



INTERCEDE

ONLINE

Revival

PRAYING THROUGH THE WORD

January 10-15, 2022

ENGLISH

CCF PRAYER & FASTING



SENIOR PASTOR

MESSAGE FROM THE SENIOR PASTOR

A blessed Happy New Year, brothers and sisters in Christ!

As we welcome the year 2022, we are once again are going through a week of prayer and fasting together as one church. I personally want to welcome all of you and encourage you to look forward to the amazing things God can do as we pray and submit to Him.

This year's theme is **REVIVAL: PRAYING THROUGH THE WORD.**

Across the pages of the Holy Scripture, we will see many heartfelt prayers written by committed followers of God. These prayers sought revival, healing, safety, peace, and prosperity. As we go through the featured passages and prayers this week, my humble request is for you to take every Night Watch seriously and commit to watching and praying with us every night of the week.

The Philippines faces a big challenge this year as we will be choosing the next leaders of the country in the elections on May 2022. In our country and elsewhere around the globe, we are still facing the debilitating effects of the pandemic that have impacted lives and ways of living in a much different track than what we were so used to doing. Economies are yet to recover and the churches of Christ are tasked to step up and proclaim hope even in dark and troubling times.

Amidst these difficulties and challenges, I pray that you fix your eyes on Jesus – and I invite you to join us every night of this week to come to before the Lord, seek Him in prayer, and be transformed by our encounter with Him.

May you be blessed beyond measure, dear CCF Family, and ultimately, may God alone be glorified as we lift up our hearts and prayers to Him who is sovereign and in control.

God bless you and enjoy your time with Him!

In Christ,

Dr. Peter Tan-Chi

Senior Pastor, Christ's Commission Fellowship

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Thank you for joining Intercede!

Christ's Commission Fellowship's bi-annual prayer and fasting weeks are held every start and middle of the year 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).

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

GUIDE

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 to feast in God's presence. This may require repentance from sin and a healthy expression of remorse, to earnestly seek God's will, and to be more intimate with God as we spend extended time in reading His Word and in prayer. Foregoing something essential such as food, allows us to express how sincere and determined we are in aligning ourselves with God's heart by humbly seeking His answers to our questions, praying for His provisions for our needs, and asking 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. Fasting is a demonstration of our dependence on 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).

GUIDE

Why should we fast?

God expects us to fast.

Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. 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 “**Whenever** 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 Jesus’ ministry, He 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.

Jesus, full of the Holy Spirit, returned from the Jordan and was led around 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.

And 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 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)

GUIDE

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.

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 underlying medical conditions. It is prudent to consult your physician if you are planning to embark on a long fast.

Partial fast

In a partial fast, a person only eats certain kinds of food for a period of time or has 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.

Juice fast

This is a partial fast specifically restricted to only juices.

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).

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, soft drinks) 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. Taking soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion.

Precautions

While there are benefits to 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 of it may be limited.



Pray and fast with your children
with activities for the family!

Download the **NXTGEN** Prayer & Fasting Booklet
for families with **kids ages 7 to 12** here:

go.ccf.org.ph/IntercedeKids

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PRAY

Suggestions for Prayer

As we go through a number of Scripture passages for the next few days, we can learn to pray through Scripture by using the following outline.

Pause

Taking time to practice being in God's presence and to be silent before Him. This allows us to wait on God, read and listen to His Word, and focus our inner being upon who He is and what He has done. This involves worshipping Him in song, adoring Him for His attributes, and giving thanks to Him.

- Praise and worship; adoration and thanksgiving
- Silence and meditation

Resist/Repent

As we look to God, we also become self-aware of our sins, shortcomings, and self-centeredness. We come to confess how we have fallen short of His glory and we come towards renewal of the mind, softening of our hearts, and establishing a posture of contriteness before the Lord. We take the time to say no to our selfish desires and we say yes to all that God desires for us.

- Self-examination
- Confession and repentance

Ask

Approaching God's throne of grace, we ask for help in times of need. We focus our attention upon His sustaining grace that fills our lack. We lift up our supplications for life, relationships, and future. We intercede for ourselves and for others according to God's will. We lift up holy hands in prayer for those in authority.

