



INTERCEDE

CCF PRAYER & FASTING

MIDYEAR PRAYER AND FASTING WEEK

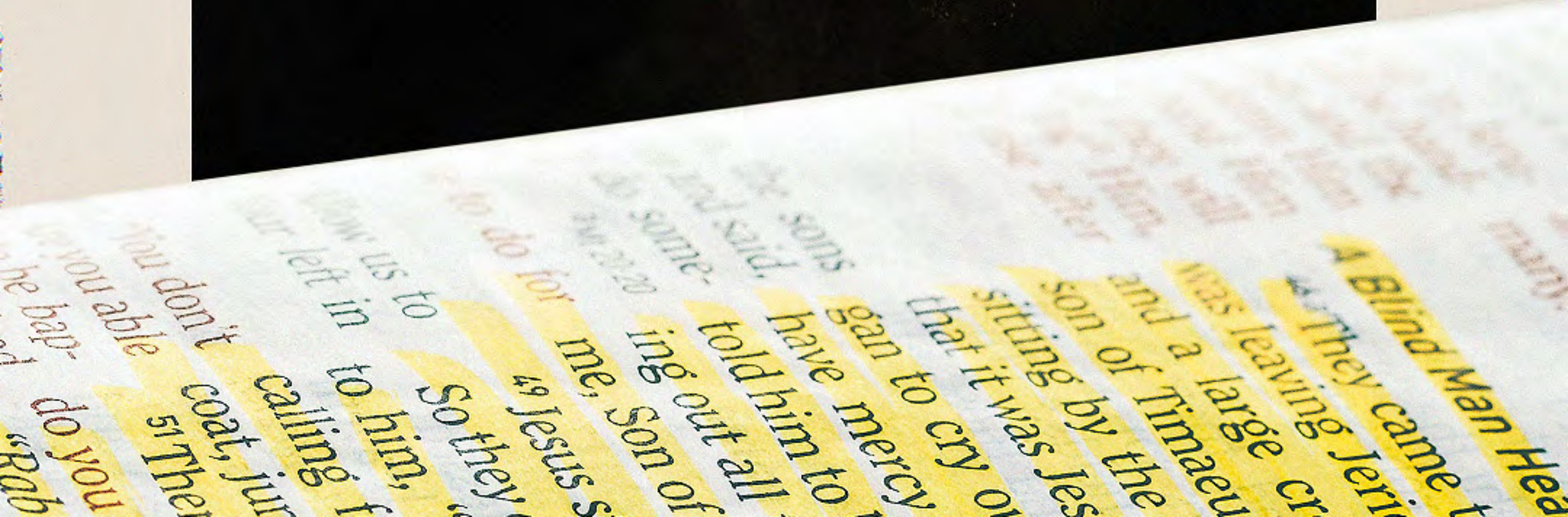
# WORDS THAT HEAL

PRAYERS FROM GOD'S WORD

ENGLISH BOOKLET

**JULY**  
**4-7, 2023**

TUESDAY TO FRIDAY



# FROM OUR SENIOR PASTOR

**Greetings, brothers and sisters in Christ!**

It is once again a great privilege to have the entire church come together for our Mid-Year Prayer and Fasting. This week, we will be focusing on **HEALING PRAYERS FROM GOD'S WORD.**

In retrospect, we will come to realize that our cry for healing is not only regarding the pandemic – our need for healing goes way deeper.

There is also a need to understand what healing means; and in the four days of our Mid-Year prayer and fasting, we do hope that we can learn these things as we look into the Bible and see prayers from four wonderful men of God –

for the Church and God's people, Jesus;  
for the Nations, Moses;  
for Relationships, Peter;  
and for Personal Healing, David.

I hope this week will be a week of rekindling the fire in you. As the Holy Spirit leads, let us step out of fear and hold on to the great promises given to us, looking forward to experiencing God's healing power over the many aspects of our lives.

May God give all of us an encounter with Him in our prayer and devotion time, and may our hearts be ready to hear from Him and obey Him consistently. God bless our church as we go through this year's Mid-Year Intercede!

