



••• FILLED TO •••
OVERFLOW

PRAYER & FASTING WEEK 2015

*“...they were all filled with the Holy Spirit
and spoke the word of God boldly.”*

Acts 4:31

From the Senior Pastor

Dearest brothers and sisters in Christ,

What a joy it is to welcome another beautiful and exciting year with all of you! Every single one of you has been a blessing to the CCF family and that is something that I, together with the CCF elders and staff, have been truly grateful for.

Philippians 1:9-11 says, “And this I pray, that your love may abound still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; having been filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God.”

As we look forward to the new opportunities and challenges that 2015 will bring, I invite you to join me in examining what fills our daily lives. Do our lives exude God’s righteousness? Or do people give us a questioning look when we tell them we are Christians?

It is my prayer that CCF will adopt the lifestyle of examining what fills us on a day-to-day basis. I believe that what we fill our lives with can be a barometer of our intimacy with the Lord. That is why I want to personally invite you to join us for this year’s CCF Prayer and Fasting Week.

We will be diving into the Book of Acts to see how the lives of six exceptional people helped the early Church prosper by proclaiming the message of Jesus’ love to everyone. May their lives be an inspiration for you to a deeper and more intimate relationship with our Lord and Savior, Jesus Christ.

May their examples also serve as an inspiration in doing the ministry that God has entrusted to us. I am excited to see how God will fill us with His grace and mercy so that these will overflow to all the people that we meet. I am looking forward to how our intimacy with God will manifest itself in the lives our families, friends, loved ones and everyone around us. Let us all gear up for what God is going to do in and through CCF this year!

Your fellow servant of the Almighty King,

Pastor Peter Tan-Chi

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The only recorded request ever given by the disciples to Jesus is to teach them how to pray. The disciples did not ask Jesus to teach them how to perform miracles or preach. Can I tell you why?

Because the disciples must have observed the life of Jesus. They saw a very clear connection between the prayer life of Jesus and his ministry. They saw the prayer life of Jesus impacting how He helped the people.

Peter Tan-chi

GUIDE

God gives you the source of all blessings - the fruit of the Holy Spirit, the gift of the Holy Spirit. The source of all power is God himself. The greatest blessing of praying unceasingly is God himself.

So when you have unanswered prayer, blessing is on the way. You keep praying, because unanswered prayer increases your capacity to know God. It increases your capacity to experience Him.

Peter Tan-chi

Why Fast?

Your prayer life is the outflow, the manifestation of your dependence upon God. The more dependent you are on the Lord, the more you will be prayerful.

Peter Tan-chi

God expects us to fast.

And **whenever you fast**, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head, and wash your face. – **Matthew 6:16-17**

Jesus said “When you fast”, not if you fast. This means that fasting, like prayer, is not an option. Fasting is part of the Christian life.

Jesus Fasted.

And after He had fasted forty days and forty nights, He then became hungry. – **Matthew 4:2**

Before His ministry, Jesus fasted for forty days. He knew He needed spiritual strength to fulfill His purposes. Fasting makes us physically weak, but spiritually stronger and more prepared to do God’s work.

The early Church fasted.

Then, when they had fasted and prayed and laid their hands on them, they sent them away. – **Acts 13:3** (see also Acts 14:23)

The Church fasted for Saul (Paul) and Barnabas. Later, Paul and Barnabas appointed leaders in various churches, fasting and praying before commending these leaders to the Lord.

Fasting demonstrates humility before God.

But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom. – **Psalms 35:13** (See also 1 Kings 21:27-29; Ezra 8:21)

Humility lets us experience God’s grace. When we humble ourselves in prayer and turn from our wicked ways, God promises to hear us and answer us according to His perfect will.

Fasting makes us sensitive to the leading of the Holy Spirit.

And Jesus, full of the Holy Spirit, returned from the Jordan and was led about by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days; and when they had ended, He became hungry.