- Personal petitions (spiritual growth and vitality, physical needs)
- Intercessions for others (family, church, nation)

Yield

We wind down our time of prayer in a position of surrender. "Not my will but Yours be done" is our closing prayer. We resist taking control over our lives and we totally relinquish ourselves to His loving care and gracious providence. Knowing that He has our best interest at heart, we submit our lives and future to Him.

- Surrender of self and submission to God's will

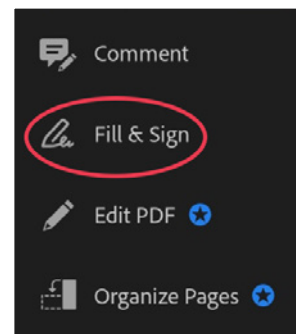
Journal Your Way

through 6 days of prayer and fasting:

- A. We encourage you to **write your reflections** on your physical journal or even on your phone, tablet, or laptop via your built-in notes app.
- B. Alternatively, you may fill out the P&F Booklet Digitally on the notes section provided after each daily devotion by:



Opening the Prayer & Fasting Booklet in Adobe Acrobat or Adobe Reader.



Click Fill & Sign in the right pane.

Choose the Fill and Sign option and use the specific tools and options displayed in the toolbar to type your reflections in the blank spaces provided.

READ IT:

1 TIMOTHY 2:1-8

¹First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, ²for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. ³This is good and acceptable in the sight of God our Savior, ⁴who desires all men to be saved and to come to the knowledge of the truth. ⁵For there is one God, and one mediator also between God and men, the man Christ Jesus, ⁶who gave Himself as a ransom for all, the testimony given at the proper time. ⁷For this I was appointed a preacher and an apostle (I am telling the truth, I am not lying) as a teacher of the Gentiles in faith and truth. ⁸Therefore I want the men in every place to pray, lifting up holy hands, without wrath and dissension.

Meditate on it:

1. What is the first thing that the Apostle Paul instructed his disciple, Timothy, to do? What are the different types of prayers? For whom are these prayers supposed to be (v1)?
2. What is the intended result and effect of these prayers (v2,8)?
3. How does God consider such prayers? What is God's purpose behind it (v3-4)?
4. What does it mean that Jesus Christ is the One mediator between God and men (v5)? How is He able to fulfill this role (v6)?
5. What does the Apostle Paul say regarding His calling (v7)? What does He reiterate to do (v8)?

Apply it:

As God's people, we are elected and commanded to pray for all men, especially our leaders. We are to lift up our nation and other nations to the King of kings and Ruler of the World, the Lord Jesus. The condition of our nation, and of our very lives, are dependent on God's response to our prayer devotion. As the Philippine elections loom over us, let us be in diligent discernment and intentional intercession.

1. How can I make a habit of constantly praying for every candidate and incumbent government leader? Do I pray for their salvation as well as tranquility and peace for all of the country and its citizens?
2. How do I engage with those who differ with me in terms of view, preference, and candidates? How can I bring about godly wisdom and gentleness when conversing with others about national issues?
3. Am I fulfilling my God-given role as a good citizen of this nation? In what way can I contribute to nation-building? By faith, I will do my part by...

Set **Simple**, **Measurable**, **Appropriate**, **Realistic**, **Time-bound** (**SMART**) commitments

Example: "As a citizen of this country, I will pray and fast every Friday noon time for the national elections in May."

Pray it:

Intercede on behalf of our country—including our incumbent and incoming leaders, that we may all seek the Lord over the issues that continually encroach upon our nation.

- For every Filipino to vote wisely with discernment; no vote-buying, fraudulent counting, and ghost voters.
- For the Lord's hand be in the process of electing leaders who will allow us to live peaceful and quiet lives

Pray for leaders to be elected who will uphold biblical values and exemplify godly character, competence, justice, accountability, and family—for them to serve with integrity, wisdom, faithfulness, protection, and guidance:

- The President, Vice President, Cabinet Members and advisers
- The Senators and Congressmen
- The Chief Justice and all justices
- The Military and Police force
- The Local Government and Barangay officials

Pray for major national issues:

- Alleviation of CoVid19, proper crisis-management, and economic sustainability
- Graft and corruption, drugs, forced labor, human trafficking
- Ungodly values, moral decline, materialism, idolatry
- Economic hurdles, traffic problem, bills and laws that are against God's word and will
- That more Filipinos from all walks of life be saved and for them to develop a genuine reverential fear of the Lord.

