



KBCF

***PRAAYER &  
FASTING***  
*Week*

January 16 - 21, 2023



**FOLLOW**  
**JESUS**  
**LUKE 9:23**

This Booklet belongs to:

# From the Pastor's Heart


At the commencing of every year, we set aside a special time to seek God with all our hearts in prayer and with fasting. We want to set the tone for the year and be intentional in focusing on the Lord and what He is saying and doing. We know that it is in times like these where God reveals His heart and changes ours.

This year, our theme is Follow Jesus. The life of Jesus had many marked characteristics, but nothing is more marked than His prayerfulness. During the days of his life on earth, he offered up prayers and supplications (Hebrews 5:7). Jesus Christ prayed before His baptism with the Holy Spirit and entrance upon His public ministry (Luke 3:21-22).

He prayed entering upon an evangelistic journey, before choosing the twelve (Luke 6:12-13) before announcing to the twelve His approaching death – that is to say, before important steps in His life (Luke 9:18, 21-22). He prayed after great achievements and important crises of His life (Matthew 14:23; John 6:15). He prepared for important events of life by special sessions of prayer (Luke 6:12).

Here, we see the importance of prayer in Christ's own life of devotion to the Father. As the second person of the Trinity in eternal communion with His Father, Jesus nevertheless knew success in His ministry required dedicated time in prayer. Prayer was Jesus' continual lifestyle and practice. Jesus prayed as an example to his followers. His passion is that you and I would pray.






Jesus wants us as his followers to be passionate about prayer and excited without any reservations. He loves it when we earnestly seek Him and trust Him, praying diligently to the end. He loves it when we passionately seek Him and embrace a life of extravagant devotion to God in prayer. When we have made it our aim to grow in prayer, we have chosen a noble passion. When we have made it our goal to see prayer mobilized in our church, we have chosen a wise aspiration.

As 2023 begins, we as a church family have stepped into a new season. It is a time for us to reflect, think things over, take stock of the past year, and invite God to order our individual and corporate steps in the new year. I invite you into this cherished practice. The prayer and fasting will go from January 16th – January 21st. During this six-day time, I encourage everyone to participate in the fast as the Lord leads and to make it a priority to join in on our prayer gatherings.

Whether this is new to you or you have experienced this in previous years, I hope you will enter the next six days with great expectancy for how God will commune with us. “Then I proclaimed a fast there... that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions... So we fasted and entreated our God for this, and He answered our prayer.” (Ezra 8:21, 23)



During this process, we humble ourselves before God and subdue all fleshly desires that may stand in our way of connection with God. We spend time studying the Word and praying, while listening for instructions for the year from God. Prayer and fasting at the beginning of the year gives us the opportunity to seek from the Lord the right way for us, our family, and our church, and all our possessions.

We are believing God for a new time of “open heavens” where the Holy Spirit is poured out, the Kingdom of God advances, and the promises of God are fulfilled. Be ready to submit unto God’s will and unto the direction that He leads us. Stay focused on the commitment we have made to be Jesus’ followers and be ready for Him to use us for great things. Pray that God will use us to lead others to Christ and that He will use us to follow His commandment to make disciples.

I am excited that we have made prayer and fasting a vital part of this year's campaign. It is the tool that God has given us to use on all the disrepair in our lives, in our church body, in our communities, in our country. I would urge you to use the experience of prayer and fasting to restore our focus and revive the power of prayer in our lives and in our church. Feast on God during this important time. Let’s consecrate ourselves in this time in preparation for all that the Lord has for the new year.

**Pastor Ronel G. Rubrica**  
*KBCF Head Pastor*



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# What is Fasting?

**Fasting** is going without food, water, or specific meals and activities for the purpose of spiritual renewal and focus.

*“When you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.” (Matthew 6:16)*

## Why Fast?

The Lord expects His disciples to fast. Referring to the time when He will no longer be with His disciples, our Lord Jesus Christ said, **“The day will come, when the bridegroom is taken away from them, and then they will fast in those days”** (Mark 2:20).

Fasting, both personal and corporate, is a regular part of the life of God’s people. And as heirs to this tradition, Jesus, and after Him the early church, fasted. The people of God in the Old Testament fasted when there was national emergency and distress, or when facing invasion (Ezra 8:21-23; 2 Chronicles 20:3; Nehemiah 1:4). They fasted as a sign of penitence (1 Samuel 7:6; Nehemiah 9:1; 2 Samuel 12:16). They fasted as an expression of sorrow (2 Samuel 1:12). They fasted as a sign of how serious they were for the things they were praying for and how serious prayer was for them (1 Samuel 1:8, 13; Esther 4:16). They fasted whenever they performed an important religious act, such as renewing their covenant with God (Ezra 10:6).

And as implied by the words of Jesus in Mark 2:20, Jesus' disciples will fast when the bridegroom, our Lord, is no longer physically present with them. Perhaps following the Lord is so much clearer when He is physically with them. But now that He is no longer visible, we, His disciples, fast, especially when we need His direction.

In our Days of Prayer and Fasting in the past, all agreed that this intentional act of fasting helped bring unity of spirit. The fear of new COVID-19 variants continues to take its toll. Restrictions have affected the inertia of our church programs and activities, to say the least; and we need our Lord's direction, if not His clear word, as we establish a better normal in our church life. We need to unite in prayer for protection from the variants and for effective, readily available vaccines for vulnerable sectors. We need to pray for this pandemic to continue to be under control, and that we will emerge from it victorious and transformed more and more into Christ-likeness. Our nation and the whole world need our prayers so that this great crisis will not be wasted.

