

# Prayer and Fasting

January 18-24, 2021



*“Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, that he may teach us his ways and that we may walk in his paths.” For out of Zion shall go forth the law, and the word of the Lord from Jerusalem.” (Micah 4:2, NIV)*



Kamuning Bible Christian Fellowship

# From the Pastors' Heart



## ASCEND "Pursuing God's Agenda"

*Micah 4:1-2 'It shall come to pass in the latter days that the mountain of the house of the Lord shall be established as the highest of the mountains, and it shall be lifted up above the hills; and peoples shall flow to it, and many nations shall come, and say: "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, that He may teach us His ways and that we may walk in His paths. "For out of Zion shall go forth the law, and the word of the Lord from Jerusalem.'*

God has guided KBCF this year to be FRUITFUL within the confines of our homes that led each of us to self-discovery and cultivate family relationships. We believe that the Lord wants us, as a church, to continue to flourish in all aspects of life by pursuing His presence, precepts, and mandate for the coming year, 2021.

The pandemic in 2020 brought about unforeseen and drastic changes in our lives as individuals and as a church. The imposed community quarantine abruptly removed our physical, congregational gatherings for Sunday worship services and the usual ministry activities, and we miss them and we are wondering when we can safely do those things again. The social isolation may have somehow made us feel anxious, helpless, alone, and even hopeless at times. We may also have experienced different kinds of losses, big and small. Yet through it all, we can still declare that GOD guided KBCF in 2020 to be FRUITFUL, even within the confines of our homes.

This 2021, we believe that the Lord wants us, as a church, to continue to FLOURISH in all aspects of our lives by pursuing His presence, precepts, and mandate. The "**ASCEND**" is a timely reminder and encouragement for us, believers in Jesus Christ, to go up and move upward from our current circumstance and climb up to higher heights, where the Lord will lead.

The scripture text is an invitation for the Church to:

1. **Rise up:** "*Come, let us go up to the mountain of the Lord...*"
2. **Learn:** "*...that He may teach us His ways.*"
3. **Move on:** "*...that we may walk in His paths.*"
4. **Pursue God's Agenda:** "*...it shall be lifted up... peoples shall flow to it... nations shall come.*"

We pray that 2021 is the year when KBCF will break free from the lethargic pandemic-lifestyle brought about by the social restrictions and apprehensions due to health concerns. By faith, we will ascend and rise up to be a church after God's own heart that multiplies disciple-makers, leaders, and congregations.

### **Ascend Four Mountains**

As the image in the passage suggests, ascend involves climbing mountains. Israel readily relates this to worshipping in the house of the Lord, "*Come, let us go up to the mountain of the Lord, to the house of the God of Jacob ...*" The challenge is to continue worshipping whatever our circumstances are. The word of God is replete with examples.

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# 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 OT fasted when there was national emergency and distress, or when facing invasion (Ezra 8:21-23; 2 Chron. 20:3; Neh. 1:4). They fasted as a sign of penitence (1 Sam. 7:6; Neh. 9:1; 2 Sam. 12:16). They fasted as an expression of sorrow (2 Sam 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 Sam. 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 current pandemic continues to take its toll, and we need to unite in prayer for protection from the disease; healing for those who got infected; and an effective, readily available vaccine for all. The quarantine has 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 to us, as we establish a better normal in our church life. Our nation and the whole world need our prayers, too, so that this great crisis will not be wasted. We need to pray for this pandemic to end soon, and that we will emerge from it victorious and transformed more and more into Christ-likeness.

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. This guideline will help us prepare ourselves for the day 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.

*Deepened humility.*

*Increased hunger to know God and intensified prayer concentration.*

*Radically pursuing 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.*

# How do I Pray and Fast

**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

## TYPES OF FAST

- 1. COMPLETE FAST:** In complete fast, a person goes without food for a predetermined amount of time. Water is allowed and necessary, of course. 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.
- 2. PARTIAL FAST:** In partial fast, a person just eats certain food in a period of time or has one or two meals a day. Daniel and John the Baptist maintained a certain diet during their fasts. John Wesley ate only bread and water for many days as his fast.
- 3. 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.

## 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: \_\_\_\_\_

### DAY 7

- Complete fast  
 Partial fast  
 Object fast  
Other: \_\_\_\_\_

PRAYER PARTNER/S

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# During the Fast

## **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 with which we encourage you to go through during the fast.

## **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 you have broken relationships with.
- c. If there are habits that need to be changed, make the adjustment immediately. Ask your cell group leader/discipler to hold you accountable.

