

2016

"LORD, HAVE YOUR WAY"

PRAYER AND FASTING GUIDE

Weeklong Prayer Services:
12:00 noon/ 6:00 pm January 4-8, 2015

40 Day Prayer and Fasting
January 4 to February 13



Meditations are Developed by ICS Pastoral Staff
1/1/2016



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LET US BEGIN THE YEAR BY SEEKING THE LORD

Prayer and fasting help us gain spiritual muscles to discipline ourselves and help us develop an "appetite" for God. As the Bible declares, "blessed are those who thirst and hunger for righteousness for they shall be filled." Committing to a season of fast helps us develop deep hunger for God's presence and power in our lives. When seriously done, the disciplines help us subdue our fleshly desires and pleasures, and replace these with a thirst for God.

When God sees our hunger for Him, He then satisfies us with His presence and causes us to overflow in all other things we need. As John Piper puts it, "God is most glorified when we are most satisfied in Him." The disciplines of prayer and fasting whets our spiritual hunger for God until we come to understand that He alone is our utmost necessity, and nothing else in the world can ever compare to the satisfaction He brings.

GENERAL GUIDELINES WHEN ENTERING INTO A SEASON OF PRAYER AND FASTING

Plan for your fasting

- I commit to pray for seven days and
 - Fast Two meals a Day (preferably 6 am to 6 pm)
 - Breakfast Lunch Dinner
 - Fast One meal a Day
 - Breakfast Lunch Dinner
 - Fast from things that preoccupies my supposed time with God
 - Television Facebook Others: _____

- I commit to attend prayer meetings on:

<input type="checkbox"/> January 4	<input type="checkbox"/> Lunch Time , 12 nn - 1 pm) 180° Activity Center	<input type="checkbox"/> Evening (6:00 pm to 7:00 pm) 180° Activity Center
<input type="checkbox"/> January 5	<input type="checkbox"/> Lunch Time , 12 nn - 1 pm) 180° Activity Center	<input type="checkbox"/> Evening (6:00 pm to 7:00 pm) 180° Activity Center
<input type="checkbox"/> January 6	<input type="checkbox"/> Lunch Time , 12 nn - 1 pm) 180° Activity Center	<input type="checkbox"/> Evening (6:00 pm to 7:00 pm) 180° Activity Center
<input type="checkbox"/> January 7	<input type="checkbox"/> Lunch Time , 12 nn - 1 pm) 180° Activity Center	<input type="checkbox"/> Evening (6:00 pm to 7:00 pm) 180° Activity Center
<input type="checkbox"/> January 8	<input type="checkbox"/> Lunch Time , 12 nn - 1 pm) 180° Activity Center	<input type="checkbox"/> Evening (6:00 pm to 7:00 pm) 180° Activity Center

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3. I want to extend my prayer and fasting and join the 40 Days Prayer and Fasting of ICS Community from January 4 to February 13 (after the week of prayer, individuals will be praying and fasting privately).

- YES
- Every Breakfast
- Every Lunch
- Every Dinner

Entering the Fast

What is your objective why you are fasting?

What Significant thing do you believe God would do as you pray and fast for the following areas:

1. Church: I believe that

2. Family: I believe that

3. Business: I believe that

4. Work or Studies:

5. Individual Life:

6. Others:

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Useful basic practical guide to Prayer and Fasting¹

Why should we fast? (Joel 1:14)

1. Jesus fasted 40 days before He started His ministry. (Matt 4:12; Lk 4:14)
 - Fasting is an act of humbling of self, humility and consecration. (Ps 35:13)
 - Fasting helps us become sensitive to the Holy Spirit. (Acts 13:2). Helping us to deny our own flesh and crucify the carnal mind.
 - Fasting brings spiritual revival. (Dan 9:2,3). Helping us to prevail in prayer and intercession.
 - Fasting is God’s Providence to give us a healthy lifestyle and it cannot be substituted by any other way. It is the privilege of the children of God.
 - To fellowship with God, have intimacy with Him and knowing Him.
2. To fine tune our spiritual sharpness, our capacity to focus, to put our heart into tranquility.
3. To be made whole, healed and restored spiritually, physically, emotionally and psychologically. (Hos 6:1-2)

Preparing to Fast (Esther 4:16)

1. Get your heart and mind ready, set your mind clearly on the objective of fasting, and maintain a thankful heart.
2. Write down the clear objectives for fasting; add a clause of flexibility, so that God may speak His objective.
3. Pray and commit to a type of fast, asking God for grace to remain determined.
4. Plan your calendar
5. Conserve your energy and devote more time to prayer and reading God’s Word.

Prepare spiritually

Fine tune your mindset, make known to God that you desire to weaken the flesh so as to be close to the Lord spiritually. Allow the Spirit of God to direct the mind, to direct the body for renewal action, meaning: getting ready to change.