In Christ,



**Dr. Peter Tan-Chi**

SENIOR PASTOR, CHRIST'S COMMISSION FELLOWSHIP

# TABLE OF CONTENTS

## GUIDE

---

What is prayer? What is fasting?	2
Why should we fast?	3
Different Kinds of Fasting	6
Starting and Ending Your Fast	7
Precautions	7
Suggestions for Prayer: C-A-S-T	8

---

## DEVOTIONS

---

Day 1: Healing in the Church	10
Day 2: Healing for the Nations	14
Day 3: Healing of Relationships	18
Day 4: Personal Healing	22

---

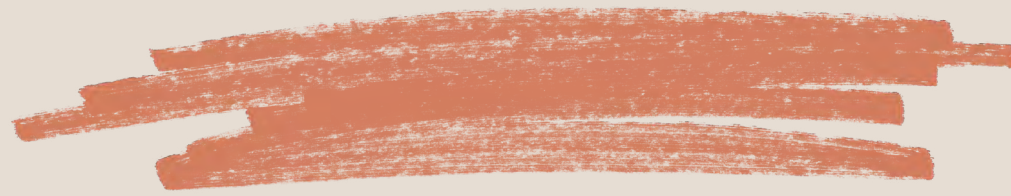
## LORD'S SUPPER GUIDE

---

## PRAYER LIST

---

# LET'S FAST AND PRAY **TOGETHER.**



Our 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 Tuesday to Friday 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).**

## 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 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 gives us an opportunity 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. 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 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 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.

*(from “What Does the Bible Say About Fasting?”, Christ Unlimited Ministries, [www.bible.com](http://www.bible.com))*



# 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 wise 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 have just one to two meals a day. In the Bible, Daniel and John the Baptist maintained a certain diet during their fasts. The 18<sup>th</sup> 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 ENDING 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 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.

# 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.

## CONFESSION

Ask the Holy Spirit to reveal anything in your life that is not pleasing to Him. Humbly confess all known sin and receive God's mercy. Then ask for God's forgiveness even for sins you may not be aware you have committed.

## ADORATION

Spend a time of personal worship of God, extolling Him for who He is and what He has done. Praise Him for His attributes – Almighty, Eternal, Faithful and many others. Commune with the Lord by acknowledging His manifest presence in your life.

## SUPPLICATION

Lift up your requests to God. Cast all your cares to Him for He cares for you. You can pray specifically for the world, the church, your community, family, relationships, and then lastly, for your personal petitions.

## THANKSGIVING

Thank the Lord for His many, varied, and specific blessings in your life. Ask for a heart of gratitude and contentment in all things. By faith, give thanks to Him in advance, not only for listening to your prayers but for His answers to all of these petitions.

**DEVOTIONS**

DAY ONE

# HEALING IN THE CHURCH

READ IT

*<sup>20</sup> “I do not ask on behalf of these alone, but for those also who believe in Me through their word; <sup>21</sup> 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. <sup>22</sup> The glory which You have given Me I have given to them, that they may be one, just as We are one; <sup>23</sup> 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.*

**JOHN 17:20-23**

MEDITATE ON IT

1. Read John chapter 17 that covers the entire prayer of Jesus. What is the content of His high priestly prayer? What do you notice was His emphasis?
2. Identify who are the subjects and recipients in Jesus' prayer:
  - Describe His own relationship with the Heavenly Father
  - Describe His intercession for the disciples and those who would believe after them.
3. Just as the Father and Jesus are one, what happens when Christians take this mindset and are united with each other?

NOTES

## APPLY IT

The heart of Jesus for all Christ-followers is to be united in their personal knowledge & love of God, their purpose & mission to spread the truth, their protection from the evil one, and their continued joy & abiding in God's presence. When this unity happens, the Church becomes a beacon of hope and a faithful reflection of the Triune God.

1. Being in a community can result in tensions, conflicts, and disagreements. Have I experienced some of these situations within the church or community? How did I respond in those situations?
2. In what way can the Lord use me to bring about unity and harmony in the church and my immediate community? Is there anyone that I need to ask forgiveness from or be reconciled with?  
*(Take a moment to ask the Holy Spirit to bring to mind any particular person)*
3. Two of the hallmarks of a Christ-follower are love for God and love for neighbor. How can I grow in my love for Jesus? What would it look like for me to grow in love with other people, especially in the church?