– **Luke 4:1-2** (See also Acts 13:2, Matthew 17:21, Mark 9:29)

We are prone to forget our priorities. Fasting is a visible reminder to us that God takes precedence over all our needs. Fasting lifts up the matter at hand to God who is able to bring about awesome works that bring Him great glory.

Fasting brings about personal and national spiritual revival.

If My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land.

– **2 Chronicles 7:14**

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes. – **Daniel 9:3**

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

Fasting is good for our health.

Fasting improves our physical condition. Many impurities in the body are burned up when the body is denied food, thus, clearing the mind, cleansing, and healing the body. “Even people who are underweight who fast for spiritual purposes have been known to gain weight after completing their fasts.” Many Bible teachers say that a three-day fast is especially beneficial for spiritual cleansing and also for breaking addictive habits.

(“What Does the Bible Say About Fasting?”, Christ Unlimited Ministries, www.bible.com)

Four Kinds of Fasting

Do everything you can to the best of your ability and leave the results to God. Pray expectantly as though everything is dependent upon God.

Peter Tan-chi

There are probably as many ways to fast as there are ways to pray, but these four ideas are a starting point.

1. **Normal fast**

In a normal fast, a person goes without food for a predetermined amount of time - 1 day, 3 days, 1 week, or longer. Water is allowed and necessary, of course. Extreme care should be taken with long fasts, especially if there are any underlying medical conditions. It is wise to consult your physician if you are planning on embarking on a long fast.

2. **Partial fast**

In a partial fast, a person just eats certain food in a period of time or has one or two meals a day. Daniel and John the Baptist maintained a certain diet during their fasts. John Wesley ate only bread and water for many days as his fast.

3. **Juice fast**

This is a partial fast specifically restricted to only juices.

4. **Object fast**

It is possible to fast on something other than food. Some decide to fast on TV or computer time. But for the rest of this booklet, we will address food fasts. The key is to replace the time spent on that activity with time devoted to the Lord.

Caution

While there are benefits in fasting, some should not fast without professional supervision.

For example:

- Persons who are physically too thin or emaciated.
- Persons who are prone to anorexia, bulimia, or other eating disorders.
- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.
- People taking prescription drugs. Consulting your attending physician before taking your medication.

Consult your doctor before you begin your fast. But be aware that many doctors have not been trained in this area so their understanding about it may be limited.

Your joy, your happiness is dependent on the intimacy with the Lord; therefore you want to spend time with Him.

Peter Tan-chi

DEVOTIONS

During CCF's Prayer and Fasting Week last 2007, I asked God what it meant to love Him. He led me to John 14:15, which says, "If you love Me, you will keep My commandments." From that time on, the Lord became my best friend, and I started learning how to obey, love and serve Him day by day...

It is really amazing how God continues to use a nobody like me to serve Him, the best Boss, our King of Kings and Lord of Lords. There are no regrets leaving my previous corporate job of seven years in order to obey God's calling for me to be a full-time campus missionary.

Selle Dungo

ELEVATE UBELT CM

Stephen: The Spirit-Filled Volunteer

Scripture Acts 6-7

Observation

1. How is Stephen described in each of the following verses? Acts 6:3, 6:5 and 6:8. Write each description on the opposite page.
2. How did those qualities manifest in Stephen's life and ministry? See Acts 6:8, 6:9-10, 6:15, 7:59 and 7:60. Write each manifestation in your Prayer Journal.
3. Chapter 7 is the longest sermon in Acts. What accusation did Stephen address with it (6:12-7:1)? Did he have time to prepare it? What does that say of Stephen? What does the sermon say about Stephen as a witness for Jesus in Acts 7:2-50 and 51-53?
4. Despite false accusations (6:11-14), an angry mob (in 7:54), being dragged out of the city and stoned (7:58-60), describe his peace and composure. Do you see any evidence of fear or hatred?

