

CCBC  
pause

PRAYER AND FASTING

Praying in Times of  
**Uncertainty**

DEVOTIONAL

TAGLISH

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# Praying in Times of Uncertainty

Tayo ay kumakaharap sa maraming uncertainties o alinlangan sa buhay. Ito ay maaaring dumating sa pamamagitan ng isang malubhang sakit, nawalang opportunity, setbacks sa business at career, o conflicts sa relationships gaya ng failing marriage. Dagdag pa dito ang kasalukuyang epekto ng COVID-19 crisis, at mga kalamidad gaya ng typhoons at pagbaha. Isa ding malaking hamon ang nakikita at nararanasan nating mga maling pamamalakad sa ating mundo na nagdulot sa marami ng buhay na karukhaan o poverty. Lahat ng ito ay karaniwang challenges sa ating pamumuhay lalo na sa nakalipas na taon.

Ang series ng ating devotions ay reflections mula sa book of Habakkuk para i-guide ang CCBbers sa pag-engage with God in prayer and fasting.

Sa pamamagitan ng buhay ni Habakkuk, sabay-sabay tayong matuto at mag-practice kung paano mag-pray in the form of wrestling, waiting, watching, listening, interceding, and worshipping. Instead of panic, we PAUSE.

## **As we pause through prayer and fasting, nawa tayo ay matutong:**

- Mag-sustain ng intimate fellowship with God kahit sa panahon na walang kasagutan ang suffering at injustice;
- Mag-develop ng malalim na passion sa paghangad ng honor at glory ni God; at
- Maghintay at making sa Panginoon in prayer.

## **Paano gamitin ang devotional guide:**

- Mag-set ng oras at quiet place sa loob ng anim na araw para i-meet si God in prayer at devotions for at least half an hour.
- Ihanda ang iyong Bible, journal, at itong devotional guide.
- I-set ang iyong isip na mag-worship sa pamamagitan ng pagkanta or by being quiet in your heart and mind.
- I-follow ang Spotify account ng CCBC para sa worship playlist.
- Pray na mangusap ang Panginoon sayo as you meditate and pray.
- Basahin nang mabuti ang suggested Scripture passage. Mag-observe at isulat sa iyong journal ang mga salita na may impact sayo. Gamitin ang reflection questions bilang guide.
- Isulat ang 'yong mga naiisip at gawin itong panalangin.
- Samahan mo kami sa Daily Live Prayer at 6:00pm sa Facebook page ng CCBC.

**What is prayer  
and fasting?**

## Fasting Guidelines

"Consecrate a fast, proclaim a solemn assembly; gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord." —Joel 1:14

Throughout history, God has called on His people to humble themselves through prayer and fasting. As a spiritual family, we practice prayer and fasting to deepen our intimacy with God. Fasting is a spiritual weapon God uses to advance His kingdom, move nations, spark revival and ultimately bring victory to His people.

Prayer and fasting are the only disciplines that fulfill the requirements of 2 Chronicles 7:14.

"If My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sins, and will heal their land" — 2 Chronicles 7:14

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God. As He leads you to recognize and repent of unconfessed sins, you will experience true blessings from God.

Fasting is vital part of your life as a Christian. Fasting is the voluntary abstinence from food or something for a specified duration of time in order to earnestly seek God's will, or to be more intimate with God as we spend extended time in reading His Word and spending time in prayer.

Biblical fasting is not just refraining to eat food but it is abstinence from food with a spiritual goal in mind. It goes hand in hand with prayer and is also a form of worship. Luke 2:37 says that fasting is a way of serving God, while Acts 13:2 says that fasting is ministering to God.

Let us begin this season with consecration and being set apart for the Lord.

## Why Fast?

“Let fasting be done unto the Lord with our eyes singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father who is in heaven.”—John Wesley

### ① God Expects Us to Fast

“And whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their renewal in full. But you, when you fast, anoint your head, and wash your face” (Matthew 6:16-17).

Jesus said “When you fast,” not if you fast. This means that fasting, like prayer, is not an option. Fasting is something that is part of the Christian life.

### ② Jesus Fasted

“And after He fasted forty days and forty nights. He then became hungry” (Matthew 4:2).

When He began His ministry, Jesus fasted for forty days. He knew he was going to need spiritual strength to fulfill His purposes. Fasting may make you feel physically weak, but you will become spiritually stronger and more prepared to do God’s work.

## **①③ The Early Church Fasted**

“Then, when they had fasted and prayed and laid their hands on them, they sent them away.” (Acts 13:3; see also Acts 14:23)

The church fasted for Saul (Paul) and Barnabas whom the Holy Spirit had set apart for His use. Later, Paul and Barnabas appointed leaders in various churches and then fasted and prayed before commanding these leaders to the Lord.