## **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, anxiety.

# Breaking the Fast

## **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.

## **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 newfound passion with you throughout the year.

## **Be expectant**

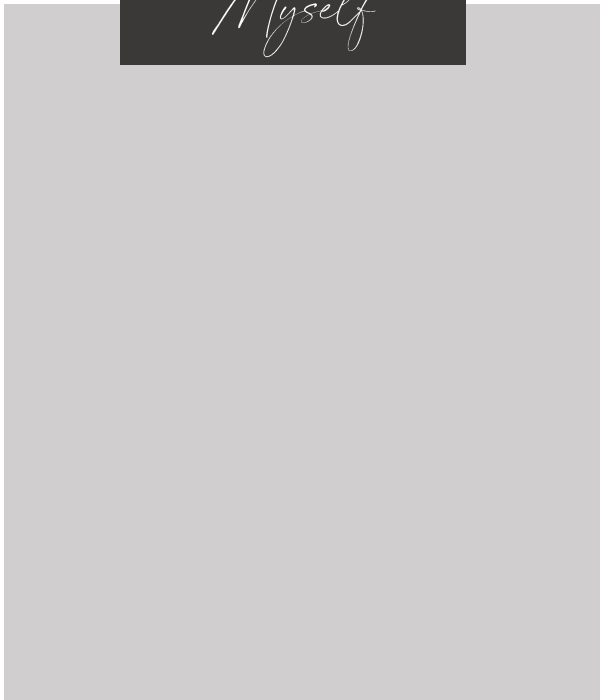
Be in faith and believe God to answer your prayers soon! Don't give up; persevere in prayer even if you don't see the answers immediately. Make sure you keep the copy of your prayer points. You can check it at the end of the year and see how God has answered your prayers. It can be your thanksgiving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



