



# I N T E R C E D E

CCF MIDYEAR PRAYER & FASTING

# let's fast and pray together!

Our bi-annual Prayer and Fasting weeks, held at the beginning and middle of each year, are a powerful and joy-filled time to deepen our dependence on God and realign our hearts with His perfect will.

As we come together in prayer and fasting from Wednesday to Saturday, let's seek Him with faith, humility, and great expectation—believing that He will move in amazing ways!

Restoration is God's beautiful work of bringing us from brokenness to wholeness. It begins with a humble heart, true repentance, and full surrender to Him. This kind of restoration goes beyond the surface—it is a deep, life-changing transformation where God heals, renews, and restores us for His greater purpose and glory.

We joyfully invite you to be part of our midyear Prayer and Fasting

## **Restoration: From Brokenness to Wholeness**

Come expectant, come surrendered! He is ready to restore!



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





# PRAY O'CLOCK

**EVERY FRIDAY**

**12:00 NN to 1:00 PM**

*PH TIME*

Join us **LIVE** or watch **ON DEMAND**  
after the livestream

 /ccfmainTV  ccfmain

[go.ccf.org.ph/POC2026](https://go.ccf.org.ph/POC2026)

MEETING ID: 928 8374 2198

PASSWORD: prayer





(02) 8866-9900



[questions@ccf.org.ph](mailto:questions@ccf.org.ph)



[ccf.org.ph](http://ccf.org.ph)



[facebook.com/CCFmain](https://facebook.com/CCFmain)



[instagram.com/CCFmain](https://instagram.com/CCFmain)



[youtube.com/CCFmainTV](https://youtube.com/CCFmainTV)



C5 corner Ortigas Avenue,  
Ortigas East, Pasig City