## **①④ Fasted Demonstrates Humility Before God**

“But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom.” (Psalms 35:13; see also 1 Kings 21:27-29; Ezra 8:21)

Humility allows you to expect the grace of God who delights in answering your prayers. When you humble yourself in prayer and turn from your wicked ways, God promises to hear and answer according to His perfect will.

## **①⑤ Fasting Makes Us Sensitive to the Leading and Power of the Holy Spirit**

“And Jesus, full of the Holy Spirit, returned from the Jordan and was led about by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days; and when they had ended, He became hungry” (Luke 4:1-2).

We are prone to forget our priorities. Fasting is a visible reminder to us that God takes precedence over all our needs. It lifts up the matter at hand to God who is able to bring about awesome works that bring Him great glory.

## **①⑥ Fasting Brings About Personal and National Spiritual Revival**

“If My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin, and will heal their land.” (2 Chronicles 7:14)

“I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes.”  
(Daniel 9:3)

Fasting prompts revival to an individual and to the country. It brings forth spiritual and physical healing that will change and prepare us for greater things for God’s kingdom.

## **⑦ Fasting Is Good for Our Health**

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

# **Preparing to Fast**

“My spiritual drought ended, but this taste for the majesty of God only made me thirst for HIM.” —John Piper

## **① Set Your Objective and Commit to a Type of Fast**

Why are you fasting? Is it for spiritual renewal, for guidance, for healing for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading to know the objectives for your prayer fast. Once you know the reason you have for fasting, you must make a commitment. Pray about the kind of fast you should undertake.

- Choose the type of fast God wants you to undertake (e.g., water only fast, one meal per day fast).
- Determine how much time each day will be devoted to prayer and God’s word.

## **② Be Expectant**

Be reminded that the Lord listens to a prayer from the heart. Be true and contrite as you expect results from our God.

## **③ Prepare Spiritually**

The very foundation of fasting is repentance. Unconfessed sin will hinder your prayers. Seek forgiveness from all whom you have offended and forgive all who have hurt you. Make restitution as the Holy Spirit leads you.

## **①4 Prepare Physically**

Fasting requires physical precautions. If you are taking medication or have a chronic ailment, it is advisable to consult your physician first before beginning the fast.

## **①5 Lessen Physical Activities**

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

## **①6 Be In Faith**

Be strong and vigilant in prayer as you dedicate more time in fellowship with the Father. Ask the Holy Spirit for guidance. Be clear and specific about your faith goals in your personal life, family, finances, church, and others. Believe that God is faithful and will answer your prayers.

## **Caution!**

In spite of the absolute safety and benefits of fasting, there are certain persons who should not fast without professional supervisions. The following may opt for other fasting options:

- Persons who are physically too thin or emaciated
- Persons who are suffering or has a history of anorexia, bulimia, or other eating disorders
- Those who suffer weakness or anemia
- Persons who have tumors, bleeding ulcers, cancer, blood tissues, or who have heart diseases

- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other vital organs
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia
- Women who are pregnant or nursing

## Different Types of Fasting

### Full or Complete Fast

To fast completely from solid and liquid (food and water). Extreme care should be taken, especially if the person has underlying medical conditions.

### Liquid Fast

To have water, juice or soup only for a period of time.

### Partial Fast

To eat only certain kinds of food or have just 1-2 meals a day.

### Object Fast

To fast from specific items like smartphone, gaming console, apps, social media, watching television or Netflix.

### Marital Fast

Married couple agrees to abstain from physical intimacy for a period of time. (1 Corinthians 7:5)