Christian Values Movement Foundation Inc.

- For the Lord to work in and through this movement to raise awareness among Filipinos (especially the youth) through political knowledge and good citizenship.

Lift up a prayer for the world—including other nations and governments, that we may all depend on the Lord to thwart the further spread of CoVid19, to carry us through the adverse effects on the world economy, and to enable medical advancements for the health and protection of all.

Notes

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with activities for the family!

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DNations
Monday • January 10, 2022

PRAY FOR UNITY

READ IT:

JOHN 17:20-26

²⁰ “I do not ask on behalf of these alone, but for those also who believe in Me through their word; ²¹ that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me.

²² The glory which You have given Me I have given to them, that they may be one, just as We are one; ²³ I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me. ²⁴ Father, I desire that they also, whom You have given Me, be with Me where I am, so that they may see My glory which You have given Me, for You loved Me before the foundation of the world.

²⁵ “O righteous Father, although the world has not known You, yet I have known You; and these have known that You sent Me; ²⁶ and I have made Your name known to them, and will make it known, so that the love with which You loved Me may be in them, and I in them.”

Meditate on it:

1. Who is Jesus praying for specifically in this section? What does He pray for them (vv20-21)?
2. According to Jesus, what does unity (being one) entail? How does He relate the unity that believers are supposed to have with the unity that He has with the Father (vv22-24)?
3. What is the end result of being united? What would the Church look like if there was unity in identity, intimacy, and influence (vv25-26)?

Apply it:

The heart of Jesus is revealed in His earnest prayers. This being the longest recorded prayer of Jesus before His betrayal, we get a peek into His last reminders and instructions before His crucifixion. He desires to have a united Church in Spirit, love, and truth. Despite having differences in many aspects, disciples of Christ are to live submitted to the Head of the Body-- Jesus.

1. How can I pray for, and how will I do my part, in unifying the Church in my own sphere of influence? In what way can I exemplify Christ's prayer through my love, actions, and words?
2. In the three aspects of Christ's prayer (our identity, our intimacy, our influence), which one do I need to reinforce and how do I go about it?
3. By faith, I will continue to serve God through...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (**SMART**) commitments

Example: “As a citizen of this country, I will pray and fast every Friday noon time for the national elections in May.”

Pray it:

- Let us lift up our church, Christ's Commission Fellowship, to continue in magnifying the Lord by making disciples who will make disciples of all nations.
- Pray for Unity in the Church, to love and live out the truth in our spheres of influence.
- Intercede for our leaders that the Lord may indeed sustain His servants and grant them wisdom on how to navigate through the upcoming year:
 - Our Senior Pastor Peter Tan Chi, his wife Deonna, and their entire family
 - For all the Elders, Pastors, leaders and each one's families
 - CCF Ministry Heads, Staff, Workers, Volunteers, Partner Missionaries
 - Every Disciple and their disciples to grow in Christlikeness as they fulfill the Great Commission
 - For God to use GoViral to reach many more people with the Gospel of Christ
- Intercede for the various CCF satellites, ministries, and Dgroups all over the country and the world to continue serving the Lord in steadfastness and faithfulness.

Notes

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DAY Church
Tuesday • January 11, 2022

READ IT:

DEUTERONOMY 6:4-9

⁴ “Hear, O Israel! The LORD is our God, the LORD is one! ⁵ You shall love the LORD your God with all your heart and with all your soul and with all your might. ⁶ These words, which I am commanding you today, shall be on your heart. ⁷ You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. ⁸ You shall bind them as a sign on your hand and they shall be as frontals on your forehead. ⁹ You shall write them on the doorposts of your house and on your gates.”

Meditate on it:

1. What is Moses teaching the Israelites about? What does it mean that “the LORD is our God”? That “the LORD is one” (v4)?
2. In what aspects of life are people called to love God in vv5-6?
3. After growing in love towards the LORD, what then does God command them to do (vv7-9)?
4. According to the proceeding section in verses 10-12, what does God warn them about?