The Pastoral Staff and the rest of the leaders of the church have long desired in their hearts for the Lord to pour out His Holy Spirit upon us. These guidelines will help us prepare ourselves for the days of prayer and fasting.



# *Benefits of Fasting*

Before He began His ministry, Jesus fasted for forty days. He knew He was going to need spiritual strength to fulfill God's purposes. Fasting makes us physically weak but spiritually strong, and prepares us to do God's work.

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. Fasting results to...

deepened humility;

increased hunger to know God and  
intensified concentration in prayer;

radical pursuit of God's vision and  
direction for His church and our lives;

heightened expectancy of faith and  
effectiveness in prayer;

greater receptivity to the Spirit of God at work  
within and through our lives;

earnestness and zeal to give oneself to God and  
live for the advancement of His Kingdom.



# Preparing to Fast

## 1. Be in faith.

Prayerfully and thoughtfully fill out the prayer points page of this guide. Ask the Holy Spirit for guidance. Be clear and specific about your faith goals in your personal life, family, finances, and church. These are what you will be believing God for during the fast and the entire year. Expect God to answer. Maintain a thankful heart throughout and after the fast.

## 2. Commit to a type of fast.

We encourage everyone to commit to a six-day water only or liquid fast. However, we understand that some are unable to do so because of certain circumstances, such as pregnancy, a physically demanding profession, and medical conditions. If you belong to any of these categories, there are alternatives—you may choose to do a combination fast.

You may do a liquid fast for three days and then a one-meal-a-day fast for the next four, for example, or any other combination according to your need or situation. Pray about the kind of fast you will undertake and commit to it. Some do the “Daniel fast” which is all vegetables and fruits and no meat. Do not decide on a day-to-day basis. Commit before the fast and be determined. Ask God for grace.

## Types of Fasts:

**a. COMPLETE FAST:** In complete fast, a person goes without food for a predetermined amount of time. Water is allowed as it is necessary. Extreme caution 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 to embark on a long fast.

**b. PARTIAL FAST:** In partial fast, a person just eats certain kinds of food for 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.

c. **OBJECT FAST:** It is possible to fast on something other than food. Some decide to fast on TV or computer time. The key is to replace the time spent on that activity with time devoted to the Lord.

### 3. Plan your calendar.

Limit your physical and social activities during this period. You need to conserve physical energy and devote more time to prayer and reading the Bible.

### 4. Prepare spiritually.

More than anything, our semi-annual fast is a time when we believe God for a fresh encounter with Him. Be prepared to have the Holy Spirit put His finger on an area in your life that needs to change. Repentance is the foundation of prayer and fasting. Be ready to repent and change, and be transformed. Surrender everything to Him. Be completely open.

### 5. Prepare physically.

Be smart as you enter into this fast. Do not go to a buffet restaurant on the eve of the fast, hoping to stock up on food in your body. The key is to gradually prepare your body. Start eating smaller portions and meals seven days before you begin your fast. Avoid food that is high in sugar and fat. Avoid drinking coffee. This can cause headache during the fast. Two days prior to the fast, eat raw fruit and vegetables only. Consult a physician if you need to.

## Schedule

#### Day 1

- Complete fast
- Partial fast
- Object fast

Other: \_\_\_\_\_

#### Day 2

- Complete fast
- Partial fast
- Object fast

Other: \_\_\_\_\_

#### Day 3

- Complete fast
- Partial fast
- Object fast

Other: \_\_\_\_\_

#### Day 4

- Complete fast
- Partial fast
- Object fast

Other: \_\_\_\_\_

#### Day 5

- Complete fast
- Partial fast
- Object fast

Other: \_\_\_\_\_

#### Day 6

- Complete fast
- Partial fast
- Object fast

Other: \_\_\_\_\_

## Prayer Gatherings

**January 16-20, 2023**

Monday to Friday | 7PM  
Worship Hall

**January 21, 2023**

Saturday | 9AM  
Worship Hall



# *During the Fast*

## **1. Seek the Lord.**

- a. Commit to prayer and Bible reading the times you usually allocate for meals.
- b. Join at least one prayer gathering. Be ready to respond when you hear from God.
- c. This guide also has a devotional which we encourage you to go through during the fast.

## **2. Commit to change.**

- a. Whatever God tells you or puts His finger upon, apply it immediately.
- b. If you need to make restitution, immediately contact people with which you have broken relationships.
- c. If there are habits that need to be changed, make the adjustment immediately. Ask your cell group leader/discipler to hold you accountable.

## **3. Practical tips:**

- a. Avoid medical and even natural herbal drugs. However, if you are under medication, these should only be withdrawn upon the advice of your doctor.
- b. Limit your physical activity and exercise. If you have a workout routine, adjust it accordingly. A daily two to five-kilometer walk should be your maximum amount of exercise during an extended fast.
- c. Rest as much as you can.
- d. Maintain an attitude of prayer throughout the day. Intercede for your family, pastors, church, nation, our missionaries, world missions, etc.
- e. Drink plenty of water.
- f. As your body adjusts, be prepared for temporary bouts of physical weakness as well as mental annoyances like impatience, irritability, and anxiety.



# *Breaking the Fast*

## **1. Reintroduce solid food gradually.**

You should break your fast the same way you prepared for it. It will take your body just as many days you fasted to adjust to a normal diet. Begin eating gradually. Don't eat solid food immediately after your fast. Start with fruits, juices, and salad. Then, you can begin adding vegetables and boiled potato. Take it slowly from there. Eat small portions spread throughout the day.

## **2. Continue praying.**

Don't let your prayer life end on the day you finish the fast. Build from the momentum you gained during the fast. Let it transform your prayer and devotional life. Carry the new-found passion with you throughout the year.