**BY FAITH, I WILL WILL PRACTICE LIVING IN GOD'S PRESENCE AND PRAY REGULARLY FOR PEOPLE IN MY CHURCH OR COMMUNITY...**

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

*Example: "I will ask my Dgroup leader or Pastor how I can pray for them and look for ways to encourage them the next time we meet."*

## NOTES

## PRAY IT

- Let us lift our church, Christ's Commission Fellowship, to continue magnifying the Lord by making disciples who will make disciples of all nations.
- Pray for a culture of honoring God's Word and authorities in the Church — to submit to God above all and abide by the wisdom of our elders, pastors, and servant-leaders.
- Intercede for our leaders that the Lord may indeed sustain His servants and grant them wisdom on how to navigate through the rest of the year such that God is glorified in their lives and our church:
  - Our Senior Pastor Peter Tan-Chi, his wife Deonna, and their entire family
  - For all the elders, pastors, servant-leaders, and each one's families
  - CCF ministry heads, staff, workers, volunteers, partner missionaries
  - Every discipler and their disciples to grow in Christlikeness as they fulfill the Great Commission
  - For the continued development and construction of our CCF Training Center
  - For our national and international church planting initiatives to bear fruit for God's glory
- Intercede for the various CCF satellites, ministries, and Dgroups all over the country and the world, as well as those in different workplaces and communities, to continue serving the Lord in steadfastness and faithfulness.
- May God lead you to volunteer for any of the following ministries:
- Life-on-life Discipleship (be part of a Dgroup or consider starting your own Dgroup)
- Serve in your workplace (start a Bible study or prayer time in your company)

**LIFESTAGES MINISTRIES**

Across (Family), B1G (Singles), Elevate (Youth), NXTGEN (Kids)

**SUPPORT MINISTRIES**

GLC, Discipleship Ministry, WOW (Women), MoveMENT (men), CCF SPORTS, Marketplace, Tulong Tayo, Host Team, Exalt Team, Pastoral Care





# HEALING IN THE NATIONS

READ IT

*<sup>15</sup> Now if You slay this people as one man, then the nations who have heard of Your fame will say, <sup>16</sup> ‘Because the Lord could not bring this people into the land which He promised them by oath, therefore He slaughtered them in the wilderness.’ <sup>17</sup> But now, I pray, let the power of the Lord be great, just as You have declared, <sup>18</sup> ‘The LORD is slow to anger and abundant in lovingkindness, forgiving iniquity and transgression; but He will by no means clear the guilty, visiting the iniquity of the fathers on the children to the third and the fourth generations.’ <sup>19</sup> Pardon, I pray, the iniquity of this people according to the greatness of Your lovingkindness, just as You also have forgiven this people, from Egypt even until now.”*

## **NUMBERS 14:15-19**

MEDITATE ON IT

1. Read Numbers 14. What is the context of this passage? What has just happened to the Israelites as they were traveling towards the Promised Land?
2. How did the Israelites respond to the report regarding the land (vv. 1-4,10)? What did Moses do as the leader of the people (vv. 5-9, 13-19)?
3. Examine Moses’ prayer more closely. How did he view God’s character? What did he ask specifically from God?

NOTES

## APPLY IT

Just like the Israelites on the way to their appointed destination, we too often grumble at the onset of obstacles. Despite having clear directions from God, we waver and resort to following our own ways. Nevertheless, Moses prays on behalf of the people: to be pardoned for their disobedience and to be spared from pestilence. The Lord remained merciful and extended His promise to the generation after; that they may be God's faithful witnesses to the rest of the world.

1. Whenever I experience hardship or hear of troubling news in the country and around the world, what is my first recourse? Instead of being paralyzed or protesting, how can I pray more?
2. Do I regularly confess to God and keep accountable to others for my sin and shortcomings? How can I be more transparent in admitting my faults and in being humble to improve?*(Take a moment to confess any aspect of life that may not be pleasing to the Lord. Ask and pray for a contrite and humble heart.)*
3. As a citizen of the Kingdom of God and of this nation, do I fulfill my part in being filled by the Holy Spirit and by being prayerful? In what way can I reflect God's character more in my life and in the world around me?

