

CCF MIDYEAR PRAYER &amp; FASTING

# KNOWING GOD

**July 16 - 19, 2025**

# A MESSAGE FROM OUR SENIOR PASTOR

Dear Brothers and Sisters in Christ,

What a joy it is to welcome you to our Midyear Prayer and Fasting Week 2025!

This sacred time allows us to pause, reflect, and draw near to our Almighty God. As we center our hearts on His sovereignty, grace, holiness, and healing power, may we be reminded that our God is not only in control, but also full of mercy, love, and is always attentive to our prayers. Let this week be more than a routine or ritual—it is an invitation and privilege to encounter the very heart of God.

I encourage you to take each day's devotion and prayer time seriously. Meditate on His Word, pray earnestly, and carve out intimate moments with the Lord. Whether you are fasting from food, distractions, or anything else, do it with the desire to know Him more deeply. Let every sacrifice point us to the One who gave everything for us. May this be a week of spiritual breakthrough and transformation for you, your family, and our entire church community.

**May the Lord bless us all as we go through this week as a church!**

Your fellow servant in Christ,



**Dr. Peter Tan-Chi**

SENIOR PASTOR, CHRIST'S COMMISSION FELLOWSHIP

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# LET'S PRAY AND FAST TOGETHER

Our bi-annual prayer and fasting weeks, held at the beginning and middle of each year, are a time for us to express our dependence on God and realign our hearts to His will.

As we come together in prayer and fasting from Wednesday to Saturday, may we be reminded that while God indeed answers prayers, it is His very nature - His attributes and character - that offer us the deepest source of hope and comfort.

We welcome you to this midyear's prayer and fasting entitled:

***Knowing God: Pray Through His Attributes***

## 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 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 something essential such as food gives us an opportunity 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. Meaning, we have chosen God and His pleasure more than what sustains our physical life (Nehemiah 1:4, 9:1; Esther 4:3; Daniel 9:3; Joel 2:12; Matthew 6:16-18; Acts 13:2; Isaiah 58).

## WHY 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.

*(from "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.

### **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 wise 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 18<sup>th</sup> 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 ending 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, soft drinks) 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.**

Keep in mind that some doctors may not have specialized training in this area, so their knowledge may be limited.

# Pray and fast WITH YOUR CHILDREN

Download the **NXTGEN** Prayer & Fasting Booklet  
for families with **kids ages 7 to 12** at

**[go.ccf.org.ph/IntercedeKids](https://go.ccf.org.ph/IntercedeKids)**





# 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:

## CONFESSIOIN

Ask the Holy Spirit to reveal anything in your life that is not pleasing to Him. Humbly confess all known sin and receive God's mercy. Then ask for God's forgiveness even for sins you may not be aware you have committed.

## ADORATION

Spend time in personal worship of God, extolling Him for who He is and what He has done. Praise Him for His attributes – Almighty, Eternal, Faithful, and many others. Commune with the Lord by acknowledging His manifest presence in your life.

## SUPPLICATION

Lift up your requests to God. Cast all your cares to Him for He cares for you (1 Peter 5:7.) You can pray specifically for the world, the church, your community, family, relationships, and then lastly, for your personal petitions.

## THANKSGIVING

Thank the Lord for His many, varied, and specific blessings in your life. Ask for a heart of gratitude and contentment in all things. By faith, give thanks to Him in advance, not only for listening to your prayers but for His answers to all of these petitions.

# DEVOTIONS

DAY ONE (July 16, 2025)

## GOD'S ATTRIBUTE: HIS SOVEREIGNTY OVER THE NATIONS

### READ IT

<sup>12</sup> *Who has measured the waters in the hollow of His hand,*

*And marked off the heavens by the span,*

*And calculated the dust of the earth by the measure,*

*And weighed the mountains in a balance*

*And the hills in a pair of scales?*

<sup>13</sup> *Who has directed the Spirit of the LORD,*

*Or as His counselor has informed Him?*

<sup>14</sup> *With whom did He consult and who gave Him understanding?*

*And who taught Him in the path of justice and taught Him knowledge*

*And informed Him of the way of understanding?*

<sup>15</sup> *Behold, the nations are like a drop from a bucket,*

*And are regarded as a speck of dust on the scales;*

*Behold, He lifts up the islands like fine dust.*

### ISAIAH 40:12-15

### MEDITATE ON IT

1. What does this passage tell you about the Lord?
2. What impacted you most about how God rules over all creation and nations? Why so?