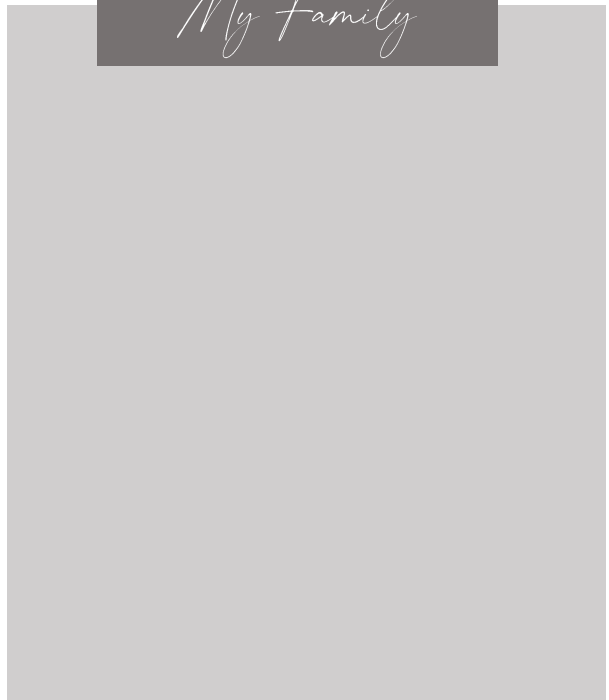


# 2021 FAITH GOALS

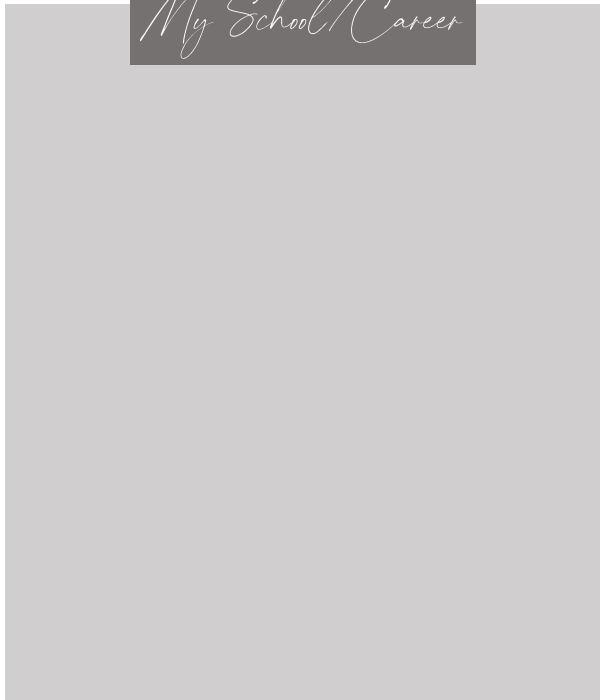
*Myself*



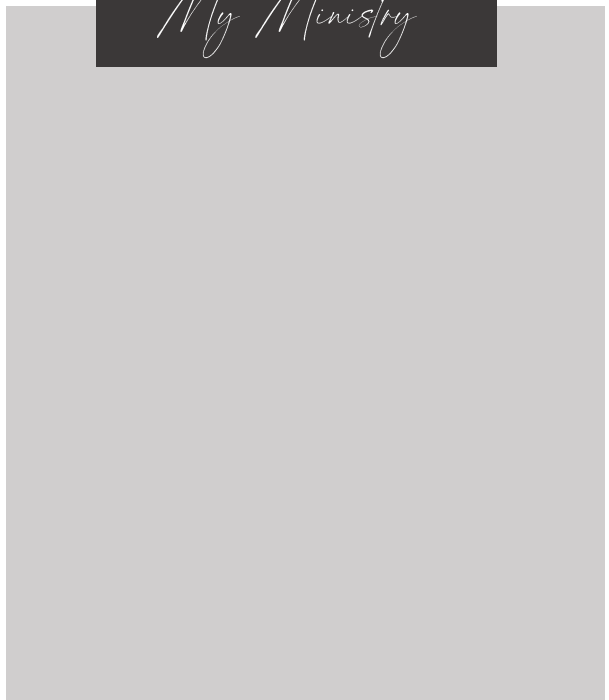
*My Family*



*My School/Career*



*My Ministry*





# DEVOTION GUIDE

*First Mountain*



# MOUNT MORIAH

Ascending with a *"heavy cloud of unknowing."*

Genesis 22:1-14

# DAY 1

## YOU ARE BEING TESTED



### Start to connect

The challenges we faced last year continue in 2021; they define what we now call as the new normal. Recall the instances when you felt that you are being tested.

### Truth to ponder

Genesis 22:1-3

1. Abraham was unaware that God is testing him. (v.1) Would it make a difference if you face hardships and struggles with the conviction that God is testing you?
2. When the Lord called, what was Abraham's response? (v.1) What does his response imply?
3. What did the Lord ask Abraham to do? (It should be taken into consideration that child offering as a part of worship is not rare in ancient near east.) What do you think is going on in Abraham's mind? One famous theologian expressed what Abraham is going through as "heavy cloud of unknowing". What is your reaction?
4. How would you describe Abraham's response? (v.3) Does he seem to waiver in his obedience?

### Examine the word

1. Describe an instance when you faced a trial in your life.

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How did you fare? What were the lessons you learned?

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2. Abraham's response to God is "Here am I". Are you fully present to God in your prayers? Are you fully present to God in your worship?

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3. Perhaps what the Lord asked Abraham to do makes sense during his time, but it is still mind-boggling, if not confusing (considering that he waited for many years, in fact "hoping against hope" for him to have a child with his old, long-past-child bearing, wife Sarah). What more now? Was there an instance that the Lord is asking you or leading you to do things or be in a position that you don't understand?

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4. Abraham held on to God despite the “heavy cloud of unknowing” that he is going through. Read v.3 again, imagining how Abraham is going through all the preparation for the worship God is asking him to do. What is your reaction?

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Hebrews 11:19 explains Abraham’s faith. What is your reaction?

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Do you have a resurrection faith like Abraham?

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**Personal application:**

1. Being tested does not mean that you fully understand what you are going through. What lessons have you learned from this story of Abraham that you wish to apply to your life now?

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2. What steps would you take to be really present to God in your prayer and worship? (i.e. turning off or putting to silent mode your cell phone!)

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3. What steps would you take to know more about resurrection faith like Abraham? (cf. Hebrews 6:2 lists resurrection from the dead as a basic Christian teaching!)

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4. Turn your reactions and your insights in our study today into prayer to God.

**Prayer Items**

 **NATION**

**a. Inter-Agency Task Force for Management of Emerging Infectious Diseases, IATF-EID and C-19 National Task Force, NTF**

Pray: God to give wisdom to enable IATF as policy-making body and NTF as operational command to assess, monitor, contain, control and prevent the spread of C-19, other epidemics. Pray for IATF Head, DOH Sec. Duque and NTF Head, DND Sec. D. Lorenzana.