**Daily  
Devotionals**



**How long,  
Lord,  
must I call  
for help...**

**Habakkuk 1:2**



## Pause and Read:

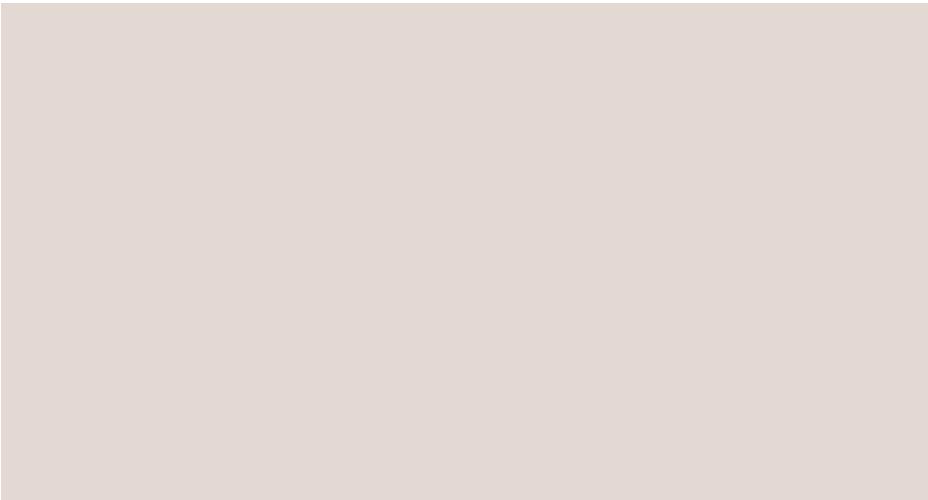
“O Yahweh, hanggang kailan ako hihingi ng tulong sa inyo, bago ninyo ako dinggin, bago ninyo ako iligtas sa karahasan? Bakit puro kaguluhan at kasamaan ang ipinapakita mo sa akin? Sa magkabikila'y nagaganap ang pagwasak at ang karahasan; laganap ang karahasan at ang labanan. Ang batas ay walang bisa at walang pakinabang, at hindi umiiral ang katarungan. Sa husgado ay laging natatalo ng masasama ang walang kasalanan, kaya't nababaluktot ang katarungan.” (Habakkuk 1:1–4)

“O Yahweh, kayo ay Diyos na walang hanggan. Kayo ang aking Diyos, banal at magpakailanman. O Yahweh, aking Diyos at tanggulan, pinili ninyo ang mga taga-Babilonia at sila'y inyong pinalakas. O Batong matibay, inilagay mo sila upang kami'y pahirapan, upang kami'y parusahan. Ngunit paano ninyo natitiis ang mga taksil at masasamang taong ito? Napakabanal ng inyong paningin upang masdan ang kasamaan. Hindi ninyo matitiis ang mga taong gumagawa ng mali. Bakit hindi kayo kumikibo gayong pinupuksa nila ang mga taong higit na mabuti kaysa kanila? Itinuturing mo ang mga tao na gaya ng mga isda, o gaya ng mga kulisap na walang mangunguna sa kanila. Binibingwit sila ng mga taga-Babilonia na wari'y isda. Itinataboy nila ang mga ito sa mga lambat, at pagkatapos ay nagsisigawan sa galak! Kaya't sinasamba pa nila ang kanilang mga lambat, at nag-aalay ng mga handog; sapagkat ito ang nagbibigay sa kanila ng karangyaan. Patuloy ba nilang gagamitin ang kanilang tabak at walang awang pupuksain ang mga bansa?” (Habakkuk 1:12–17)

## **Pause and Reflect:**

1. Ano ang mga reklamo ni Habakkuk?
2. Ano sa mga reklamo ni Habakkuk ang kapareho ng sa iyo? Sa gitna ng anong personal na kalagayan?
3. Gaya ni Habakkuk, napatanong ka na rin ba kay God ng, “hanggang kelan” at “bakit”? Ano ang pakiramdam mo sa pagrereklamo mo kay God about your suffering?
4. Paano nag-respond si God sayo?

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Tayo ay overwhelmed by evil and suffering ngunit ang Panginoon ay tila absent. Gayon man, maaari pa rin tayong lumapit sa Kanya at maging honest sa ating mga saloobin. We can call out to God kahit sa kabilang Kanyang katahimikan sa mga panahong may pangamba.