Application

1. Where did Stephen's qualities (Observation 1) come from (see Acts 6:3, 5, 10 and 7:55)? What should you do to have this in your life (Ephesians 5:18, Galatians 5:16)? How often? Write down a commitment to God with the steps you must take.
2. If you too were questioned about your faith in Jesus and your adherence to the Bible, would you be ready? Could you cite appropriate supporting verses? Could you speak graciously? What do you need to do to prepare for such a situation?
3. If people attack your faith, what will your reaction be? Retaliation or forgiveness? Do you need to forgive or ask for forgiveness from anyone? Ask God to reveal any issue you need to resolve.

Prayer

Reflecting on the life of Stephen, pray that God helps you renew your passion in studying His Word. Pray that He will also fill you with the Holy Spirit moment by moment. Trust that He has given you the power to continue His work according to His will.

Before I joined BSK Ministry in 2007, I had been praying to God to lead me to a ministry which is least popular, where He could use my management skills and corporate experience and where there would be life changing experience to those ministered to.

Gie Fernandez, *Back Street Kids Ministry Head*

Scripture Acts 6:1-5; Acts 8:1-13, 26-40

Observation

1. Read Acts 6:3-5. What were the characteristics attributed to Philip and the others? How were they seen in Acts 8:1-13, 26-40?
2. What was the situation when Philip ministered in Samaria (Acts 8:1-3)? Did the Ethiopian's high position (Acts 8:27) hinder Philip from sharing the gospel to the eunuch? What should be our mindset when we encounter these kinds of "obstacles"?
3. In Acts 8:5&35, what was the central theme of Philip's message? What should be our focus when we share the Gospel with others?

Application

1. In Acts 8:8&39, what did the people experience when the Gospel was shared? What do people not committed to Jesus experience when they encounter you? What about fellow Christians? What do you need to do to be filled with God's presence for it to overflow to the people around you as you talk and relate with them?
2. Note that Philip was commanded to leave a thriving ministry in Samaria (Acts 8:5-8) to go through the desert (v.26-27) and minister to an Ethiopian. Bottom line, God cares about people, regardless of background or position. With whom do you need to share the Gospel even if you have to go out of your comfort zone in obedience to the leading of the Holy Spirit?
3. When the eunuch did not understand Isaiah 53:7-8, "Philip began with this same Scripture and then used many others to tell him the Good News about Jesus" (Acts 8:35, NLT). What do you need to do so that God's Word is deeply rooted in your heart and fully utilized when the situation calls for it?

Prayer

Pray for an overflow of God's love in your life so that this love will compel you to share it to others. Pray for a Spirit-led lifestyle of sharing the Gospel to others as well as open doors and open hearts for those who will hear.

Genuine compassion and love for people makes one effective in ministry. This is neither natural nor commonplace.
To have those, I have to replace my heart with His.
BJ de los Santos, *Lawyer for Jesus*

Barnabas: The Encourager

Scripture Acts 4:36-37, 9:26-31, 11:22-30, 13:1-13, 13:42-15:41

Observation

1. What qualities of Barnabas are described in Acts 4:36-37, 11:22-23 and 11:24? Write each quality in your Prayer Journal.
2. When none of the disciples in Jerusalem wanted to help Saul, the new convert who used to persecute the disciples, what were some of the things Barnabas did in Acts 9:26-27?
3. When Mark left the missionary group in Pamphylia (Acts 13:13), Barnabas did not give up on him. What did Barnabas sacrifice to take him along in their next journey (15:36-40)? How do you think this affected the growth of Mark as one who became “useful for service” (1 Timothy 4:11) and the writer of one of the gospel accounts? How do we compare ourselves in discipling people who disappoint us? Do we give up easily on them or do we encourage them with 2nd or 3rd chances?

Application

1. The name given to Barnabas means Son of Encouragement (the same term used by Jesus to describe the Holy Spirit in John 16:7). What does this say about how the fruit of the Spirit was evident in his life? What do you need to do to become a Barnabas to the people around you?
2. The Bible commands us to encourage one another both in 1 Thessalonians 5:11 and Hebrews 3:13. Checking the context of each, who are we commanded to encourage in each of those verses? Ask the Holy Spirit who are the individuals that you need to especially encourage who can be mightily used by God.