## **3. Be expectant.**

Be in faith and believe God to answer your prayers soon! Don't give up; persevere in prayer even if you don't see the answers immediately. Make sure you keep the copy of your prayer points. You can check it at the end of the year and see how God has answered your prayers. It can be your thanksgiving list at the end of the year.





# 2023 Faith Goals



Myself



My Family



My School/  
My Career



My Ministry

*May he give you the desire of your heart and make all your plans succeed. (Psalm 20:4)*





# 2023 Vow

Lord Jesus, for You I will

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# Devotion

*Guide*



**FOLLOW**

**JESUS**

**LUKE 9:23**

## The Call to Follow Jesus

*Mark 1:16-20; Luke 19:2-10*

In these passages, we saw Jesus calling His first four disciples and Zacchaeus to follow Him, which they did immediately. What are the characteristics of the call of Jesus that led them to follow Him promptly?

### **I. It is a convicting call.**

When Jesus called the fishermen to leave their job of being fishermen to become fishers of men, He convicted them to pursue a higher purpose of not merely engaging on the temporal concerns but to that which has eternal value.

### **II. It is a compelling call.**

The fishermen were compelled to follow Jesus that without hesitation they left their nets and followed Jesus. They had a sense of urgency. The same is true with Zacchaeus. When Jesus noticed him and said, “Come down, for I must stay at your house today” he responded to the message of Jesus that brought life transformation.

### **III. It is a compassionate call.**

Jesus saw Zacchaeus and had compassion on him because he was regarded as a sinner and an outcast in the social milieu of the Jewish people. Jesus saw his need for salvation and life transformation.

In 1885 a young British athlete, Charles Thomas Studd, decided to give up his good career, hefty inheritance, and good life in England to face the hardships and dangers of missionary service in China then later in India and for the rest of his life in Africa. What led him to do that?



God spoke to him from II Corinthians 4:17-18

*"For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal." He committed His life to missions saying "Only one life, 'twill soon be past, only what's done for Christ will last."*

## Examine the Word

1. What indicates that the four fishermen had a deep conviction and compulsion to follow Jesus. Why did they act that way?

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2. What led Jesus to take notice of and spend time with Zacchaeus?

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3. What are the signs that Zacchaeus had transformation and life change? \_\_\_\_\_

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## Personal Application

1. What are you spending your life on here on earth?

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2. Are you consumed with the temporal matters that you don't have time to invest your talent, energy, and resources to what has eternal value? Why? \_\_\_\_\_

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3. What hinders you from following Jesus fully in your life?

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## PRAYER

*Lord Jesus, help me to recognize that life on earth is just a dot compared to unending life in eternity. Help me to have that eternal perspective and so I can follow you all of my life knowing that I have only one life and soon it will pass and only what's done for Christ will last.*

### Prayer List

#### **PHILIPPINES: 10-POINT AGENDA (Points 1&2)**

*Pray for the Holy Spirit to guide our government on the following agenda for economic renewal and long-term growth.*

- 1. National Reopening:** Resume face-to-face classes nationwide and accelerate reopening of travel and the economy to restore and create jobs, and if pandemic shall re-emerge, be quick on vaccine procurement and roll-out.
- 2. Public-Private Partnership:** Encourage private sector engagement and investment for the benefit of the public. Provide legal and regulatory support to public-private partnerships.

#### **PHILIPPINES: MEMBERS OF THE CABINET**

*Lift up to the Holy Spirit the specific work of each cabinet member. Pray for anointing to do the work.*

- 1. AGRICULTURE SEC.:** President Ferdinand Marcos Jr.
- 2. EDUCATION SEC.:** Vice President Sara Duterte
- 3. EXEC. SEC.:** Lucas Bersamin
- 4. FOREIGN AFFAIRS SEC.:** Enrique Manalo
- 5. FINANCE SEC.:** Benjamin Diokno
- 6. JUSTICE SEC.:** Jesus Crispin Remulla

## **KBCF: 47 YEARS – Pasalamatan ang Dios:**

*(Note: Hango sa “Apat na Dekada at Pitong Taon ng KBCF”)*

1. Sa napakayaman na kasaysayan.
2. Sa samo’t saring karanasang dinaanan
3. Sa laksang pagsubok na napagtagumpayan
4. Sa marami-raming suliraning nalampasan

## **2023 Theme: FOLLOW JESUS**

Pray for the Holy Spirit to enable KBCF to pursue its theme: FOLLOW JESUS (Luke 9:23 And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me.”)

## **KBCF: FOUR (4) PRIORITY AREAS FOR 2023 (Number 1)**

*Pray for the Holy Spirit to enable KBCF to pursue priority:*

1. **MOTIVATION-EQUIPPING**--Deepen the spiritual standing of the Church and its members.

## **KBCF: FOLLOW THROUGH ON CLEANSING, EDUCATING and EQUIPPING (CEE)**

*Pray for the Holy Spirit to enable KBCF to follow through its past efforts on CEE:*

- a. Strengthen leadership (of cell groups, ministries, committees, COL and Council) – to embrace and share accountability in ensuring spiritual health and well being of KBCF
- b. Holy Spirit to move to cause church-wide repentance and forgiveness to flow; to use retreats like Bondage Breaker or related programs.

## **FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS**

Pray God to bless every family, to provide all their needs; Holy Spirit to enable them to achieve breakthroughs in their various concerns.