**b. Phil National Vaccine Road Map:**

**Pray:** for Chief Implementer and Vaccine Czar Sec. C. Galvez Jr. to effectively develop and implement country-wide vaccination against C-19

**c. T3 Group (Test, Trace, Treat)** -- private sector-led initiative to support the government in the fight against C-19. Pray for members from private sector, NGOs and Business groups to sustain construction of isolation centers, donating test equipment/PPEs; define and implement supply chain management including technology and communication needs to support roll-out and deployment of vaccines.

**d. DOF/ DBM:** to be able to provide funds for buying vaccines and finance government's activities for economy to recover.

**e. NEDA:** to be able to make short and long-term macro-economic forecasting and socio-economic policies analyses and research and provide high-level advice to policy makers in Congress and the Executive Branch for quick economic recovery of the Philippines.



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

Holy Spirit to enable KBCF to knit and strengthen families during this pandemic, that Christ-centered relationships be the priority in every home- parents, children, husband and wife, other family members.



### **CHURCH/ MINISTRIES**

Holy Spirit to enable KBCF to knit and strengthen Discipleship Groups during this pandemic via Virtual discipleship groups (1-on-1 and group online meetings)



### **MISSIONS/ EVANGELISM**

Pray Holy Spirit to enable KBCF to create opportunities for Evangelism and Discipleship by personal witness, helping others grow in their faith through online social media platforms.





# DAY 2

## BEING FULLY PRESENT TO OTHERS IS THE BEGINNING OF OUR WITNESS



### Start to connect

When Isaac called him, Abraham responded “Here am I, my son.” (v.7) In your communication with others, how would you and the one you are communicating with being fully present impact your communication? How about when only one is fully present?

### Truth to ponder

Genesis 22:4-8

1. How did Abraham explain to his servants what he and Isaac are planning to do? (v.5) (As noted above child offering is not rare in ancient near east at the time of Abraham.) What God is asking Abraham to do (v.2) is in the context of worship! What is your reaction?
2. Isaac asked an innocent question. (v.7) Again, what do you think is going through Abraham’s mind? Does Isaac’s question made it easier for Abraham to obey God?
3. What was Abraham’s response? (v.8) Compare and relate this to Hebrews 11:19 explanation of Abraham’s faith. What is your reaction? (V.8 seems to be a response to assuage Isaac.)

### Examine the word

1. Can you still worship God in the midst of a “heavy cloud of unknowing”, in the midst of the challenges of the 2021 new normal? How is your worship in the new normal?

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2. Jehovah Jireh, the God “who sees and who provides” this is the name of God highlighted in this passage. (vs. 8, 14) This is Abraham testimony (made more meaningful by his full presence) to his son Isaac. Is this name of God meaningful to you? Have you experienced God in this way?

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### Personal Application

1. Ascend is to worship God, even in the harshest of circumstances. How is your worship of God in the midst of the pandemic?

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What steps are you taking to help you worship in these trying times? Have you shared your struggles with your discipler/discipleship group?

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2. What are the things you are trusting God for this 2021? Do you know Him as Jehovah Jireh, the God who sees and who provides?

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3. Jesus shared a similar character of God whom He calls as Father, "Your heavenly Father knows that you need them all." (the necessary things for you to live! Matthew 6:32) Is there any reason for you to worry?

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## Prayer Items

### **NATION**

**Pray for leaders of Exec. Branch** -- Pres. Duterte, VP Robredo, Cabinet Members and advisers. Pray for guidance and protection; to serve with integrity, wisdom, faithfulness; to have reverent fear of the Lord.

- a. To solve problems on: graft and corruption, drugs, human trafficking and criminality, abuse of authority
- b. To find solutions for economic recovery-- help businesses to recover, generate employment.

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

Holy Spirit to enable KBCF to knit and strengthen families during this pandemic by enhancing the house-church model where families are praying, worshiping and serving God together.

### **CHURCH/ MINISTRIES/BUILDING PROJECT**

- a. Pray Holy Spirit to enable KBCF to build up every believer by enhancing healthy personal relationship with God (time with God: prayer, devotion, Bible-reading); live out daily virtues like faith, hope and prayerfulness for Lord's glory to appear.
- b. Fortify the Church: Church building expansion: Pray for wisdom on planning for size, capacity, intended uses for various areas of new construction vis-a-vis existing structures; compliance to government requirements, preparation of needed documents, permits, needed funds, right contractor/ workers, supervision.