Prayer

Write a short prayer to Jesus that sums up what you learned from this devotion and expresses what you need to do as a response.

When I was just starting, I was challenged to conduct a Bible Study in one rehabilitation facility. I hesitated because I thought more of my inadequacy. However, God spoke to me through John 14:26 in one of our fasting sessions and that started my work in this ministry.

Butch Mossesgeld, *Glorious Hope Ministry Head*

Scripture Acts 10:1 - 11:18

Observation

1. How did Peter view his relationship with Jesus in 2 Peter 1:1a? What are the implications of each term? What could have motivated him to adopt that view (1:1b)?
2. What issue initially hindered Peter from bringing God's word to somebody like Cornelius (10:28)? What caused Peter to set aside his prejudice (10:11-20)? What was he doing when this happened (10:9, 19-20)?
3. What lesson did Peter learn about the nature of God (10:34-35)? How did the other leaders feel about what Peter did (11:2-3)? How did Jesus handle a similar situation (John 4:4, 7-9, 39-42)?

Application

1. Following Peter's example in Observation 1, what term best describes your relationship with Jesus? How are you living it out?
2. Based on Observation 2 above, how receptive and obedient are you to God's prompting while praying? What do you need to do to practice listening to God more?
3. What is our attitude towards movie stars and politicians, even controversial ones who worship in CCF and join Dgroups? Do we judge them or those who reach out to them? How can we stay above board in reaching out as modeled in Acts 11:1-18?
4. Reaching Cornelius was instrumental in reaching those who were never considered a part of the church. How strategic is it to reach persons of influence in fulfilling Acts 1:8 and Matthew 28:18-20? Christians need to influence the seven mountains of society: business, government, media, arts and entertainment, education, family and religion. Did God place you in any of these mountains which He may be calling you to influence? List people or organizations with whom you are associated which may be strategic for the spread of the gospel.

Prayer

Write a prayer to sum up what you learned and express what you need to do in response. Ask forgiveness from God and people whom you may have hurt by your comments and attitudes. Ask God to help you reach out to the names you wrote in Application 4.

Discipling others has helped me to walk right with God. It is a check, a healthy pressure, if you will, to always be controlled by the Spirit so I don't cause those who follow me to stumble.

Gerry Argosino, TMA Homeschool Managing Director

Scripture Acts 18, 1 Corinthians 16:19, Romans 16:3-5, 2 Timothy 4:19

Observation

1. What do we learn about Aquila and Priscilla in Acts 18? Where are they from? Why did they move to Corinth? What was their source of living? What was the initial relationship of this couple to the Apostle Paul? After Paul spent a considerable time with this couple (18:11, 18), what could have persuaded them to join the apostle in going to another continent in Ephesus (18:19)?
2. On meeting Apollos, what did they do (18:26-28)? What does this tell us about how Paul influenced their lives? How did they impact the life and ministry of Apollos?
3. Priscilla and Aquila were never mentioned without each other. Was any other couple mentioned in Acts or the epistles? What does this say about Aquila and Priscilla's marriage?
4. How did Aquila and Priscilla use their home (Romans 16:3-5, 1 Corinthians 16:19)? What does the fact that Paul greeted the church that meets in their home in 2 different cities indicate?

Application

1. First Corinthians 8:6 sums up the origin and purpose of all things. What is the purpose and goal of your life and marriage?
2. **Singles:** What kind of spouse should you pray and look for to have a marriage full of God's love? What should you do or change to concern yourself more "about the things of the Lord" (1 Corinthians 7:32) and find fulfillment in doing so?

Married couples: How does your marriage compare or contrast with Aquila and Priscilla's? What improvements can you adopt?

3. Aquila and Priscilla risked their lives for the ministry (Romans 16:3-5). Are you and your spouse open about doing ministry together? Are you prepared for the sacrifices that can come? How can you encourage your spouse to do ministry?