# PRAYER

## Journal



Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6)

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### Prayer Gatherings

January 16-20, 2023 (Monday to Friday)  
 KBCF Worship Hall | 7PM  
 January 21, 2023 (Saturday)  
 KBCF Worship Hall | 9AM



*FOLLOW*  
**JESUS**  
 LUKE 9:23

When asked, most Christians would say that they are following Jesus. They would likely say that an integral part of their faith is following God. The problem is while most Christians say they are following Jesus, few take any actions to actually do it. Somewhere along the way, we have lost sight of what it means to be a follower of Christ. Almost unknowingly, we all have a tendency to redefine following him according to our own tastes, terms, preferences, and inclinations.

We have tragically minimized what it means to be his followers. Slowly, subtly, we dilute what he says about the cost of following him. We tend to take our following a little more lightly these days. Our modern-day definition of following Jesus looks very different than it did two thousand years ago. So, how do we define what it looks like to follow Jesus? You might be surprised to learn that the definition has not changed; to follow Jesus today looks the same as it did then. The call to follow Jesus is one that comes with great cost.

Dietrich Bonhoeffer wrote in his famous book, *The Cost of Discipleship*: “*When Christ calls a man, He bids him come and die.*” It was said of Martin Luther that when he came to Christ he realized “*this grace had cost him his very life, and must continue to cost him the same price day by day.*” If we are going to follow Jesus we must be prepared to suffer with and for Him. It means that you are willing to lose your reputation; your standing; your position. Being a follower of Jesus might mean loss of family, job, and friends, or loss of possessions and dreams and goals. It means you are willing to lose everything for Jesus — even your life. Following Jesus costs everything.

Jesus in this passage says, *“If you are My disciple, you love Me more than anything else. I want your total and undivided loyalty (v. 26). You’re ready to bear any trial or tribulation that comes your way in this life because you’re my follower (v. 27), and you will love Me more than anything else. You will love Me more than any material blessing (v. 33). There will be no stuff in this life that trumps your loyalty to Me.”*

He's describing here what a follower of Jesus should be, what His disciple should be like. That's what He lived and died for to create — men and women and boys and girls from every tribe, tongue, people, and nation who value Him more than anything else in this world. He's describing the kind of total commitment that He calls for from His followers. Christ now determines everything. You don't determine anything about your life anymore. Christ determines it all.

He must be more important than our stuff (or belongings, properties, possessions), and that if He calls us to give up our stuff for Him, we must be in a position that we are ready to do that. Even if He does not call us to give up our stuff for Him, we must be possessed by Him and not by our possessions. And our stuff, our material possessions, must be subservient to His purposes in our lives. It's a radically different way to look at Christianity and Jesus says consider the cost.

To truly follow Jesus Christ, we must consider the cost and put Him above everything else. This is what it means to be a follower and disciple of Jesus Christ. And He's saying that *“If you follow Me, it's going to cost you. You’re going to have your own trials and tribulations that you’re going to have to take up, and if you follow Me, it's going to cost you.”* Jesus never lowered his standards or changed his conditions to make his call easier to accept.

He was not looking for spectators; He was calling for recruits (followers), and He knew that the only disciples who would go the distance with him were the ones who had counted the cost. Our Lord Jesus Christ would have us thoroughly understand this. He bids us count the cost.



## Examine the Word

1. In Luke 14:26, 27, and 33, Jesus outlines conditions under which people “cannot be my disciple.” What are these conditions? What do these conditions have in common? Why do you think He uses such strong warnings in this text? \_\_\_\_\_

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2. What two illustrations did Jesus give to point out the importance of “determining the cost” of following Him (Luke 14:28-32)? Compare these illustrations. How do they help people to seriously count the cost and decide to be Jesus’ disciples (Luke 14:33)? \_\_\_\_\_

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3. According to this passage (Luke 14:25-33), what does Jesus say it will cost us to be his follower? What does this mean to us today? Is there a cost to following Jesus that you needed to be particularly reminded of?

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## Personal Application

1. What comes before Christ in your life? Is it your family or friends? Is it convenience? Is it work or wealth? Is there any relationship that comes ahead of Christ in your life? What is more valuable to you than your relationship with Christ? You must repent where Christ is not first.

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2. If you consider yourself a follower of Jesus, how does this resonate with your current level of devotion and commitment to Him? What would this level of devotion that Jesus requires look like in your life? Consider the three areas that Jesus touches on: (1) Your closest relationships, (2) Your own life, and (3) Your possessions

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3. Review the “cost of following Jesus” from this passage and consider how you are “living out” that cost. What adjustments might the Lord need to make in your life to better fulfill this character of a follower of Jesus? \_\_\_\_\_

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## PRAYER

*Heavenly Father, I ask the grace of the Holy Spirit that I would live in such a way that I am wholly devoted to Christ. Would You help me as I submit myself to what You have taught me about what it actually means to follow Jesus, that the call to follow Jesus is one that comes with great cost? I ask that You would give me a certainty and a confidence, a courage to live these things out, to follow You sincerely, steadfastly, and passionately. By Your Spirit, help me to be wholly devoted and committed follower and disciple of the Lord Jesus. For this I ask in Jesus' name. Amen.*

## Prayer List

### PHILIPPINES: 10-POINT AGENDA (Points 3&4)

*Pray for the Holy Spirit to guide our government on the following agenda for economic renewal and long-term growth.*

**3. Infrastructure Development:** Build-Better-More program to improve critical infrastructure and advance digital connectivity across the country.

**4. Fiscal Discipline:** Improve efficiency and collection of taxes by the BIR and BOC. Prioritize targeted spending to manage debt and narrow budget deficit.