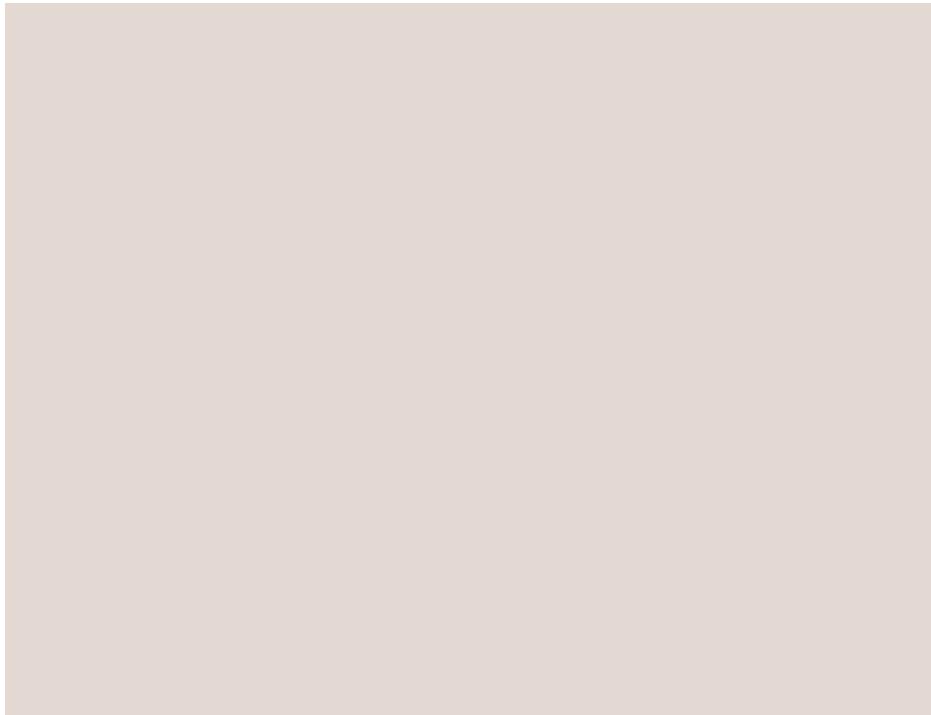
## **Pause and Pray:**

Marahil may nakatago sa iyong puso na nais mong i-wrestle with God. Find a safe place at your home at i-practice mo ang prayer of wrestling with God gaya ng ginawa ni Habakkuk. To wrestle with God means naniniwala tayo na ang ating mga hinaing at panalangin ay may halaga sa Kanya.

**“Hanggang kailan, Yahweh, ako'y iyong lilimutin? Gaano katagal kang magtatago sa akin?” (Psalm 13:1)**

1. Isulat ang iyong frustrations, sentiments, and disappointments to God. Ibuhos mo ang iyong mga hinaing at panaghoy sa pamamagitan ng luha. Kumapit kay God hanggang maramdaman mo ang Kanyang presence. Pray bold and daring prayers.
2. Intercede on behalf of the nation. Ano ang iyong mga hinaing para sa Pilipinas? Plead with God at ipaalala mo sa Kanya ang Kanyang mga promises. Ask, seek, and knock.
3. Magbasa ng Psalm or worship Him through songs via CCBC Spotify. Turn your complaints into songs of praise.
4. Isulat ang iyong personal prayer requests as you fast this week. Hingin sa Panginoon ang personal breakthrough sa iyong prayer life.

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## Pause and Read:

Pagkatapos ay sinabi ni Yahweh sa kanyang bayan, "Masdan mo ang mga bansang nakapalibot sa iyo at mamamangha ka at magugulat sa iyong makikita. Hindi magtatagal at mayroon akong gagawing hindi mo paniniwalaan kapag nabalitaan mo." (Habakkuk 1:5)

"Aakyat ako sa bantayan at hihintayin ang sasabihin ni Yahweh sa akin, at ang tugon niya sa aking daing." (Habakkuk 2:1)

## Pause and Reflect:

1. Ano ang mga sagot na nakuha ni Habakkuk from the Lord? Describe the character of God na ipinamalas Niya dito.
2. Paano at saan naghintay si Habakkuk sa response ni God?
3. Ano para sayo ang katumbas ng isang watchtower? Ano ang masasabi mo sa attitude ni Habakkuk?
4. Anong mga kasagutan ang matagal mo nang hinhintay from the Lord?
5. Gaano ka kadalas pumunta sa iyong watchtower to seek the Lord and keep watch? Kailang ang huling beses na ika'y tumayo sa iyong guard post?

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Sa panahon ng kadiliman at pangamba, pinayuhan ni God si Habakkuk at ang kanyang mga tauhan na maging vigilant at discerning sa Kanyang mga plano at galaw. They ought to keep on seeking and listening to Him. Dapat tayong magsanay sa listening prayer.

## **Pause and Pray:**

Waiting and listening takes discipline. Kagaya ng watchman, tayo dapat ay maging alerto, at vigilant, looking out expectantly habang hinihintay ang tugon ng Panginoon. Mag-set aside ng panahon upang mapraktis ang prayer of listening.

“Sabik akong naghihintay, O Yahweh, sa iyong tugon ... Yaring aking pananabik, Panginoon, ay higit pa sa bantay na naghihintay ng pagsapit ng umaga.” (Psalm 130:5,6)

1. Take a break sa kung anuman ang gumugulo sa iyong isipan at the moment. Quiet your heart before Him and find your inner silence. Connect with God.
2. Sink into the Life-giver. Pansinin ang emotions, noise and concerns that arise as you seek to simply be still before Him. Isulat mo ang mga ito at ibigay mo kay God.
3. Be still in His presence sa pamamagitan ng worship songs sa CCBC Spotify.
4. Tingnan ang ‘yong prayer requests at hingin sa Panginoon ang personal breakthrough.

5. Intercede for CCBC – Pastors, Staff, Church leaders, Ministry teams, Missionaries, and the congregation.

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## Pause and Read:

“Ang hambog ay mabibigo sa kanyang pagmamataas, ngunit ang matuwid ay mabubuhay sa pamamagitan ng kanyang pananampalataya.” (Habakkuk 2:4)

## Pause and Reflect:

1. Sino sa tingin mo ang mga “proud” and “crooked” people that disturb you? What does the writer encourage us to do?
2. Ano ang ibig sabihin ng “ang matuwid ay mabubuhay sa pamamagitan ng kanyang pananampalataya” sa mundo na puno ng uncertainties o kawalan ng katiyakan?
3. Ano ang sinasabi sayo ni God about living with and for Him?