## APPLY IT

One of God's attributes is His sovereignty. It reminds us that the Lord is indeed in control of everything, even the very nation we belong to and the circumstances we are going through. When our perspective of God shifts to the truth that He is an all-knowing, all-powerful, and ever-present King and Ruler, we begin to view our changing and challenging situations as completely under His authority.

1. What challenges in my country will I lift up in prayer to my sovereign God as I come to Him in prayer right now?
2. In what way can I pray for the concerns of my nation and take part in being the solution to our problems, rather than grumbling and complaining?

*Set Simple, Measurable, Appropriate, Realistic, Time-bound (SMART) commitments.*

Example: "Every week, I will pray & fast for the country I reside in and also for a specific country elsewhere in the world."

## PRAYER JOURNAL

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## C . A . S . T .

### CONFESSION:

- Lift up to the Lord how our country has fallen short of His ways.
- Ask God for His mercy to be upon our nation.

### ADORATION:

- Worship God as the sovereign Ruler of the universe, King of all nations, and Master of our lives.

### SUPPLICATION:

- Intercede for the citizens of our nation—that we may all learn to trust God wholeheartedly and live as prayerful and dutiful men and women of Christ. May every Filipino turn to Christ for real salvation and transformation.
- Pray for our Executive, Legislative, and Judicial leaders to uphold biblical values and exemplify godly character, competence, justice, accountability, and family— for them 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
- Intercede on behalf of our country—including our incumbent leaders, that we may all seek the Lord and do His will over the issues that continually weigh-down upon our nation.

### Major National Issues

- Crisis management and economic sustainability.
- Graft and corruption, illegal drugs trade, forced labor, human trafficking
- Ungodly values, moral decline, materialism, idolatry, secularism
- Family disintegration, depression and suicide, identity and gender confusion
- Economic hurdles, high gas prices, inflation, traffic management, bills and laws that are against God's Word and will
- That more Filipinos from all walks of life be saved, disciplined, and for them to develop a genuine love for the Lord

Christians For Nation-Building (C4NB)

- Pray for the Lord to work in and through this movement to raise awareness among Filipinos (especially the youth) on how to vote based on Biblical values and how to live as good citizens that are Christ-honoring.

All Nations of the World

- Pray that every nation would come to know and encounter the Lord Jesus Christ through His people, sharing the truth of the God’s Word and exemplifying the love of God in and through their lives.
- Lift up a prayer for the world—including other nations and governments, that we may all depend on the Lord to carry us through the current global economic challenges and to bring peace in conflict-ridden, war-torn, and economically-devastated places such as:

The West Philippine Sea and nations involved; Israel and Palestine and Iran; Ukraine and Russia; Armenia and Azerbaijan; Iraq, Iran, Afghanistan; Myanmar, the Rohingya nation; Sri Lanka; Sudan, Nigeria, and other countries facing turmoil.

THANKSGIVING:

- Praise Him for the godly work He has accomplished in and through His people.
- Thank the Lord with us for the various nations where CCF has the opportunity to minister, especially through our International Missionary Partners (IMPs) — for them to be sustained and protected by God as they go about spreading the gospel and evangelizing in hostile territories (Central, East, and South Asia; North Africa, Sudan).

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DAY TWO (July 17, 2025)

## GOD'S ATTRIBUTE: HIS GRACE TOWARD HIS CHURCH

### READ IT

<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, <sup>7</sup> casting all your anxiety on Him, because He cares for you. <sup>8</sup> Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. <sup>9</sup> But resist him, firm in your faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world. <sup>10</sup> After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen and establish you. <sup>11</sup> To Him be dominion forever and ever. Amen.