### **MISSIONS/ EVANGELISM**

Pray Holy Spirit to enable KBCF to create opportunities for serving God through the church different ministries and societal engagement (Micah 6:8 mandate - act justly, to love mercy, and to walk humbly with your God.). Pray for partnership with KBCF Kindercare in engaging and reaching out the community by providing early Christian education to pupils from the community, and reach out parents/ guardians of pupils.



# DAY 3

## ALL THE WAY, AND LISTENING



### Start to connect

Up to the very end, Abraham did not waiver in his faith. He went about in his faithful ways, passing the test God laid out for him. Following the Lord is a long obedience in the same direction. Can this be said of your own life?

### Truth to ponder

Genesis 22:9-14

1. What was the first thing Abraham did when he reached the place God told him? (“he built the altar”; v.9) This is who Abraham was from the very beginning! (Genesis 12:7, 8; 13:4, 18) A Christian writer described following the Lord as a long obedience in the same direction. Abraham fits this description. What is your reaction?
2. Again, what do you think is going on in Abraham’s mind when he bound Isaac, and laid him over the firewood, and about to strike him with the knife? (v.10)
3. Read v.12 prayerfully. About God asking Abraham to sacrifice his son, Isaac, a Christian leader stated, “God will not ask us anything He Himself is not willing to do!” (alluding to God giving His Son to die on the cross) What is your reaction?
4. What do you think is Abraham’s feelings when he saw the ram? Jehovah Jireh must have been personal to Abraham. (vs. 13-14) What is your reaction?
5. The last part of v.14 says something about our theme, Ascend. What is it?

### Examine the word

1. If Abraham is an altar builder, how would you characterize your obedience?

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2. Write down your reaction to reflection no. 3 above:

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3. What title or name of God is personal to you? Why?

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4. What is our assurance when we obey God and Ascend whatever mountains he ask us to climb? (v.14; no. 5 above)

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## Personal Application

1. If you don't have any habit or spiritual discipline that you practice that can characterize your life, what would you like to start doing? (i.e. dawn watcher, 3:00 prayer habit, etc.)

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2. Our theme Ascend challenges us to have a long obedience in the same direction. What steps would you be taking to start to make this true of your life?

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3. What is it that you are entrusting God to provide you in 2021?

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## Prayer Items

### NATION

- a. Pray for leaders of Legislative Branch-- Speaker L. A. Velasco (Lower House), Speaker V. Sotto, (Senate) and all Congressmen and Senators.
- b. Pray for guidance and protection; to have reverent fear of God; to serve with integrity, wisdom, faithfulness in updating and making new laws to address problems on C-19, poverty, drugs, criminality and corruption, ease of doing business.

### FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS

Pray physical strengthening of every family-- protection against C-19, other infections, physical healing of loved ones.

### CHURCH/ MINISTRIES/BUILDING PROJECT

- a. Pray Holy Spirit to enable KBCF to build up every believer by enhancing growth towards Christ-likeness.
- b. Worship, discipleship, thriving spiritual journey;
- c. Enable corporate prayer and fasting to be trigger points for spiritual brokenness, to experience purging and purification for God's mercy to flow.

### MISSIONS/ EVANGELISM

- a. Pray Holy Spirit to enable KBCF to create opportunities for serving God through the church different ministries and societal engagement (Micah 6:8).
- b. Pray for partnership with KBCF Operation Paglingap by helping financially challenged students to pursue further education; partnering with DSWD for social amelioration program for surrounding communities.



*Second Mountain*



# MOUNT SINAI

Ascending to know who the Lord really is.

Exodus 34:1-9



# DAY 4

## THE GOD OF THE 2ND CHANCE



### Start to connect

How have you experienced the God of the 2nd chance?

### Truth to ponder

Exodus 32:11-20; 34:1-4

1. Why did God ask Moses to prepare 2 tablets of stone "like the first"? What happened to the first set of 2 stone tablets? (v.1; 32:19) Who broke it?
2. Moses initially implored and begged God to spare His people (32:11-14), but when he saw what they did (32:15-20), what did he do? (v.19) Who made the first set of stone tablets? (v.16!)
3. Our theme verse for this year reminds us that the word of God, His laws come from Mount Zion: "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob, that He may teach us His ways and that we may walk in His paths." For out of Zion shall go forth the law, and the word of the Lord from Jerusalem." (Micah 4:2) Moses has to ascend the Mount Sinai to receive His laws. What does this imply to our theme for this year? (To ascend is to know the word of God, His ways, His laws.)

