



INTERCEDE  
CCF PRAYER & FASTING

# BROKENNESS

THE PATH TO BLESSING

JANUARY 12-17, 2026



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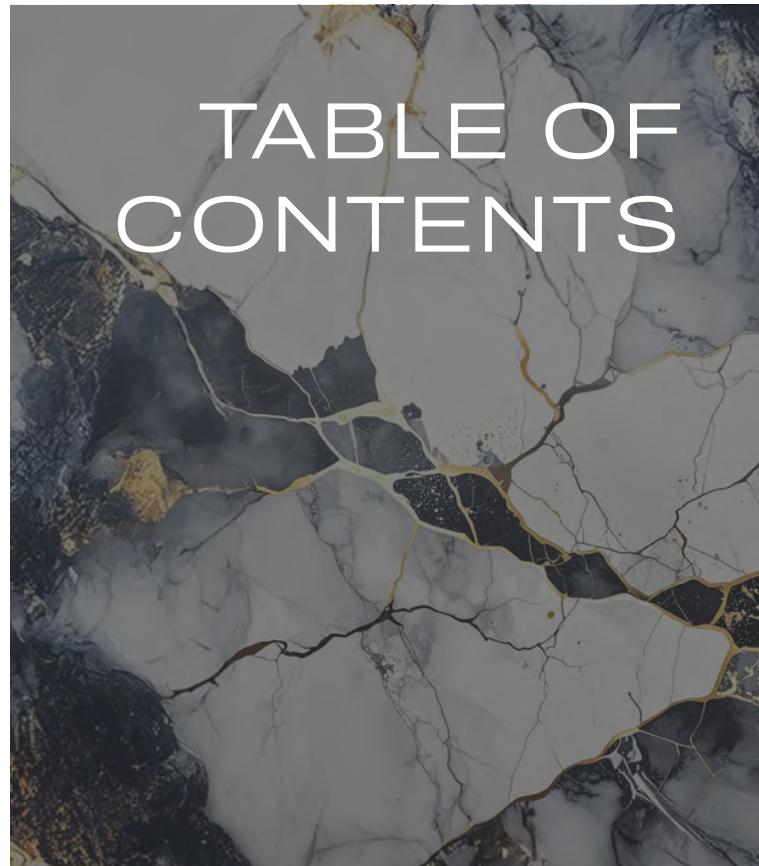
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# LET'S FAST AND PRAY TOGETHER

Our bi-annual prayer and fasting weeks are held at the start and middle of each year to express our dependence on God and realign our hearts to His will.

As we fast and pray together as one church from Monday to Saturday, may we come to understand that while we may not have the answers to all of life's questions, we can find peace and direction in seeking God. In our brokenness, God allows us to experience the strength and blessings that only He can provide.

Let us join our hearts in unity, trusting with joyful expectation that God will unfold His will in our lives.

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

**Brokenness: The Path To Blessing**

## 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 commanding 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

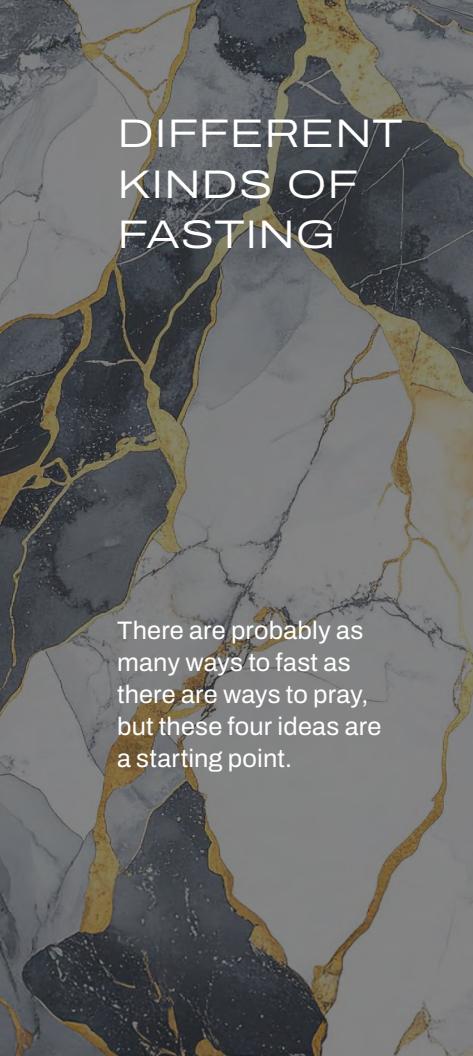
Fasting prompts revival to an individual and to a nation. It brings forth a stirring that will heal, change, and prepare us for greater things in God's kingdom.

## 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))





# 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 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.

## OTHER FASTS

While the Bible speaks of fasting primarily as abstaining from food, the principle can extend to anything that hinders us from seeking God more fully (Hebrews 12:1). Even married couples may, by mutual agreement, abstain from physical intimacy for a time to devote themselves to prayer (1 Corinthians 7:5). Similarly, believers may choose to “fast” from activities or comforts—like social media, television, or other distractions—simply because it will help them give God their full attention.

## 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.** Be aware that some doctors may not have been trained in this area so their understanding about it may be limited.

# PRAY AND FAST WITH YOUR CHILDREN

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

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

**C**

## CONFESSON

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.

**A**

## 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.

**S**

## 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.

**T**

## 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.

The background of the image is a high-resolution abstract texture. It features a complex pattern of veins and layers in shades of dark grey, light grey, and white, resembling natural stone or marble. Interspersed throughout this pattern are thin, irregular lines and patches of a bright, metallic gold color, which appear to be gold leaf or a similar material. The overall effect is one of luxury and organic beauty.

