

# I N T E R C E D E

CCF PRAYER & FASTING 2019

‘OUR FATHER WHO IS IN HEAVEN, HALLOWED BE YOUR NAME. ‘YOUR KINGDOM  
COME. YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN. ‘GIVE US THIS DAY OUR  
DAILY BREAD. ‘AND FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR  
DEBTORS. ‘AND DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM EVIL.  
FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN.

J A N U A R Y 7 - 1 2 , 2 0 1 9

# MESSAGE FROM THE SENIOR PASTOR

Dearest Brothers and Sisters in Christ,

It is a great privilege for us to devote the first week of every year to gather as a church to fast and pray. The twin spiritual disciplines of prayer and fasting allow us to experience God's loving presence in such a way that could impact our spiritual journey throughout the year.

As we seek to know the Lord more and discern His will in our lives, it is my prayer that we will all enjoy intimacy with our loving Father and experience spiritual breakthroughs during this time.

The petitions in the Disciples' Prayer, which is the focus of our devotions for Intercede 2019, provide excellent guidance for how we ought to pray to our Father in heaven. As we meditate on God's Word, may our prayer lives be catapulted to heights that we have not previously experienced, and may we continue to grow in the grace and knowledge of our Lord and Savior.

I am hopeful that at the end of this spiritual feasting, we will emerge not just as individual men and women of prayer, but as a collective global movement totally dependent on prayer.

God be with us all!

Your fellow servant in Christ,



**Peter Tan-Chi**  
SENIOR PASTOR

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Thank you for joining **I N T E R C E D E !** Christ's Commission Fellowship's bi-annual prayer and fasting week is held every start and middle of the year in order for us to express our dependence on God and recalibrate ourselves to His will. As we fast and pray, study and apply His Word, and gather together from Monday to Saturday for corporate worship and prayer, let us confidently bring our needs to Him, the God who is the same yesterday, today, and forever (Hebrews 13:8).

# GUIDE

To help us prepare for the prayer and fasting week here are some answers to common questions and some practical tips.

## 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 in order 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 in order to seek God gives us an opportunity to express how sincere and determined we are to align ourselves with God's heart, humbly seek His answers to our questions, pray for His provisions for our needs, and ask 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 WE SHOULD FAST

## 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 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.**

*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 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.**

*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))*

# WHAT ARE THE 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.

## 1. Normal fast

In a normal fast, a person goes without food for a predetermined amount of time. Water is allowed and necessary, of course. Extreme care should be taken with long fasts (more than a week), 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 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.

## 3. Juice fast

This is a partial fast specifically restricted to only juices.

## 4. Object fast

It is possible to fast from something other than food. Some decide to fast from watching television, social media, or from using the computer outside of work or school. The key is to replace the time spent on that activity with time devoted to the Lord. For married couples, this could mean abstaining from physical intimacy to focus on prayer (1 Corinthians 7:5).

# 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.

# STARTING AND BREAKING 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, softdrinks) days before you fast. More importantly, pray in advance for God to sustain you physically, mentally, and spiritually during your fast. Do not immediately go back to your normal food intake for your first few meals after your fasting period. Soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion.

# SUGGESTIONS FOR PRAYER

**A doration.** We worship God for who He is, what He has done, and will continue to do. We focus on the greatness and goodness of God, and acknowledge Him in our lives. We express that His glory and pleasure are more important than our concerns and needs.

**C onfession.** We confess our sins to God. To confess means to “say the same thing.” Meaning, when God says something is sin, we acknowledge that it is indeed sin — we do not make excuses for or make light of it. We agree with God and we turn away from sin.

**T hanksgiving.** We thank God for what He has done and will continue to do in our lives. We also thank Him in advance for how He will answer our prayers. We always pray with an attitude of gratitude.

**S upplication.** We humbly bring before God our requests and the requests of others. We express our dependence on God as our strength, healer, provider, protector, comforter, guide, and friend.

DEVOTIONS

## Our Father who is in heaven, MATTHEW 6:9b

### INITIAL THOUGHTS

In the Old Testament, God is called “Father” for about only fifteen times. In the New Testament, however, God is referred to as “Father” more than 240 times, a term that was popularized by Jesus. Whether or not we have had good experiences with our earthly fathers, the God that we pray to is “our Father who is in heaven”, and He gives us a clear picture of what the Perfect Father is like.