Apply it:

The *Shema* found in Deuteronomy 6:4-9 is a great pattern for personal and family prayers.

1. I can start by reflecting on who God is (His attributes) and on what God has done in my life (His actions). In response to His faithfulness, I give thanks. Take turns among family and loved ones to thank God for one thing each.
2. As I claim that the LORD God is One and the only true God, in what way can I obey Him this week? Is there something I am neglecting to do in my family and relationships? Ask the Holy Spirit to reveal any area of life that needs to be modified and modeled rightly before others for God’s glory.
3. In what way can I best express my love for God in the way that I love others? By faith, I will lead and love my family and loved ones through...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (**SMART**) commitments

Example: “Rather than be on my mobile device or watching TV, I will choose to invest time in conversation with my spouse and children at family meals starting this week.”

Pray it:

Ask God to use you as a channel of His love to your relatives and family members:

- To be a more Christ-like family member, spouse, parent, child, etc..
- To shepherd our families and our homes in the ways of the Lord.
- To be filled with the Holy Spirit in order to exhibit the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).
- To glorify and praise God in all things, even through the often challenging relationships in our families.

Let us confess our tendency to take our families for granted, to ignore conflicts or relational tensions, as well as our unforgiveness towards those who have hurt us, especially in our families.

Take the opportunity to pray with your family; encourage one another and appreciate each other's good qualities and actions. Take time to ask one another: "How can I improve?" Then pray for each other.

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DAY 3
FAMILY & RELATIONSHIPS
Wednesday • January 12, 2022

READ IT:

JAMES 5:13-16

¹³ *Is anyone among you suffering? Then he must pray. Is anyone cheerful? He is to sing praises.*

¹⁴ *Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; ¹⁵ and the prayer offered in faith will restore the one who is sick, and the Lord will raise him up, and if he has committed sins, they will be forgiven him. ¹⁶ Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.*

Meditate on it:

1. What does James exhort his readers to do when dealing with various situations of life (whether in suffering, cheerfulness, sickness, or sinfulness in vv13-15)?
2. When experiencing sickness or illness, what are people instructed to do (v14)? What does it mean to “anoint” someone with oil in the name of the Lord?
3. How are people to pray whenever there are sick individuals in the Church (v15a)? Who is it that grants healing (v15b)?
4. Aside from praying in faith for healing, what else are people instructed to do (v16)?

Apply it:

This passage shows us that healing can take form in different ways and at various times. The Lord sovereignly chooses to restore the one who is sick, or even to raise him or her up from their condition, and yet forgives their sin on the basis of His grace. Whatever way God chooses to bring it about, we are instructed to pray in faith for those who are sick and confess our sins to one another.

1. Whenever I pray for healing, do I do so in faith in God who is the Great Physician? Am I humble enough to ask for prayers from our elders, pastors, DLeaders, and churchmates? Do I also faithfully consult my doctors and medical practitioners?
2. Have I confessed my sins to another, other than God? Do I have a confidant or an accountability partner who can pray with me and for me when the times get tough?
3. I will take the time to pray in faith for those who are currently sick and more importantly, in need of salvation. By faith, I will pray for....

(Mention each person by name).

Pray it:

Let us confess our unworthiness before the Lord. For the times that we have relied on our own resources and reasoning, rather than running to God first and foremost---for our healing and wholeness.

- As we pray for healing – whether for ourselves or for others – let us trust that God heals in His time and in His way. Instead of demanding or dictating how the Lord should heal us or our loved ones, let us remember to pray with child-like faith—believing that God is the same Healer yesterday, today, and forevermore.
- Pray for good health from the Lord as we do our part in eating properly, sleeping adequately, exercising regularly, and also practicing soul care daily.