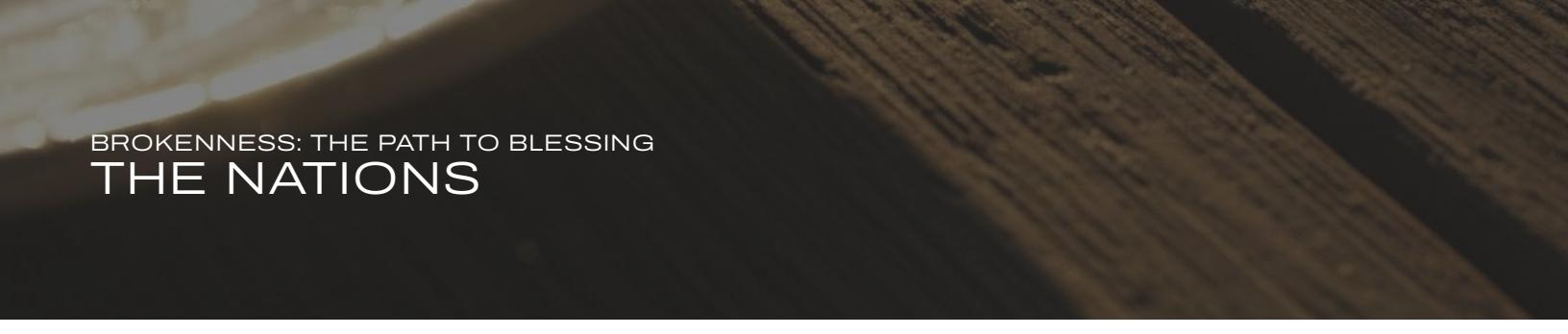
# DEVOTIONS

# THE NATIONS



BROKENNESS: THE PATH TO BLESSING

DAY 1



## BROKENNESS: THE PATH TO BLESSING THE NATIONS

### READ IT

#### 2 Chronicles 7:12-18

<sup>12</sup> Then the Lord appeared to Solomon at night and said to him, “I have heard your prayer and have chosen this place for Myself as a house of sacrifice. <sup>13</sup> If I shut up the heavens so that there is no rain, or if I command the locust to devour the land, or if I send pestilence among My people, <sup>14</sup> 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. <sup>15</sup> Now My eyes will be open and My ears attentive to the prayer offered in this place. <sup>16</sup> For now I have chosen and consecrated this house that My name may be there forever, and My eyes and My heart will be there perpetually. <sup>17</sup> As for you, if you walk before Me as your father David walked, even to do according to all that I have commanded you, and will keep My statutes and My ordinances, <sup>18</sup> then I will establish your royal throne as I covenanted with your father David, saying, ‘You shall not lack a man to be ruler in Israel.’

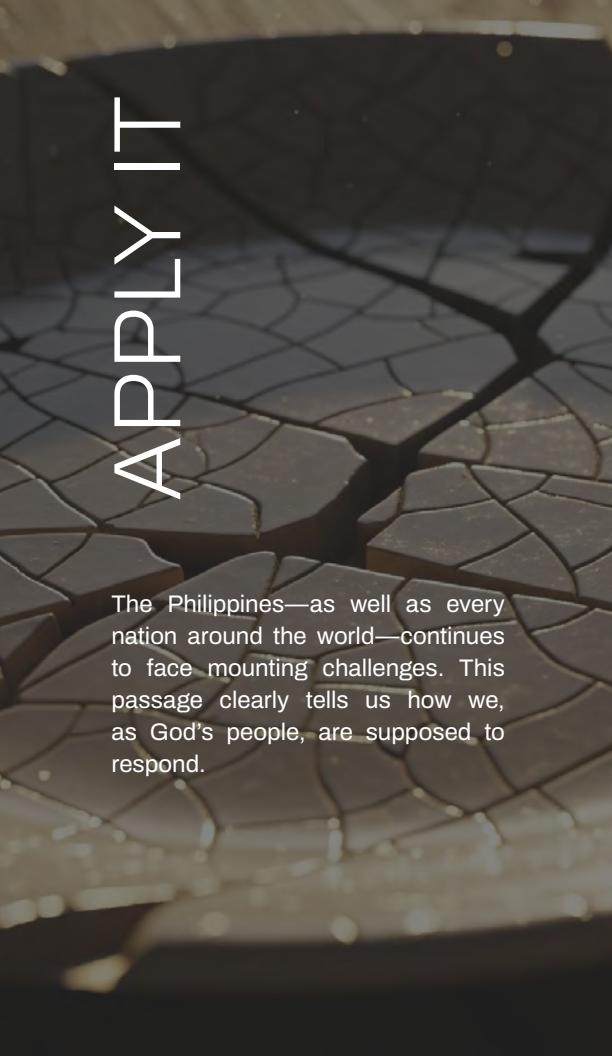
### NOTES

# MEDITATION

1. According to v. 13, what challenges might Israel face and what could be one possible reason these challenges come? (see also 2 Chronicles 6:24, 26, 34-36),
2. In v. 14, what does the Lord call the nation to do—name each step one by one (e.g., turn, humble, pray, etc.). Why are these actions expressions of brokenness?
3. What blessing does God promise the nation when it humbles itself and turns to Him (vv. 14-16), and what specific command and blessing does God give to King Solomon in vv. 17-18?

## NOTES

# APPLY IT



The Philippines—as well as every nation around the world—continues to face mounting challenges. This passage clearly tells us how we, as God's people, are supposed to respond.

