



Kamuning Bible Christian Fellowship

# *Prayer* and *Fasting*

Week

January 17-22, 2022



*Be*

**HOLY**

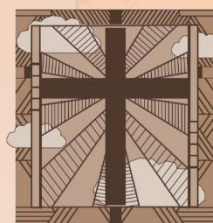
*1 Peter 1:16*

# From the Pastor's Heart

Looking ahead at 2022, I believe it has never been more important for us as a church to be on our knees—to seek God with all our hearts in prayer and with fasting. When we begin with prayer and fasting, we are declaring that God is greater than all we went through and that He has greater in store for us. When we start off with prayer and fasting, we are empowered to stand, hold firm to the promises of God and be unwavering in our faith even in the midst of the difficulty that yet lies ahead.

I am excited that we have made prayer and fasting a vital part of this year's undertaking. Prayer 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. It is worthy of note though that when we pray to God, He wants us to know with whom we are speaking and to be conscious of that! When we come to God in prayer let us be conscious of who He is we approach. Let us be conscious that God is holy and that He conducts Himself as such in His affairs.

In *Exodus 15:11*, Moses expresses the Lord's unique holiness in his song of praise: *"Who is like you, O LORD, among the gods? Who is like you, majestic in holiness awesome in glorious deeds, doing wonders?"* God is awesomely holy! Because God is holy the utmost reverence becomes our approaches unto Him. *"God is greatly to be feared in the assembly of the saints, and to be had in reverence of all about Him"* (*Psalm 89:7*). The more our hearts are captured in awe by His ineffable holiness, the more acceptable our approaches to God will be.



Be

HOLY

1 Peter 1:16

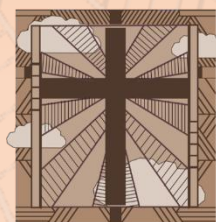
So, as we draw near, let us remember that for those whom God has called to know Him He demands holiness in approaching him. This is what our theme for this year 2022 **“Be Holy”** seeks to encourage us: *“But as He who called you is holy, you also be holy in all your conduct, since it is written, ‘You shall be holy, for I am holy’” (1 Peter 1:15-16)*. God is waiting for His people to pray. But the prayers that He hears come from the lips and hearts of a holy people—a people set apart and dedicated to God. *“Who shall ascend the hill of the Lord? And who shall stand in his holy place? He who has clean hands and a pure heart” (Psalm 24:3-4a)*.

Behind such praying, giving to it vigor and flame are the men and women who are wholly devoted to God, who are entirely separated from sin, and fully separated unto God. These are they who always give vitality, energy, force, and strength to praying. So, regardless of our skills or lack of skills in prayer, we will not become a mighty people of prayer until we begin to develop a passion for the holy life—to strive to becoming more and more like Jesus from the inside out.

We will not have powerful, effective prayer lives until we get serious about living a life of holiness. Stephen Charnock beautifully puts it, *“This is the prime way of honoring God. We do not so glorify God by elevated admiration, or eloquent expressions, or pompous services of Him, as when we aspire to a conversing with Him with unstained spirits, and live to Him in living like Him.”*

We are a holy people in the sense that we attach ourselves consciously to the One who is by definition, Holy. Then as God alone is the Source and Fount of holiness, let us earnestly seek holiness from Him; let our prayer and fasting be that He may *“sanctify us completely; and may our whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ” (1 Thessalonians 5:23)*.

**Pastor Ronel Rubrica**  
Interim Pastor, KBCF



*Be*  
**HOLY**  
*1 Peter 1:16*



# Table of Contents

From the Pastor's Heart .....	02
Why Fast? .....	05
Benefits of Fasting .....	06
How Do I Pray and Fast .....	07
Preparing to Fast .....	08
During Fast and Breaking Fast.....	09
2021 Answered Prayers .....	10
2022 FAITH Goals .....	11
2022 VOW .....	12
Devotion Guide .....	13
Day 1 - Take Your Sandals Off .....	14-19
Day 2 – A Holy Nation, A People Belonging To God .....	20-24
Day 3 - I Am A Man of Unclean Lips .....	25-28
Day 4 - Children of Light in the Midst of Darkness .....	29-32
Day 5 - Sanctify Them: The Father's Answer to Jesus' Prayer.....	33-37
Day 6 - A Living Sacrifice Holy and Acceptable to God: The World as God's Temple .....	38-42
Prayer Contributors .....	43

# 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 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. 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.

