



**P R A Y  
L I K E  
J E S U S**

CCF MIDYEAR PRAYER AND FASTING  
JULY 20 – 23, 2016

It happened, that when He finished praying in a certain place, one of His disciples said to Him, “Lord, teach us to pray...”

LUKE 11:1

# FROM THE SENIOR PASTOR

Dearest brothers and sisters in Christ,

The year 2016 has been an amazing year so far. Our loving God and Father has truly shown His faithfulness and glory to us this year. He continues to take care of His children in the good seasons and faith-building seasons of our lives. His love knows no bounds.

Let us continue this year in renewing our passion and love for the Lord by resting in His goodness during this prayer and fasting season. Recently, we have begun to look into the life of Jesus in our study of the book of John. This is a great opportunity for us to really become more Christ-like.

*It happened, that when He finished praying in a certain place, one of His disciples said to Him, "Lord, teach us to pray..." – Luke 11:1*

I pray that everyone will learn from Jesus' example on how we can truly pray. May we also adopt the same eagerness that His disciples had in learning how to pray. What a noble goal for all of us to develop this attitude of praying and learn how Jesus prayed!

As we start with the mid-year prayer and fasting, may Jesus' example truly resonate in all of us and be an inspiration for us to pray more like Him. I pray that these daily devotions will help in your journey in praying, interceding and teaching others how to pray.

CCF will continue to make 2016 count by resting in His goodness and praying that more people will become Christ-committed followers. As we aspire to be more like Jesus in life and in prayer let us all remember the words of the Apostle Paul who exhorts us, "*Follow me as I follow Christ*" (1 Corinthians 11:1).

Your fellow servant in Christ,  
**Pastor Peter Tan-Chi**





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And that's why we want to fast and pray.  
We want to focus on the Lord,  
to develop intimacy with Him,  
to talk to Him.

PETER TAN-CHI

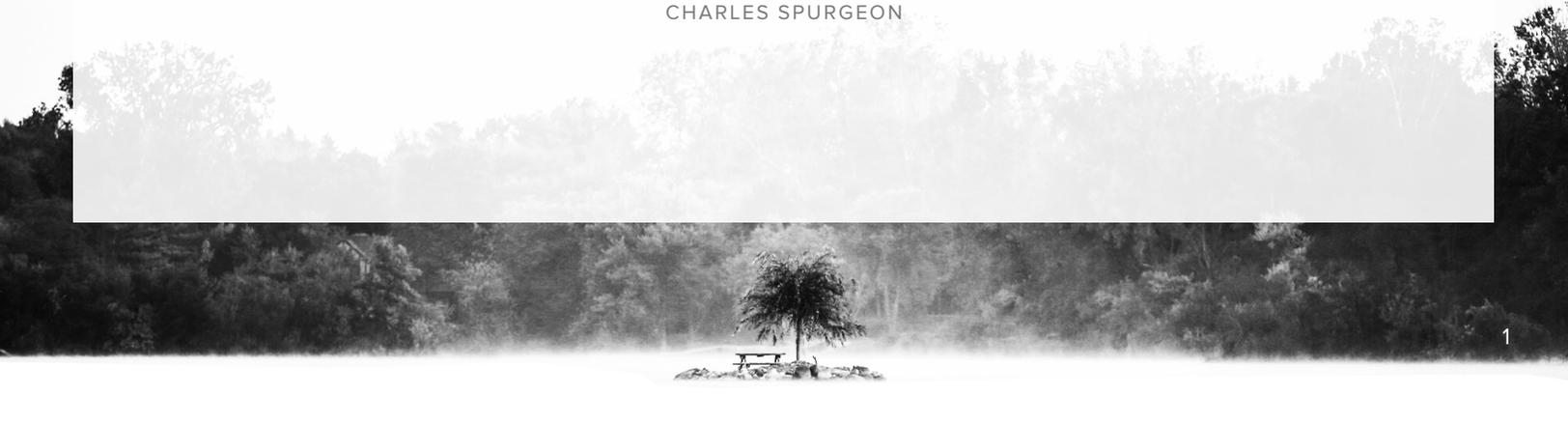




# GUIDE

If you believe in prayer at all, expect God to hear you.  
If you do not expect, you will not have. God will not hear you  
unless you believe He will hear you; but if you believe He will,  
He will be as good as your faith.