Prepare physically

Don’t overeat before fasting. On the contrary, reduce food intake gradually until the day of fasting. Avoid food that is high in calories. Eat only salad and fruits three days before fasting.

¹ *Adapted from an internet source.*

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During the Fast (Mat 6:16-18)

1. Read the Word of God and fellowship with God
2. Talk with and listen to God; try to hear the voice of God, once you hear, verify with the Holy Bible. Then wait for a season to confirm. Once confirmed, put it into action and let no one stop you.
3. Seek the Lord
4. Pray and read God’s Word during meal times. Join at least one prayer meeting.
5. Be ready to respond when you hear from God.
6. Commit to renew and change yourself. Whatever God makes known to you, make restitution immediately.

Practical tips

1. Avoid medical and even natural herbal drugs
2. Limit your physical activity and exercise
3. Rest as much as you can
4. Maintain an attitude of prayer throughout the day
5. Drink plenty of clean water
6. Allow for temporary bouts of physical weakness, impatience, irritability and anxiety as your body adjusts.

Breaking the Fast (Acts 14:23)

- One hour before- pray harder and thank God for such grace of the opportunity to have intimacy with God through fasting.
- Reintroduce solid food gradually in small portions throughout the day. Start with fruits, juices and salad.
- Continue praying. Let the momentum you gained during the past transform your prayer and devotional life.
- Expect Results. Persevere in prayer. Keep a copy of your prayer points, giving thanks to God as you see how He answers your prayers at the end of the year.

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"I SURRENDER"

MEDITATIONS FOR WEEK OF PRAYER

Day 1 / Morning Meditation

LOOK WHAT THE LORD HAS DONE

READ: *Isaiah 43:19*

We will start this 2016 by looking back to 2015 and first consider the what God has accomplished in the year that was. Below is the very first meditation we had on our first day of Prayer and Fasting. Read the article and reflect on what God has accomplished in your life and in the church in 2015.

Glorious Unfolding. This is what we believe would happen this 2015, We look back and celebrate what God has done in the past. We recognize today as the day the Lord has made that is why we seize the opportunities that God opens for us now. Yet, we look ahead and realize that greater things are coming beyond what our eyes have already seen and what our ears have already made.

The idea of Glorious Unfolding is all about believing that God is accomplishing something new. We want to look at 2015 through the truth of what God said in Isaiah 43:19, "*For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.*" Thus, we declare:

- A NEW BEGINNING: That God starts a new thing. Everything that transpired in the past prepares us for this season of new beginning.
- A YEAR OF DISCERNMENT AND SENSITIVITY TO GOD'S LEADING: *See, I have already begun! Do you not see it?* It would be a year of focusing so we can clearly SEE what God is doing. There is this assurance that He has already begun, we just have to see it clearly!
- A SEASON OF GOD'S MIRACLES: *I will make a pathway through the wilderness. I will create rivers in the dry wasteland.* We pray that this year we will see for ourselves miracles. Let us pray that God would stir our faith to trust in Him and in His ability. Yes, God will make a way in the desert and will make rivers flow in barren land.
- A YEAR OF FULFILLMENT. We believe God will accomplish something significant in our lives. He will lift the bar and free us from some of our limitations. This year, we will see how God satisfies the desires of our hearts for our lives, our

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families, our church, and our nation. However, we understand that before our aspirations get fulfilled, we must first delight in Him.

- A NEW LEVEL OF OBEDIENCE. God is unfolding something great but He requires greater obedience from us. We cannot right away enjoy His blessings without first demonstrating our love to Him by way of obedience.

REFLECT:

Which among these declarations did you experience in 2015?

Have you been sensitive to the moving of God? How do you think you can develop your sensitivity to be able to see clearly what God is doing?

What miracles do you believe God will perform in the following areas:

Your life:

Your family:

ICS/Your Church: :

The Nation:

The World:

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Day 1 / Evening Meditation

SURRENDER AND TRUST

READ: *Proverbs 3:5-6*

To trust is to put "complete confidence in a person or a plan".

As human beings, it is not easy for us to put our complete confidence in a person or a plan. To cast our full weight on God is also something we struggle with. Whether we are too trusting of our selves or too doubting of God's abilities to help us, it is clear that we do not normally trust God. If we were to move forward in 2016 we must trust Him.

Trust involves surrendering of the will. And we all know that our own will can be stubborn. We wrestle with God because we don't want to lose control. We find it hard to trust him because we lean heavily on what our mind can only understand.