**1 PETER 5:6-11**

### MEDITATE ON IT

1. What is God calling us to do whenever we go through challenges?
2. What is God's promise after we have done our part?



## APPLY IT

Jesus Himself said, “I will build my church” (Matthew 16:18b). Nevertheless, we have an enemy who constantly seeks to destroy us and to thwart the work of God in our midst. When we face these moments, it is an opportunity to cling even closer to Jesus. Ultimately, it is the Lord who will carry His church through the trials, anxieties, and concerns of life so that He will get all the glory!

1. What are the battles I face at present? How can I depend more on God’s grace to face them?
2. In what specific ways will I give of my time, talents, and treasure to build up the church?

*Set Simple, Measurable, Appropriate, Realistic, Time-bound (SMART) commitments.*

Example: Create a simple schedule where you reserve certain portions of the week for unhurried time of prayer, meditation, fasting, Bible-reading, and volunteering in the church. It is also ideal to practice this together with your family, small group, or friends.

## PRAYER JOURNAL

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## C . A . S . T .

**CONFESSION:**

- Acknowledge and confess the times that we were self-sufficient, proud of our accomplishments, and reliant on our own strength rather than in God's power.
- Let the Lord examine our hearts and minds to reveal any sins that need to be brought to light. Ask for His mercy and forgiveness as we commit to get rid of any sinful lifestyle or habit and depend on God to overcome.

**ADORATION:**

- Worship God as our gracious Lord who is faithful then, now, and forevermore. Praise Him as the Chief Shepherd who guides us. Extol Him as the Victor over death, sin, and the devil.

**SUPPLICATION:**

- Let us pray to be more like Jesus - denying ourselves and serving others sacrificially, without expecting anything in return.
- Let us lift our church, Christ's Commission Fellowship, that we may continue magnifying the Lord by making disciples who will make disciples of all nations.

- Pray for a culture of honoring God's Word and authorities in our church—that we may submit to God above all and abide by the wisdom of our elders, pastors, and servant-leaders.
- Intercede for our leaders that the Lord may indeed sustain His servants and grant them wisdom to navigate through the rest of the year such that God is glorified through their lives and our church:
  - Our Senior Pastor Peter Tan-Chi, his wife Deonna, and their entire family
  - Our Elders, Pastors, servant-leaders, and each one's families
  - Our CCF Ministry heads, staff, workers, volunteers, and partner missionaries
  - Every Discippler and their disciples to grow in Christlikeness as they fulfill the Great Commission
  - For Life Academy and LAI College, that these may be used by God for decades to come for His purpose and glory through the raising up of the next godly generations
  - For our national and international church planting initiatives to bear fruit for God's glory

- For the various CCF satellites, ministries, home fellowships, and Dgroups all over the country and the world, as well as those in different workplaces and communities, to continue serving the Lord in steadfastness and faithfulness
- Pray to be part of a Dgroup or, if you are already in one, to start your own Dgroup this year.

### **Pray for Ministries:**

- Across, B1G, Elevate, NXTGEN
- Discipleship Ministry
- WOW (Women)
- MoveMEN<sup>+</sup> (men), Living Free Ministry
- CCF Ministries Team
- CCF Sports
- Marketplace, G-Men
- Tulong Tayo, Uplift, #NotAlone
- Ignite Business Leaders Ministry
- Intercede Team
- Welcome Center & Host Team

### **Pray for CCF Departments:**

- Exalt and CCF Media Team
- GLC (Global Leadership Center) Team
- Pastoral Care Team
- Communications and Live Production Team
- Digital Transformation Team
- I.T. (Information Technology) Team
- Finance and Accounting Team
- Audit Team
- Admin Team
- Procurement Team
- Facilities Management
- HR Team
- Legal Team
- Mt. Makiling Re-Creation Center Team