## **PHILIPPINES: MEMBERS OF THE CABINET**

*Lift up to the Holy Spirit the specific work of each cabinet member.  
Pray for anointing to do the work.*

1. PUBLIC WORKS and HIGHWAYS SEC.: Manuel Bonoan
2. LABOR and EMPLOYMENT SEC.: Bienvenido Laguesma
3. SR. USEC. and OIC, NATIONAL DEFENSE: Jose Faustino Jr.
4. OIC, HEALTH: Rosario Vergeire
5. TRADE and INDUSTRY SEC.: Alfredo Pascual
6. OIC, SOCIAL WELFARE and DEVELOPMENT: Eduardo Punay
7. CHAIR, MMDA: Carlo Dimayuga III

## **KBCF: FOUR (4) PRIORITY AREAS FOR 2023 (Number 2)**

*Pray for the Holy Spirit to enable KBCF to pursue priority:*

2. **MOBILIZATION-EMPOWERING--** Strengthen intentional connections, relationships and sense of community.

## **KBCF: FOLLOW THROUGH ON CLEANSING, EDUCATING and EQUIPPING (CEE)**

*Pray for the Holy Spirit to enable KBCF to follow through its past efforts on CEE:*

Holy Spirit to move among those who need restoration interventions related to spiritual, emotional, psychological and mental issues and brokenness.

## **KBCF: FACILITIES**

Thanksgiving for those God is using to improve the church grounds, worship hall and other areas for safe and comfortable face-to-face activities/gatherings.

## **FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS**

Pray: Christ-centered relationships be the priority in every home--parents, children, husband and wife, other family members.

# PRAYER

"Cast all your cares upon Him, He cares for you"  
(1 Peter 5:7)

Journal

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## Prayer Gatherings

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KBCF Worship Hall | 9AM



**FOLLOW**  
**JESUS**  
**LUKE 9:23**



## The Charge to Christ's Follower

*Matthew 28:18-20; Mark 16:15-18; John 20:21-22; Acts 1:8*

The four Evangelists gave varying accounts of the Great Commission of our Lord Jesus Christ but the contexts are the same. Jesus Christ had just decisively defeated Satan and the power of sin through His death and resurrection. He had completed His earthly mission. Between His resurrection and ascension to heaven, the focus of His interaction with His disciples is for them to continue the work He had begun, that of establishing the Kingdom of God, which He had ushered in. Jesus' strategy was not to reach the whole world by Himself, but through His disciples, who would also make disciples.

Why are we all still in this world of hardships, trials, and problems? We would all be better off being taken by our Lord away from this world and being with Him (Philippians 1:21-26). But it is not just about us. God loves the whole world and His love desires that all would experience the blessings of His kingdom. Shouldn't we desire that, too?

He has already empowered us with the Holy Spirit so that we will be able us to go, baptize, teach, preach, and witness. But all these will happen only if we will obey His charge and follow Him.

## Examine the Word

1. The main verb in Matthew 28:19-20 is “make disciples”. This can be accomplished by going (sharing the gospel), baptizing (incorporating those who put their faith in Him to a local body of believers), and teaching (guiding people to a life of obedience according to the Word). Why do you think all these three are indispensable in fulfilling the Great Commission? What would be the consequences if any of these is neglected? \_\_\_\_\_  
\_\_\_\_\_

2. In John 20:21, Jesus said, “As the Father has sent me, I am sending you”. Jesus lived His earthly life in obedience to God’s mission for Him. In the same way, He is sending us on a mission to the world (John 17:18). “As Jesus is defined by the mission of the Father, so the church is defined by its mission to the world. The great movement of the missionary heart of God sending forth His Son into the world is initially through the incarnation and subsequently through His church.” (Bruce Milne). \_\_\_\_\_  
\_\_\_\_\_

3. In John 20:22 and Acts 1:8, Jesus Christ introduced the Holy Spirit’s role in enabling His disciples to fulfill His commission. As they were at that time, Jesus’ disciples were often rebuked by Him for their lack of faith and understanding. They were being held back by fear and uncertainty. Jesus knew their weaknesses and made provision for them. He enables those who follow Him. What specific changes do you see in the disciples’ attitudes and actions in the succeeding events?  
\_\_\_\_\_  
\_\_\_\_\_

## Personal Application

1. Are you taking Jesus' commission as seriously as He obeyed His mission from the Father? Examine your priorities in life. How are you using your time and resources? \_\_\_\_\_

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2. In what specific ways are you following Jesus Christ by fulfilling the Great Commission? How are you witnessing for Him wherever you are and whatever you are doing? How are you contributing to the building up of your fellow believers? \_\_\_\_\_

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3. How aware are you of the Spirit's work in your life? What gifts and enablement has He given you for the edification of His body? How are you using His gifts? \_\_\_\_\_

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## PRAYER

*Our Heavenly Father, thank you for trusting us and empowering us to continue Your mission in the world. We confess that there are times we are just content in enjoying the blessings of Your kingdom and neglecting our responsibility to love others by giving them the opportunity to know our Lord Jesus Christ. Convict us and make us see that our lives are not primarily about us and our interests, but about You and your purposes. Help us to obey the Great Commission. Cause us to make use of every opportunity to witness for You and to help other believers to grow, that together we will all honor and glorify You in and through our lives. In Jesus' Name. Amen.*

# Prayer List

## **PHILIPPINES: 10-POINT AGENDA (Points 5&6)**

*Pray for the Holy Spirit to guide our government on the following agenda for economic renewal and long-term growth.*

**5. Transparent and Efficient Governance:** Establish efficient government processes, such as mandatory online services, to promote transparency, shorten turnaround time, and limit the opportunities for corruption.

**6. Digital Philippines:** Set up 'Broadband ng Masa' for quick, reliable, and affordable internet services, which will facilitate effective learning and efficient delivery of public services.

