



PRAY
— TO —
OVER
FLOW

MID-YEAR PRAYER and FASTING WEEK
JUNE 24–27, 2015

FROM THE SENIOR PASTOR

Dearest brothers and sisters in Christ,

We are six months into studying the life of Moses through the book of Exodus. We have learned about God's goodness and mercy as seen through how He lifted up Israel from its yoke of slavery in Egypt and led them towards the Promised Land.

Moses is an example of a great man of faith. Amidst the trials that he faced freeing the Israelites from Egypt's tyranny and their journey to Canaan, Moses showed a close relationship with God through his prayer life. We see Him in the Scriptures deep in prayer, communing with God. He consulted God with the decisions he made. He not only prayed for himself, but he prayed a lot for others.

Moses' example has led me to reflect on my own prayer life and I hope that it inspires you to do the same for yours. Do our prayer lives mirror a life of overflow in interceding for others? Are we passionate about praying for our own nation and for others as much as he was?

As we expectantly face the rest of 2015, I invite you to join the church as we spend a time of fasting and prayer this coming June 24-27. May we use this time to grow in our intimacy with the Lord so that we will truly overflow as a blessing to others.

Your fellow servant of the Almighty King,

Pastor Peter Tan-Chi

TABLE OF CONTENTS

GUIDE	2
Why Fast?	4
Four Kinds of Fasting	6
Caution	7
DEVOTIONS	8
Lead Your Church, Lord	10
Stand in the Gap for the Nation	12
Pour Your Heart Before God	14
Life is Short, Do it Right	16
PRAYER LIST	19

Prayer should be a delight not a duty. It should be a privilege not a protocol; a relationship not a ritual. When we have the right theology of who God is and who we are, prayer will be a joy because we believe that God is our Father.

PETER TAN-CHI

GUIDE

We fast not just to stop doing things, but we fast so that we can do things that will impact our heart. Christians can do things not by willpower but by God's power.

RANDY POPE

WHY FAST?

Fasting and prayer is God's weapon to overcome the evil one. The battle is not yours, it is the Lord's. You need not fight the battle, you need to run to the Father to fight for you.

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

Pray honestly from the heart, pray specifically, and pray expectantly!
With God there is no limit to what He can and will do!

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

We are challenged to pray continuously. Because prayer should be an integral part of every Christian's life.

Bong Saquing

DEVOTIONS

The one thing that would greatly impact our prayer life is how much we personally know who God is – His word, deeds, and character.

RICKY SARTHOU

Scripture: Exodus 33:1–34:10, 27–35

Observations

1. What was the underlying desire of Moses as he interceded for Israel in Exodus 33:12–13? What word is mentioned 3 times?
2. Because the Israelites were stubborn and rebellious, what did the Lord say He would not do in v. 3? Who instead did He say would go before the Israelites in v.2 to bring them to the Promised Land? In spite of God's promise that they will reach their destination, what did Moses ask of God in vv. 15–16? How did the Lord respond to Moses' prayer in v. 17?
3. What was the third request of Moses in v.18? How did the Lord respond to this request (See Exodus 33:19–34:7)? Did the Lord really show His glory to Moses? When God's "goodness" passed in front of Moses, what revelation of the Lord did He give to him (See Exodus 34:6–7)?
4. How long did Moses stay with the Lord fasting and praying (See Exodus 34:28)? Look at Deuteronomy 9:9 & 9:18 to see how long Moses stayed with the Lord. How was Moses transformed by His intimacy with God (See Exodus 34:29–35)?

Application

1. What petitions for CCF can we learn from Moses from Observation 1 above? From Observation 2? What consequences of not being led by the Lord, can you think of in the Church? In your personal life?
2. Moses prayed for the Lord to show him His glory but caught only a glimpse of it as described in Exodus 33:20–23. How did God eventually show His glory to man (John 1:14)? How do we understand God's glory today according to Hebrews 1:1–3a and 1 John 1:1? How does this affect the way you read and relate to God's Word?