### Examine the word

1. How did Moses experience the God of the 2nd chance? (Actually, of many chances! Exodus 4:1-14; Numbers 20:10-13) What is your reaction?

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2. What can you say about Moses as a leader? (Exodus 32:11-20)

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Why do you think God chose him to lead the Israelites out of Egypt? (Exodus 2:11-15; 32:11-14)

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3. Moses ascended Mount Sinai to receive the word of God, His laws. What would this mean to you as you pursue the theme for this year in your life?

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### Personal Application

1. Is there anything that you would like for God to give you a second chance this 2021?

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2. If you're a leader of a cell group or a BS group, what character of Moses would God want you to have? Are you praying and imploring God for the people He placed under your care?

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What steps are you taking to apply this in your life? (i.e., know the need and pray for your people)

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3. Pursuing Ascend as the theme of your life in 2021 is to know the word of God and His ways. What steps are you taking to apply this in your life? (i.e. Personal study of the word of God; seek to be disciple, attend BS regularly, etc.)

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## Prayer Items

### NATION

- a. Pray for leaders of Judiciary Branch—for Chief Justice D. Peralta, for justices of Supreme Court; judges of Lower Courts--Appeals, Tax Appeals, Sandiganbayan; Regional and Municipal Trial Courts; and Muslim Courts-- Sharia District/ Circuit Courts.
- b. Pray for guidance and protection; to have reverent fear of God; to serve with integrity, wisdom, faithfulness so that the judiciary branch becomes God's hand to uphold justice and righteousness.

### FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS

Pray for physical strengthening of every family—practicing healthy lifestyle, well balanced diet, exercise; pursuing emotional health in the family.

### CHURCH/ MINISTRIES/BUILDING PROJECT

Pray Holy Spirit to enable KBCF to build up every believer by intentional follow-up and Bible Study (for new and young believers); by Leadership Training (equipping and mentoring for mature believers)

### MISSIONS/ EVANGELISM

- a. Pray Holy Spirit to enable KBCF to create opportunities for serving God through by partnership with organizations engaged with society.
- b. Pray for: FOCIG, VOICE Values Education, etc.



# DAY 5

## THE LORD, THE LORD, A GOD MERCIFUL AND GRACIOUS



### Start to connect

How much do you know God? Are you willing to ascend to know Him more?

### Truth to ponder

Exodus 33:12-16; 34:5-9

1. Prior to his ascending Mount Sinai, what did Moses request God to do for him? (33:13) In response, how did God proclaim who He really is to Moses? (34:6-7) What is your reaction?
2. How did Moses respond to this revelation of God about who He really is? (34:8)
3. Knowing who God really is, what did Moses request God to do? (34:9) Why do you think he is confident that his request will be granted? (cf. 33:16)

### Examine the word

1. Read 34:6-7 prayerfully. What word or phrase describing the character of God that has struck you the most? Why??

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2. What is your response in knowing who God is from these verses?

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3. Moses, knowing who God really is, implored Him to be with him and his people. Would you feel the same? Would you like God to be with you? Why/why not?

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### Personal Application

1. Take time to memorize vs. 6-7. God keeps steadfast love to thousandth generations! Obeying God is to bless your children and your children's children. Agree/Disagree? Explain.

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2. To ascend is to know God more. What is your reaction?

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What steps are you taking to know God more this 2021? (i.e. Read classic books on the subject of knowing God, "Knowing God" by JI Packer

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3. Jesus is God Immanuel, the “with-us-God”! And He promised to be with us to the end of the age! (Matthew 28:20) Knowing this, are you more confident as you faced the new normal of 2021?

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4. In response to knowing God from these verses, pray to Him, even talk to Him.

## Prayer Items

### **NATION**

Pray for leaders, Armed Forces:

- Natl. Defense--Delfin Lorenzana;
- Chief, Armed Forces--Gen. G. Gapay
- Chief, Army--Lt. Gen. C. Sobejana
- Chief, Navy Vice Admiral G. Bacordo
- Chief, Air Force--Lt. Gen. A. Paredes
- Comdt., Phil Marine Corps--Maj. Gen. A. Caculitan

- a. Pray for guidance and protection; to have reverent fear of God; to serve with integrity, wisdom, faithfulness.
- b. Members of AFP to be the protector of the Filipino people, to preserve peace and harmony, defend country against terrorism and other threats.
- c. Holy Spirit to make them uphold and be loyal to and defend the constitution.