## C.A.S.T.

- Lift up Mt. Makiling Re-creation Center and the team behind it: for wisdom in managing the facilities and in building the Sports Development projects, for the required staff and key positions to be filled by the right candidates; for all guests to encounter Jesus in a personal and transformational way, for the safety of all who visit MMRC.
- Pray for International Care Ministries (ICM), that the poorest of the poor churches that are part of this program may thrive and multiply as they learn to make disciples who will make other disciples.
- Ask for the Lord's guidance on what He is doing in your community. Offer to Him your own occupation and become a representative of His Kingdom.
- Strive for excellence in school or at work—doing everything for God's glory alone.
- Pray for a culture of obeying God's Word and practicing evangelism and discipleship in your sphere of influence: family, community, company, and country.
- Serve in your workplace or community (start a Bible study or prayer time in your place of work or nearby location).

- Ask the Lord for a personal breakthrough in seeking God's wisdom and counsel for your life. Let the Holy Spirit provide a spiritual revival for you, with renewed strength and zeal to follow Him faithfully.

**THANKSGIVING:**

- Express deep gratitude to the Lord for His calling upon your life. Thank Him for the privilege of working and ministering to others.
- Give thanks to God for using His church locally and globally to spearhead the gospel in unreached areas and to continue the movement of making disciples.

## PRAYER JOURNAL

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DAY THREE (July 18, 2025)

## GOD'S ATTRIBUTE: HE IS OUR HEALER

### READ IT

*<sup>26</sup> And He said, "If you will give earnest heed to the voice of the LORD your God, and do what is right in His sight, and give ear to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the LORD, am your healer." <sup>27</sup> Then they came to Elim where there were twelve springs of water and seventy date palms, and they camped there beside the waters.*

**EXODUS 15:26-27**

### MEDITATE ON IT

1. What commands did the Lord impart to the Israelites in order to heal and sustain them?
2. Read the entire chapter 15 for context. How did God lead His people through the wilderness and its many challenges – including sickness?

## APPLY IT

The Israelites got to experience Yahweh not only as their Deliverer from slavery in Egypt, but also as their Healer who sustained them through the wilderness and healed them of their ailments. This was all anchored on their faith and obedience to the Lord. Where they lacked, God did more than just provide—He was present with them throughout their journey.

1. In what area of my life do I need healing (physical, emotional, spiritual)? How can I depend on the Lord as my Healer and Sustainer?
2. What do I need to change in order to follow God faithfully in whatever condition or challenge I am up against?

*Set Simple, Measurable, Appropriate, Realistic, Time-bound (SMART) commitments.*

Example: “I will create a daily habit of waking up early to pray and read the Bible, exercise and keep an active lifestyle, and get enough sleep or rest.”

## PRAYER JOURNAL

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## C.A.S.T.

**CONFESSION:**

- Let us confess our unworthiness before the Lord and the times that we have relied on our own resources and reasoning rather than running to God first and foremost for our healing and wholeness.
- Repent of our sins in the following areas:
  - Pride, self-centeredness, secret sins
  - Idolatry, greed, materialism
  - Sexual immorality/impurity, lack of self-control, lack of integrity
  - Addictions (alcohol, drugs, pornography, digital/gaming, gambling, social media, etc)
  - Bad influences, ungodly relationships, gossip, slander, lying
  - Suicidal thoughts and tendencies
- Confess and ask forgiveness for sins, shortcomings, any bondage or addictions; seek God's forgiveness and restoration.
- Let us confess the times we let our worries consume us.

Humbly admit the times that we have relied on our own resources and reasoning rather than running to God first and foremost for our healing and well-being.

- Cast your burdens unto the Lord: any discouragement, anxiety, shortcomings, or fear that get in the way of your relationship with God.
- You likely know one or more persons undergoing emotional stress or mental health challenges. Pray for each of them by name, for the Lord's supernatural healing upon them – as well as for salvation if they do not yet know Jesus as Lord and Savior.

**ADORATION:**

- Worship God as our Healer, Sustainer, Provider, Comforter, and Helper in times of need.