# 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 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.

**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: \_\_\_\_\_

# 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 seven-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 this category, 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.

## **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 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.



# 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, and 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 Answered Prayers

*“I will give thanks to you, Lord, with all my heart;  
I will tell of all your wonderful deeds.”*

**PSALM 9:1**

A series of 18 horizontal dashed lines spanning the width of the page, providing a template for writing answers to prayers.

# 2022

*Faith Goals*

Myself

My Family

My School/My Career

My Ministry

# 2022 Vow

*Lord Jesus, for You, I will*

A series of 20 horizontal dashed lines for writing.



*Devotion*

*Guide*

# Take Your Sandals Off

## Start to Connect

What are you willing to do, or give up, to be holy? In a way, taking part in the church's prayer and fasting indicates your willingness to be holy. But let us remember, being in the presence of God should always be on His own terms.

## Truth to Ponder

Exodus 3:1-6; 33:7-11

1. After the fall and after being sent out from the presence of God, what does it take for man to be in the presence of God? Men built the Tower of Babel to have God dwell with them, and we know what happened (Genesis 11). God continues to reach out to individual man, who in turn, builds altars to Him. Think about Abraham, his son Isaac, and grandson Jacob (Genesis 12, 26, 28).
2. Now the Lord appeared to Moses, and for the first time he gave a hint on what it means to be in His presence. To be holy is our response to God's enabling us to be in His presence. Agree/disagree? Why?
3. Contrast the people's response to that of Joshua in Exodus 33:7-11. Both worshipped the Lord, the people stood from afar (vs. 7, 10), while Joshua would not depart from the tent of meeting (v.11). Which are you?

## Examine the Word

1. What was God doing (or what was in His heart?) prior to appearing to Moses (Exodus 2:24-25)?

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2. What is this verse encouraging you to be and do in the presence of God?

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3. What was Moses doing before God appeared to him (v.1)?

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4. What is this verse telling us in the midst of our day-to-day life?

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Why do you think the Lord through His angel had to manifest His presence in the “burning bush” (vs. 2-4)?

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5. Why do you think did the Lord ask Moses to take his sandals off (vs. 4-5)?

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What does this imply on how it is to be in the presence of a holy God?

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6. What is the difference between the first encounter of Moses with God (Exodus 3:6) and the succeeding encounters in the tent of meeting (Exodus 33:11)?

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Which encounter best describes your relationship with God?

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7. When the Lord manifested His presence through the pillar of cloud in the tent of meeting, how did the people respond (vs. 9-10)?

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8. In contrast where did Joshua prefer to stay (v.11)?

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## Personal Application

1. Even prior to the Lord appearing to Moses, He saw and knew what His people are going through (Exodus 2:25). What is this verse inviting you to do as you approach His presence in prayer?

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2. God called Moses' attention through the burning bush as he keeps the flock of his father-in-law. In the midst of your day-to-day activity, is there anything that the Lord is calling your attention to, to take a pause or stop in the midst of your personal concerns?

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3. Taking God's instruction to Moses to "take your sandals off your feet" as a metaphor, what are the things that you are willing to give up or do to be in the presence of your holy God? What are the things that you are willing to do to be holy?

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4. It is true that Moses had a special relationship with God, but we have the choice whether to be like the majority of God's people worshipping from afar (33:10) or to remain in the tent of meeting, like Joshua. What steps are you taking to be like Joshua?

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5. Turn your thoughts and realizations about being holy into prayer. Lift them and yourself in the presence of God.