We must heed God's admonition in Proverbs 3:5-6, an oft-quoted passage and also an oft-struggled with truth as well. Here, we find basic steps on how we should trust Him:

1. **Trust in the Lord:** the Lord, not ourselves, is always the object of our trust. Put then you complete confidence in God.
2. **With all our heart.** This means surrendering our whole life to Him. Trust cannot be possible in doubt and dividedness of heart. It can only be done when we cast our ALL to Him.
3. **Never lean on our own understanding.** Trust requires surrendering of our intellect and thoughts to Him. The mind is condition by what the senses perceive. The ability of God, however, goes beyond what the mind can comprehend for the mind itself cannot really understand the ways of God. For trust to work, we should never lean on our own understanding.
4. **In all your ways, acknowledge Him.** Trust is recognizing God alone has the power to grant success. The little power we have is just granted to us by God all because of His ways. A truly trusting person always look to God as the Source of everything he enjoys

Because God knows the best for us, we can surrender everything to him as we trust Him in everything. May we truly learn to surrender our lives to the Lord that we may grow in trust and confidence in Him. Remember, a trusting life is a surrendered life.

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REFLECT:

Reflect: Trust involves surrendering of the will. And we all know that our own will can be stubborn. We wrestle with God because we don't want to lose control.

Which among the four basic steps enumerated above do you find hard to do?

Reflect: Trust requires surrendering of our intellect and thoughts to Him. The mind is condition by what the senses perceive. The ability of God, however, goes beyond what the mind can comprehend for the mind itself cannot really understand the ways of God.

What do you think God is telling you through this meditation?

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Day 2 / Morning Meditation

CELEBRATING THE CROSS

READ: Colossians 1:15-20

2016 is a very meaningful year for us here at ICS. This year we are celebrating the 40th Anniversary of the Church. There is no fitting way to celebrate but to refocus on the cross of Christ. Christ is the wisdom of God, the purpose for everything that exists. His cross is also a symbol of how God includes us to His family. As ICS Family, let us meditate on the meaning of the cross and also of the symbols for our celebration.



FOR THE CROSS. FOUR DECADES PLUS

A number of us here at ICS must have asked ourselves, what's in the 40th Anniversary Logo. Everybody knows that a logo graphically represents what an entity believes in and stands for. So, what is the meaning behind the logo that we adapted for our highly significant celebration in January of 2016?

- **4D+ stands for Four Decades Plus.** We are celebrating four decades of God's faithfulness in and through the church. 4D+ symbolizes every single moment that makes up the history of ICS- all the challenges and transitions it experienced as it seeks to be a "caring community connecting people to Christ" throughout its 40 years of existence.
- **+ (Plus)** : Considering that there had been preparations prior to the first-ever worship celebration in 1976, we are including the plus (+). The "+" also directs us to the many more years of our undertakings as a church. ICS' story, although shaped in the last 40 years, will continue to unfold in the years to come.
- 4D+ also stands for **"FOR THE CROSS"**. Using shortcut texts, typical to how people nowadays compose text messages, the 4D+ stands for "FOR THE CROSS". ICS story is

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summed up in this phrase. The Cross of Christ is the story of every believer saved from sins and reconciled to God. The Cross of Christ embraced by ICS is why it pursues its missionary call to “reach all peoples with the Gospel of Christ.” It is the primary impetus that propels us to exert every effort so that everyone can “worship God” and be nurtured with the love of God. This phrase ought to be a constant reminder for every member of ICS to give their life for Jesus and live FOR THE CROSS of Him who suffered for us.

- **The boat and the ICS fire-dove.** The church, no matter how it prepares for the sail, cannot move forward apart from the Wind of God, the Holy Spirit. In the logo, the characters 4 and D form the sail of the boat, aptly describing the church as the sailboat. The inclusion of the fire-dove logo of ICS is a prophetic assertion that the Holy Wind of God will work on us and lead us to sail forward. In Christ our Strength, we will move forward with the Spirit of God to go and make disciples of all nations.
- **The waves:** These waves symbolize the discipleship movements we desire to establish as we move forward. What is truly satisfying as a church is that God would empower us so we can establish multiplying discipleship movements. We are tasked to “Go and Make Disciples” and that is exactly what we will do: establish discipleship movements/caring communities in every community.

To some, this logo may just be a drawing. To us here at ICS, this logo reminds us of our need to celebrate God’s goodness evident throughout the 40 years (and more) of ICS. Also, this challenges us, in the many more years to come, to move forward in the power of the Spirit with the mission of establishing discipleship movements here in this nation and wherever He directs us. God be praised!

REFLECT:

Include in your prayers the following:

- For God’s presence to be manifested as signs and wonders so that people will be saved.
- The leadership of the Church to sense God’s direction in this exciting season.
- For the unity and oneness of heart. Let us pray against any deception of the enemy that will try to divide us.
- For the Organizing Committee as they spearhead all the activities of the celebration.
- For our people to really experience the move of God. May the power of God lead us to a more fruitful year.
- For resources as we aim to reach more communities for Jesus.
- For pastors and missionaries to be raised up in ICS.