**SUPPLICATION:**PHYSICAL HEALING

- As we pray for healing – whether for ourselves or others – let us trust that God heals in His time and in His way. Instead of demanding or dictating how the Lord should heal us or our loved ones, let us remember to pray with child-like faith, believing that God is the same Healer yesterday, today, and forevermore.

- Ask the Lord for a personal breakthrough in your health and well-being. Pray for a heart that seeks God's kingdom above all, and let the Holy Spirit guide your lifestyle so that you would take care of your body which is His temple.
- Pray for good health as we do our part in eating properly, sleeping adequately, exercising regularly, and practicing soul care daily (spiritual disciplines, meditation, silence & solitude before the Lord, and rest).
- Ask the Lord for the grace to love the unlovable and be Christlike to those who mistreat us or think ill of us.
- Ask God for a humble heart to acknowledge the times that we have been the enemy to someone, and to seek an opportunity to make amends and restore the relationship.
- Let us pray in faith for God to grant us victory in such areas as:
  - Conflict in and among our relationships in the family, at work/school, among friends, or fellow churchmates
  - Unforgiveness
  - Bitterness over past hurts
  - Desire for vengeance
  - Pride, defensiveness, rationalizing sin
  - Being abusive or hurtful towards others
  - Attacks of the enemy, demonic influence

#### FINANCIAL WELLNESS

- Let us confess the times we let our worries consume us. Let us repent of the times that we have relied on our own strength or wisdom, rather than depending on God first and foremost for our needs and resources.
- Ask the Lord for a financial breakthrough. Pray for a heart that seeks God's Kingdom above all, and ask the Holy Spirit to help you become a good steward of His resources.
- Pray to be more generous, charitable, and cheerful in giving your time, talents, and resources to God's work – whether in the church, in your family, or community, or to anyone in need at this time.
- Ask the Lord for a relational breakthrough, that He may grant you the grace to forgive those who have hurt you and for Him to restore any broken relationships in the family, at work, or even within the church.

#### RELATIONAL HEALING:

#### **THANKSGIVING:**

## C.A.S.T.

- Thank the Lord in advance for what He will do in His time and way.
- Even if there is no immediate breakthrough, take the time to express gratitude to the Lord for how He is sustaining us through every season, situation, and struggle.

## PRAYER JOURNAL

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## PRAYER JOURNAL

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DAY FOUR (July 19, 2025)

## GOD'S ATTRIBUTE: HIS HOLINESS

### READ IT

*For we are the temple of the living God; just as God said,*

*"I will dwell in them and walk among them;*

*And I will be their God, and they shall be My people.*

<sup>17</sup> *"Therefore, come out from their midst and be separate," says the Lord.*

*"And do not touch what is unclean;*

*And I will welcome you.*

<sup>18</sup> *"And I will be a father to you,*

*And you shall be sons and daughters to Me,"*

*Says the Lord Almighty.*

### MEDITATE ON IT

1. What specific actions or influences might God be calling me to "come out from" and "be separate"?
2. What promise does God make to those who live set apart from the world in holiness? How does this promise of His love shape your understanding of your identity as His child?

**2 CORINTHIANS 6:16B-18**

## APPLY IT

Jesus said in John 3:16 that God loves the world, revealing His deep desire for a love relationship with His children. When teaching the disciples to pray, Jesus called God “Our Father” (Matthew 6:9), affirming that believers are God's children. Many view God as a distant, uncaring, supreme Being, disconnected from our lives. Yet Scripture shows that God longs for intimacy with His family, inviting us into a close relationship with Him as our Father.

1. How does your experience with your earthly father shape your understanding of God's fatherly love and care?
2. In what specific ways can I improve in my personal holiness and purity?

*Set Simple, Measurable, Appropriate, Realistic, Time-bound (SMART) commitments.*

Example: “I will have at least two accountability partners to whom I can confess weekly about my struggles with any form of impurity.”

## PRAYER JOURNAL

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## C.A.S.T.