CHARLES SPURGEON



# WHY 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 purposes. Fasting makes us physically weak, but spiritually stronger and more prepared to do God’s work.

## The Early Church fasted.

Then, when they had fasted and prayed and laid their hands on them, they sent them away.

ACTS 13:3 (SEE ALSO ACTS 14:23)

The Church fasted for Saul (Paul) and Barnabas. Later, Paul and Barnabas appointed leaders in various churches, fasting and praying before commending these leaders to the Lord.

## Fasting demonstrates humility before God.

But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom.

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 to us that God takes precedence over all our needs. Fasting lifts up the matter at hand to God who is able to bring about awesome works that bring Him great glory.

## **Fasting brings about personal and national spiritual revival.**

If My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land.

2 CHRONICLES 7:14

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes.

DANIEL 9:3

Fasting prompts revival to an individual and to the country. It brings forth a stirring that will heal and change us and prepare us for greater things in God's kingdom.

## **Fasting is good for our health.**

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

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



# FOUR KINDS OF FASTING

This is the kind of fasting I have chosen... share your food with the hungry, take the poor and homeless into your house, and cover them with clothes when you see [them] naked. Don't refuse to help your relatives.

ISAIAH 58:6-7, GW

There are probably as many ways to fast as there are ways to pray, but these four ideas are a starting point.

## 1. Normal fast

In a normal fast, a person goes without food for a predetermined amount of time - 1 day, 3 days, 1 week, or longer. Water is allowed and necessary, of course. Extreme care should be taken with long fasts, especially if there are any underlying medical conditions. It is wise to consult your physician if you are planning on embarking on a long fast.

## 2. Partial fast

In a partial fast, a person just eats certain food in a period of time or has one or two meals a day. Daniel and John the Baptist maintained a certain diet during their fasts. John Wesley ate only bread and water for many days as his fast.

## 3. Juice fast

This is a partial fast specifically restricted to only juices.

## 4. Object fast

It is possible to fast on something other than food. Some decide to fast on TV or computer time. But for the rest of this booklet, we will address food fasts. The key is to replace the time spent on that activity with time devoted to the Lord.

# HOW TO FAST

Thou wilt make known to me the path of life;  
In Thy presence is fullness of joy;  
In Thy right hand are pleasures forever.

PSALM 16:11

## Preparing to Fast

1. Set your objective and commit to a type of fast.
2. Be expectant.
3. Prepare yourself spiritually.
4. Prepare yourself physically.
5. Consult your doctor.

## During a Fast

1. Seek the Lord.
2. Commit to listen to God.
3. Be willing to change.
4. Pray.
5. Spend time and meditate on God's Word.
6. Adjust your schedule. Eliminate unnecessary distractions and activities.
7. Attend evening prayer meetings.

## Breaking the Fast

1. End your fast gradually.
2. Do not eat solid food immediately after you fast.
3. Start with fruits, fruit juices, salads, and soups, and then eventually eat more solid food.
4. Continue to fast and pray, even once a week.
5. Expect greater intimacy and joy in God's presence.



# CAUTION

Prayer opens the heart to God, and it is the means by which the soul, though empty is filled by God.

JOHN BUCHAN

While there are benefits in fasting, some should not fast without professional supervision.

For example:

- Persons who are physically too thin or emaciated.
- Persons who are prone to anorexia, bulimia, or other eating disorders.
- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.
- People taking prescription drugs. Consulting your attending physician before taking your medication.

Consult your doctor before you begin your fast. But be aware that many doctors have not been trained in this area so their understanding about it may be limited.

# DEVOTIONS

To begin praying like Jesus did,  
enjoy prayer as Jesus did.  
To enjoy prayer, examine your walk with God.