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Day 2 / Evening Meditation

LOOSEN YOUR GRIP

READ: Genesis 22:1-24

When God commanded Abraham to offer Isaac, God even emphasized that Isaac was the one and only one, whom he loved so much. God must have used these words to test him if He was willing to give up or surrender Isaac who he loved greatly. The words were necessary for Abraham to really assess if he can totally surrender everything to God even if he had to undergo a painful experience.

The difficult thing with surrendering is not that we have to give up but we have to give up something that is valuable or dear to us. If it is something we don't really care about, we can easily let go. But if it is something that is truly valuable, we tighten our grip in order to secure it simply because we cannot just give it away easily. Our relationships, our family, our friends, our comfort, our plans... all of them we cannot easily let go because these are "ours". Are they really?

When Abraham surrendered Isaac, the Lord affirmed him, saying "Now, I know that you will not withhold anything from me." This is what surrendering does: it loosens our grip of things as we recognize that it is a lot better to entrust whatever we hold dear in our hands to the loving arms of God.

Surrendering is a process initiated by realizing that we are not really the owners of all the valuables we try to hold dear. God alone is. He is the absolute owner of everything, including all the things we enjoy. Furthermore, surrendering is a lifelong, day-to-day act of allowing God to take away any thing we lean on so that we can depend just on Him.

Surrendering is yielding what we try to hoard for our own. It is releasing the things that ought to be placed on the Father's hand. It is loosening of our grip of things so that we can let go and let God.

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REFLECT:

Reflect: The difficult thing with surrendering is not that we have to give up but we have to give up something that is valuable or dear to us.

Reflect: This is what surrendering does: it loosens our grip of things as we recognize that it is a lot better to entrust whatever we hold dear in our hands to the loving arms of God.

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Surrendering is yielding what we try to hoard for our own. It is releasing the things that ought to be placed on the Father's hand. It is loosening of our grip of things so that we can let go and let God.

What do you think is God telling you through these insights?

How can you show your obedience to the Lord as you apply these insights to your own life?

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Day 3 / Morning Meditation

FOR THE CROSS

READ: John 12:32

John 12:32 "And I, when I am lifted up from the earth, will draw all people to myself."

The cross is more than just a symbol that reminds us of the sufferings of Christ. It is also a fitting symbol of God's purpose in our lives.

- The intersecting vertical and horizontal beams can remind us of the love and justice of God satisfied in the cross. These can also remind us of the love we receive from God and the love expected that we show to others.
- The cross reminds us of how obedient Jesus is to the Father. At a time when people wanted Him to be king, He hid from the crowd and never gave in to their requests. This was because Christ's purpose for coming is never the throne but the cross. The King of kings came to die on the wood instead of sitting on earthly throne. Besides, what other throne can you offer to one whose throne is the heavens and the earth is just His footstool?
- The cross reminds us of centuries-old saga to make Christ known so that every tribe and language would worship the Lord as His Gospel is preached to the uttermost parts of the world.

Let the cross be a reminder for each one of us of the need to exalt Christ. What used to be a symbol of shame has become for us a symbol of salvation. What used to be a penalty for the worst criminal become for us a reminder of the eternal and abundant life we receive from Him. The cross...its message is foolishness to the world but to us who are saved it is the power of God.

May we, whenever we see the cross, be reminded as well of Christ's words: "anyone who wants to be my disciple should deny himself, take up his cross and follow me."

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Day 3 / Evening Meditation

FOLLOWING REQUIRES SURRENDERING

READ: *Matthew 26:36-46*

Matthew 26:36-46 *"He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." (v.39)*

Following God requires us to surrender our will to Him. Even for Jesus, our Lord and Savior, this never came easy.

By preaching the kingdom of Heaven and claiming that He is the Son of God, Jesus already knew that his life was at risk. In the last supper, He already hinted that he was going to be betrayed by Judas and his life was at stake. Soon in the Garden of Gethsemane, Jesus was struggling with grieving knowing the sufferings that was going to happen to Him. But Jesus followed the heavenly Father and obeyed His will. He ended up surrendering his own will to his heavenly Father.

Jesus' demonstration of a surrendered life sets a pattern before us on how we should really follow God. The ultimate test of a disciple of Jesus is to surrender your personal will over to Him. This means learning to give up your desires to God even in difficult and painful situations. If the disciple aims to glorify God, then he must learn to surrender everything to God.

May the Lord give us a life that is willing to follow Him and an open heart to surrender to His will.

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REFLECT:

Write your insights and reflections here. What do you think God is saying to you and how you intend to obey God as you apply these in your life?