### **BY FAITH, I WILL DEVELOP A LIFESTYLE OF PRAYER AND BEING SPIRIT-FILLED BY...**

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

*Example: "As a Christ-follower, I will pray and fast every Friday at noontime for the Philippines, for Canada, the world, my church, CCF, and my family."*

NOTES

## PRAY IT

- Pray for major national issues:
  - For COVID-19 pandemic to be over, proper crisis management, and economic sustainability
  - Graft and corruption, drugs, forced labor, human trafficking
  - Ungodly values, moral decline, materialism, idolatry
  - Economic hurdles, high gas prices, inflation, traffic problem, bills, and laws that are against God's word and will
  - For more people from all walks of life to be saved by the Gospel, to develop a genuine love for the Lord, and to be disciplined by the Church
  - For the Lord to raise awareness among Filipinos (especially the youth) on political engagement and good citizenship that is Christ-honoring and Bible-based
- Lift a prayer for the world — including other nations and governments, that we may all depend on the Lord to thwart the further spread of COVID-19, to carry us through the adverse effects on the world economy, and for peace in Ukraine and other conflict-ridden, war-torn, and economically-devastated countries (e.g., Myanmar, Sri Lanka, the Rohingya nation, Sudan). Pray that every nation would come to know and experience the love of God in Christ through His global church.



# HEALING OF RELATIONSHIPS

READ IT

<sup>7</sup> *You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.*

<sup>8</sup> *To sum up, all of you be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; <sup>9</sup> not returning evil for evil or insult for insult but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.*

## 1 PETER 3:7-9

MEDITATE ON IT

1. Scan through the context of the chapter in 1 Peter 3. How does the Apostle Peter characterize husband and wife relationships? What is the role of the husband? What is the role of the wife?
2. Based on the passage, what are the possible reasons why prayers can be hindered?
3. List down the ways we can cultivate better relationships within our family and other relationships.
4. Read 1 Peter 2:21-25. According to this passage, what example of Jesus can we follow when others revile us?

NOTES

## APPLY IT

God has a heart for marriages and family. He desires harmony, peace, and order at home. This can be seen in how the Lord created the structure for husband and wife to be fellow partakers of the grace of life: the husband leading and caring for his wife and the wife submitting and honoring her husband. This kind of partnership and mutual love brings about marital restoration and results in prayers being unhindered! God also delights in communal harmony when His people treat one another properly in all humility. This is the sort of relationship that abounds in God's blessings!

1. For the **married**: how can I treat my spouse in a godly manner? For the **singles**: how can I ensure that my current relationships are Christ-centered?
2. What can I specifically cultivate in my character when it comes to harmony and restoration of relationships?  
*(Let the Lord impress upon your heart and mind which area I need to grow in: being harmonious, sympathetic, brotherly, kindhearted, humble in spirit, non-retaliating, eagerness to bless)*
3. Is there anyone in your family that God is asking you to reach out to? Take time to pray for that person so that God may pave the way for you to be reunited, reconciled, and restored with them.

**BY FAITH, I WILL PRAY FOR AN OPPORTUNITY TO ENGAGE WITH... (mention each person by name)**

**THIS COMING WEEK, I WILL TEXT OR CALL THIS PERSON AND LET THEM KNOW THAT I CARE FOR THEM...**

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

*Example: "I will engage with my child or parent/relative or friend by spending quality time with them, doing their favorite bonding activity next weekend."*

NOTES



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 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 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.
- Be intentional this week by reaching out and praying with a family member, relative, or friend whom you need to reconcile with.
- Take the opportunity to pray with your family and loved ones: encourage one another and appreciate each other’s good qualities and actions.
- Take time to ask one another: “How can I improve?” and then pray for each other.

(Notes from the Evening Watch message)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





DAY FOUR

# PERSONAL HEALING:

PHYSICAL, MENTAL AND EMOTIONAL, SPIRITUAL

READ IT

*<sup>1</sup> Bless the LORD, O my soul, And all that is within me,  
bless His holy name.*

*<sup>2</sup> Bless the LORD, O my soul, And forget none of His benefits;*

*<sup>3</sup> Who pardons all your iniquities, Who heals all your diseases;*

*<sup>4</sup> Who redeems your life from the pit,*

*Who crowns you with lovingkindness and compassion;*

*<sup>5</sup> Who satisfies your years with good things,*

*So that your youth is renewed like the eagle.*

**PSALM 103:1-5**

MEDITATE ON IT

1. What is the overall disposition of David in this Psalm? What does it mean to bless the LORD?
2. Read the entire Psalm 103. What are the various promises of the LORD to those who are His people? List as many as you can find.
3. How does the Psalm speak to our physical, mental, emotional, and spiritual conditions in particular? In what way does the LORD address these?

NOTES

## APPLY IT

Like King David, most of us have experienced tough life situations that may have led us to forget God's promises. From the Psalms of David, we can see that he experienced death threats from enemies, diseases on his body, difficulties in his journey, discipline due to sin, and devastation in his time. Yet the Lord sustained David and he experienced God's faithfulness. May we remember that as we go through our own physical, emotional, mental, and spiritual challenges, we can also experience God's faithfulness in ultimately carrying us through.