1. What challenges does our nation face today (name all you can), and how do you personally respond to them—with apathy? anger? something else? Why?
2. According to v. 14, who should take the initiative in seeking God, and what are the steps that should be taken?
3. How can we, as citizens and followers of Christ, pray and act for our nation and its leaders (v. 17)?

# CONFESSTION

Pause and invite the Lord to search your heart. Come before Him with honesty and humility, confessing both personal sins and the sins of the nation. Remember, "A broken and contrite heart, O God, You will not despise" (Psalm 51:17). Lay your and the nation's failings before Him, trusting in His mercy and grace.



WRITE YOUR PERSONAL PRAYER

# ADORATION

WRITE YOUR PERSONAL PRAYER

Lift your heart in praise to God for who He is and all He has done. Praise God for:

1. His sovereign power over all things
2. His gracious forgiveness through Christ
3. His undeserved compassion and help
4. His miraculous provision in desperate times
5. His mighty works in the past that remind us He is always faithful

# SUPPLICATION

Bring your requests before God in faith. Ask for His supernatural intervention in the desperate needs of your home, workplace, nation, and the world. Pray for local and global leaders—that they may be guided by godly wisdom and convicted by truth. Bring specific challenges before Him, trusting that He is sovereign over all circumstances.



WRITE YOUR PERSONAL PRAYER

# THANKSGIVING

WRITE YOUR PERSONAL PRAYER



Thank God for the blessings of our country and those He has placed in leadership. Recall moments in history when He has rescued and sustained our nation. Give thanks that He is the God who sees, who hears, and who acts according to His perfect will. Rejoice that His faithfulness continues from generation to generation.

# THE CHURCH

DAY 2



## BROKENNESS: THE PATH TO BLESSING THE CHURCH

### READ IT

#### Revelation 2:1-7

<sup>1</sup>“To the angel of the church in Ephesus write: The One who holds the seven stars in His right hand, the One who walks among the seven golden lampstands, says this:

<sup>2</sup>‘I know your deeds and your toil and perseverance, and that you cannot tolerate evil men, and you put to the test those who call themselves apostles, and they are not, and you found them to be false; <sup>3</sup> and you have perseverance and have endured for My name’s sake, and have not grown weary. <sup>4</sup> But I have this against you, that you have left your first love. <sup>5</sup> Therefore remember from where you have fallen, and repent and do the deeds you did at first; or else I am coming to you and will remove your lampstand out of its place—unless you repent. <sup>6</sup> Yet this you do have, that you hate the deeds of the Nicolaitans, which I also hate. <sup>7</sup> He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, I will grant to eat of the tree of life which is in the Paradise of God.’

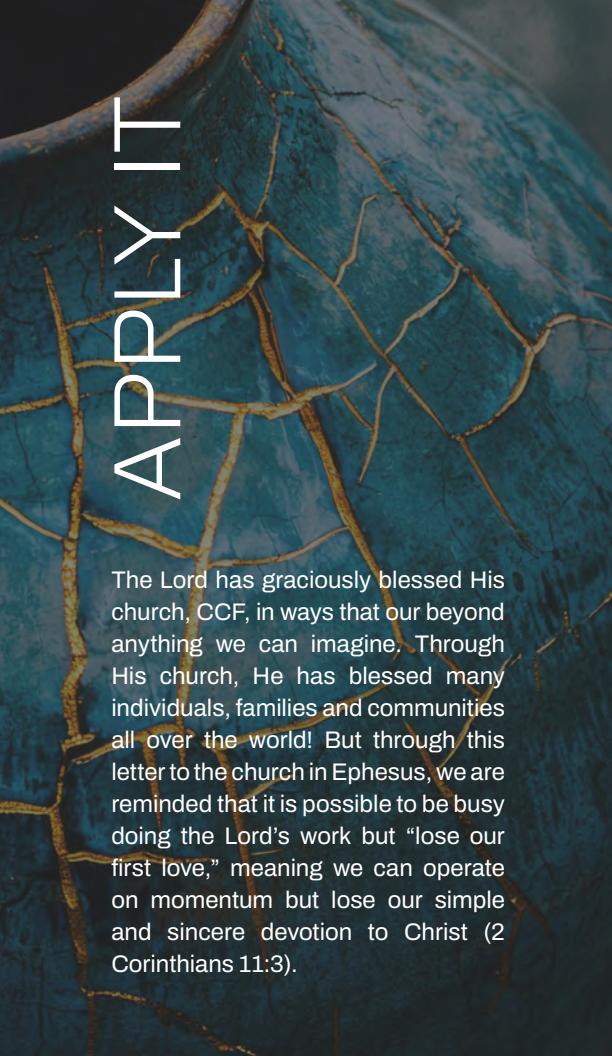
### NOTES

# MEDITATION

1. Who is speaking in these verses, and why is that significant? (See Rev. 1:20 for the meaning of the stars, lampstands, and angels. Angels may refer to divine messengers or the pastors of each church; lampstands are the churches).
2. What are the Lord's commendations for the church in Ephesus (vv. 2-3), and what does He hold against them (v. 4)? Why are these important?
3. In v. 5, how serious is the church's problem and how does Jesus call them to respond in repentance and brokenness? What happens if they refuse?
4. What blessing awaits those who come to the Lord in humility and obedience (v. 7)?

## NOTES

# APPLY IT



The Lord has graciously blessed His church, CCF, in ways that our beyond anything we can imagine. Through His church, He has blessed many individuals, families and communities all over the world! But through this letter to the church in Ephesus, we are reminded that it is possible to be busy doing the Lord's work but "lose our first love," meaning we can operate on momentum but lose our simple and sincere devotion to Christ (2 Corinthians 11:3).