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Day 4 / Morning Meditation

GOD IS OUR FOUNDATION: PRAYER OF THANKSGIVING FOR GOD'S FAITHFULNESS

READ: Psalm 105:1-7

This is part of the prayer-declarations we did during the Candle Lighting/New Year Service. Meditate on the prayer and spend a time to really thank the Lord for His faithfulness.

Let us all pray and thank the Lord:

God of our past, who was and who has been our sure foundation, we praise and honor you for your goodness and your loving kindness. We thank you for all the forty years that you have guided this church; for all the experiences that led us to where we are right now. For all the shaping, including all the breaking, that molded us to be your people devoted to you alone. Thank you for your faithfulness that led us through four decades of meaningful journey. We look back and see clear evidences of your unending love and your immeasurable mercy:

- *For giving us our daily bread and giving us satisfaction in all that we enjoy, we thank You...*
- *For keeping us safe throughout various storms, earthquakes and even political rumblings, we thank You...*
- *For leading our families through every season, we thank You*
- *For miracles that broke through, we thank You...*
- *For relationships that have been restored, we thank You...*
- *For lives that have been changed, we thank You...*

In Jesus' Name. Amen.

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REFLECT:

Write your insights and reflections here. What do you think God is saying to you and how you intend to obey God as you apply these in your life?

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Day 4 / Evening Meditation

SURRENDER YOUR PLANS

READ: Proverbs 16:9

"We can make our plans, but the Lord determines our steps." Proverbs 16:9

There are people who make plans easily. Some plan a lot, others plan either too rigidly or too loosely. However, the difficulty is not in making plans but in aligning them to the will of God.

In our limitations as humans, all we can do is just that: to plan. But since we are in no way in control of how things may turn up in the future, we can only trust in God to help us fulfill those plans. On the other hand, we ought to make sure that our plans do not only benefit us but they glorify God as well.

The key to planning is in surrendering them to God. In making plans, we realize that God alone is the architect and all our intentions ought to be submitted to His standards. Indeed, we can only propose but God alone disposes.

Whenever we surrender and align our plans to God, His Spirit will guide our way and enable us by His grace to fulfill those plans. Because He is good, He will confirm and affirm the steps that we take if we consult Him about our plans. However, surrendering our will and submitting to God's are the difficult parts because it is hard to yield to Him what we perceive as pleasurable. Despite this, there is no other way to succeed but to move forward with God in pursuing our plans.

Pray as you make plans in whatever areas of your life. Surrender and submit every plan to God. Trust God's guidance to determine your steps. Pray that He will continuously reveal and unfold His plans to you.

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Day 5 / Morning Meditation

GOD IS THE STRONG PILLAR: PRAYER OF CONFIDENCE IN THE STRENGTH OF THE LORD

READ: Psalm 46

This is part of the prayer-declarations we did during the Candle Lighting/New Year Service. Meditate on the prayer and spend time to express your confidence in the strength of God.

As we light the Candle of Confidence, we look to you Lord as our strength and our portion forever.

Guide us through our weakness and deliver us from our frailties. Help us to turn away from sin that easily entangles that we may shine our light and lead others to glorify you.

- You are our strength, our personal victory. Where we have fallen, you picked us up. In the place of shame, you showered amazing grace.
- You are the strength of our family. We crumble to pieces because of our mistakes yet you restore us and build our home. Build us up in your strength and in power that our children may revel on the works of your hands and that the generation next to us would praise you with their lives.
- You are the strength of our business, our supplier of daily bread. From you comes life, wisdom and the stamina to live and work. From you comes rest and satisfaction, peace and prosperity, blessings and favor. Make us abound in every good thing that we may also share in your work of building your kingdom
- You are the strength of the church. Because this church is yours, you provide its every need. You surprise us with material resources so that we don't have to trust what our limited strength can do. You carried us in your arms that we may entrust all our tomorrows in your hand. You will build this church up so that it may radiate to the whole of Metro Manila, and beyond, your love and compassion. Because you are with us, In Christ we are strong.
- You are the strength of our nation. We will elect our leaders but it is you who establishes government. In your mercy, establish the Philippines. In your love make our people turn to you and you alone.

Be our strength, be our guide, be our life. In Jesus' Name. Amen.

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Day 5 / Evening Meditation

BE CLEAN AND BE A PERSON OF INTEGRITY

READ: Job 11:13-15

Job 11:13-15 "If only you would prepare your heart and lift up your hands to Him in prayer! 14. Get rid of your sins, and leave all iniquity behind you. 15. Then your face will brighten with innocence. You will be strong and free of fear." (NLT)

"Still, if you set your heart on God and reach out to Him, 14. If you scrub your hands of sin and refuse to entertain evil in your home, 15. You'll be able to face the world unashamed and keep a firm grip on life, guiltless and fearless." (The Message)

Despite the ambiguity of the idea, everyone desires integrity. This is why we hold accountable those who make promises, expect others to be honest and be walk-talk consistent. But how can we be people of integrity.