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In times of uncertainty, tayo ay magpatuloy na magtiwala at maging faithful kay God. Ang kaibhan ng proud at faithful, ang isa ay nagtitiwala in his self and abilities, habang ang isa ay nagtitiwala sa Panginoon. Ang tapat sa Panginoon ay magsusumikap sa gitna ng uncertainty.

## Pause and Pray:

Nakakapagod ang maghintay. Meron din tayong tendency na pagharian ang ating buhay. Pero kagaya ni Habakkuk, we can learn to wait and move on sa pamamagitan ng faith. Practice the prayer of patiently waiting on the Lord even when He seems silent.

“Kaya’t isuot ninyo ang kasuotang pandigma na mula sa Diyos. Sa gayon, makalalaban kayo kapag dumating ang masamang araw na sumalakay ang kaaway, upang pagkatapos ng labanan ay matatag pa rin kayong nakatayo. Kaya’t maging handa kayo. Ibigkis sa inyong baywang ang sinturon ng katotohanan, at isuot sa dibdib ang baluti ng katuwiran.” (Ephesians 6:13–14)

1. Lumapit nang may bukas na puso at spend time to personally meditate kung ano ang sinsasabi sayo ni God patungkol sa iyong attitude of faith sa mga panahon ng paghihintay.
2. Ask God na tulungan kang ma-identify kung ano ang mga distractions sa life mo that get in the way of waiting by faith. Confess and ask for cleansing and renewal.
3. Ask God to direct and empower you na makatayo nang matatag at maisuot ang full armor as you wait for Him.
4. Use worship in the background to help you focus. “Lumapit sa presensya niya at umawit na may tuwa!” (Psalm 100:2) Sambahin Siya through songs via CCBC Spotify.
5. Tignan ang ‘yong prayer requests at hingin sa Panginoon ang personal breakthrough.
6. Ipanalangin ang mga naghihirap dahil sa devastation of typhoons, earthquake, pandemic, physical illness, emotional health struggles, job loss, and hopelessness.

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**For the earth  
will be filled  
with the knowledge  
of the glory of the Lord  
as the waters  
cover the sea.**

**Habakkuk 2:14**

D A Y

# 04 God Is In Control



## Pause and Read:

“Subalit ang buong mundo ay mapupuno ng mga taong kumikilala at dumadakila kay Yahweh, kung paanong ang karagatan ay napupuno ng tubig.” (Habakkuk 2:14)

“Si Yahweh ay nasa kanyang banal na templo, tumahimik ang lahat sa harapan niya. Manahimik ang buong sanlibutan sa kanyang presensya.” (Habakkuk 2:20)

## Pause and Reflect:

1. We see injustice, suffering, disaster, and sinfulness around us. Paano ginagamit ni God ang mga bagay na ito upang ipakita ang Kanyang kadakilaan?
2. Sa tuwing hindi mo na maintindihan kung ano ang mga nangyayari sa paligid at buhay mo, what do you usually do? Give up? Despair? Trust Him?
3. Ano ang sinasabi sa atin ni God? What lessons can we learn about God in these verses?
4. How can we partner with God in times of crisis?

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Evil and suffering may seem to flourish, ngunit lagi nating iiisipin na ang Diyos ay in control. Walang makakapagbago sa plano ng Diyos na mapuno ang buong sanlibutan ng Kanyang kadakilaan. Siya ang Hari at dakila Sya. Kaya tayo dapat ay kumapit sa Kanyang kadakilaan kahit sa mga panahon ng pangamba at sakuna. We must exercise hope that his reign will prevail.

## Pause and Pray:

When things seem to go wrong in life sa kabilang ating mga panalangin, dapat nating maintindihan that God is in control. From an earthly perspective, masama ang mga nangyayari. But in prayerful perspective, God is in charge. Madalas, gusto natin ng mabilisang kasagutan sa lahat ng bagay ngunit kailangan natin matuto at i-practice ang prayer of enduring faith or perseverance.