1. In what ways have you seen God bless His church, CCF, in the time that you have been part of it?
2. How can a church today—such as CCF—leave its first love?
3. How is your love relationship with Jesus today? How would you describe it and why?
4. Jesus promises blessing to those who "overcome." Are you constantly filled by the Holy Spirit to overcome temptation and sin? How should you seek the Lord's help in this matter?

# CONFESSTION

Think of times when you realize you were busy with church or ministry activities but have been neglecting your first love—Jesus Himself. Humble yourself and seek His forgiveness for taking Him for granted and not focusing on your love relationship with Him.



WRITE YOUR PERSONAL PRAYER

# ADORATION

WRITE YOUR PERSONAL PRAYER

Pause and reflect on who God has shown Himself to be throughout history and in your own life. Praise Him for:

1. His love and devotion towards you
2. His wisdom and faithfulness to His promises
3. His nearness and attentiveness to His people
4. His generous gift of the Holy Spirit
5. His patience and graciousness towards you

# SUPPLICATION

In humility and faith, ask God to empower you through His Holy Spirit so you may be genuinely and consistently pleasing to Him in all you do. Pray for wisdom to discern if you are getting “too busy for Jesus” that you ironically “do not have time for Jesus.” Lift up CCF as a church, that we will continue in the things that are pleasing to our Lord, but never—ever—lose our first love.

WRITE YOUR PERSONAL PRAYER



# THANKSGIVING

WRITE YOUR PERSONAL PRAYER



Give thanks to God for the gift of salvation and the privilege of being part of His Church. Thank Him for His call on your life, His sovereign protection, His wisdom and revelation, and the empowering presence of the Holy Spirit.

# FAMILY AND YOUTH

BROKENNESS: THE PATH TO BLESSING

DAY 3



## BROKENNESS: THE PATH TO BLESSING FAMILY AND YOUTH

### READ IT

#### 2 Kings 22:2, 8, 11, 13, 19

<sup>2</sup> He did right in the sight of the LORD and walked in all the way of his father David, nor did he turn aside to the right or to the left.

<sup>8</sup> Then Hilkiah the high priest said to Shaphan the scribe, “I have found the book of the law in the house of the LORD.” And Hilkiah gave the book to Shaphan who read it.

<sup>11</sup> When the king heard the words of the book of the law, he tore his clothes.

<sup>13</sup> “Go, inquire of the LORD for me and the people and all Judah concerning the words of this book that has been found, for great is the wrath of the LORD that burns against us, because our fathers have not listened to the words of this book, to do according to all that is written concerning us.”

<sup>19</sup> because your heart was tender and you humbled yourself before the LORD when you heard what I spoke against this place and against its inhabitants that they should become a desolation and a curse, and you have torn your clothes and wept before Me, I truly have heard you,” declares the Lord.

### NOTES

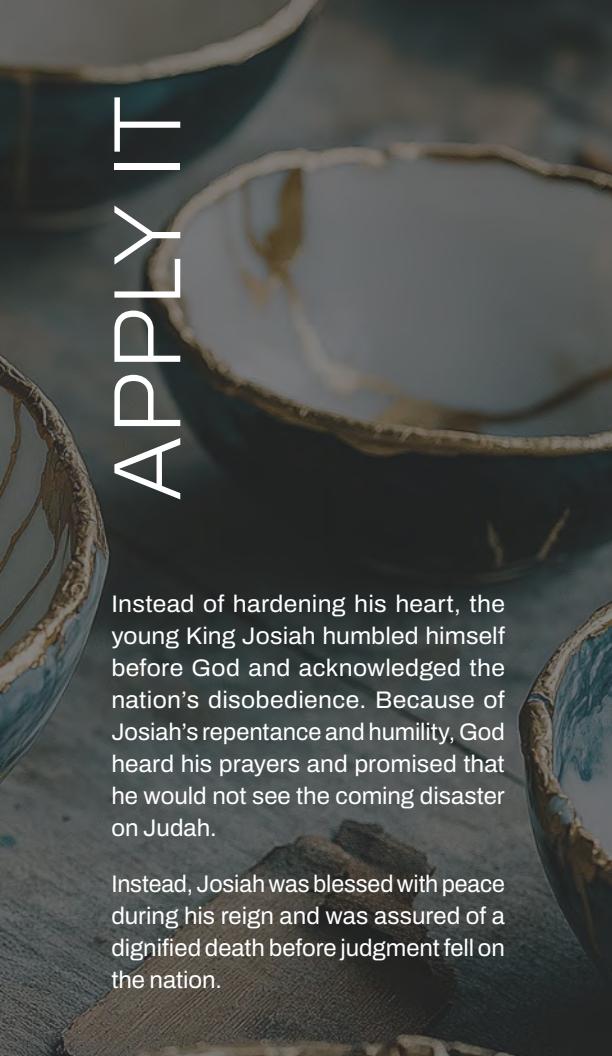
# MEDITATION

Describe Josiah as a king (2 Kings 22:1-2 and 11-13).

1. What is the significance of Josiah's tearing off his clothes when he heard the contents of the Book of Law? What does it show about the depth of his conviction, humility, and brokenness before God?
2. What does Josiah's urgency to seek God's guidance reveal about his priorities as a leader?
3. How did Josiah's response for having neglected God's Law lead to blessing? (v. 18-20) What blessings did he receive from God?