Job 11:13-15 gives us a glimpse of simple yet practical steps on how we can develop personal integrity. To have integrity in life we must:

1. Set our heart to God
2. Lift our hands to prayer
3. Get rid of our sins
4. Leave all our iniquities

Set our heart to God. "Set" connotes the idea of being permanently fixed. If the heart is to beset on God, then it is to remain faithful to Him at all times, especially when no other person is around. Integrity flows from the fear of God, firmly believing that He witnesses not only the actions but also the intentions of the heart.

Lift our hands to prayer. A person of integrity reaches out to God in absolute surrender and dependence. Prayer helps us express these. When we pray to the Lord, we are willing to be transparent and vulnerable before Him. The desire to commune with God in prayer whets our appetite for God and, consequently, lose our desires for sinful desires and lusts.

Get rid of our sins. The message translates this as "scrubbing of hands". It is not enough that you wash your hands clean, you must intensify the effort to cleanse them by scrubbing. The act

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of scrubbing also gives idea that sins are deep-seated stains that can be very hard to move. The difficulty in removing ought to help the person realize to not to get his hands dirty again by sin.

Leave all your iniquities. Separate from it and do not even welcome it to your home. A person of integrity stays away from sin and gets rid of anything that can contaminate him. Because he values his reputation and the testifies of God in his life, he strives by God’s grace to be clean all the time.

A promise is given once these conditions for integrity have been satisfied: *Then your face will brighten with innocence. You will be strong and free of fear.” The man of integrity, therefore can be “unashamed, keep a firm grip on life, guiltless and fearless.”*

Let us pray that we become people of integrity. Let us surrender anything that stains us and stay away from sin.

REFLECT:

Write your insights and reflections here. What do you think God is saying to you and how you intend to obey God as you apply these in your life?

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Day 6 / Morning Meditation

GOD IS THE TOWER OF SALVATION: PRAYER OF COMPASSION OF GOD UPON ALL

READ: *Matthew 9:35-38*

*This is part of the prayer-declarations we did during the Candle Lighting/New Year Service.
Meditate on the prayer and spend a time to pray for mighty harvest of souls.*

Lord of the Harvest we call on you, deliver us and deliver your people.

- We look to You as the author of Salvation, in your name there is deliverance.
- Holy Spirit, we ask You to create in every heart a thirst for your righteousness and hunger for Your Holy Spirit. Help us be cleansed from the guilt of sin and break us free from shame.
- We pray that you will use this church to start discipleship movements where people follow you and fish for men. We pray that obedience become a language we speak all the time, every time. Because you are saving people every moment, we will obey your promptings so that those around us may open up their hearts to you.
- We pray that homes will be open so that families will be connected to You. May your Spirit lead us to bring more fathers and mothers to You so that they would lead their families well in the fear of the Lord. May children come to You so that their hearts will be turned to their fathers and homes will be restored.
- We pray that campuses will swell with harvest and discipleship movements be established. Let the minds of the students in high schools and universities be shaped by the knowledge of you.
- We pray that communities will also yield bountiful harvest. Let there be transformation of communities as the church attend to the physical needs of the people and as the grass roots be reached for Your glory.
- We pray that workplace be opened so that the Daniels of our times will be raised- strategic leaders who will be key influencers of the society so that the agenda of God will be fulfilled in the nations.
- We pray that there will be discipleship movements in the north, south, east and west. We pray that this church be the epicenter of revival that people from all over would be turned back to you.
- We pray that, as a people, we would be more obedient so that we can follow Jesus and fish for men. May you raise us up as missionaries to our families, campuses, workplaces, communities, and the nations.

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REFLECT:

Write your insights and reflections here. What do you think God is saying to you and how you intend to obey God as you apply these in your life?

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Day 6 / Evening Meditation

GET RID OF SELF

READ: *Philippians 2*

Philippians 2:3-4 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests

Self obstructs our surrender. Because the self exalts itself even over God, it thrives in pride and arrogance. When we are full of these we hardly recognize our need of God, let alone our need to yield ourselves over to Him. Worse, we look down on others and consider ourselves to be better off than them.

When our selfishness is obviously at work, that is when we really need to surrender. Paul in *Philippians 2:3-4* gives these admonitions whenever we catch ourselves full of selfish ambition and conceit:

- Be humble
- Count others more significant than yourself
- Look not only to your own interests
- Promote the interest of others.