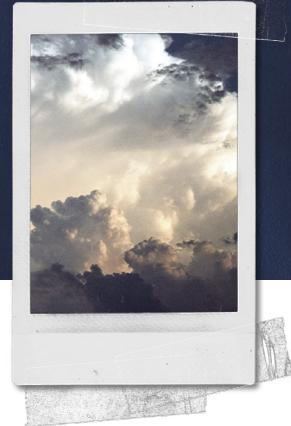
*“Mga kapatid, magalak kayo kapag kayo'y dumaranas ng iba't ibang uri ng pagsubok. Dapat ninyong malaman na nagiging matatag ang inyong pananampalataya sa pamamagitan ng mga pagsubok. At dapat kayong magpakatataug hanggang wakas upang kayo'y maging ganap at walang pagkukulang.” (James 1:2–4)*

1. Sumandal ka sa mapagmahal at mapayapang presensya ni God. “Tanging sa Diyos lamang ako ay aasa; ang kaligtasa'y nagbubuhat sa kanya..” (Psalm 62:1)
2. Pray for someone you know na nangangailangan ng peace at perseverance sa gitna ng krisis. Pour out your soul to the Lord.
3. Worship Him sa pamamagitan ng pag-awit via CCBC Spotify.
4. Tignan ang 'yong prayer requests at hingin sa Panginoon ang personal breakthrough.
5. Ipanalangin ang iyong pamilya at relatives.

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DAY  
05

# Renewing Our Awe



## Pause and Read:

“O Yahweh, narinig ko ang tungkol sa inyong ginawa, at ako'y lubos na humanga. Ulitin ninyo ngayon sa aming panahon ang mga dakilang bagay na ginawa ninyo noon. Maging mahabagin kayo, kahit kapag kayo'y nagagalit.” (Habakkuk 3:2)

## Pause and Reflect:

1. I-describe ang klase ng panalangin ni Habakkuk sa 3:2.
2. Ano ang motivation ni Habakkuk sa kanyang prayer?
3. What would it look like for you to pray like Habakkuk?

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Walang tiyak na kasagutan sa katahimikan ng Diyos sa panahon ng suffering at pangamba. Ngunit ang resulta ng paghihintay at pakikinig sa Kanya ay ang pagkakaroon ng desire para magbago ang ating paghangga or “awe” sa Kanya. Ito yung passion to see God glorified at dahil dun ay ma-experience ang kanyang mercy and grace. We must seek spiritual restoration and renewal.

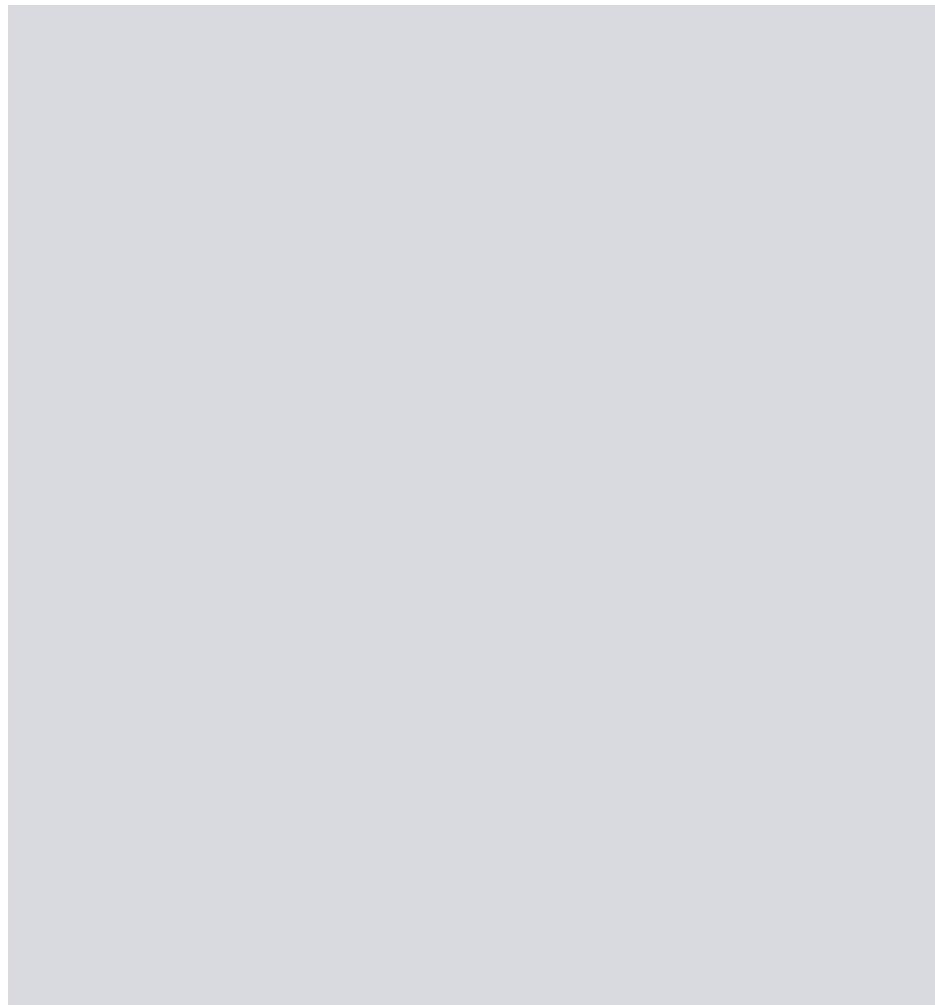
## **Pause and Pray:**

When we come to the Lord in prayer, tinuturuan tayo ni Habakkuk na i-recall ang nakaraang faithfulness ni God at ang pag-expect sa kasalukuyan at hinaharap na ma-eexperience muli ang Kanyang faithfulness. As we stand in awe of Who He is, we are also drawn to practice the prayer of confession and repentance.