Prayer

Commit to God your life and (future) marriage. Ask for strength to please Jesus more and more in life whatever your situation in life may be – married, unmarried, separated or widowed.

Witnessing our leaders and members in our D12 prioritize their time for God despite of their busy schedules helps us draw closer to Him. Their passion and boldness to serve and share God's Word to people give us encouragement and inspiration.
Benedict & Michelle Balisbis, *Husband and Wife Ministry Team*

Timothy: Filled by the Cross

Scripture 2 Timothy 1:3-14

Observation

1. Timothy is known to be Paul the Apostle's son in the faith. Several of Paul's letters in the New Testament, two of which were his most personal letters, were addressed to Timothy. Together they served and persevered for the Lord.

In your Prayer Journal, write down how Paul described Timothy in the following passages: 1 Corinthians 4:17, Philippians 2:19-22, 1 Thessalonians 1:1, 1 Thessalonians 2:2-12, 2 Timothy 1:5-6 and 2 Timothy 3:15.

What do these passages tell us about Timothy's relationship with God?

2. What difficulties did Timothy face as a young man serving the Lord (See 1 Timothy 1:3-4 and 4:1-2; 2 Timothy 3:1-5, 10-12)?
3. How did Paul encourage Timothy to persevere (2 Timothy 1:8-12; see also 1 Timothy 1:12-17)? How does this reality give believers strength to persevere?

Application

1. This study teaches us about having an overflowing life that invests itself in the lives of others especially young people, as exemplified by Paul and even Eunice and Lois in discipling Timothy. Which young person can you invest your life in?
2. From Observation 3 above, what specific action steps can you do to daily remind yourself of what Jesus has done for you?
3. Look more carefully on Paul's charge to Timothy found in 1 Timothy 4:12. Regardless of your age, name a specific step that you will do to provide an example for the believers in each of the following areas: speech, life, love, faith and purity.

Prayer

Pray to the Lord to give you a committed person like Timothy whom you can disciple. Ask for strength and perseverance to be an example in speech, in life, in love, in faith and in purity.

God has changed me from the inside out. I started to study the Bible and learned from Him how should I live my life. I am enjoying the pleasure of having a relationship with Him and knowing more about Him. I am now also privileged to serve God through NXTGen as a small group teacher. God enabled me to share the Gospel boldly in the campus and I am now leading a small group in UP.

Chino Francisco, Youth Volunteer

PRAYER LIST

If I am not filled with the Spirit, then I will have a negative attitude towards people around me. Despite being a Christian for a long time, victorious living is a daily, step-by-step living being filled with the Spirit.

And people, without me knowing, will always look at my life. If I am not Spirit-filled then I will not carry the name of Jesus properly.

Tim Esparaz

D12 LEADER

Prayer List

A. **The Philippines**

1. President Aquino and Cabinet officials – honesty and competence
2. Senate and House lawmakers – loyalty to the country
3. Chief Justice Sereno and the Judiciary – effective reforms for justice and righteousness to prevail
4. Corrupt officials to be jailed
5. Righteousness, justice, peace, and economic prosperity
6. Evangelization of the country
7. Recovery and rehabilitation of areas affected by different typhoons
8. Protection from calamities
9. Curtailment of the drug problem, human trafficking, poverty, etc.

B. **The Church**

1. Love, purity, zeal, and graciousness of CCF members
2. Faithfulness to God's mission and vision for CCF
3. The Leaders and their families – Elders, Pastors, Dgroup Leaders
4. Staff, volunteers, and workers
5. Worship and Training Center, Mt. Makiling Re-Creation Center
6. Global Leadership Center
7. Protection and guidance for Church planters, missionaries, and their families

C. **Personal Breakthrough**

1. Spiritual revival
2. Physical healing
3. Breaking of bad habits
4. Christ-like character

D. **Family**

1. Restoration of relationships
2. Household salvation

E. **Finances**

1. Freedom from debt
2. Financial blessings
3. Rich generosity

F. **Other Personal Prayer Items**



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