## NOTES

# APPLY IT



Instead of hardening his heart, the young King Josiah humbled himself before God and acknowledged the nation's disobedience. Because of Josiah's repentance and humility, God heard his prayers and promised that he would not see the coming disaster on Judah.

Instead, Josiah was blessed with peace during his reign and was assured of a dignified death before judgment fell on the nation.

1. Do you recall a time when sin brought you deep sorrow? How did you turn to God in that moment? If you are struggling with sin, bring it honestly before God today in repentance.
2. As a leader in your family, school, workplace, church, and/or small group, how can you exemplify humility to those who look up to you?
3. Ask God if there is anything—a command, direction, or instruction—that you have been ignoring and neglecting to obey especially in relation to your family members. Confess, repent, and determine what step/s of obedience you will take as a sign of true repentance.

# CONFESSiON

Ask God to show you areas where you disobeyed or ignored His commands, whether big or small. Reflect on ways you may have failed to lead according to His Word. Repent and ask for His forgiveness.



WRITE YOUR PERSONAL PRAYER

# ADORATION

WRITE YOUR PERSONAL PRAYER

Pause and worship God for who He is:

1. Holy and just
2. Faithful to His word
3. Merciful and compassionate
4. Attentive and responsive
5. Sovereign over nations and history

# SUPPLICATION

Pray for families to have fear of the Lord, godly wisdom, and fortitude. Pray for the youth to overcome fear and embrace God's call with boldness. Ask God for grace to walk in obedience, and for His Spirit to empower you in His call.



WRITE YOUR PERSONAL PRAYER

# THANKSGIVING

WRITE YOUR PERSONAL PRAYER



Thank God for choosing and equipping His people—especially young people and families, for guiding circumstances toward repentance, and for hearing prayers with mercy and compassion.

# HEALING

DAY 4



# BROKENNESS: THE PATH TO BLESSING

## HEALING

### READ IT

#### Mark 7:24-30

<sup>24</sup> Jesus got up and went away from there to the region of Tyre. And when He had entered a house, He wanted no one to know of it; yet He could not escape notice. <sup>25</sup> But after hearing of Him, a woman whose little daughter had an unclean spirit immediately came and fell at His feet. <sup>26</sup> Now the woman was a Gentile, of the Syrophoenician race. And she kept asking Him to cast the demon out of her daughter. <sup>27</sup> And He was saying to her, “Let the children be satisfied first, for it is not good to take the children’s bread and throw it to the dogs.” <sup>28</sup> But she answered and \*said to Him, “Yes, Lord, but even the dogs under the table feed on the children’s crumbs.” <sup>29</sup> And He said to her, “Because of this answer go; the demon has gone out of your daughter.” <sup>30</sup> And going back to her home, she found the child lying on the bed, the demon having left.

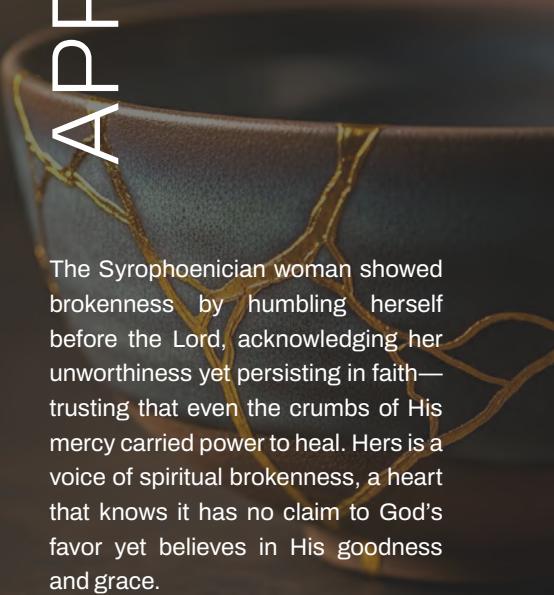
### NOTES

# MEDITATE ON IT

1. Give details that reveal the woman's background. Why was her approaching Jesus considered bold or unusual at that time? (v. 26)
2. How did Jesus' initial response test the woman's faith, and what does her reply reveal about her personal brokenness, as well as her understanding of who Jesus is? (v. 27-28)
3. What change or realization do you believe happened by the end of the story for the woman, the disciples who were with Jesus, and even for us readers?

## NOTES

# APPLY IT



The Syrophenician woman showed brokenness by humbling herself before the Lord, acknowledging her unworthiness yet persisting in faith—trusting that even the crumbs of His mercy carried power to heal. Hers is a voice of spiritual brokenness, a heart that knows it has no claim to God's favor yet believes in His goodness and grace.

1. When have you, like the Syrophenician woman, felt desperate or unworthy before God—and how did that experience shape your faith and dependence on Him? This week, choose one specific request and humbly bring it to God persistently in prayer.
2. In what areas of your life might God be inviting you to move from pride or self-reliance to a place of broken surrender—so His grace can freely flow?
3. Who in your life is in deep need of God's healing today? Pray for them with faith, humility and persistence and take one practical step to show them God's love—such as preparing a meal, offering help, or sending encouragement.

# CONFESSTION

Reflect on how you usually approach God. Ask for forgiveness for the times you came with a sense of entitlement instead of humility. Confess moments when you lacked urgency in praying for loved ones. Acknowledge the times you doubted or underestimated God's power to heal.



