

A person wearing a dark grey hoodie with a large red cross on the back is shown from behind. Their hands are raised in a prayer gesture, palms facing forward. The background is dark and out of focus.

INTERCEDE

CCF MIDYEAR PRAYER & FASTING 2019

JULY 10-13, 2019

MESSAGE FROM THE SENIOR PASTOR



Dear brothers and sisters in Christ,

It has been six months into the year, and we have seen so many things happen in our church, our country, and our world. Much has been prayed for, and there are more things to intercede for!

As we face the second half of the year, we invite you to once again join us for a season of prayer and fasting. This time, we are focusing on the theme of HEALING.

In **Exodus 15:26**, God reminded Moses, “...I, the LORD, am your healer.” We cry out for various kinds of healing – from physical illnesses, emotional distresses, and even spiritual dryness. It is easy to trust God as our HEALER when we see our prayers answered, but it is a much more challenging journey of faith when it appears like He doesn’t answer. These times aren’t unfamiliar to us, as we all have stories of prayers that were answered, **seemingly unanswered** and prayers that we still bring to the LORD.

I pray that in this season of prayer and fasting, we will grow in our prayer life and **intimacy with our Lord Jesus Christ**. The most important thing to do **DURING our week of prayer and fasting is to SEEK the LORD , wait upon Him and seek His will**. We have provided you with the devotions that we hope could help in your time of focusing on GOD and His message to each and every one of you. May we all experience breakthroughs in all aspects of our lives as we spend our midyear in praying and fasting together as a church.

Your fellow servant in Christ,

A handwritten signature in black ink, appearing to read 'Peter Tan-Chi', written over a horizontal line.

Peter Tan-Chi
SENIOR PASTOR

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Thank you for joining **INTERCEDE!** 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 Wednesday 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).



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, change, and prepare us for greater things in God's kingdom.

FASTING IS GOOD FOR OUR HEALTH.

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

("What Does the Bible Say About Fasting?", Christ Unlimited Ministries, 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. 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 to embark 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, using social media, or 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. For the first few meals after your fast, do not immediately go back to your normal food intake. 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. To confess means to acknowledge our sins before God. Sin offends God, hence we do not make excuses for or make light of it. In this time of fasting and prayer, let us ask God for the grace to continuously 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 should 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 who is our strength, healer, provider, protector, comforter, guide, and friend.



DEVOTIONS

- Examine the areas where you need healing. Is it a physical sickness? A strained relationship with another person? A broken fellowship with God because of sin?
- Ask God to reveal how you can experience His complete healing.
- Should you have doubts in your mind, humbly ask Jesus to help you by praying, "Help me with my unbelief!" (see Mark 9:23-24)
- Finally, thank Him for His answer because whatever it is, it is His best for you.

JESUS HEALS IN VARIOUS WAYS

JULY 11, 2019, DAY 2

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(Notes from the Evening Watch message)

(Notes from the Evening Watch message)

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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 campus ministries in high schools, colleges, and universities across the nation

C. 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



CHRIST'S COMMISSION FELLOWSHIP



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

DEVOTIONAL GUIDE

Promise to claim

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

Rquest to pray for

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

Attitude to change

(What attitude or character trait should you change?)

Command to obey

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

Truth to believe

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

Insight about God

(What have you learned about who God is?)

Confession to make

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

Example to follow

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