Notes

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DAY 4
HEALTH & HEALING
Thursday • January 13, 2022

GUARD YOUR HEART

READ IT:

PROVERBS 4:23

²³ *Watch over your heart with all diligence,
For from it flow the springs of life.*

Meditate on it:

1. According to the context of the passage, what is the author (a father-like figure) asking the audience (possibly his child) to consider and follow (vv20-22)?
2. What does the “heart” in this verse represent? How can one watch over it or guard it (v23a)?
3. Read Jeremiah 17:9. What does it say regarding the heart?
4. Read Psalm 139:23-24. What is to be done to ensure that the heart is realigned to God?
5. The heart of a person is like a well-spring overflowing into that person’s life. How can people guard their hearts as instructed in Proverbs 3:5-6?

Apply it:

This simple proverb of a parent to their child can be a great way to guard ourselves from worldly enticements and live in-tune with God and His ways. Our hearts need to be intricately guarded so that we may not be swayed off the path in following the Lord.

1. Take an inventory of my thought life through Philippians 4:8. Do I meditate on what is:
 - True
 - Honorable
 - Right
 - Pure
 - Lovely
 - Admirable
 - Excellent
 - Praise-worthy
2. Are there any burdens or distractions in your heart today? List them down and cast them on the Lord for He cares for you (1 Peter 5:7).
3. By faith, I will engage the heart of other youth & singles through...

Set **Simple**, **Measurable**, **Appropriate**, **Realistic**, **Time-bound** (**SMART**) commitments

Example: “I will engage with my son and daughter / nephew and niece by spending quality time with them, doing their favorite bonding activity next weekend.”

Pray it:

Let us petition God for our youth and singles regarding such areas as:

- Excellence in school or at work.
- Healthy family relationships.
- Victory over addictions (drugs, pornography, digital/gaming).
- Sexual purity and self-control.
- Overcome depression, anxiety, and suicidal thoughts.

Be intentional this week by reaching out and praying with a younger person.

Notes

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DAY 5
YOUTH & SINGLES
Friday • January 14, 2022

READ IT:

HEBREWS 5:7-9

⁷In the days of His flesh, He offered up both prayers and supplications with loud crying and tears to the One able to save Him from death, and He was heard because of His piety. ⁸Although He was a Son, He learned obedience from the things which He suffered. ⁹And having been made perfect, He became to all those who obey Him the source of eternal salvation.

Meditate on it:

1. What can be observed of Jesus' prayer life from this passage? What is the difference between prayers and supplications (v7)?
2. Based on the verses, how and why was Jesus heard in His intercession?
3. What did Jesus have to learn? By what means did He learn it (v8)?
4. What does the phrase "having been made perfect" mean? What is this referring to (v9a)?

5. What is the result of Jesus' prayer and perfection for those who obey (v9b)?

Apply it:

Jesus, even as God's Son who is both divine and human, had to learn obedience by what He experienced. He prayed in surrender to the will of the Father and it resulted to our greatest need being fulfilled: redemption in Christ. True revival comes out of being broken, obeying God's will, and surrendering our very lives to the Lord.

1. How is my own prayer life? Does it change when I experience good or challenging times? How can I cultivate a surrendered life of prayer?
2. How do I process suffering and trials? Do I draw near to God's throne of mercy and grace or do I still persist in my own solutions?
3. By faith, I will surrender to the Lord this certain aspect of my life...

Set **S**imple, **M**easurable, **A**ppropriate, **R**ealistic, **T**ime-bound (**SMART**) commitments

Example: "I will cultivate a life of dependence on God through daily prayer and Bible reading (1 chapter a day) starting today."

Pray it:

- Take the time to cast your burdens unto the Lord: any discouragement, anxiety, guilt, regret, or fear that gets in the way of our relationship with God.
- Confess and ask forgiveness for sin, shortcomings, and any bondage or addictions; seek God's restoration in our lives as we repent and surrender.
- Ask the Lord for a personal breakthrough in seeking God's wisdom and counsel for your life; let the Holy Spirit provide a spiritual revival for you, with renewed strength and zeal to follow Him.

Notes

Pray and fast with your children
with activities for the family!

Download the **NXTGEN** Prayer & Fasting Booklet
for families with **kids ages 7 to 12** here:

go.ccf.org.ph/IntercedeKids

NXTGEN

PERSONAL BREAKTHROUGH
DAY 6
Saturday • January 15, 2022

LORD'S SUPPER GUIDE



PREPARE JUICE
AND BREAD

READ: 1 CORINTHIANS 11:23-29

Why are we celebrating the Lord's Supper?