WRITE YOUR PERSONAL PRAYER

# ADORATION

WRITE YOUR PERSONAL PRAYER

Lift your heart in worship to God. Praise Him for:

1. His compassion and mercy
2. His mighty power to heal
3. His wisdom in stretching and testing our faith
4. His welcoming heart that opens the Kingdom to all who believe

# SUPPLICATION

Bring before God the areas in your life where you need His healing touch. Ask in humility and faith. Intercede for someone you know who needs miraculous healing, praying that they too would trust God as the Syrophenician woman did. Ask the Lord to shape you into a bold and faithful intercessor for others.



WRITE YOUR PERSONAL PRAYER

# THANKSGIVING

WRITE YOUR PERSONAL PRAYER



Recall moments when God brought healing to you or to someone you love and thank Him for it. Give thanks for His grace and compassion that meet us daily.

Thank Him with confidence, knowing that He hears our prayers and answers in His perfect time.

# WORK AND FINANCES

DAY 5



# BROKENNESS: THE PATH TO BLESSING

## WORK AND FINANCES

### READ IT

#### **Philippians 4:10-13**

<sup>10</sup> But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked opportunity. <sup>11</sup> Not that I speak from want, for I have learned to be content in whatever circumstances I am. <sup>12</sup> I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. <sup>13</sup> I can do all things through Him who strengthens me.

#### (Cross-reference) **2 Thessalonians 3:7-9**

<sup>7</sup> For you yourselves know how you ought to follow our example, because we did not act in an undisciplined manner among you, <sup>8</sup> nor did we eat anyone's bread without paying for it, but with labor and hardship we kept working night and day so that we would not be a burden to any of you; <sup>9</sup> not because we do not have the right to this, but in order to offer ourselves as a model for you, so that you would follow our example.

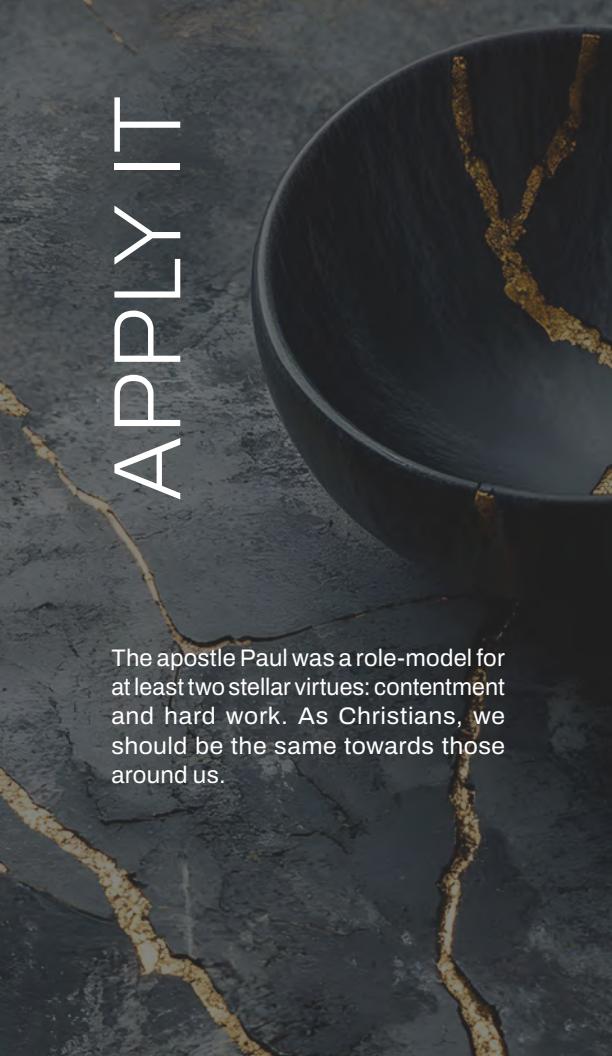
### NOTES

# MEDITATE ON IT

1. This was a time of great need for the apostle Paul—especially since he was writing from prison. How about you? What are your most pressing needs at present—especially those having to do with work, finances, and related matters?
2. Paul endured many hardships (see 2 Corinthians 11:23-29) and lived in godly brokenness. According to vv. 11-12, what important lesson did he learn through it all?
3. One popular verse in the Bible is v. 13. What is the specific context of this verse as you relate it to the rest of the passage? How can you apply this in your life?
4. Based on the passage from 2 Thessalonians, what can you say about Paul?

## NOTES

# APPLY IT



The apostle Paul was a role-model for at least two stellar virtues: contentment and hard work. As Christians, we should be the same towards those around us.

1. Take time to count the blessings of the Lord in your life—be as detailed as possible. How does this help you come before God in an attitude of brokenness?
2. How are you when it comes to contentment in every circumstance of your life? Do you lean more towards complaining or thanksgiving (IMPORTANT: see Philippians 2:14-15 and 1 Thessalonians 5:18)? How can you improve in this area?
3. How is your work discipline? In what ways do you set a good example of excellence (without overworking) that glorifies God and blesses others? How can you improve in this area?

# CONFESSTION

Bring before God your fears, worries, and unbelief about having enough. Ask forgiveness for the times of laziness and mediocrity in your work. Confess your lack of contentment and gratitude towards a God who gives infinitely more than we will ever deserve.



WRITE YOUR PERSONAL PRAYER

# ADORATION

WRITE YOUR PERSONAL PRAYER

Lift your heart in worship and remember who God is:

1. Your faithful provider
2. The sovereign Lord
3. The compassionate healer
4. The strengthener of faith

# SUPPLICATION

Lay your needs openly before the Lord—even those that seem impossible to meet. Intercede for others who are facing desperate situations and ask God to meet them with His power and mercy. Ask Him to use your work, service, and daily life to accomplish His will and bring hope to others. Ask Him to help you do your work excellently to glorify the Lord and bless others.