ERWIN ELEVAZO



# JESUS PRACTICED PRAYING IN SOLITUDE

WEDNESDAY, DAY 1

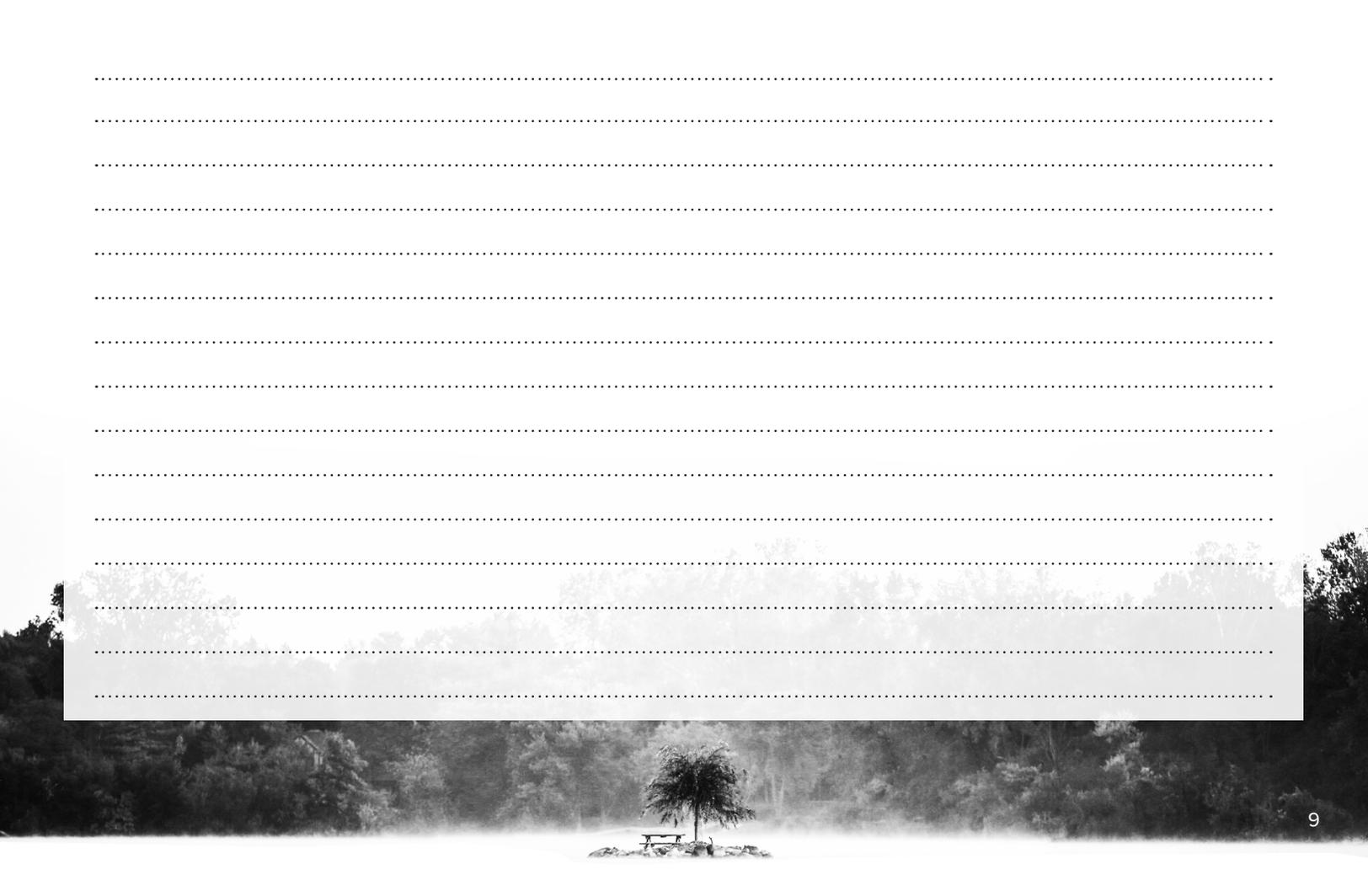
“In the morning, long before sunrise, Jesus went to a place where He could be alone to pray.”