For these to be accomplished, one must deal fiercely with one's self. By the grace of God, surrender your pride and conceit. Give up to the Lord your selfish ambition that is causing you to look down to the others. Ask God's strength so that you can be humble enough to recognize God is the one who fulfills our dreams and ambition; you don't have to exalt yourself.

"Lord, I surrender to my selfish ambition, ambition that leading me to count myself as better than the others. You are the one who fulfills our dreams and we are nothing without you. Help us not to exalt ourselves in pride and conceit. We exalt only You.

"LORD, HAVE YOUR WAY"

REFLECT:

Write your insights and reflections here. What do you think God is saying to you and how you intend to obey God as you apply these in your life?

"LORD, HAVE YOUR WAY"

Day 7 / Morning Meditation

GOD IS THE SECURITY OF OUR TIMES: PRAYER OF HOPE FOR THE FUTURE

READ: Isaiah 40:28-30

This is part of the prayer-declarations we did during the Candle Lighting/New Year Service. Meditate on the prayer and spend a time to entrust your plans and your future to the Lord.

We praise You, Lord, because our future is secured in You. You are our hope and our future. Tomorrow is never uncertain because You will guide us.

- We pray for the future of ICS. Establish us in all aspects: in material and financial resources but most especially in spiritual things.
- We pray that the church be a beacon of light to the communities that surround us. We will radiate with your love so that we can truly be "a caring community connecting people to Christ."
- We pray for our leaders. Enable them to see a clear vision of what You are accomplishing. Because You are doing something great in our lives and in our church, allow us to be carried
- We pray for our lolos and lolas, our titos and titas. Renew their faith and stir them to believe for greater things. Fill them with passion to pursue you and long for a new move of Your Spirit.
- We pray for the youth and the children of the church. We are leaders of the future but we are disciples even today. We will follow You as our parents followed You. We will strive to be obedient and, by your grace, continuously fan into flame our passion for You and for your kingdom.
- We pray that You be our Shepherd. Lead us to where we can enjoy green pastures and still waters. Give us confidence that your goodness and mercy will indeed follow us. Secure us so that despite being surrounded with challenges, we can still enjoy the table you prepared for us.

We entrust our future into your hands. We are Your people, the sheep of Your fold, and You are our Great Shepherd and our loving Heavenly Father. In Jesus' Name. Amen.

“LORD, HAVE YOUR WAY”

PRAYER DECLARATIONS

PRAYER FOR PROTECTION

Hear the word of the Lord from Psalm 62:5-8 *“Yes, my soul, find rest in God; my hope comes from him. ⁶ Truly he is my rock and my salvation; he is my fortress, I will not be shaken. ⁷ My salvation and my honor depend on God; he is my mighty rock, my refuge. ⁸ Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”*

Heavenly Father, we ask you to put your hedge of protection over us. May Your hands cover us and shield us from all the storms of life. Because we depend on You, we look to you to keep us safe. Keep us safe from any physical harm that may come our way. In the comforts of our own homes and wherever we go, we are asking that You would protect us. Shelter us through life’s storms that our hearts and minds would be at peace with you. Deliver us from any evil intentions and cover us from the flaming arrows of the enemy that our faith will remain standing despite being shaken by so many challenges. Protect our families and loved ones, protect our friends, our sources of income and our means of living. Guard our faith as you flood us with peace that passes understanding. This we pray, in Jesus’ name.

PRAYER FOR PROVISION

Psalm 23: 1-3 says, *“The LORD is my shepherd, I lack nothing. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he refreshes my soul.*

We look to you, our Almighty God, for provision of all our needs. We acknowledge that You are the source of everything that concerns us and for that we pour out unto you our intentions.

Lord, supply our need for security. Help us to put our trust in you and resist the temptation to choke ourselves with worries. Give us peace as we fix our mind on you and focus on what You can really do. Free our minds from all anxieties for, as Your word tells us, none of us can add a single day in our lives by worrying.

Give us our daily bread, satisfy our needs. Help us not to trust in our own strength because we are able to provide for our needs. We recognize that our ability to produce wealth comes only from you. From you come the talents and the strength to work. You give energy to our frail hands so that we can be fruitful. As you supply us with creativity and energy to work, feed us from your hands not just with bread that strengthens our bodies but also with Your Word that nourishes our souls.

Shower us with your glorious riches so that the “poor” will say of us that we are rich. Flood us with your bountiful blessings so that we can also bless others and advance your kingdom.

And we will testify that Your goodness and mercy have been following us and will pursue us for the rest of our lives. You are our Great Shepherd, our Great provider. We pray to you, in Jesus’ Name. Amen.

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PRAYER FOR HEALING AND GOOD HEALTH

Psalm 103:1-3 Praise the LORD, my soul; all my inmost being, praise his holy name.