- It is a symbolic meal that was instituted by our Lord Jesus as a vivid reminder of what He has done for us. We are to celebrate it often and remember Jesus by "proclaiming His death until He comes" (verse 26). And this is done through the Lord's Supper.
- Before Jesus broke the bread and passed the cup, the passage says that Jesus gave thanks (verse 24). Jesus gave thanks for the opportunity to serve us by giving His body and blood for our sakes!

What do the bread and the wine (in our case, the juice) symbolize?

- The bread is a reminder of the body of Jesus which was nailed to the Cross (verse 24).
- The juice is a reminder of the blood of Jesus which was shed for us in the New Covenant (verse 25).
- We do not teach that the bread literally becomes the body of Christ, nor do we say that the wine or juice literally turns into His blood.
- Instead, we declare that these elements are just representations of our Lord – who He is and what He has done.
- To partake of these elements, therefore, is a symbolic expression of our faith in Him and His finished work.

What should be our attitude before partaking in the Lord's Supper?

- We should have a thankful and grateful attitude as we look back and look forward.
- Look back and thank our Lord Jesus for:
 - His free gift of salvation and for forgiving our sins.
 - His attributes (faithful, forgiving, gracious, holy, loving, unchanging).

- Who He is in our lives (Lord, Master, Savior).
- Blessings like our family (spouse, children, parents, siblings), providing for our needs, etc. (i.e. count our blessings).
- Opportunities to serve Him and His people (family, friends, church).
- Look forward and thank our Lord Jesus for the blessing of being alive today, and for the gift of relationships (biological and spiritual family, friends, Dgroups)
 - How He will answer our prayers
 - How He will walk us through - this pandemic (individually, - as a family, as a nation)
 - The promise that one day He will return
- Take some time to reflect

PARTAKE OF THE BREAD AND JUICE
AND CLOSE IN PRAYER



Prayer List

The Nations

1. Global revival – that the world would realize their need for salvation in Jesus Christ and that Christ-followers would proclaim the Gospel to all the nations
2. To stop the spread of COVID19 and new variants, that governments would implement the best measures and solutions to reduce the rate of infection and casualties caused by the virus
3. For governments throughout the world to seek God's wisdom in facing the aftermath of the worldwide pandemic—maintaining peace and order, the dignity and sanctity of life; that despite losses and failures, people will still behave in an orderly and God-fearing manner
4. Pray for CCF Beyond and our mission partners to be protected from infection and persecution, and to use the opportunity of the current crisis to spread the gospel and make even more disciples of Christ

The Philippines

1. For the upcoming Elections in May 2022
2. For every Filipino to vote wisely with discernment; no vote-buying, fraudulent counting, and ghost voters. For the Lord's hand be in the process of electing leaders who will allow us to live peaceful and quiet lives
3. To elect public officials who will serve with godly character, competence, valuing the family, justice, and accountability; to serve the country in the fear of the Lord
4. For corrupt officials to be exposed and brought to justice; systemic change in our country's government and for righteousness, justice, peace, and economic prosperity to be upheld
5. Pray for the other branches of government: The Chief Justice and all justices; The Military and Police force; The local government officials down to the barangay officials

6. Christian Values Movement Foundation Inc.
7. For the Lord to work in and through this movement to raise awareness among Filipinos (especially the youth) through political knowledge and good citizenship
8. 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, the 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)
9. For more Filipinos from all walks of life to be saved and for them to develop a genuine reverential fear of the Lord

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, to be controlled and empowered by the Holy Spirit, to be people of moral excellence and integrity)
5. For the CCF Go Viral campaign to be effective in reaching out to people and continuing Jesus' Great Commission of making disciples. That all

CCF members would take part in continuous multiplication, reaching out to their families/relatives, circle of friends, and networks with the Gospel

6. That CCF members will be people devoted to prayer and being filled by the Holy Spirit
7. Reach the young generation through Elevate campus ministries in high schools, colleges, and universities across the nation

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

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

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

Other Personal Prayer Items

Share Your Story

Share your answered prayers.

Post online   

#CCFAnsweredPrayer

E-mail us

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