## PRAYER LIST

### THE PHILIPPINES

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

*Pray: God to give wisdom to enable IATF Head, DOH Sec. Duque to make policies and NTF Head, DND Sec. D. Lorenzana to assess, monitor, contain, control and prevent spread of Omicron/other variants, and other epidemics—measles, chicken pox, etc.*

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

*Pray: Chief Implementer and Vaccine Czar Sec. C. Galvez Jr. to further develop and implement effective country-wide C-19 vaccination especially for the youth/children.*

**c. T3 Group (Test, Trace, Treat - a private sector-led initiative to support government in fight against C-19);**

*Pray: Members of T3 Group from private sector, NGOs and business groups to sustain construction of isolation centers, donating test equipment/PPEs; define and implement supply chain management (cold storage), technology and communication needs to support roll-out and deployment of vaccines.*

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

**e. NEDA: To be able to 1) make short and long-term macro-economic forecasting and socio- economic policies analyses and research; and 2) provide high-level advice to policy-makers in Congress and the Executive Branch for quick economic recovery of the Philippines.**

### **KBCF THEME, 2022, "Be Holy"**

Pray: Thank God that KBCFers are able to share lives through small group bible studies, and do programs for spiritual development according to God's Word.

### **CLEANSING, EDUCATING and EQUIPPING**

**Holy Spirit to:**

- 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. move among KBCFers to be aware of wrongdoings, sins that need to be confessed; cause church-wide repentance to flow; use retreats like Bondage Breaker as starting point.



# CHURCH HEALTH ASSESSMENT

## FINDINGS SET #1

### 1. Praise God for these perceptions:

- a. that pastors are humble, gracious, modest, love the church;*
- b. that a high priority is being given to small groups, Sunday Schools;*
- c. that members desire to understand KBCF's vision;*
- d. that ministers try to do as much as they could with excellence;*
- e. that many consider KBCF as a fun place to work and serve.*

### 2. Pray: God to enable KBCF to further address findings from the Church Health Assessment that KBCF needs help most in the following aspects:

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

## CHURCH BUILDING

- a. for wisdom on priority areas for improvement in preparation for face-to-face worship, baptism and other activities; and
- b. preparation of documents and other requirements for occupancy and other permits.



## Day 2

# A Holy Nation, A People Belonging To God

### Start to Connect

We are saved from sin, and for God's purposes. Often, we dwell on the first part of the statement, and makes it the focus of our evangelism, which becomes the be all, and end all of God's purposes for us. But the scripture shows us that God's purposes are far richer than what we can imagine. Apostle Peter, expounding on Exodus 19, gave us a clue. We are "a royal priesthood, a holy nation, a people belonging to God" (v.9). To be holy is to be a part of God's purposes, not only for ourselves, but for the whole world. Thus, we can consider Apostle Peter's instruction to his readers as a guide to be holy (1 Peter 1:15-16).

### Truth to Ponder

#### Exodus 19:1-6; 1 Peter 2:1-10

1. How much of God's purposes do you know and understand, not only for your own life, but also for the world around you? Is being a part of "a royal priesthood, a holy nation, a people belonging to God" (v.9) a part of your understanding of God's purposes for your life?
2. Do you consider being holy part of God purpose for your life? ("a holy nation")
3. At the least, what does being a member of the "royal priesthood" mean to you?
4. What does "belonging to God" mean to you?

### Examine the Word

1. What is the motive for being holy, according to v.3?

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According to v.1, what are the things we need to get rid off to be holy?

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To be holy, what is it that we need to grow with according to v.2?

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Apostle Peter encourages us to take the word of God as “spiritual milk”. What does this mean to you?

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2. As disciples of Jesus Christ, according to vs. 4-5, what are we being built into?

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As a holy priest before the Lord, what do you think is the primary thing that we need to offer as a sacrifice (cf. Romans 12:1)?

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3. To be holy, one needs to offer himself/herself as a living sacrifice to God! What is your reaction?

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4. According to v.9, as “a royal priesthood, a holy nation,” we are to proclaim His excellencies. What does this mean? Does this include your own personal testimony? Do you have one?

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As “a people belonging to God”, according to v.10, what have we received?

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What does it mean for you to be a people/person who received and are living on God’s mercy?

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## Personal Application:

1. To be holy is not to live a stern disciplined life, but to enjoy the goodness of God! How would you apply this in your life?

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2. To be holy is to offer oneself as a living sacrifice, holy and acceptable to God! How would you apply this in your life?

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3. At the least, to be a royal priesthood is to have the lifestyle of prayer! How would you apply this in your life?

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4. To be holy is to be merciful! How would you apply this in your life?