WRITE YOUR PERSONAL PRAYER



# THANKSGIVING

WRITE YOUR PERSONAL PRAYER



Pause to thank God for His provisions today—whether big or small. Recall how He has provided in the past, and trust Him to provide for the future. Thank Him for the people He has used to meet your needs, and for the times He allowed you to bless others. End with praise that He is the God who sees, cares, and provides—always at just the right time.

# BREAKTHROUGH



BROKENNESS: THE PATH TO BLESSING

DAY 6



# BROKENNESS: THE PATH TO BLESSING

## BREAKTHROUGH

### READ IT

**Luke 22:39-44**

<sup>39</sup> And He came out and proceeded as was His custom to the Mount of Olives; and the disciples also followed Him. <sup>40</sup> When He arrived at the place, He said to them, “Pray that you may not enter into temptation.” <sup>41</sup> And He withdrew from them about a stone’s throw, and He knelt down and began to pray, <sup>42</sup> saying, “Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done.” <sup>43</sup> Now an angel from heaven appeared to Him, strengthening Him. <sup>44</sup> And being in agony He was praying very fervently; and His sweat became like drops of blood, falling down upon the ground.

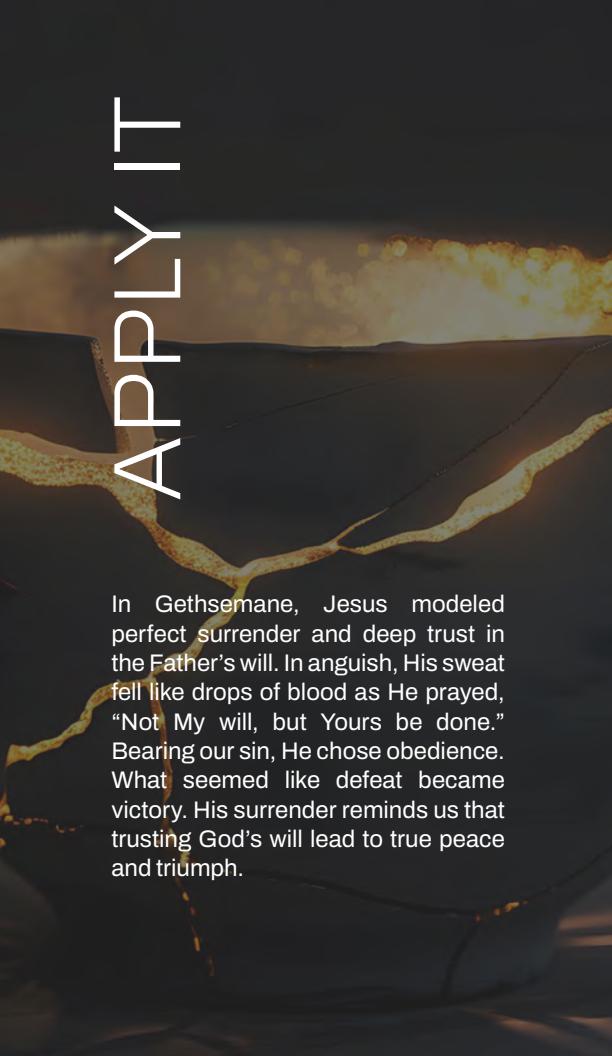
### NOTES

# MEDITATE ON IT

1. Describe the circumstances around Jesus' prayer time (vv. 39-46). What emotions or struggles do we see in Jesus as He prayed in Gethsemane? How does His experience reveal His brokenness—in both His humanity and His obedience to the Father's will?
2. What does Jesus in Luke 22:42 teach us about prayer? What can we learn from His attitude and actions in moments of deep distress or trial?
3. There is blessing in brokenness. How did Jesus' prayer of surrender and submission to His Father's will lead to blessing—for Himself and for us today?

## NOTES

# APPLY IT



In Gethsemane, Jesus modeled perfect surrender and deep trust in the Father's will. In anguish, His sweat fell like drops of blood as He prayed, "Not My will, but Yours be done." Bearing our sin, He chose obedience. What seemed like defeat became victory. His surrender reminds us that trusting God's will lead to true peace and triumph.

1. Recall a time when you struggled to surrender to God's will. How did your prayers compare with Jesus' prayer in Gethsemane? Identify one area of your life to intentionally surrender to God in prayer.
2. Is there something God is asking you to do that you would rather avoid? What makes it difficult for you to pray, "Not my will, but Yours be done"?
3. Write one attribute of God—His goodness, wisdom, or love—that reminds you that His will is best. Cling to this truth whenever you struggle to surrender, and think of one specific step of obedience you will take when it happens.

# CONFESSiON

Come before God in humility. Acknowledge the areas of your life that you have struggled to yield to His will. Ask forgiveness for choosing convenience over obedience, and for trusting your way instead of submitting to His.



WRITE YOUR PERSONAL PRAYER

# ADORATION

WRITE YOUR PERSONAL PRAYER

Pause and worship God for who He is:

1. His sovereignty
2. His love and mercy
3. His faithfulness
4. His redemptive purpose

# SUPPLICATION

Bring before the Lord what you find most difficult to surrender. Ask for grace to obey and trust Him in seasons of uncertainty, fear, or pain. Pray for others who are struggling to yield to God's will—that they may find the same peace and strength that Jesus showed in His surrender.

WRITE YOUR PERSONAL PRAYER



# THANKSGIVING

WRITE YOUR PERSONAL PRAYER



Give thanks to Jesus, who perfectly submitted to the Father's will and accomplished our salvation on the cross. Thank God for His loving purpose that never fails and for the assurance that His will is always good, pleasing, and perfect.