**CONFESSION:**

- Ask God to reveal any specific sin—such as thoughts, actions, or influences—that may be hindering your holy walk with God.
- Confess this sin honestly to our heavenly Father, expressing sorrow for how it separates you from His presence. Ask the Lord for the grace to turn away from sin, claiming His promise that He will forgive us and cleanse us from all unrighteousness when we confess to Him (1 John 1:9).

**ADORATION:**

- Reflect on the truth that the Lord calls you His son or daughter. Worship God for His fatherly love, praising Him for choosing to make you His own.

**SUPPLICATION:**PRAY FOR THE FAMILY:

- To be used as a channel of His love in your family and other close relationships
- To be a more Christlike spouse, parent, child, family member, friend, etc.

- To shepherd our families in the ways of the Lord
- To be filled with the Holy Spirit in order to exhibit the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23)
- To glorify and praise God in all things, even in the midst of difficulties in family relationships
- Confess our tendency to take our relationships for granted, to ignore conflicts or relational tensions, as well as our unforgiveness towards those family members who have hurt us.
- Pray for intentionality starting this week to reach out to a family member, relative, or friend with whom you need to reconcile.
- Take the opportunity to pray with your loved ones: encourage one another and appreciate each other's good qualities and actions.
- Take time to ask one another: "How can I improve? How have I hurt you? Will you forgive me?", then pray for each other.



## PRAY FOR LIFESTAGE MINISTRIES:

### **Across (Family)**

- More families to put Jesus Christ, His love, and His Word at the center of their relationships
- More leaders and volunteers, especially parents and families, to serve in the ministry and disciple other families
- For parents to raise up their children in the knowledge and love of the Lord Jesus
- For divine wisdom to help Every Family be A Discipleship Group (EFAD)

### **B1G (Singles)**

- May the Lord give wisdom, provision, and protection to all speakers, leaders, volunteers, and participants of B1G Fridays.
- For volunteers to focus on Jesus and follow His example in being intentional in ministering to their families and colleagues, especially to the B1G Ministry participants.
- For singles to remain steadfast and rooted in God's Word in fulfilling His mandate in discipleship

and setting up Bible studies in work places; to be Christlike towards everyone they meet in this season of singleness.

### **Elevate (Youth), #NotAlone Program**

- For God to use our Elevate Youth Ministry to continue to reach out to more students in various campuses; that the youth may come to know Christ and continue to spread the gospel where they are
- For all campus missionaries to be adequately supported
- For our #NotAlone program to continue to expand and reach out to many more schools all over the country and minister to both teachers and students

### **NXTGEN (Kids)**

- For children to grow in their love for God & His Word, and serve Him faithfully
- For more volunteers to teach and train the youngest generation, to model how to treat and love others unconditionally and to be of service unto others

## C . A . S . T .

- For God's constant protection over the children who participate in NXTGEN.
- For God to raise young leaders to be His future servant leaders in His kingdom

### **Pray for Life Academy International (LAI)**

- That all LAI leaders, workers, and teachers would be empowered by the Holy Spirit to educate in educating students in the ways of Christ, impacting them to become committed Christ-followers and influencing them to make Jesus known for future generations
- For teachers and staff to be committed in discipling the students to become Christlike servant leaders.
- For students to influence others for Jesus through excellence in academics, athletics, and the acquisition of new skills
- For the leadership team to be guided by the Holy Spirit in every plan and decision made

### **THANKSGIVING:**

- Thank God for the privilege of being God's child despite our sinfulness and shortcomings. Thank Him for the opportunity to have a personal relationship with Him and to be secure in His fatherly love and care.

## PRAYER JOURNAL

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# LORD'S SUPPER GUIDE

for online participants:



PREPARE BREAD  
AND JUICE

READ: **1 CORINTHIANS 11:23-29**

## WHY ARE WE CELEBRATING THE LORD'S SUPPER?

- It is a symbolic meal instituted by our Lord Jesus as a reminder of what He has done for us. We are to celebrate it often and remember Jesus by "proclaiming His death until He comes" (v.26)
- Before Jesus broke the bread and passed the cup, He gave thanks (v.24) for the opportunity to serve us by giving His body and blood for our sakes!

