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# seek the one

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MID-YEAR PRAYER AND FASTING 2013





## From the Senior Pastor

Beloved brothers and sisters in Christ,

The first half of 2013 seemingly flew by. I praise God for how He moved mightily in our midst as a church. The inauguration of the CCF Center, Nick Vujicic event and GDC 2013 just to name a few have been testaments of God's faithfulness to us. As we usher in the second half of 2013 together, I invite you to join us in a 5-day prayer and fasting happening this July 24-28.

When we look for a person who demonstrated passion in knowing God and having intimacy with Him, David easily comes to mind. Because he sought God with everything he did, he truly was a man after God's own heart.

The Psalms records his praise, anguish, suffering, and hope as a manifestation of his love for the Lord.

We all know that David was far from perfect. He led the Israelites to many great victories in battle but he also stumbled and fell into sin. How can he then be a man after God's own heart?

What set David apart was his conviction to seek God in every circumstance. His heart was centered in knowing God's will for his life. David loved God's law for he knew that the Law was given for his own good. He kept God's commands close to his heart, spending days meditating on them and applying them in his life. He believed in the Law's power to change his life through obedience.

This love for God's commands led him to have an attitude of thanksgiving, repentance, submission, and reverence to God. No matter the circumstance he was in, David trusted God.

It is my desire to see CCFers become men and women after God's own heart. May this prayer and fasting kindle a longing to be like David and seek the one and only source of sufficiency, declaring His glory to the nations.

**Pastor Peter Tan-Chi**

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The whole Christian life is a life in which the further a person progresses, the more he has to depend directly on God... The more we progress, the less we are self-sufficient.

The more we progress, the poorer we get so that the man who has progressed most, is totally poor - he has to depend directly on God. He's got nothing left in himself.

*Thomas Merton*

# GUIDE

The Lord is a sun: He is the Source of all light and life. To live apart from Him is death, but His fellowship is life for us. And the Lord is a shield: He protects and preserves His people from all the powers of evil that seek their destruction. He does not in this life, remove all evil and affliction from them, but He gives them grace which is sufficient unto every need.

He makes us taste His goodness even in the way of adversity and makes that way subservient to our glory. Never does He withhold any good thing from those that walk in His way.

*Herman Hoeksema*

# Prayer and Fasting

The function of prayer is not to influence God,  
but rather to change the nature of the one who prays.

**Søren Kierkegaard**

Throughout history, God has called on His people to humble themselves through prayer and fasting. As a spiritual family, we practice prayer and fasting to deepen our intimacy with God. Fasting is a spiritual weapon God used to advance His kingdom, move nations, spark revival and bring victory to the lives of His people.

In 2 Chronicles 7:14, God says, “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.” Prayer and fasting fulfill these requirements.

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God’s face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

Fasting is part of a believer’s life of faith in Christ. In a fast, the believer chooses to do without something that is hard to do without for a set period of time.

Biblical fasting is more simply not eating, but it is abstinence from food with a spiritual goal in mind. It always accompanied by prayer in the Bible; it is a form of worship. Fasting is a way of serving God (Luke 2:37) and ministering to the Lord (Acts 13:2).

As we fast again this year, let us all be reminded that we do everything for the glory of God.



# Why Fast?

Fasting from any nourishment, activity, involvement or pursuit—for any season—sets the stage for God to appear.

**Dan B. Allender**

## **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](http://www.bible.com))

# Four 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.

## 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.

# Preparing to Fast

Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God.

**Andrew Murray**

## 1. **Set your objective and commit to a type of fast.**

Why are you fasting? Renewal? Guidance? Healing? Special grace? Ask for leading from the Holy Spirit. Once you know why, you must commit to the fast.

- Choose the type of fast God wants you to undertake.
- Choose how much time you will devote daily to prayer and meditating on God's Word.

## 2. **Be expectant.**

Be reminded that the Lord listens to a prayer from the heart. Be humble and authentic as we expect results from God.

## 3. **Prepare yourself spiritually.**

The foundation of fasting is repentance. Unconfessed sin hinders prayers. Seek forgiveness from all you have offended and forgive all who have hurt you as the Holy Spirit leads you.