God, as our Father, evokes thoughts of family, and as children of God, our highest priority should be in the area of relationships. We ought to grow in our relationship and intimacy with God just as we ought to foster healthy relationships with our family and fellow brothers and sisters in Christ.

### AS YOU PRAY...

- In your brokenness and lowliness of heart, acknowledge God as your only source of hope, because only He can turn your mourning into dancing (Psalm 30:11).
- Whatever your situation is, ask God to continue to mold you and use you as a channel of blessing to people around you.

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## Hallowed be Your name.

MATTHEW 6:9c

## INITIAL THOUGHTS

When we pray to God for His name to be hallowed, it means that the highest priority, the most noble motive, and the greatest aim in prayer is for His name to be glorified. Whatever our petitions are, glorifying God should ultimately be our primary desire.

- Why do you think we should begin our prayer by asking God's name to be hallowed?
- How can we glorify God when we ask for guidance in making decisions?
- In what specific ways can we glorify God in the following areas of life – our family, our work or school, and in our church?

## AS YOU PRAY...

Let us examine ourselves: How do we fail to glorify God in the use (or misuse) of our physical bodies? Are we disciplined in the care of our bodies? Take some time to confess before the Lord now.

Express your prayers for issues related to the following:

- Commitments to glorify Him in your physical body (be specific)
- Healing petitions for yourself and others

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(Notes from the Evening Watch message) .....

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Your kingdom come, Your will be done on earth as it is in heaven.

MATTHEW 6:10B

## INITIAL THOUGHTS

The Kingdom of God is where Christ reigns as Lord, and the impact of this is reverence for and complete obedience to Him. The invisible Kingdom is the reign of Christ in the lives of all who believe in Him. The visible Kingdom is the full expression of Christ's reign when He returns and ushers His absolute rule over all the earth. Our part is to preach the Gospel "in all the world as a witness to all nations" to hasten His coming (Matthew 24:14). As we await the coming of Christ's Kingdom, we can practice submission to our Heavenly authority by submitting to our earthly authorities.

***1Thessalonians 4:1-3 – 'Finally then, brethren, we request and exhort you in the Lord Jesus, that as you received from us instruction as to how you ought to walk and please God (just as you actually do walk), that you excel still more. <sup>2</sup>For you know what commandments we gave you by the authority of the Lord Jesus. <sup>3</sup>For this is the will of God, your sanctification; that is, that you abstain from sexual immorality.***

- What is our part in living as ambassadors of God's Kingdom on earth?
- How can we be good examples as we pray for righteousness in our government?

## OTHER PASSAGES TO REFLECT ON

**Matthew 24:42** – *"Therefore be on the alert, for you do not know which day your Lord is coming."*

- How do you feel about the return of Jesus Christ? Are you anxious or are you excited?
- How do you stay alert for the coming of the Lord?

**1 Peter 2:13-15** – *<sup>13</sup>Submit yourselves for the Lord's sake to every human institution, whether to a king as the one in authority, <sup>14</sup>or to governors as sent by him for the punishment of evildoers and the praise of those who do right.*

- Why should we submit to governing authorities?

## AS YOU PRAY...

Let us lift up to God our government leaders – that He may use them for His glory and for the accomplishment of His will on earth. May the Lord eradicate corruption in our government, cleanse the country of illegal drugs, and prevent the passing of bills that are contrary to Biblical principles. Let us also pray for God to empower us, His people, to take an active part in the betterment of our country.

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Give us this day our daily bread.

MATTHEW 6:11

## INITIAL THOUGHTS

The emphasis of this petition is our daily dependence on God for our physical provisions. We should not only pray with the thought of satisfying our needs, but also with a desire to help meet the needs of others so that God's name will be glorified.

Are you praying for physical or financial provisions? For guidance in making career decisions? For physical healing? There is nothing wrong with all this, but you must also ask yourself these questions:

- Will these things bring glory to God?
- Are these things consistent with God's will for you?
- Do these things reflect your desire for God's kingdom to come?

## AS YOU PRAY...

Let us thank God for how He has sustained us in the past and pray for God's daily provisions to sustain us physically. Let us also pray that we will not fall into the sin of materialism or gluttony in regard to physical sustenance.

Bring your specific needs to the Lord in prayer.

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And forgive us our debts, as we also have forgiven our debtors.