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

Pray for physical strengthening of every family—practicing healthy lifestyle, well balanced diet, exercise; pursuing emotional health in the family.

### **CHURCH/ MINISTRIES/BUILDING PROJECT**

Pray the Holy Spirit to fortify His Church—KBCF by enhancing Church Virtual Presence (online worship service via Facebook and YouTube; age-groups and prayer gathering via Zoom, active KBCF website, etc.)

### **MISSIONS/ EVANGELISM**

Pray Holy Spirit to enable KBCF to create opportunities for serving God by partnership with organizations engaged with society working as voice of Evangelicals locally and worldwide.

Pray for: ABCCOP, PCEC and WEA



*Third Mountain*



# MOUNT OF TRANSFIGURATION

Ascending to witness the glory of the Lord.

Luke 9:28-36

# DAY 6

## THEY SAW HIS GLORY



### Start to connect

How do you imagine seeing the glory of the Lord? Perhaps an inadequate analogy is the experience of the beautiful sunset of the Manila Bay!

### Truth to ponder

Luke 9:28-36

1. Relating this passage to our theme, Jesus modelled for us what it is to ascend! (vs. 28-29) We need to be p\_\_\_\_\_.
2. This account about Jesus' transfiguration is in preparation for what He is to accomplish in Jerusalem! (vs. 30-31) His departure (euphemism for His death or better still as in the original, exodus! Liberation!) The two figures who appeared to "comfort" Jesus were Moses and Elijah, representing the L\_\_\_ and the P\_\_\_\_\_.
3. Peter suggested to build shrines for the three. Although this seems to be a good idea nowadays, why is this not according to God's intent and purposes? (v.33) (Mountain top experiences are to prepare us for the ministry, like Jesus, not to bask and enjoy God's glory.
4. From this experience, what does God want for the disciples to do? (v.35).
5. Is seeing the glory of God something to be proud of? (v.36)

### Examine the word

1. Jesus in prayer is something that Luke highlighted in his gospel. To ascend is to emulate Jesus in prayer. Agree/disagree? Explain.  
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2. The disciples (perhaps because of being tired in ascending the mountain) kept themselves awake to witness Jesus with Moses and Elijah shining in glory! What does this imply for us if we need to ascend? (i.e., need to sacrifice  
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3. Experiencing the glory of God is not to be enjoyed for ourselves, but rather in preparation for our ministry to others. Agree/Disagree? Why  
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4. To ascend is to see the glory of the Lord. Are you excited to have this happen in your own life? Are you prepared for the ministry that awaits someone who have seen the glory of the Lord?  
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## Personal Application

1. As you prepare to ascend this 2021, how is your prayer life?

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What steps are you taking to be more prayerful and to develop a personal prayer ministry?

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2. What sacrifices are you willing to take to ascend this 2021? (i.e., regular fasting and prayer)

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3. To ascend is to prepare for ministry. Agree/disagree? Why?

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What new ministry are you praying for this 2021? Why?

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4. End in Prayer.

## Prayer Items

### NATION

Pray for leaders, Civilian Forces, for guidance and protection; to have reverent fear of God; to serve with integrity, wisdom, faithfulness.

a. Pray for

- DILG Sec. Eduardo Año
- PNP Chief Pol. Gen. D. Sinas
- PNP-SAF-Brig Gen B. Balba

b. Pray for

- Bureau of Fire Protection
- Bureau of Jail Management and Penology
- National Police Commission
- National Commission on Muslim Filipinos
- National Youth Commission
- Philippine Commission on Women
- Philippine Public Safety College

### FAMILY/ HEALTH/ PERSONAL BREAKTHROUGHS

Pray Holy Spirit to enable every family in KBCF to obtain healing of relationships among love ones, pursue emotional health in the family.

## **CHURCH/ MINISTRIES/BUILDING PROJECT**

Pray the Holy Spirit to fortify His Church—KBCF by anointing the COL leaders to be engaged and empowered; to be able to:

- Care compassionately. (Call and pray for them. Share resources with them.);
- Oversee the flock. (Know their specific concerns. Guide and check on them.);
- Lead like Christ. (Serve: wash each other's feet. Love: put others first.)