² Praise the LORD, my soul, and forget not all his benefits—³ who forgives all your sins and heals all your diseases,

Today, God, we pray to you for healing and good health.

Just as the paralytic was brought to you Jesus by his friends, we remember and lift up to you those who are sick. We bring to mind those who are weakened by some forms of disease and illnesses. You, who feel their pain, are the Great Physician, the Almighty Jehovah Rapha. Only You can make them well. Touch them with your great power so that they will receive healing.

By your stripes, heal also those who have been in spiritual, emotional and mental turmoil. Bind up the wounds of those who have suffered greatly from fighting many troubles in life. Affirm them with your love, touch them with your compassion. Heal the scars caused by conflicts within family and among friends. Restore broken relationships. Save the marriages that are on the rocks. Reunite those who have been torn with bitterness and strife. Reconcile us with You so that we would be humble enough to admit our faults and be willing to reconcile with others. Make us whole.

Also, we pray that you give us wisdom to honor you with our bodies, the temple of the Spirit. Just as Daniel and his friends chose not to defile themselves, help us to honor you with our bodies. Give us strength to pursue wellness of body, soul and spirit. So that we can be honorable vessels you can use for your purpose.

Because you are our peace, our Shalom, we look to you to make us whole. We pray this in Jesus' name. Amen.

PRAYER FOR GOD'S FAVOR

If not for your goodness, we will not be able to accomplish anything good. Surely, LORD, you bless the righteous; you surround them with your favor as with a shield. But even when we are not deserving, you still shower us with every good and perfect gift.

That is why we draw near to you again and ask that you will be favorable to us again.

Show us your presence, make us see your face. Stir our hearts so that we would long for you and seek you as one longs for water in the desert. Remind us that you are our greatest need. But as soon as we realize that, do not hide from us. Cause us to encounter you as Moses did when you spoke through the burning bush. Speak to us, more clearly and more intimately.

Bless us with exceeding favor from men so that we don't have to grab heels and fight our way to the top. Promote us as we strive to honor you in everything we do. Make us the head not the tail so that by our influence we can cause others to see our good works and glorify you in heaven.

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Give us breakthroughs. Cause us to triumph in all our endeavors. Multiply the little that we have in our hands so that we can take part in advancing your kingdom.

For [You] oh LORD God is a sun and shield; [You] LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless.

We are confident that you have heard our petitions. And we pray this in Jesus' Name.

PRAYER FOR GOD'S STRENGTH TO THE FAMILY

We invite You, dear God to build each of our homes as we build our hearts to worship You.

Thank you, God, our Heavenly Father, for keeping our families under your care. You fill us with your love so we can also love others. Your presence in our lives helps us to grow together in love and unity despite life's hurdles and challenges.

Unless you build our homes, we will labor in vain. Unless you become our foundation, our family will tragically fail. You are the strength of every marriage; what You bound together should not be dissolved for any reason. You are strength of every father seeking to provide for his children. You are the strength of every mother extending unconditional love and acceptance for her family. You are the strength of every parent aspiring the best for his or her children. And you are the security of every child. Our future is secured in you. May our homes be filled with your love. Cause us to be patient and kind to one another. Help us not to envy, boast, and become proud. Enable us not to be rude, self-seeking and easily angered. Teach us not to keep any record of wrong, not delight in evil but rejoice with the truth. Shower us with your love for it always protects, always trusts, always hopes, and always perseveres. Your love will never fail. In Jesus' name . Amen.

PRAYER FOR GOD'S NEARNESS AND GUIDANCE

By Your Spirit and with the Love demonstrated through the cross of Jesus, draw us near to You our heavenly Father.

Hold us by the hand, gather us in your arms. Affirm us with your love and satisfy us with your unending compassion. Let Your Word light our way and Your Spirit direct us. Speak to us. Instruct us.

We pray that in every morning we would desire your first and above all else. As the new dawn breaks in, may our hearts radiate with a fervent desire to commune with you. Help us to seek your face at all times. Cause us to burst with wondrous praises as we reflect on the steadfastness of your love and the freshness of your mercies. Please, Lord, make us realize that we ought to desire You deeply and sincerely in our hearts.

Fuel our prayers with true passion for you and for your kingdom. Intercede for us, Lamb of God, so that we may weaken the desires of the flesh and strengthen our spirit. Bring us back to our knees and let true

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and deep intercession well from our hearts. Spirit of God, pray through us for we do not know what to pray for. Spark into flame our prayer and devotional life again.

Send Your Spirit and breathe new life in us. Revive us again. Cause us to be passionate for you and make you our greatest pursuit. Help us to see you as our greatest joy and to appreciate you as our deepest gain. Bring forth lasting fruit as your life flows in us again.

Help us to follow you and obey you at all times. In Jesus' name. Amen.