as we repent and surrender.
- Ask the Lord for a personal breakthrough in seeking God's wisdom and counsel for our lives; let the Holy Spirit provide a spiritual revival for you, with renewed strength and zeal to follow Him.

JOURNAL:

Lord's Supper Guide



PREPARE JUICE
AND BREAD

READ: 1 Corinthians 11:23-29

Why are we celebrating the Lord's Supper?

- It is a symbolic meal that was instituted by our Lord Jesus as a vivid reminder of what He has done for us. We are to celebrate it often and remember Jesus by “proclaiming His death until He comes” (verse 26). And this is done through the Lord's Supper.
- Before Jesus broke the bread and passed the cup, the passage says that Jesus gave thanks (verse 24). Jesus gave thanks for the opportunity to serve us by giving His body and blood for our sakes!

What do the bread and the wine (in our case, the juice) symbolize?

- The bread is a reminder of the body of Jesus which was nailed to the Cross (verse 24).
- The juice is a reminder of the blood of Jesus which was shed for us in the New Covenant (verse 25).
- We do not teach that the bread literally becomes the body of Christ nor do we say that the wine or juice literally turns into His blood.
- Instead, we declare that these elements are just representations of our Lord – who He is and what He has done.
- To partake of these elements, therefore, is a symbolic expression of our faith in Him and His finished work.

What should be our attitude before partaking in the Lord's Supper?

- We should have a thankful and grateful attitude as we look back and look forward.
- Look back and thank our Lord Jesus for:
 - His free gift of salvation and for forgiving our sins
 - His attributes (faithful, forgiving, gracious, holy, loving, unchanging)
 - Who He is in our lives (Lord, Master, Savior)
 - Blessings like our family (spouse, children, parents, siblings), providing for our needs, etc. (i.e., count our blessings)
 - Opportunities to serve Him and His people (family, friends, church)
- Look forward and thank our Lord Jesus for the blessing of being alive today, and for the gift of relationships (biological and spiritual family, friends, Dgroups)
 - How He will answer our prayers
 - How He will walk us through this pandemic (individually, as a family, as a nation)
 - The promise that one day He will return
- Take some time to reflect

PARTAKE OF THE BREAD AND JUICE
AND CLOSE IN PRAYER

Prayer List

The Nations

1. Global revival – that the world would realize their need for salvation in Jesus Christ and that Christ-followers would proclaim the Gospel to all the nations.
2. For the stop of the spread of COVID19 and other strains, that governments would implement the best measures and solutions to reduce the rate of infection and casualties caused by the virus.
3. For governments throughout the world to help maintain peace and order; that despite losses and failures, people will still behave in an orderly and respectful manner.
4. Pray for CCF Beyond and our mission partners to be protected from infection, and to use the opportunity of the current crisis to spread the gospel and make even more disciples of Christ.

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 officials
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 more Filipinos from all walks of life to be saved and for them to develop a genuine reverential 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, screen addiction, traffic problem, and for bills and laws that are being proposed/that have passed which are clearly against God's word and will)

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)
3. Pastor 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, to be controlled and empowered by the Holy Spirit, to be people of moral excellence and integrity)
5. For the CCF Go Viral campaign to be effective in reaching out to people and continuing Jesus' Great Commission of making disciples. That all CCF members would take part in continuous multiplication, reaching out to their families/relatives, circle of friends, and networks with the Gospel.
6. That CCF members will be people devoted to prayer
7. Reach the young generation through Elevate campus ministries in high schools, colleges, and universities across the nation

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

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. Breakthrough over sins and bad habits

Finances

1. Freedom from debt
2. Good stewardship of God's money and financial blessings
3. Tithe regularly and be generous
4. Business, professional, and career growth

Other Personal Prayer Items

share your story

Share your answered prayers.

Post online



#CCFAnsweredPrayer

E-mail us

testimonies@ccf.org.ph



ccfmain



ccfmainTV

ccf.org.ph
info@ccf.org.ph
(02) 8866 9900

Ortigas East, Ortigas Ave.
cor. C5 Road, Pasig City