# LORD'S SUPPER GUIDE

Read: 1 Corinthians 11:23-29

for online participants:



PREPARE BREAD  
AND JUICE

## 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 AND HOW SHOULD WE CELEBRATE 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 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

5. 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
6. Pray for our incumbent leaders - that they may seek the Lord and do His will over issues that continually encroach upon our nation
7. 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

8. 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
9. For 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)
10. 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 through purity, holiness, humility, 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 Christ-centered families
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
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

## FINANCES

1. Freedom from debt
2. Good stewardship of God's resources
3. To give generously and cheerfully according to His leading
4. Business, professional, and career growth

## 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 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. For the Holy Spirit's leading and guidance when it comes to ministry and volunteer opportunities

## OTHER PERSONAL ITEMS

*(pray for your other personal petitions)*

# HOW DID GOD ANSWER YOUR PRAYER?

SHARE YOUR STORY AND POINT PEOPLE TO CHRIST

tag us online

   #CCFAnsweredPrayer

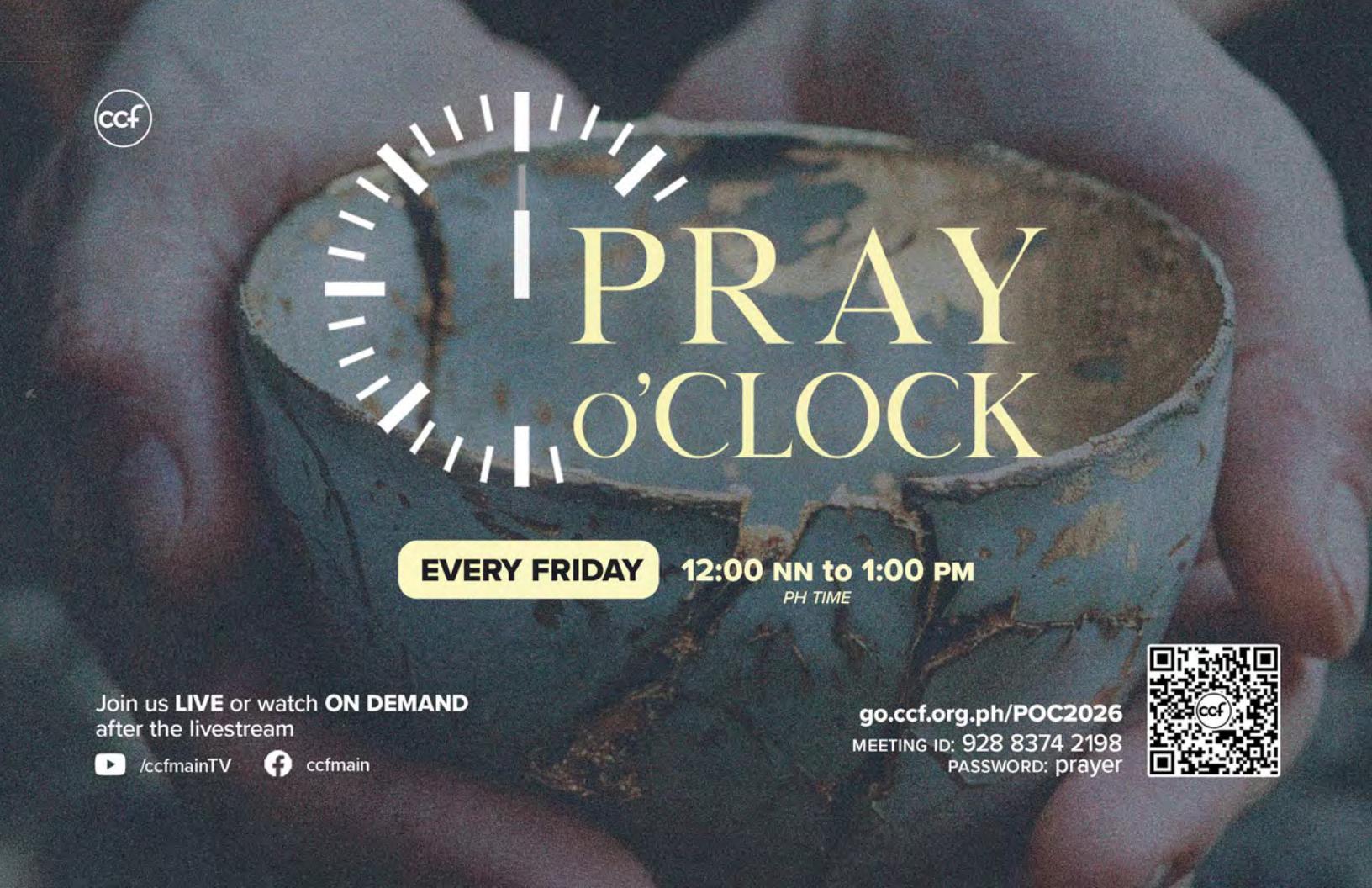
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write to us

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





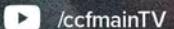
# PRAY O'CLOCK

EVERY FRIDAY

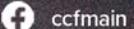
12:00 NN to 1:00 PM

PH TIME

Join us **LIVE** or watch **ON DEMAND**  
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PASSWORD: prayer





INTENTIONAL  
DISCIPLESHIP  
CONFERENCE

# BROKENNESS

THE FOUNDATION OF TRUE LEADERSHIP

JANUARY 29-31, 2026 | CCF CENTER



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