## WHAT DOES THE BREAD AND THE WINE (IN OUR CASE, THE JUICE) SYMBOLIZE?

- The bread symbolizes the body of Jesus which was nailed to the Cross (v.24)
- The wine (juice) symbolizes the blood of Jesus which was shed for us in the New Covenant (v.25)
- We do not teach that the bread and juice literally become the body and blood of Jesus Christ.
- Instead, we declare that these elements are 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.

## WHY ARE WE CELEBRATING 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.
  - opportunities to serve Him and His people (family, friends, church)
- Look forward and thank Jesus for being alive today, and for the gift of relationships (biological and spiritual family)
  - how He will answer our prayers
  - how He will walk us through this year (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. That the world would realize their need for Jesus Christ and that Christ-followers would proclaim the gospel to all the nations.
2. For God's intervention in sustaining the world economy, maintaining peace and order, upholding the dignity and sanctity of life; for people to continue living in an orderly and God-fearing manner in the midst of tumultuous and uncertain times.
3. Peace and provision for conflict-ridden, war-torn and economically-devastated countries.
4. For CCF Beyond and our International Ministry Partners to be sustained and protected amidst persecution and to continue spreading the gospel and make disciples for Christ.

## THE PHILIPPINES

1. Pray that we may all learn to love God and one another as Christ has loved us. May every Filipino know Jesus and be known for their love for Him.
2. Pray for our incumbent leaders - that they may seek the Lord and do His will over issues that continually weigh-down upon our nation.
3. Pray for leaders to uphold Biblical values and exemplify godly character, competence, justice, accountability, and family — for them 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

4. For corrupt officials to be exposed and brought to justice; systemic change in our country's government and for righteousness, justice, peace, and economic prosperity to be upheld.
5. For rectification of major national issues (economic sustainability, drugs, graft and corruption, forced labor and human trafficking, family fragmentation and absentee parents, moral decline, idolatry, materialism, ungodly values, pornography, sexual promiscuity, LGBTQIA+ agenda, the 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.
6. For more Filipinos from all walks of life to be saved and for them to develop a genuine reverential fear of the Lord.

## THE CHURCH

1. For CCF leaders and members to be characterized by love for God and others, purity, holiness, humility and brokenness, and 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 movement; to be Spirit-filled at all times).
4. CCF elders, pastors, ministry servant leaders, church planters, Dgroup leaders, missionaries, campus workers, staff members, and volunteers to be passionate in serving God; for 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. Pray for each person by name by visiting this link: [ccf.org.ph/meet-the-team/](http://ccf.org.ph/meet-the-team/)
5. For CCF to be effective in evangelizing and making disciples, that each CCF member will take part in the movement by reaching out to their families and relatives, and personal networks with the gospel

6. That CCF members will be devoted to prayer and continuously filled by the Holy Spirit
7. For Elevate to reach the younger generation through its 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 Christlike behavior to their children
5. For parents to be intentional in discipling their children
6. For children to obey, honor, and respect their parents
7. For forgiveness and restoration of relationships - that families will 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 Christlike character by being filled with the Holy Spirit and bearing 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
5. Let the Holy Spirit guide you where He wants you to serve, with renewed strength and zeal to volunteer in God's work

## FINANCES

1. Freedom from debt
2. Good stewardship of God's resources
3. Give generously
4. Business, professional, and career growth

## OTHER PERSONAL ITEMS

5. *(pray for your other personal petitions)*

# HOW DID GOD ANSWER YOUR PRAYER?

## SHARE YOUR STORY AND POINT PEOPLE TO CHRIST.

tag us online



e-mail us

**questions@ccf.org.ph**  
**testimonies@ccf.org.ph**

write to us

**write your answered prayers on a tithe envelope and drop it in the tithe box**





CHRIST'S COMMISSION FELLOWSHIP



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