MARK 1:35, GW

1. The Gospel according to Mark is considered a “busy” book because Jesus appears to be very busy. Look at how the word “immediately,” cited 40x in the book, is used. What are the activities of Jesus mentioned in Mark 1:21-39? Who were the people or groups who were asking for time with Jesus? What did Jesus do to make sure He would have an undisturbed prayer time (v. 35)?
2. Read Luke 21:34-38. How did Jesus keep a balance between His earthly work and His private time with the Father in vv. 37-38? Where would He go to have His quiet time? In v. 34, what dangers can dull a person about spiritual realities?
3. Read Luke 22:39-46. How does v. 39 describe His practice? What danger did He urgently warn His disciples twice about not spending time in prayer in vv. 40 & 46?
4. Application: If you have not yet begun having regular private time with God, or if you have started but are not consistent, when will you commit to the Lord to do so consistently? What activities do you need to set aside in your daily schedule? Even if you have been having your quiet time regularly, what improvements can you still make so that your time with God is more meaningful? Who in your family, or within the church can help hold you accountable to keep your time with God consistent?

Prioritize prayer. Why? Because... it will give you direction in life.  
Because many times you don't know how to choose. Life is about choices.

PETER TAN-CHI



# JESUS PRACTICED UNCEASING PRAYER

THURSDAY, DAY 2

## “Pray without ceasing.”

1 THESSALONIANS 5:17, NASB

1. Look up these passages and write down the important events of Jesus' life in which He was observed praying:
  - a. Luke 3:21–22 .....
  - b. Luke 6:12–13 .....
  - c. John 11:41–44 .....
  - d. Mark 8:6–7 .....
  - e. Luke 9:28–29 .....
  - f. Luke 22:17–19 .....
  - g. Luke 23:46 .....
  - h. Luke 24:30 .....
  
2. Go to each of these passages and indicate what Jesus was doing while praying. Also indicate the kind of prayer that Jesus uttered (Confession, Adoration, Supplication, or Thanksgiving):
  - a. Matthew 11:25–26 .....
  - b. Luke 10:21–22 .....
  - c. John 12:27–29 .....
  - d. John 17 to 18:1 .....
  
3. Application: What lesson can you learn from how Jesus modeled prayer? What specific action will you take to improve the way you pray? Start your day tomorrow with private time with the Lord and practice praying continually for the rest of the day.

To become better followers of Jesus, what must you practice?

Keep praying. Every day.

PETER TAN-CHI



# JESUS MINISTERED TO OTHERS THROUGH PRAYER

FRIDAY, DAY 3

**“...He lives forever to intercede with God on their behalf.”**

HEBREWS 7:25, NLT

1. How did Jesus minister through prayer in these passages:
  - a. Mark 7:31–35
  - b. Matthew 14:19–20. What is implied by the clause “looking up to heaven”? (See Jn 11:41 & Jn 17:1)
  - c. John 11:41–42. What was Jesus’ purpose for praying to be heard by people around Him?
  - d. Mark 10:13–16. How did Jesus feel when children were prevented from coming to Him? What did He instruct His disciples concerning children? Aside from touching them, what extra gestures did Jesus do for them? What did Jesus communicate through those?
  
2. Who did Jesus pray for in the passages below? Also write down the main prayer request of Jesus for each of them:
  - a. John 17:6–19 .....
  - b. Luke 22:31–32 .....
  - c. John 17:20–23 .....
  - d. Luke 23:34 .....
  
3. Who are the people Jesus is still praying for today according to Hebrews 7:25 and 1 John 2:1? In what way can we emulate Him?
  
4. Application: Jesus gave us several examples of how He ministered to needy people through prayer. Write down names of individuals whom you will approach within the next 7 days and ask, “How can I pray for you?”

We are to bear one another’s burden, we have to pray for one another and bring our burdens, not just our own, but expand our prayer horizon and bring one another’s burdens before God. That is part of our privilege and blessing as a royal priesthood, praying for one another.