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Start to offer yourself as a living sacrifice by offering yourself to God in prayer.

## PRAYER LIST

### **The Philippines**

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

#### **COMELEC:**

Pray: God to use Comelec Chair, Sheriff M. Abas and other commissioners to enforce and administer laws and regulations on the conduct of a fair and honest election in May 2022.

#### **KBCF THEME, 2022, “Be Holy”**

Pray: Every family to pursue personal holiness and Christ-likeness, always concerned with the holiness of God, resulting in deeper reverence toward God.

#### **CLEANSING, EDUCATING and EQUIPPING**

##### **Holy Spirit to:**

- a. enable creation of pool of facilitators-counsellors to handle spiritual deliverance as part of Bondage Breaker;
- b. move among those who need restoration interventions related to spiritual, emotional, psychological and mental issues and brokenness—either as the one who had hurt others or as those suffering the hurt, that they would open up, and seek help from leaders.

#### **CHURCH HEALTH ASSESSMENT**



##### **FINDINGS SET #2**

**Pray: Father, help us follow through our restated Mission and Vision statements.**

##### **Enable:**

- a. preaching and teaching of application messages and lessons on KBCF’s Mission and Vision
- b. return to the basics, roots of KBCF—intentional discipleship by using our Spiritual Journey Track
- c. pastors and members to focus on implementation of Spiritual Journey Track
- d. identification of activities/ ministries that must be enhanced or to be set aside
- e. Council and COL members to lead primary ministries, like worship programming/ preparations.
- f. resumption and pursuit of church planting in 2023; let 2022 be the period of prayer and fasting, transition period for the church planting.



## Day 3

# "I Am A Man Of Unclean Lips"

### Start to Connect

Isaiah described his being a sinner as having "unclean lips". He also described the people of Israel as having "unclean lips". Would you describe yourself in the same way?

### Truth to Ponder

#### Isaiah 6:1-7

1. Having unclean lips is synonymous with being a sinner (v.5)! Most probably, most of us don't see ourselves having unclean lips (i.e., "Hindi naman ako nagmumura na!"). But as our Lord pointed out, "What comes out of a person is what defiles him" (Mark 7:20). And our lips are the most visible orifice that show what comes out of the man. Our thoughts are not visible, but the Lord knows them. Thus, we are as guilty with what we say and with what we think (Matthew 5:22, 28). Our Lord knows the darkness in our hearts. Other people become aware of that darkness through our unclean lips and Isaiah acknowledges that.
2. We need to pay attention to what comes out of us, visible/audible (through what we say and actually do), and invisible (our thoughts and the things that lie hidden in our hearts), which the Lord knows, and often mercifully reveals to us through His Word (Hebrews 4:12).
3. Since what is visible/audible is plain in our sight and hearing, we need to pay attention to our lips/tongue. Here's what James warns us about: "... but no human being can tame the tongue. It is a restless evil, full of deadly poison. With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers, these things ought not to be so" (James 3:8-10).

### Examine the Word

1. Picture in your mind what Isaiah saw and experienced in vs. 1-4. What is your reaction?

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2. "Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory!" (v.3). If we are unholy, we deny the spiritual truth that "whole earth is full of His glory". Agree/disagree? Explain.

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3. Thus, what was Isaiah's reaction (v.5)?

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In the presence of the holy God, our sinfulness becomes unbearable! Agree/disagree?  
Write what is in your heart.

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4. What did the Lord do to Isaiah through the seraphim (vs. 6-7)?

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As shown by the Lord Jesus in His life, His holiness is not defiled by man's sinfulness when they come to him. His holiness, cleanses us (cf. Mark 1:40-42)! What is your reaction? \_\_\_\_\_

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### **Personal Application**

1. Now that you have become aware of your "unclean lips" (review points 2 and 3 under Truth to Ponder), is there a particular issue that you would like to confess before the Lord and seek accountability for (with your discipler, prayer partner)?

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2. Confession of one's unholy condition before the holy God open one for God's cleansing touch. Do this right now.

3. Talk to God and thank Him for cleansing you of your unclean lips.

## PRAYER LIST



### THE PHILIPPINES

- Pray for leaders of Legislative Branch-- Speaker L. A. Velasco (Lower House), Speaker V. Sotto III, (Senate), and all Congressmen and Senators.
- 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 each family member to obey the call to Christ-likeness, to resist worldly distractions, to be concerned with the holiness of God.