1. There is a tendency for us to forget or take for granted God's promises in His word. In what way can I take these benefits to heart and pray for them by faith?
2. How have I experienced challenges in my physical, emotional, mental, or spiritual condition? Have I cried out to God in desperation and dependence?

*(Take a few minutes to just express your personal ailments, hurts, frustrations, worries, anxieties, guilt, and shame unto the Lord and release all these concerns to Him for He cares for you.)*

### **BY FAITH, I WILL SURRENDER TO THE LORD THIS CERTAIN ASPECT OF MY LIFE...**

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

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

## NOTES

## PRAY IT

**PHYSICAL HEALING**

- As we pray for healing – whether for ourselves or 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.
- Ask the Lord for a personal breakthrough in your health and well-being — pray for a heart that seeks God’s Kingdom above all; let the Holy Spirit guide your lifestyle so that you would take care of your body which is His temple.
- Pray for good health from the Lord as we do our part in eating properly, sleeping adequately, exercising regularly, and practicing soul care daily (spiritual disciplines, meditation, silence & solitude before the Lord, and more).

**EMOTIONAL AND MENTAL HEALING**

- Let us confess the times we let our worries consume us. 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 well-being.
- Take the time to cast your burdens unto the Lord: any discouragement, anxiety, shortcomings, or fear that gets in the way of your relationship with God.

**SPIRITUAL HEALING**

- Let us pray in faith for God to grant us a spiritual breakthrough in such areas as:
  - Pride, selfishness, self-sufficiency, secret sins
  - Idolatry, greed, materialism
  - Sexual purity, self-control, integrity
  - Addictions (alcohol, drugs, pornography, digital/gaming, gambling, etc.)
  - Bad influences, ungodly relationships, gossip, slander, lying
  - Spiritual warfare and attacks of the enemy (suicidal thoughts and tendencies)
- Confess and ask forgiveness for sin, shortcomings, and any bondage or addictions; seek God’s restoration in our lives as we repent and surrender.



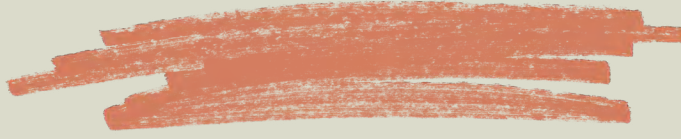
# LORD'S SUPPER GUIDE

READ: 1 CORINTHIANS 11:23-29

for online participants:



PREPARE JUICE  
AND BREAD



## 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 DOES 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.

## WHY ARE WE CELEBRATING 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 COVID-19 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—stabilizing the world economy, maintaining peace and order, upholding the dignity and sanctity of life; that despite losses and failures, people will still live in an orderly and God-fearing manner.
4. Pray for peace in Ukraine and other conflict-ridden, war-torn and economically-devastated countries (e.g. Myanmar, Sri Lanka, the Rohingya people).
5. 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.

## CANADA

- Pray for leaders to uphold biblical values and exemplify godly character, competence, justice, accountability, and family — for them to serve with integrity, wisdom, faithfulness, protection, and guidance:
  - The King, Prime Minister, Cabinet Members and advisers
  - The Senators and Members of the Parliament
  - The Chief Justice and all justices
  - The military and police force
  - The local government including schools and health authorities

- For major national issues (COVID-19 pandemic, economic sustainability, 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)
- That Christians in Canada will continue to turn to God, love Him whole-heartedly and love one another deeply amidst the challenging issues we face as a nation, thereby shining Jesus' light to others that they may come to know Him as well.

## 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, ministry servant leaders, church planters, Dgroup leaders, 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)
  - Pray for each by name using this link:  
**[ccf.org.ph/meet-the-team/](http://ccf.org.ph/meet-the-team/)**
5. For CCF 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 disciplining 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
5. Let the Holy Spirit guide you where He wants you to serve, with renewed strength and zeal to volunteer in God's work.

## **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 ITEMS**





CHRIST'S COMMISSION FELLOWSHIP



**(02) 8866-9900**



**info@ccf.org.ph**



**www.ccf.org.ph**



**facebook.com/CCFmain**



**instagram.com/CCFmain**



**www.youtube.com/CCFmainTV**



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