RICKY SARTHOU



# JESUS TAUGHT OTHERS TO PRAY EFFECTIVELY

SATURDAY, DAY 4

**“Be always on the watch, and pray...”**

LUKE 21:36, NIV

1. Read Luke 11:1-13. What prompted the disciples to ask Jesus to teach them to pray? What is implied by the fact that this prayer and the one in Mt 6:9-13 are not identical?
2. Closely examine the prayer taught by Jesus; break it down and identify its various parts.
3. What attitude in prayer is Jesus teaching in the parable that follows? What assurance is Jesus giving in v. 9 to God’s children who pray? What is the condition for prayers being answered as indicated by the verbs in v. 10 being in the present tense?
4. Jesus who taught the disciples to call on God as “Father” in v. 2, now appeals to their own fatherhood in v. 11–13 to illustrate the matchless superiority of God in responding to the pleas of His children. Compare Matthew 7:11 with Luke 11:13. What does each emphasize? The tense of the verb “ask” in Lk. 11:13 is the same as the tense of the verbs “ask,” “seek,” and “knock” in v. 10. What does this tell us about how to relate to the Holy Spirit?
5. Application: Which parts do you need to add to your prayers to conform to the pattern of Jesus? Do you fulfill the condition set by Jesus in asking for forgiveness in v. 4a & 4b (cp Matthew 6:14–15 & Mark 11:25)? Is your prayer life characterized by persistence or not? What causes you to give up? Do you always pray for the filling of the Spirit in your life? If not, why?

Now, why is the Holy Spirit connected to prayer? Because you need the Holy Spirit to pray. You need the Holy Spirit to persevere. You need the Holy Spirit to help you understand the heart of God.”

PETER TAN-CHI



# PRAYER LIST

We never know how God will answer our prayers, but we can expect that He will get us involved in His plan for the answer. If we are true intercessors, we must be ready to take part in God's work on behalf of the people for whom we pray.

CORRIE TEN BOOM

## A. The Philippines

1. President Duterte and Cabinet officials—honesty and competence
2. Senate and House lawmakers—loyalty to the country
3. Chief Justice Sereno and the Judiciary—effective reforms for justice and righteousness to prevail
4. Corrupt officials to be jailed
5. Righteousness, justice, peace, and economic prosperity
6. Evangelization of the country especially the government officials
7. Protection from calamities
8. Curtailment of drug problem, human trafficking, poverty, etc.
9. Long-term solution to traffic problem

## B. The Church

1. Love, purity, zeal and graciousness of CCF members
2. Faithfulness to God's mission and vision for CCF
3. The Leaders and their families—Elders, Pastors, Dgroup Leaders
4. Staff, volunteers, and other workers
5. Establishment of thousands of house churches all over the globe.
6. Setting up of campus ministries in the different high schools, colleges and universities in the Philippines
7. Protection and guidance for church planters, missionaries, and their families

## C. Personal Breakthrough

1. Spiritual revival
2. Physical healing
3. Breaking of bad habits
4. Christ-like character

## D. Family

1. Restoration of relationships
2. Household salvation

## E. Finances

1. Freedom from debt
2. Financial blessings
3. Rich generosity

## F. Other Personal Prayer Items





# PRAYER GATHERING SCHEDULES AND PROGRAMS

<b>DATE</b>	<b>DAY</b>	<b>MESSAGE TITLE</b>	<b>PRAYER FOCUS</b>	<b>FEATURES</b>
July 20	Day 1 Wednesday	Jesus Practiced Praying in Solitude	Country	Prayer Ministry
July 21	Day 2 Thursday	Jesus Practiced Unceasing Prayer	Church	Prayer Ministry
July 22	Day 3 Friday	Jesus Ministered to Others Through Prayer	Physical Needs	Prayer Ministry
July 23	Day 4 Saturday	Jesus Taught Others to Pray Effectively	Relationships	Lord's Supper (No Prayer Ministry)



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