Prayer

As you pray for the church, the fulfillment of its mission and vision wisdom for the leaders; etc.

- Ask the Lord that greater intimacy with Him be the result, not only with the leaders, but also with the members;
- Pray for God's presence in every activity, undertaking and overall direction of the church.
- Pray that people will commit to keep on studying God's Word so that His glory may be revealed in their lives.

PRAYER JOURNAL

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Some people pray just to pray and some people pray to know God.

Andrew Murray

STAND IN THE GAP FOR THE NATION

Scripture: Exodus 32, Numbers 14:1–23

Observations

1. Why did Moses entreat that the Lord not be angry with what Israel committed in Exodus 32:1–8? What sin did the nation commit? What about in Numbers 14:1–9? How did the Lord react to the nation’s sins in each instance (See Exodus 32:9, Numbers 14:10–12)?
2. How did Moses appeal to God so that God did not bring the intended judgment to Israel in each of the following verses: 11, 12 and 13? How about in Numbers 14:13–16 and also in v. 18?
3. Moses’ willingness to be blotted out of the book of life (See Exodus 32:32) shows his fervency in interceding for Israel. Compare this with Paul’s prayer in Romans 9:2–4. Which other Bible character came to be accursed in place of man (See Galatians 3:13)?
4. Although God withheld His judgment upon Israel in Exodus 32:14, what did God say He will do in v. 34? What does v. 35 and Numbers 14:21–23 tell us about sin’s consequences?

Application

1. How does sin affect the life of a nation according to Proverbs 14:34? Genesis 18:20–21? What does Leviticus 18:24–28 say will happen to nations who commit the unlawful sexual practices listed in the chapter?
2. List the principles used by Moses in interceding for the nation that we learned in Observation 2 above. How can we use those principles as we intercede for our own nation? In which past events did the Lord manifest His deliverance and goodness to the Philippines?
3. Moses was willing to give up his place in God’s kingdom in his desire for Israel to be saved. In interceding for the Philippines, what righteous acts (e.g. pay right taxes, obey traffic rules, etc.) and sacrifices (e.g. help the poor, etc.) are you willing to do in order to show your love for the country and its people?
4. Look at the passages below and identify God’s promises that we can use in approaching Him concerning our own land:

___ Jeremiah 18:7–10 ___ 2 Chronicles 7:14 ___ Ezekiel 22:30

Prayer

Use the findings in Application 2 in approaching God as you intercede for our country. Cite God’s promises in Application 4 and use them as you come to the Lord. Use also God’s promises in Deuteronomy 28:1-14 as petitions for our country.

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Scream silently in your prayer; remember the pain of others.
Megan McKenna, And Morning Came: Scriptures of the Resurrection

POUR YOUR HEART BEFORE GOD

Scripture: Numbers 11:4–34

Observations

1. What, in vv. 4–6, precipitated Moses to pray the way he did in vv. 11–14? Who were the “rabble” (Exodus 12:38) in the Israelite camp? What effect did their attitude, words and behavior have on the Israelites? How did the Israelites view the manna in v. 6 after they heard the cravings of the rabble?
2. List down as many reasons as you can why manna was a blessing to Israel.
3. What did God say He would do in vv. 18–20? What did the problem and prayer of Moses in vv. 21–22 indicate? How did God reply to Moses in v. 23?
4. Describe how in vv. 31–34 the thing that they craved so much for became a source of problem and misery for the Israelites.

Application

1. How would you describe the prayer of Moses in vv. 11–15? Why is it so much better to pour out your hurts and frustrations to God rather than air your complaints before men?
2. What things are you prone to crave for (e.g. better work, emigration, new car, gadget, relationship, children, worldly pleasures, etc.)? Have you been faithful in thanking God for your present “manna” (e.g. life, health, salvation, parents, food, clothing, shelter, etc.)? How will you live out the command in 1 Thessalonians 5:18?
3. Name some influences in your life that tend to become like a “rabble” to you causing discontentment in your life:

___ Neighbors

___ Some friends

___ Some movies & TV shows

___ Others: _____

What concrete steps do you need to do to avoid them?