## **PHILIPPINES: MEMBERS OF THE CABINET**

*Lift up to the Holy Spirit the specific work of each cabinet member. Pray for anointing to do the work.*

1. AGRARIAN REFORM SEC.: Conrado Estrella III
2. ENVIRON. and NATURAL RESOURCES SEC.: Ma. Antonia Loyzaga
3. INTERIOR and LOCAL GOV'T. SEC.: Benjamin Abalos Jr.
4. TOURISM SEC.: Ma. Esperanza Christina Frasco
5. TRANSPORTATION SEC.: Jaime Bautista
6. ADVISER, PEACE, RECONCILIATION and UNITY: Carlito Galvez Jr.

## **FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS**

Pray: Holy Spirit to enable enhancement of the house-church model where families are praying, worshiping God together and serving church together face to face.

## **KBCF: FOUR (4) PRIORITY AREAS FOR 2023 (Number 3)**

*Pray for the Holy Spirit to enable KBCF to pursue priority:*

**3. MENTORSHIP-EDIFYING** – Build-up engagement of members in the church and its ministries.



## **KBCF: PAST CHURCH HEALTH ASSESSMENT (CHA)**

*Pray for follow-through of the findings on the past CHA on Members/ Attendance Trend*

PRAY: to find cause and address trend of attendance

- for willingness to start new groups/classes to reach people
- members to maximize participation in trainings (to know and use their spiritual gifts)
- pastors/leaders to enable members to know the purposes of the church

## **KBCF: 47 YEARS – Pasalamatan ang Dios:**

*(Note: Hango sa “Apat na Dekada at Pitong Taon ng KBCF”)*

1. Magbalik dating lalim ng pagkakatalaga bilang iglesiya at mga tagasunod ni Jesu-Cristo.
2. Malinawan mga naglaho, kumupas, naglikat; at kung saan naman dadalhin at ihahantong.
3. Malinawan kung tayo sa KBCF ay tunay nga na followers o tagasunod kay Jesu-Cristo.
4. Magkaroon muli ng tapang na harapin mga hamon ng panahon; magkasamang hahayo, ipapangaral ebanghelyo ng Panginoon; maging handang umahon, langkay-langkay sa paglakad, tulong-tulong sa pagsulong.
5. Maging handang itakwil at itanggi sarili, krus pasanin; si Jesus lamang ang iibigin at susundin.

## **KBCF: FOLLOW THROUGH ON CLEANSING, EDUCATING and EQUIPPING (CEE)**

*Pray for the Holy Spirit to enable KBCF to follow through its past efforts on CEE:*

- a. Enable return to basics, roots of KBCF—intentional discipleship .
- b. Enable pastors and members to sustain the implementation of Spiritual Journey/ related programs.



## The Community of the Follower of Christ

1 Corinthians 12:12-20; Hebrews 10:19-25

No man is an island' is an idiom taken from a 17th century sermon of John Donne, an Anglican clergyman who is also regarded as one of the greatest English poets. The sermon revolved around how human beings are connected to each other and how important that connection is. *"When you hear the church bell tolling for someone who has died, don't ask who it is,"* Donne says, *"just know that it's tolling for you too because you are part of the same society and the death of anyone takes a part of your own life away."*

The early community of believers can be characterized by four major activities: teaching, fellowship, communion, and prayer (Acts 2:42-47) – activities that cannot be done alone. In fact, in the New Testament, the "one another" statements appears about 59 times: "love one another," "teach one another," "admonish one another," "encourage one another," "be at peace with each other," "wash one another's feet," "be devoted to one another," "live in harmony with one another," "stop passing judgment on one another," "accept one another," "instruct one another," "greet one another," "serve one another," "carry each other's burdens," "be kind and compassionate to one another," "submit to one another," "pray for one another," and so on.

Consider the veracity of these statements and then consider how intentional you are about "one-anothering" – that is, in helping build a healthy and biblical community. Do you feel you belong? Are you doing something to belong? Are you a part of a community that follows Jesus Christ?

## Examine the Word

1. According to 1 Corinthians 12:12-20, the church is like the human body, which is one unit consisting of different parts. Every part is unique and equally important. Read the verses again and honestly reflect on each question.

*vv. 12-14.* What do you think is your part and function as a member of Jesus' Body? \_\_\_\_\_

Are you currently doing your part and function? \_\_\_\_\_

*vv. 15-17.* Do you find your role in the Church unimportant? Do you wish to have a different role or function? \_\_\_\_\_

*v. 18.* Who assigned or gave you your role in the Body of Christ? \_\_\_\_\_

*vv. 19-20.* Do you acknowledge that you are an integral part of the Church? \_\_\_\_\_

How are you serving the Body of Christ? \_\_\_\_\_

2. According to Hebrews 10: 19-21, as a community of believers, we were all given access to God through Jesus Christ. Read the verses again and identify the 3 reasons why every follower of Jesus can come confidently and boldly before God the Father. \_\_\_\_\_

3. The previous verses essentially serve as the foundation for the author's three imperative exhortations in verses 22, 23, and 24 of Hebrews 10 – "Let us..." Evaluate how you fare in each of them.

*v. 22.* Let us draw near with a true heart in full assurance of (faith) ...

*v. 23.* Let us hold fast the confession of our (hope) ...

*v. 24.* Let us consider how to stir up one another to (love) ...



## Personal Application

1. KBCF needs people to fulfill their individual and unique roles, just as much as the human body needs all its members to function and serve their purpose for it to be a dynamic and working entity. Pray and ask of your specific role and function in serving the church and others this year. Trust God to empower and use you for His plan and purpose.