“Ang kaluwalhatian ng Diyos ay ipinapahayag ng kalanditan! Ang ginawa ng kanyang kamay, ipinapakita ng kalawakan! Sa bawat araw at gabi, pahayag ay walang patlang, patuloy na nagbibigay ng dunong at kaalaman. Wala silang tinig o salitang ginagamit, wala rin silang tunog na ating naririnig; ngunit abot sa lahat ng dako ang kanilang tinig, balita ay umaabot hanggang sa dulo ng daigdig. Gumawa ang Diyos sa langit ng tahanan para sa araw,” (Psalm 19:1–4)

1. Seek the Lord's face and gaze upon His beauty. Isulat at bilangin mo ang lahat ng great things na ginawa ni God sa buhay mo in the past. Invite God to do such great things again today. Pray, “Do it again, Lord...”
2. Awe in God or paghanga sa kadakilaan Niya ay ang nagdadala sa atin upang suriin ang kalagayan ng ating puso. It leads us to a prayer of confession. Ask God today to renew your heart and awe in Him. Pray, “Lord, revive me.”
3. Kagaya ni Habakkuk, pray boldly for God to work in your circumstances. I-declare mo ang character ni God as you pray for revival sa'yong buhay, pamilya at church. Seek revival from the God of all power.
4. Intercede for the world. Pray for God's mercy among the nations.
5. Worship Him sa pamamagitan ng mga kanta via CCBC Spotify.
6. Tignan ang 'yong prayer requests at hingin sa Panginoon ang personal breakthrough.

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**Pause and Read:**

“Narinig kong lahat ito at ako'y nanginig; nangatal ang aking mga labi dahil sa takot. Nanghina ang aking katawan, at ako'y nalugmok. Tahimik kong hihintayin ang takdang panahon ng pagpaparusa ng Diyos sa mga umapi sa amin. Bagama't di namumunga ang puno ng igos at hindi rin namumunga ang mga ubas, kahit na maantala ang pamumunga ng olibo at walang anihin sa mga bukirin, kahit na mamatay lahat ang mga tupa at mawala ang mga baka sa kulungan, magagalak pa rin ako at magsasaya, dahil si Yahweh ang Diyos na magliliigtas sa akin. Ang Panginoong Yahweh ang sa aki'y nagpapalakas. Tulad ng usa, tiyak ang aking mga hakbang, inaalalayan niya ako sa mga kabundukan.” (Habakkuk 3:16–19)

**Pause and Reflect:**

1. Paano tumugon si Habakkuk sa sovereign power ni God?
2. Ano ang naging attitude ni Habakkuk sa gitna ng kawalan?
3. Recall a significant loss or devastating event in your life. Paano mo ito hinarap?

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Ang panahon ngayon ay may dalang terror at despair. Kung minsan, nais nating sumuko. Nakakabahalang isipin kung anong terror ang meron kinabukasan. But the faithful can quietly wait in the Lord ayon sa Kaniyang pangako ng kaligtasan. Ang mga matatatapat ay makakaranas ng deep assurance of the Lord's enabling to see them through uncertain times.