### CLEANSING, EDUCATING and EQUIPPING

#### Holy Spirit to enable:

- a. leaders and members to be taught and to learn the godly response to wrongdoings and achieve inner healing.
- b. pulpit preachers to do series of sermons focused on identified struggles and life issues.



### CHURCH HEALTH

#### FINDINGS SET #3– On Members/ Attendance

Pray:

- to find cause and address downward trend of attendance
- pastors/leaders to teach church's doctrinal positions
- 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



# Prayer Journal

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## Day 4

# Children of Light in the Midst of Darkness

### Start to Connect

“... for at one time you were darkness, but now you are light in the Lord. Walk as children of light” (v.8). Without the Lord, we are darkness.

### Truth to Ponder

#### Ephesians 5:1-14

1. Without the Lord, we are darkness. Have you thought of your life in such a stark contrast? “He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son,…” (Colossians 1:13)
2. Not only is the world dark, but we, in our sinfulness, contribute to that darkness. But because of what the Lord has done, and as His Holy Spirit dwells in us, we are “light in the Lord.” What is your reaction?
3. Thus, to be holy, we also need to be aware of and address the darkness that we once were. Paul urged us, (to be holy) stop being conformed to the patterns of this world (Romans 12:2). What are these worldly patterns that you need to stop in your life?
4. The metaphor of darkness and light also gives us the sense of being hidden (v.12) and being visible (v.13). Although the pursuit of holiness, in its essence, is ultimately between the individual and God, we need to be aware of the darkness we have been and how our hearts are deceitful (Jeremiah 17:9). Thus, we must strive to be transparent and be accountable to others. How is having accountability/discipleship and/or belonging to a cell group help one in the pursuit of holiness?

### Examine the Word

1. To be holy is to walk as children of light. It is also walking in I\_ \_ \_ . (v.2) The rest of the verse gives us the reason why.

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2. What are the worldly patterns (the darkness we once were) cited in vs. 3-4?

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Instead of the coarse language of interaction in the world, what should characterize the interaction of the children of light (v.4b)?

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3. Paul equates covetousness with idolatry. Why do you think this is so?

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4. If we walk as children of light, what will be seen in our lives (v.9)?

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### Personal Application

1. Can you be holy without loving (v.2)? How do you apply this in your life?

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2. Read vs. 3-4 prayerfully. Is there anything that the Lord is urging you to address in your life? \_\_\_\_\_

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3. One big issue that the social media has highlighted is the proliferation of lies and fake news. In the light of this, read vs. 7-11 prayerfully. What step would you be taking to address this issue?

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4. To be holy is also a path towards a more transparent life (vs. 12-14). Do you have an accountability/discipleship relationship? Are you a part of a cell group? Does transparency characterize your relationship? What steps would you be taking?

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## PRAYER LIST

### THE PHILIPPINES

#### **a. Pray for the leaders of the Judiciary Branch:**

- *Supreme Court: Chief Justice A. G. Gesmundo and the associate justices;*
- *Court of Appeals: Presiding Justice R. A. Salazar-Fernando and associate justices;*
- *Court of Tax Appeals: Presiding Justice R G. Del Rosario*
- *Sandiganbayan; Presiding Justice, A.M, Cabotaje-Tang and Regional and Municipal Trial Courts;*
- *Shari'ah, 4th District Court, Judge R. S. Laguindab; Judges, 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

*Each family member to let God's holiness motivate each one's pursuit of personal holiness and godliness daily.*

## CLEANSING, EDUCATING and EQUIPPING

### **Holy Spirit to enable:**

- organizing of series of webinars on identified struggles and life issues.
- conduct of training for CG leaders on handling life/spiritual struggles.



## CHURCH HEALTH

### **FINDINGS SET #4 - 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 ministry)
- enable KBCF to have concerted effort to minister to needs of the community
- make members help carry the burden of ministries now being borne by just a few.

### **- On Facilities**

Pray: Physical facilities and grounds of the church to be cared for and maintained well; church to be able to use its facilities wisely.