## 4. **Prepare yourself physically.**

If you take medication or have a chronic ailment, consult your physician before beginning the fast.

## 5. **Lessen physical activities.**

Limit your physical and social activities during your fast so you can spend more time in prayer and reading the Bible.

As you dedicate time in fellowship with the Father, ask for guidance. Clearly define your expected personal applications in your life, family, finances, and church. You are entrusting these to God for the rest of the year.

Expect God to answer. Remain thankful throughout and after the fast.

# 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.

# During a Fast

We tend to use prayer as a last resort, but God wants it to be our first line of defense. We pray when there's nothing else we can do, but God wants us to pray before we do anything at all.

**Oswald Chambers**

## 1. **Seek the Lord.**

During the times you usually allocate for meals, commit to prayer and Bible reading. Remain accountable to your small groups. What you don't eat physically should be compensated spiritually. One way is to attend the daily evening prayers in CCF at 7-8pm. Be ready to respond when you hear from God.

## 2. **Commit to change.**

Work on whatever God convicts you of immediately. If you need to make amends, immediately contact those you have broken relationships with. Ask your small group leader to hold you accountable.

## 3. **Pray for suggested items.**

Pray for the items on your prayer list and other items as the Spirit leads. Let us use this time to intercede for our family, church, country, government, Dgroup members, Christians around the world, missions, etc.

## 4. **Fill your mind with the Word of the Lord.**

Soak in God's Word. Although our body may hunger, our soul must be filled with the spiritual food that will help us to deny our flesh. Consider a fast from food as a spiritual feast.

## 5. **Put yourself on a schedule.**

Set aside ample time to be alone with the Lord. Listen to His leading. The more time you spend with Him, the more meaningful your fast will be.

- Praise and worship.
- Confession and repentance of sin.
- Meditate on God's Word.
- Pray for His vision in your life and empowerment to do it.
- Spend time in intercessory prayer for your leaders, the world's unreached millions, your family, and personal needs.

- Take short, spiritual walks.
- If others are fasting with you, meet together for prayer.
- Avoid television, computer games, casual internet surfing, movies, parties, or other distractions that may dampen your spiritual focus.

6. **Attend evening watches.**

Try to attend the daily evening prayer time at 7-8pm. Dgroup meetings during the fasting period can be postponed or rescheduled to give the members the option to attend the evening watches.

7. **Have the right motives.**

Your fast is to glorify God, listen to Him, be more intimate with Him, and lift your burdens to Him. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.

# Breaking the Fast

Every fool can fast, but only the wise man knows how to break a fast.

**G.B. Shaw**

## 1. **End your fast gradually.**

Begin eating gradually. Do not eat solid food immediately after your fast. Suddenly reintroducing solid food to your stomach and your digestive tract can have negative, even dangerous, consequences.

Try several smaller meals or snacks. Ending your fast gradually will result in continued good health. Start with fruits, fruit juice, salads, and soups, then eventually eat more solid food.

Overall, the following four factors represent what we are trying to accomplish when breaking a fast:

- Frequent meals to fewer meals
- Small meals to larger meals
- Easy to digest to harder to digest
- Less variety to more variety

## 2. **Continue to pray.**

Don't let your prayer end the day you finish the fast. Build from the momentum you gained. Let it transform your prayer and devotional life. Carry the newfound passion with you throughout the rest of the year.

## 3. **Expect greater intimacy with God.**

If you sincerely humble yourself before the Lord, repent, pray, seek God's face, and meditate on His Word, you will experience a heightened awareness of His presence (John 14:21).

## 4. **Experience the joy of God's presence.**

Thou wilt make known to me the path of life; In Thy presence is fullness of joy; In thy right hand are pleasures forever. **Psalm 16:11**

Let us bask in the fullness of joy in the Lord as we abide in His glorious presence. When we have denied our flesh, empowered our spirit with prayer, and solely depended on God for nourishment, we experience God's magnificent power.



# Conclusion

Prayer is beyond any question the highest activity of the human soul. Man is at his greatest and highest when upon his knees he comes face to face with God.