MATTHEW 6:12

## INITIAL THOUGHTS

Of the seven petitions in the Disciples' Prayer only one has to do with our relationships with other people, and this is expressed in the action and attitude of forgiveness. Forgiveness is not just about dealing with offenses but maintaining good relationships with others. This involves reconciliation, pursuing peace with others, and accepting one another — all in the attitude of love.

## OTHER PASSAGES TO REFLECT ON

***Mark 11:25*** – *And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.*

***Matthew 6:14-15*** – *14For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15But if you do not forgive others, then your Father will not forgive your transgressions.*

- Why should we forgive others' transgressions?

## AS YOU PRAY...

Let us surrender the hurts and pains that were inflicted on us by others and commit to forgive our offenders. If we are the ones who have offended others, let us apologize and seek to be reconciled with.

Most of all, let us ask God to help us love others — even our enemies — so that we may glorify His name before all.







And do not lead us into temptation, but deliver us from evil.

MATTHEW 6:13

## INITIAL THOUGHTS

This petition expresses our desire to be holy, which is an aspiration of every child of God. Holiness is the result of a life pleasing to God despite temptations and trials that weaken our faith. Prayer and fasting is key in drawing our minds from the temporary pleasures promised by sin to focusing on the joy that is assured to those intimate with the Lord.

AS YOU PRAY, REMEMBER THE YOUTH WHO ARE MOST SUSCEPTIBLE TO TEMPTATION. PRAY FOR THEM IN AREAS SUCH AS:

- Excellence in school
- Healthy family relationships
- Victory over addictions (drugs, pornography, digital addiction)
- Sexual purity

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# PRAYER LIST

## A. THE PHILIPPINES

1. The President, Vice President, Cabinet Members and their advisers
2. The Senators and Congressmen
3. The Chief Justice and the all justices
4. The Military and Police force
5. The local government officials down to the barangay officials
6. For public officials to serve with integrity, wisdom, faithfulness, God's protection, and guidance
7. For corrupt officials to be exposed and brought to justice
8. For righteousness, justice, peace, and economic prosperity
9. For more Filipinos from all walks of life to be saved and for them to develop a genuine reverential fear of the Lord
10. For major national issues (drugs, graft and corruption, forced labor and human trafficking, family fragmentation and absentee parents, moral decline, idolatry, materialism, ungodly values, pornography, sexual promiscuity, 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)

## B. THE CHURCH

1. Lives of all CCF leaders and members to be characterized by love for God and others, purity and holiness, humility and brokenness, 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 discipleship movement, to be Spirit-filled at all times)

4. CCF Elders, Pastors, Dgroup leaders, church planters, missionaries, campus workers, staff members and volunteers (passion in serving God, holiness, good health and protection, spiritual growth and intimacy with the Lord, controlled and empowered by the Holy Spirit, people of moral excellence and integrity)
5. Establishment of 200,000 Dgroups globally and 100 city churches in the Philippines by year 2020
6. Continuous multiplication of spiritually healthy international satellites and house churches
7. That CCF members will be people devoted to prayer
8. Reach the young generation through Elevate and Rescue Kabataan campus ministries in high schools, colleges and universities across the nation
9. For the SIPAG program, in partnership with the government, to reach surrendered drug users and their families by sharing the gospel and discipling them

## G. 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 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

## D. FAMILY

1. For a Christ-centered family
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 to know and love God
6. Children to obey, honor, and respect their parents
7. For forgiveness and restoration of relationships. That family members live harmoniously with love and respect, serving God and others together
8. Salvation of household and relatives

## E. FINANCES

1. Freedom from debt
2. Good stewardship of God's money and financial blessings
3. Tithe regularly and be generous
4. Business, professional, and career growth

## F. OTHER PERSONAL PRAYER ITEMS



(02) 866-9900



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



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Ortigas East, Ortigas Ave. corner  
C5 Road, Pasig City

# P - R - A - C - T - I - C - E

## DEVOTIONAL GUIDE

### **P**romise to claim

(Is there a promise from God that is applicable to you that you should hold on to?)

### **R**quest to pray for

(Is there a need or concern you should be praying for?)

### **A**ttitude to change

(What attitude or character trait should you change?)

### **C**ommand to obey

(Is there a direct command from God that you should be obeying?)

### **T**ruth to believe

(What truth have you learned and should believe in?)

### **I**nsight about God

(What have you learned about who God is?)

### **C**onfession to make

(What sin must you avoid or confess and repent from?)

### **E**xample to follow

(Is there an example or role model you should emulate?)