## **MISSIONS/ EVANGELISM**

Pray Holy Spirit to enable KBCF to enhance engagement with local and cross-cultural missions.

- a. Pray for existing daughter churches, for direction on new church planting initiatives for 2021.
- b. Pray for KBCF supported missionaries.
- c. Pray for partner Mission agencies like SEND, etc.



*Fourth Mountain*



# THE MOUNTAIN IN GALILEE

Ascending to receive the Great Commission.

Matthew 28:16-20

# DAY 7

## GO THEREFORE...



### Start to connect

How well do you know the Great Commission? Has it defined your life?

### Truth to ponder

1. Mountains are significant to the Gospel of Matthew. There is the Sermon on the Mount (Matthew 5-7), The Temptation of Jesus (Matthew 4:8), Transfiguration, and now the Great Commission. Moses and Elijah went to the mountain to meet God. The disciples were summoned to meet Jesus in the mountain of Galilee! What's your reaction?
2. Those who were commissioned include some who doubted! (v.17) Is doubt an obstacle in obeying the Great Commission? What is the proper attitude when we ascend the mountain to meet Jesus?
3. Do all believers need to GO? (i.e., How about those whom the Lord raised to be supporters and prayer partners?)
4. Jesus promised His disciples that He will be with them to the end of the age. (v.20) Comparing this to Matthew 1:23, who is Jesus? (cf. V.18)

### Examine the word

1. What are the three elements of the Great Commission? D\_\_\_\_\_, B\_\_\_\_\_, and T\_\_\_\_\_ to O\_\_\_\_\_.
2. Discipleship is proclaiming and living out v.18 (i.e. Jesus is Lord and showing this in your life.) Agree/Disagree? Why?
3. Undergoing baptism does not only mean declaring one's allegiance to Jesus Christ it also means being baptized into His death! (Romans 6:1-4) What does this mean to you?
4. Is there a difference between teaching and teaching to obey? What is it? Teaching to obey requires the one who teach to model obedience in his/her life. What is your reaction?

### Personal Application

1. Are you making disciples? Why/why not? What steps would you be taking to fulfil this element of the great commission?

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2. Have you been baptized already? If yes, what does today's reflection made you realized about being baptized? (i.e. At the least, dying to oneself!)

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3. As a disciple, you teach to obey! What steps would you be taking to make this true in your life? (i.e., At the least, the need for accountability.)

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4. Jesus promised to be with you forever! What would this mean for you as you faced the challenges of 2021?

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## Prayer Items

### **NATION**

Pray for our leaders of the following Bureaus and their heads: to serve with integrity, wisdom, faithfulness; for protection, and guidance; reverent fear of the Lord:

Department of Information and Communications Technology (DICT); Department of Education (DepEd); Department of Environmental Resources (DENR); Department of Energy (DOE); Commission on Elections (COMELEC):

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

Pray Holy Spirit to enable KBCF to consider Pastor Johnny's suggestion: that in the past, in KBCF, no one was idle, everyone was ministering, everyone was caring -- a heritage of a caring church, that every member, every family would care for each, to be able to rise above the challenge of the times.

### **CHURCH/ MINISTRIES/BUILDING PROJECT**

Pray the Holy Spirit to guide KBCF and its ministries respond to the questions given by Pastor Johnny in his 2021 Anniversary message.

1. Is our church seen as part of the community or is it perceived as a private religion?
2. Does our church display community life or is it more of a social club where members are merely volunteers?
3. Does our church show loyalty to the Body or are members leaving because of personal preference? The Church is not an organization, it is a family.
4. Pray for Christ to continue to invade his church with His light and glory, for Christ to beautify his church and make it his everlasting pride.

### **MISSIONS/ EVANGELISM**

Pray Holy Spirit to enable KBCF to remember Pastor Johnny's challenge in his 2021 Anniversary message:

1. That KBCF members become useful for God and for others, that every place its members walk on, its members bring God's righteousness and His glory.
2. That KBCF would continue to be the bearer of His light and glory, its members to be an agent of change.
3. That KBCF members to be source of honor and joy for the people, that there is no joy in the city apart from the gospel
4. That KBCF members to acknowledge that while waiting for the 2nd coming of Jesus, their purpose in life is connected to the great commission; that we realize that "...if our lives are not connected to the great commission, we render ourselves irrelevant in this present life."



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