**D. Martyn Lloyd-Jones**

Our five-day prayer and fasting gives us the opportunity to realign our lives according to His will and consecrate the rest of the year to Him. As we humble ourselves as a church before Him in prayer, we can expect Him to move mightily in our midst.

God's will is for each and every one of us to grow in our understanding of Him. Every year, we need to experience a greater awe of His inexhaustible love, power and holiness. So seek Him with all your heart; God has promised that you will find Him!

He who kneels the most, stands the best.

**D.L. Moody**

# **SCHEDULE**

### **Day 1. Wednesday**

- Drink water only
  - Drink juice only
  - Eat one meal only
  - Eat two meals only
- Other: \_\_\_\_\_

### **Day 2. Thursday**

- Drink water only
  - Drink juice only
  - Eat one meal only
  - Eat two meals only
- Other: \_\_\_\_\_

### **Day 3. Friday**

- Drink water only
  - Drink juice only
  - Eat one meal only
  - Eat two meals only
- Other: \_\_\_\_\_

### **Day 4. Saturday**

- Drink water only
  - Drink juice only
  - Eat one meal only
  - Eat two meals only
- Other: \_\_\_\_\_

### **Day 5. Sunday**

Break fast

Perhaps the greatest hindrance to our work is our own imagined strength; and in fasting we learn what poor, weak creatures we are—dependent on a meal of meat for the little strength which we are so apt to lean upon.

**Hudson Taylor**

# DEVOTIONS

The gentlest form of spiritual narcissism is the idea that one can accomplish one's own spiritual growth... The belief that "I can do it" is intimately associated with the assumption that "it is my idea, my desire, to do it." ...Spiritual narcissism works to deny the realization that our spirituality comes from God.

*Gerald May*

# 1. Taste and See That the Lord is Good

Fear the LORD, you his holy people,  
for those who fear him lack nothing.

**Psalm 34:9** (NIV)

**Read:** Psalm 34

**Reflect:**

1. What words indicate David's intensity in praising the Lord in verses 1 – 3?
2. What occasioned the desire to praise the Lord intensely in verses 4, 6, 7, 17, 18, & 19? (Observe the oft repeated word and its synonym)
3. What other word is used as a synonym for ungodly "fear" in this psalm? What does this say about the source of our fears? (6, 17, 19)
4. Can you recognize some of David's fears as indicated in this psalm?
5. What advice is David giving to those who have fears? (4, 5, 6, 7, 8, 9, etc.)
6. How does David describe the man who fears the Lord? What words does he use to refer to them?

**Respond:**

1. What "troubles" or "afflictions" are causing you to fear these days?
2. What advice from David in this psalm do you personally need to take heed of?
3. What are the benefits of fearing the Lord according to the psalm?
4. Verse 22 reminds us of the gospel that those who put their faith and hope in the Redeemer will not be condemned (Romans 8:1). Who is the Lord impressing in your heart who needs to know about the goodness of Jesus?

Feed your fears and your faith will starve.  
Feed your faith, and your fears will.

**Max Lucado**



## 2. You Are My Hiding Place

Then I acknowledged my sin to you and did not cover up my iniquity.  
I said, "I will confess my transgressions to the Lord."  
And you forgave the guilt of my sin.

**Psalm 32:5** (NIV)

**Read:** Psalm 32

**Reflect:**

1. The psalm starts with a declaration of blessedness (1-2) and ends with a call to rejoice (11). What caused David to feel this way?
2. How did he describe his condition when he “kept silent” about his sin (3-4)?
3. What were the things David did in dealing with his sin (5)? What was the unequivocal response of God?
4. Having experienced the agony of living in sin and now the freedom and blessedness of being forgiven, David counsels his listeners to act with urgency in verse 6. What prayer is he referring to here? What do you think did he mean, “while he may be found” as clarified by verses 6b and 7?
5. What is the importance of including verses 9 and 10?