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2. The church today is packed full of Christians wading through all types of struggles alone. It's an epidemic. Knowing that in a place of isolation and doubt, the evil one thrives and the attacks are much stronger without a support system, in what practical ways can you combat the isolation epidemic that has infiltrated even our current Christian culture? i.e. have deeper conversations; move beyond social media and actually sit down with people; when you tell someone you will pray for them, actually do it; etc. \_\_\_\_\_

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3. Do you know of any KBCF member who needs your encouragement and support? In what ways can you help build a biblical and Christ-centered community in our church? \_\_\_\_\_

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## PRAYER

*Father God, thank you that because of Jesus, I am part of the universal Body of Christ. I am also grateful that I belong in a local congregation – a family of believers committed to follow Christ. As you have given varying gifts to each of your followers, may You find me faithful and obedient, according to the grace You provide. Help me discover my own gifts and role that You specifically designed for me. Grant me courage and strength, through the Holy Spirit, to love You and those around me, especially those belonging to the community of believers you have placed me in. Lord Jesus, allow me to be an integral part of Your Church. Amen.*

# Prayer List

## **PHILIPPINES: 10-POINT AGENDA (Points 7&8)**

*Pray for the Holy Spirit to guide our government on the following agenda for economic renewal and long-term growth.*

**7. Energy Security:** Boost local power generation capacity by reducing bureaucracy to attract energy investments and improve power delivery and distribution in order to provide competitive energy prices.

**8. Future-ready Filipinos (Education):** Provide quality education through standardized learning materials and digital tools. Upskill the workforce to improve employability and support priority industries.

Strengthen the Free College Tuition Act, construct specialized training colleges and universities and increase the number of young Filipinos acquiring science and technology skills through research and scholarship grants.

## **PHILIPPINES: MEMBERS OF THE CABINET**

*Lift up to the Holy Spirit the specific work of each cabinet member. Pray for anointing to do the work.*

1. SCIENCE and TECH. SEC.: Renato Solidum Jr.
2. BUDGET and MANAGEMENT SEC.: Amenah Pangandaman
3. ENERGY SEC.: Raphael Lotilla
4. INFO. and COMMS. TECH. SEC.: Ivan John Uy
5. MIGRANT WORKERS SEC.: Susan Ople
6. HUMAN SETTLEMENTS and URBAN DEV. SEC.: Jose Acuzar



## **FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS**

Pray: physical strengthening of every family – sustaining observance of health protocols in face-to-face activities outside the home; healing of loved ones with health challenges.

Pray: Families to pursue healing of relationships

## **KBCF: FOUR (4) PRIORITY AREAS FOR 2023 (Number 4)**

*Pray for the Holy Spirit to enable KBCF to pursue priority:*

**4. MONITORING-ENHANCING--** Aspire for seamless church operations and activities.

## **KBCF: PAST CHURCH HEALTH ASSESSMENT (CHA)**

*Pray for the Holy Spirit to enable KBCF to follow through its past efforts on CHA findings on Ministries*

Pray Holy Spirit to:

- Move among cells, ministries for prayer to be a priority
- Increase number of volunteers (more COL members to be active in the ministry)
- Enable KBCF to have concerted effort to minister to needs of the community
- Encourage members help carry the burden of ministries now being borne by just a few.

*Pray for follow through on findings of the CHA, God to enable KBCF to further respond to past findings where needed:*

**a. Oversight** (Leadership, Administration) - 42.9%; **b. Training / Equipping** (including evangelism and discipleship) - 14.3%%; **c. Ministry volunteers** - 14.3%%; **d. Guidance** – 14.3%

Pray the Holy Spirit to enable leaders to implement continual improvement of church's organizational structure;

To give leaders discernment to know and prepare for what He wants KBCF to be in the coming generations.

## **KBCF: 47<sup>th</sup> Anniversary Message**

**Point I. The Call**—Pray KBCFers to walk as Jesus walked; to understand that Jesus will change the priorities of our lives, to be set apart so that we will become fishers of men.

**Point II. The Cost** – Pray KBCFers to be prepared to suffer with and for him; to be willing to lose reputation, standing, position—everything for Jesus; to personally be fishing for men and making disciples.



## The Conforming Rewards of Following Christ

*Luke 18:28–34; Matthew 19:27-30; Ephesians 1:3-14*

Our theme for the year is Follow Jesus. What does that look like? In our life, we will be faced with situations where we need to choose to follow Christ, some of which will be very difficult decisions. These may then lead you to ask, “Is it worth it?”

Following the Lord means obeying Him. Our obedience may require us to give up something we treasure – a career, a relationship, comfort – and it will hurt. So what should motivate us to obey just the same?

Rewards are always good motivation, and our obedience will give us that. Here are some of the rewards we get to enjoy in following Christ:

1. **Fellowship with Christ** – the moment we make a decision to follow Him, we get to enjoy His presence every step of the way.
2. **Overflowing blessings** – much more than what we can ever give up. (Lk 18:30, Mat 19:29)
3. **Adoption as co-heirs** – we will also be seated on thrones. (Mat 19:28, Eph 1:5)
4. **Spiritual blessings** – we become blameless and holy in the sight of God. (Eph 1:3)
5. **Redemption and forgiveness of sin** – we may stumble still in this lifetime, but our redemption is secure because of His grace. (Eph 1:7)
6. **Wisdom and understanding** – His will is revealed to us and He gives us the power to understand. (Eph 1:9)
7. **Sealed with the Holy Spirit** – the guarantee of our inheritance. (Eph 1:13)

But most of all, we have received eternal life the moment we received Him as our Lord and Savior. (Matthew 19:29)

God has provided what we need to follow Christ. His Word is our guide, and His Spirit enables us to obey His instructions. But we need to choose to follow Him. It will not be an easy task, but it will all be worth it.