## Day 5

# "Sanctify them.": The Father's Answer to Jesus' Prayer

### Start to Connect

Have you ever thought of your coming to know the Lord as an answer to Jesus' prayer to the Father? "I do not ask for these only, but also for those who will believe in me through their word ..." (v.20)

### Truth to Ponder

#### John 17:13-19

1. You are an answer to Jesus' prayer to the Father! Are you aware of this? Perhaps you came to know the Lord because someone prayed for you. How does this impact your spiritual life?
2. Jesus also prayed for the Father to sanctify you (v.17)! How does this impact your pursuit of holiness?
3. According to Jesus (v.13), the pursuit of holiness is the path to true joy! What is your reaction?

### Examine the Word

1. What is the reason why Jesus shared to us His prayer in John 17 (v.13)?

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To be holy is the path to true joy! What is your reaction?

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2. To be holy is not being afraid of the evil one. Why (v.15)?

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3. What is the role of the word of God in our pursuit of holiness (v.17)?

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4. To be holy is to follow Jesus in the way that He consecrates Himself to the Father, and to the Father's will in His life (vs. 18-19). How does this impact your pursuit of holiness?

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## Personal Application

1. To be holy is to be one with the Father in answering Jesus' prayer! How would you apply this in your life?

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2. Is your life characterized with joy? Why/why not?

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3. What step(s) would you be taking to apply this in your life?

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4. To be holy is abide with the word of God (v.17). What step(s) would you be taking to apply this in your life?

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5. Read vs. 18-19 prayerfully. What is God telling you?

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6. You are God's answer to Jesus' prayer. Thank God as you end your time of reflection.



## PRAYER LIST



### THE PHILIPPINES

#### Pray for the leaders of the Armed Forces:

- *National Defense*--Delfin Lorenzana;
- *Chief, Armed Forces*--Lt. Gen. A. Gapay
- *Chief, Army*--Lt. Gen. A. Centino
- *Chief, Navy*--Vice Admiral A. S. Bordado
- *Chief, Air Force*--Maj. Gen. C. A. D. Canlas Sr.
- *Comdt, Philippine Marine Corps*--Maj. Gen. A. R. 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

Holy Spirit to enable families to adopt healthy lifestyle—diet, exercise and rest; to remember that our body is the temple of the Holy Spirit.

### CLEANSING, EDUCATING and EQUIPPING

Holy Spirit to:

a. guide leaders in the formulation/ implementation of policy and guidelines on Church Ethics, Accountability, Transparency and Integrity

b. enable strengthening of system of control and manage of recruitment, of pastors, staff, workers and leaders including internal monitoring.



## CHURCH HEALTH/ MINISTRIES

### FINDINGS SET #5 - On Pastors, Leaders, Staff and Members:

Pray Holy Spirit:

- a. To help staff further build up persistence in leading the church.
- b. To help leaders and staff further develop compatibility and teamwork.
- c. To enable pastors to lead the church in needed changes
- d. To enable KBCF to:
  - d.1 Be aware of its weaknesses, challenges and needs;
  - d.2 To confront difficult issues and seek remedies
  - d.3 To deal with staff problems firmly and lead them towards restoration
- e. To enable KBCF to enhance internal trust among each other
- f. To enable pastors, staff, members to develop their giftedness and competency in their tasks, ministries.
- g. Enable KBCFers to deepen understanding of its vision
- h. KBCF to discern Holy Spirit's leading on which areas to excel, to be innovative, take major steps of faith; to spring into action as prompted by the Holy Spirit.



## Day 6

# “A Living Sacrifice, Holy and Acceptable to God”: The World as God’s Temple

### Start to Connect

What does it mean for you to be “a living sacrifice, holy and acceptable to God”?