**Respond:**

1. Is there any sin that you may possibly be covering up in your own life? You need to come before the Lord before the consequences of your sins overtake you.
2. The man after God’s own heart is not sinless. Like David, he can do stupid things. He sets the Lord always before him but still he is not perfect. What should you do if you become aware that a fellow Christian is living in sin? What are the **dos** and the **don’ts**?
3. What will you do to make God’s forgiveness through Jesus’ death be experienced also by your loved ones and friends?

We all want progress, but if you’re on the wrong road, progress means doing an about-turn and walking back to the right road; in that case, the man who turns back soonest is the most progressive.

**C.S. Lewis**





## 3. How Precious are Your Thoughts

I will give thanks to Thee, for I am fearfully and wonderfully made.

**Psalms 139:14** (NIV)

**Read:** Psalm 139:13-18

**Reflect:**

1. In verse 13, “inmost being” refers to the seat of emotions or the inner part of man. “Knit together” uses language that describes intertwining yarn in the artful process of tapestry making. In light of this, write down in your own words verses 13-14.
2. In verse 15, David is disclosing God’s involvement in the creation of another aspect of man. Which aspect is this? What does the language “woven together” (used for weaving beautiful baskets) as applied here indicate?
3. In verse 16 “ordained” in Hebrew is a word used to describe the formation of pottery. Write down in your own words this second part of verse 16.
4. Internet figures estimate the total grains of sand on the earth as 75 followed by 17 zeroes. If a full life span of 80 years only amounts to 2.5 billion seconds and a 6000 year old earth is only 189.2 billion seconds, what is this verse saying about how much the Lord thinks and cares for each of us?

**Respond:**

1. What attributes of the Lord do you see in these verses?
2. What lessons or conclusions can you draw from these truths?
3. In view of this understanding about the Lord’s involvement in your life, how will your worship, service and obedience to Him be affected?
4. How does this understanding impact your part in making Him known in the lives of your loved ones and friends? What concrete steps will you do this week to make Jesus’ good news known to them?

You weren’t an accident. You weren’t mass produced. You aren’t an assembly-line product. You were deliberately planned, specifically gifted, and lovingly positioned on the earth by the Master Craftsman.

**Max Lucado**



## 4. Come and Hear, All Who Fear God

But be sure to fear the Lord and serve him faithfully with all your heart; consider what great things he has done for you.

**1 Samuel 12:24** (NIV)

**Read:** Psalm 66

**Reflect:**

1. The Psalm sets its theme in verses 1-4. It starts by strongly urging everyone (“all the earth”) to praise God. What general reason did David want people to do that (v. 3)?
2. Count how many times the word “works” or “deeds” and their derivatives are mentioned in the Psalm. What different action words are attributed to God here?
3. Read verses 5-6. What particular event or act of God is described here? Why did the psalmist remind the people of this?
4. Read verses 8-12. For what reason is he now exhorting the people to praise God (Notice the pronouns used in this portion of the psalm and compare with the previous verses and what comes after)?
5. Read verses 16-20. Again notice the pronouns used here and see for what reason does he want God to be praised

**Respond:**

1. What New Testament event parallels and even eclipses the Old Testament event referred to in verses 5-6? David invites people to “Come and see” what God has done. What can you do to also make people today know what God has done through Jesus?
2. David’s attitude is to praise and serve God even when the nation was going through difficult times in verses 8-12. How true is this in your own life?
3. The psalm is full of invitations to “come and see” and “come and hear” what God has done for the psalmist. What opportunities and events in CCF (bridging events and campaigns) can you join so that you can also move with the whole body in making the magnificent deeds of Jesus known?

Who is like the Lord our God who is enthroned on high,  
who humbles Himself.

**H.C.G. Moule**



## 5. The Lord is Exalted

Who is like the Lord our God who is enthroned on high,  
who humbles Himself...

**Psalm 113:5-6** (NASB)

**Read:** Psalm 113

**Reflect:**

1. The psalm begins with an exhortation to praise the Lord in verses 1-3 and ends the same way in verse 9b. According to verses 2-3 what is the right time to praise the Lord?
2. What general reason did David cite in verses 4-6 why we should praise the Lord (Notice the contrast between the Lord's position in verses 4-5 and His act in verse 6)?
3. What specific acts of the Lord's goodness did David list in verses 7-9 why we should praise Him?