## Examine the Word

1. The disciples of Christ left “everything they had” to follow Him. What was their reason for doing this? What was promised to them? (Luke 18:28–34; Matthew 19:27-30) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Following Christ begins when we receive Him as Lord and Savior. According to Ephesians 1:3-14, who are the recipients of these rewards that are mentioned? Is it for everybody? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. The phrase “to the praise of His glory” appeared three (3) times in Ephesians 1: 3-14. What is its significance? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Personal Application

1. What reward/s are you now enjoying because you chose to follow Christ? Which ones do you still want to enjoy? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Knowing that God has prepared rewards for those who follow Christ, what specific areas in your life are you willing to commit to the Lord? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What may hinder you from following Christ? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# PRAYER

*Father in heaven, we are grateful for Your love, and for giving us so much. Your desire for us to walk as Jesus walked is for Your glory, and we continue to depend upon your good grace, wisdom, and power to enable us. May the rewards You lavish upon us make us follow Christ more closely. May our lives be pleasing to You and bring glory to Your name. All these we ask in the matchless Name of our Lord and Savior, Jesus Christ.  
Amen*

## Prayer List

### **PHILIPPINES: 10-POINT AGENDA (Points 9&10)**

*Pray for the Holy Spirit to guide our government on the following agenda for economic renewal and long-term growth.*

**9. Affordable Healthcare:** Lower cost of medicines by allowing easier importation and strengthening primary healthcare in underserved communities. Build regional specialty hospitals, build new hospitals and research centers and create a National Centre for Communicable Disease Control and Prevention for improved analytics and better healthcare coverage for low-income Filipinos in order to withstand future pandemics.

**10. Food for All:** Increase productivity of agriculture and fisheries and bring down cost of food through cooperatives, modernization, and value chain development to be self-reliant on food—food security.

### **PHILIPPINES: MEMBERS OF THE CABINET**

*Lift up to the Holy Spirit the specific work of each cabinet member. Pray for anointing to do the work.*

1. SEC. and DIR. GEN., NEDA: **Arsenio Balisacan**
2. OIC, OFC., PRESS SEC.: **Cheloy Velicaria-Garafil**
3. NAT'L SECURITY ADVISER: **Clarita Carlos**
4. HEAD, PRES. MGMT. STAFF: **Ma. Zenaida Angping**
5. SOLICITOR GENERAL: **Menardo Guevarra**
6. SPECIAL ASSIST. : **Antonio Ernesto Lagdameo Jr.**

## **KBCF: 47<sup>th</sup> Anniversary Message**

Point III. The Commitment—Pray KBCFers to continually walk behind Jesus, going where He goes, doing what He does; to continue as His disciple whatever trials may lie our way; to purposefully sew the gospel threads into the fabric of our daily conversations.

Conclusion: Pray KBCFers to ask themselves: are we following Jesus? Are we doing what He would do? Are we doing what we are supposed to be doing in Kamuning, in this city?

## **KBCF: FOLLOW THROUGH ON CLEANSING, EDUCATING and EQUIPPING (CEE)**

*Pray for the Holy Spirit to enable KBCF to follow through its past efforts on CEE – Holy Spirit to:*

- a. Guide leaders in the dissemination of policies and guidelines such as on Church Ethics, Accountability, Transparency and Integrity and other policies.
- b. Enable strengthening of system of control and manage of recruitment, of pastors, staff, workers and leaders including internal monitoring.

## **KBCF: MINISTRY VOLUNTEERS**

### **Spiritual Care Dept.**

*Sunday School teachers  
Monitoring Volunteers  
Equipping Team Support  
One-on-One or Cell Grp. Leaders  
D.U.A Writers  
Members Care Support*

### **(Missions Dept.**

*Missions Committee members  
Campus Ministry Volunteers*

### **Worship Dept.**

*Musicians  
Singers  
Prayer Committee Members*

### **Admin Dept.**

*Scroll Writers/Volunteers  
Multi-media Volunteers*



## **FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS**

Pray for physical strengthening of families—practicing healthy lifestyle (diet, exercise and rest); pursuing emotional health in the family.











# 2023 Prayer and Fasting Contributors

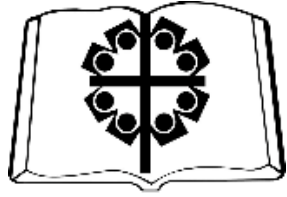
Pastor Ronel Rubrica  
Elder Cesar Montano  
Bishop Ef Tendero  
Elder Sito Silva  
Elder Third Fermin  
Elder Ruth Dave

*Thank You!*



**FOLLOW  
JESUS**





# KBCF

Kamuning Bible  
Christian Fellowship

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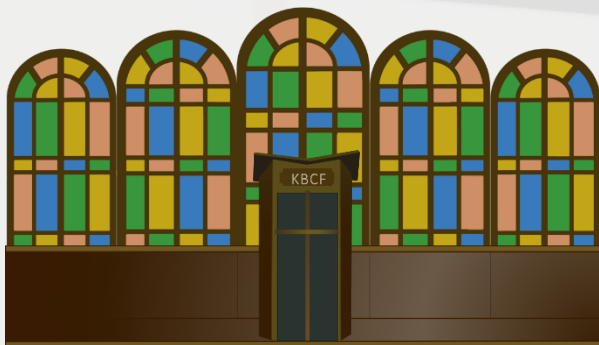


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