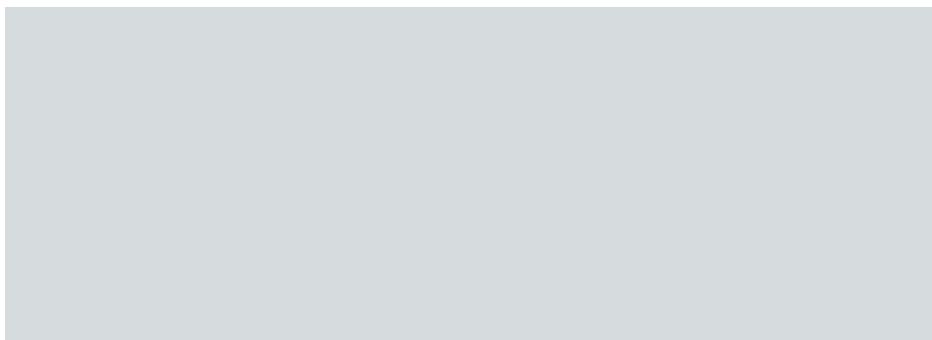
## **Pause and Pray:**

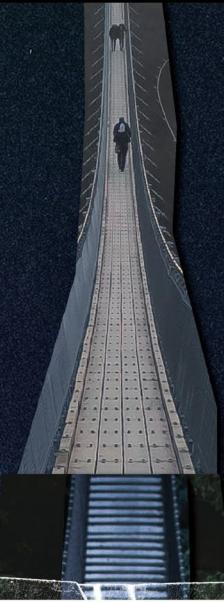
Kagaya ni Habakkuk, we can trust God for strength. Kaya natin labanan ang despair at loss through songs of praise. Yes, in times of uncertainty, maaari pa rin nating ipraktis ang pagpraise at worship.

“Yahweh, ako'y buong pusong aawit ng pasalamat, sa harap ng ibang diyos, pupurihin kitang ganap. Sa harap ng iyong templo ay yuyukod at gagalang, pupurihin kita roon, pupurihin ang iyong ngalan; dahilan sa pag-ibig mo at sa iyong katapatan, ika'y tunay na dakila, pati iyong kautusan.” (Psalm 138:1–2)

1. Sambahin ang Diyos through songs via CCBC Spotify.
2. Pasalamatang Siya for a week of prayer and fasting with Him.
3. Describe your “Prayer and Fasting” experience. Ibahagi ang ‘yong story through CCBC’s Facebook page and your social media accounts. Wag kalimutang i-tag ang CCBC at gamitin ang hashtag #CCBCpause.

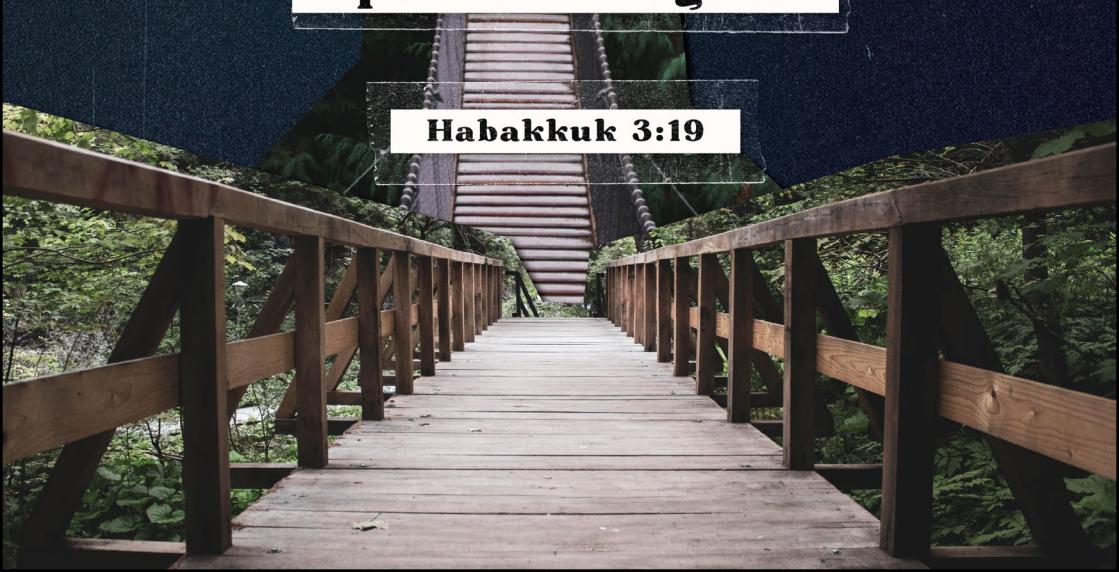
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The Sovereign Lord  
is my strength!

He makes me  
as surefooted as a deer,  
able to tread  
upon the heights.



Habakkuk 3:19

# **Breaking the Fast**

## **① End Your Fast Gradually**

Depending on your type of fast, it is not ideal to eat solid food immediately after you fast. Abrupt reintroduction of solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several snacks to smaller meals. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

## **② Continue to Pray**

Build from the momentum you gained during the fast. Let it transform your prayer and devotional life. Practice and discipline yourself with the habit of prayer throughout the year.

## **③ Pursue Greater Intimacy With God**

When you sincerely humble yourself before the Lord, and as you consistently meditate on His Word, you will experience a heightened awareness of His presence and hand at work (John 14:21). A regular fast has been greatly rewarding to many Christians. Some do them every week.

## **④ Experience the Joy of God's Presence**

Bask in the fullness of joy in the Lord as you abide in His glorious presence.

“You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand” (Psalm 16:11).

CCBC  
pause

PRAYER AND FASTING 2021

# Praying in Times of **Uncertainty**

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