### Truth to Ponder

#### Romans 12:1-2

1. A new study by Dr. John Walton, which looks closely at Genesis 1 in the context of the ancient near east (ANE) at that time, shows that the creation account is actually God building the world as His temple. God intends for the whole world to be a sacred space. This biblical truth is at the back of Paul’s urging all believers to offer ourselves as a living sacrifice! What is your reaction?
2. What does it mean for you to be holy and acceptable to God? Do you have this as a motive in your pursuit of holiness?
3. A living sacrifice! A sacrifice is offered and killed in the altar, but Paul would like Christians to live different from the present age, offering a counter-culture! Have you thought of your Christian life in this way?
4. As we have studied earlier, we have seen that we are creatures of “unclean lips” and we are “darkness”. How does Paul’s injunction to “stop being conformed to the patterns of this world” sounds to us?
5. What we are doing is part of being “transformed by the renewal of our mind”. What is your reaction?

### Examine the Word

1. Instead of giving a command, Paul appealed to believers (v.1, cf. Philemon 8,9). Is there a difference? Explain.

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2. “A living sacrifice, holy and acceptable to God.” Our sacrifice is to live a life that is holy, one that pleases God (v.1). What is your reaction?

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3. "Spiritual worship" is also translated as appropriate worship, and as Holy Spirit led/motivated worship! Taking the latter, what does v.1 mean to your spiritual life?

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4. A living sacrifice starts with v.2. What does this mean for you?

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5. Day #4 Truth to Ponder has the following question #3, Thus, to be holy, we also need to be aware of and address the darkness that we once were. Paul urged us to be holy; to stop being conformed to the patterns of this world (Romans 12:2a). What are these worldly patterns that you need to stop in your life?

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6. To be holy is not a matter of merely following rules and regulations. It is about the renewal of one's mind (v.2b). From Day #5, according to John 17:17, what is the role of the word of God in the renewal of one's mind?

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7. With our mind in the process of renewal, Paul says that to be holy is ultimately discerning and doing the will of God (v.2c). What is your reaction?

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## Personal Application

1. Write your resolution(s) as you offer your life as a living sacrifice, holy and acceptable to God.

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2. From question #5 above, are there worldly patterns in your life that you need to stop?

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3. The renewal of one's mind starts and ends with the Word of God. What steps would you be taking to apply this in your life?

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4. We have come to the end of our Day of Prayer and Fasting reflection on being holy. After realizing what being holy involves, talk to God as you commit yourself in the pursuit of holiness.

## PRAYER LIST

### THE PHILIPPINES



Pray for leaders, civilian forces, for guidance and protection; to have reverent fear of God; to serve with integrity, wisdom, faithfulness

#### a. Pray for

- a.1. DILG Secretary Eduardo Año
- a.2. PNP Chief Police General Dionardo Carlos
- a.3. PNP-Special Action Force-Brig. Gen. F. Natividad

#### b. Pray for Heads of Bureaus:

- b. 1 Bureau of Fire Protection
- b. 2 Bureau of Jail Mgmt. and Penology
- b. 3 Natl. Police Commission
- b. 4 Natl. Commission on Muslim Filipinos
- b. 5 Natl. Youth Commission
- b. 6 Phil. Commission on Women
- b. 7 Phil. Public Safety College



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

God to bless each member and every family; to provide all their needs according to his riches.

## **CLEANSING, EDUCATING and EQUIPPING**

Holy Spirit to enable establishment of ways to develop and enhance spiritual well-being of leaders and members.



## **CHURCH HEALTH/MINISTRIES**

### **FINDINGS SET #6**

#### **- On Leadership**

Pray, the Holy Spirit:

- a. to enable leaders to find time for upgrading through conferences, reading books, seeking outside consultations
- b. to enable leaders to implement continual improvement of church's organizational structure and be able to inform all concerned about it, including personnel issues;
- c. to enable leaders to manage staff well;
- d. to enable leaders to build on success and use them as beginning point for other opportunity for success.
- e. to give leaders discernment to know and prepare for what He wants KBCF to be in the coming generations
- f. Pastor Philip's Question, Anniversary Message, 12-12-21: *"What will KBCF look like in the future?"*

#### **Dec. 12, 2021 Anniversary Message**

Pastor Philip's Question: *"What will KBCF look like in the future?"*

Pastor Philip's Answer: *"What the church will look like depends on our obedience to God's ultimate purpose for KBCF."*

#### **Pray: Each of us:**

- a. To pursue Christ-likeness, (2 Corinthians 3:18)
- b. To proclaim Jesus, to admonish and teach everyone so that everyone will be perfect in Christ.





# 2022 Contributors

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