Prayer

- Confess any discontent in your own life and ask for God’s forgiveness.
- Thank the Lord for His blessings that you have taken for granted.
- Continue to pray for your needs. Be honest and pour out your heart to Him for needs, not wants.

PRAYER JOURNAL

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God is giving you the opportunity to learn to trust Him, to thank Him, to appreciate what you have, to learn contentment, and to value what matters most in life: to know Him more intimately. This is the greatest blessing of prayer.

Peter Tan-Chi

LIFE IS SHORT, DO IT RIGHT

Scripture: Psalm 90

Observations

1. How did Moses see God? What word did he use to describe God in v. 1? What does this tell us about where the safest and surest place to be in is? How did he emphasize God's constancy and reliability in vv. 1a–2?
2. How did Moses see man? What words did he use to describe man in vv. 3–6? What are the traits of man that makes him comparable to dust and grass? Contrast God and man in vv. 1–6.
3. Verses 7–10 describe the grim reality of life as a result of man's sin depicted in Genesis 3. What words did Moses use to bring out the following concepts: a.) God's judgment over man; b.) limitation of life; c.) toil and suffering?
4. In the light of this grim reality, what petitions did Moses ask of God as needed by every man: a.) in v. 12?; b.) in v. 13?; c.) in v. 14?; d.) in v. 15?; e.) in vv. 16–17?

Application

1. Since your life is short, what are your top priorities in life (v. 12)? Where are you investing most of your time, energy and resources? List them down on the opposite page.
2. In v. 13, Moses asks God to “relent” (NIV) from the fierceness of His anger in v. 7, or “return” (NASB) unto His people from whom sometimes He withdraws His compassion. Whereas God tells man to “return to dust” (v.2), Moses here asks God to “return” to forgive (v. 13) and to bless (vv. 14–17). How did the coming of the Lord Jesus become the ultimate answer to this prayer of Moses (John 10:10)? How will you pray this petition for your loved ones?
3. In verse 17, Moses prays, “Confirm the work of our hands.” The idea here is “to give permanence.” Since only 3 things will last to eternity (God, God's Word and Men's Souls), what are the things we can do here on earth that will have eternal value?
4. List down the things that you think God would want you to do if you had one month left to live, especially when it comes to your relationships and the people around you.
5. Is there anything other than your present commitments that God is impressing upon your heart to invest your time in? Perhaps ministry or sharing the gospel to your loved ones, workmates, etc?

Prayer

- Confess any bitterness and unforgiveness in your heart and surrender any sinful habit to Jesus in repentance.
- Thank the Lord for the opportunities and second chances He has given you to obey and live a life pleasing to Him.
- Commit your loved ones to the Lord and pray for the heart and opportunity to share the Gospel to them that they may experience God's love.
- Constantly ask for wisdom on how to spend your time and how to please Him in every aspect of your life.

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After prayer and fasting in 2009, God led me to His mission for me – to serve Him as a Campus Missionary in CCF. By faith and with my parents' blessings, I committed to devote my life in full-time ministry of sharing Christ's love to the youth in the campuses. – **Candy Lagamon, Elevate Missionary**

PRAYER LIST

Sometimes we do not get what we pray for but I am comforted by the fact that God knows what is best for me. But our responsibility is to pray, to persist.

JOEY GERONIMO

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. God's will regarding the Bangsamoro Basic Law and peace in Mindanao
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. Global Leadership Center
6. 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

NOTES

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Thus the LORD used to speak to Moses face to face,
just as a man speaks to his friend.
EXODUS 33:11 (NASB)