**Respond:**

1. David says that the servants of the Lord should praise and acknowledge Him in their lives from sunrise to sunset both now and forevermore. How committed and constant are you in this area? What steps will you take to improve here?
2. What passage in the NT parallels the act of God in humbling Himself? How have you experienced God stooping down in your own life?
3. Since the exalted God humbled Himself for you, how can you, like the psalmist, now exalt the name of God more in the lives of the people whom you know?

The cross is the greatest example of humility and devotion in the universe. Jesus put your needs ahead of His own.  
He considered you more valuable than Himself.

**Chip Ingram**



# **ADDITIONAL DEVOTIONS**



The reason why many are still troubled, still seeking, still making little forward progress is because they haven't yet come to the end of themselves. We're still trying to give orders, and interfering with God's work within us.

*A.W. Tozer*

## 6. You are My Help

And I will ask the Father, and He will give you another Helper,  
that He may be with you forever.

**John 14:16** (NIV)

**Read:** Psalm 63

**Reflect:**

1. The title says that David was in the desert but verse 11 indicates he was a king at this time. Picture and describe his condition.
2. What was he longing for in the desert (1-5)? What satisfies his soul during those times of difficulty?
3. On his makeshift bed in the desert, where danger lurks, what occupied his thoughts (6-8)?
4. What was his attitude towards those who are trying to kill him and the other dangers? Notice the tense of the verbs.
5. In the midst of the desert experience what was he expecting to eventually happen (11)?

**Respond:**

1. What lesson do you learn from David when going through difficulties or even days of spiritual dryness?
2. Some people while away their problems by getting drunk. Some by eating or by shopping. Some simply by crying. What do you do when you are in a “desert experience?” Learning from David, what are you committing to do, by God’s strength, the next time you are in a difficult situation?

God is God. Because He is God, He is worthy of my trust and obedience. I will find rest nowhere but in His holy will, a will that is unspeakably beyond my largest notions of what He is up to.

**Elisabeth Elliot**



## 7. You Know Me

And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account.

**Hebrews 4:13** (NIV)

**Read:** Psalm 139:1-6

**Reflect:**

1. What verb is often repeated in this passage? What synonyms are used for that verb also here?
2. What aspects of David's life does God know?
3. The word "scrutinize" in verse 3 means to winnow (to separate grain from chaff by throwing into the air). What does it mean that the Lord winnows our paths, ways or action?

**Respond:**

1. Personalize the passage and write down the aspects of your life that the Lord completely and intimately knows.
2. In light of number 3 in Reflect above, what motives in your life do you need to surrender to God's lordship?
3. Verse 5 talks about a person being completely covered by the Lord and His hand (1 Chron. 4:10) is upon them. What needs do you have in your life and what encouragement does this verse give to you concerning your situation?

He chose me; therefore I am His responsibility.

**G. Campbell Morgan**



# PRAYER LIST

I will trust Him. Whatever, wherever I am, I can never be thrown away.

If I am in sickness, my sickness may serve Him;  
in perplexity, my perplexity may serve Him;  
if I am in sorrow, my sorrow may serve Him.

My sickness, or perplexity, or sorrow may be necessary causes of some great end, which is quite beyond us. He does nothing in vain.

*John Henry Newman*

# Prayer List

## A. **The Philippines**

1. President Aquino and other leaders – honesty and competence
2. Chief Justice Sereno and the Judiciary – effective reforms for justice and righteousness to prevail
3. Righteousness, justice, peace and economic prosperity
4. Evangelization of the country
5. Protection from calamities

## 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, Prayer Mountain
6. Global Leadership Center
7. Church planters, missionaries, and families – protection and guidance

## C. **Israel**

1. Peace and protection from hostile nations
2. Evangelization

## D. **Personal Breakthrough**

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

## E. **Family**

1. Restoration of relationships
2. Household salvation
3. Others

## F. **Finances**

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

## G. **Other Personal Prayer Items**





