



EXPAND

CCBC Prayer & Fasting 2026

Devotional

ENGLISH

Expand in Prayer

God has called on His CCBC Family to a season of expanding. And there's no better way to begin the year than to focus on and listen to how He will accomplish His purposes through our personal and corporate prayer lives.

According to His Word, God's Temple should be a House of Prayer (Isaiah 56:7; Matthew 21:13; Luke 19:46), *"...my house will be called a house of prayer for all nations."*

Similarly, He calls the believers temples of the Holy Spirit in Christ. *"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?"* (1 Corinthians 6:19).

Therefore, there is a call for us to expand in our corporate prayer lives for the sake of all nations and in our personal prayer lives for our holiness. The relationship is unmistakable.

The new year sets an opportune time for us as a CCBC Family to listen and reflect on how God wants to direct our lives together for the year ahead.

This is the CCBC way.

This is the way of Jesus!

What is prayer and fasting?

In Acts 13:2-3, we read, *“While they (church elders) were worshipping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them.’ So after they had fasted and prayed, they placed their hands on them and sent them off.”*

The early Church discerned its next steps when it sought God’s will through prayer and fasting. Throughout Church history, spiritual awakenings and Christ-centered revivals have come to regions where God’s people have gathered together for prayer and fasting.

We desire that this would be true of us as Capitol City Baptist Church in this season of our story. We long to see the expansion of God’s kingdom through the unique vision He has entrusted to us. This 7-day prayer and fasting guide is designed to help us pursue that goal.

As you pray each day, listen for the Holy Spirit to speak and keep your heart open to what He has to say. Journal as much as you can and confess your struggles and doubts should the Father bring up any issues in your life (1 John 1:9).

Most of all, have faith that in response to your prayers, God is about to do immeasurably more than all you could ask or imagine here at and through CCBC.

How do I fast?

Biblical fasting is choosing not to partake of food because your spiritual hunger is so deep, your determination in intercession so intense, or your spiritual warfare so demanding that you have temporarily set aside even fleshly needs to give yourself to prayer and meditation.

— Wesley L. Duewel

Fasting is an intentional abstention from food (or any craving) for a set period of time to seek God's will through prayer. Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our church, strengthen our families, and draw our communities to saving faith in Jesus Christ. This may be the first time some of you are participating in the Christian discipline of fasting, and we want this to be a positive and life-changing experience. We suggest several different levels at which you can participate.

Beginner Level

Object Fast (e.g. movie or series streaming, social media, gaming, online shopping, etc.)

This is a great option if you have never abstained from food for lengthy periods or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for a set duration during the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. You can choose not to view any media from 6:00 PM to midnight, and spend that time praying at the top of each hour.

Intermediate Level

Partial Fast (e.g. only one or two meals a day, more vegetables, etc.)

This type of fast is about limiting your food intake to only one or two meals a day, replacing one or two meal times with prayer and Bible reading time. You can also do what's known as the Daniel Fast. The Daniel Fast is like a vegan diet with more restrictions. The only beverage is water, and the primary food are fruits, vegetables, whole grains, and legumes. There are no sweeteners on the fast and no processed foods or chemicals. During this fast, set aside four times during the day to pray: 9:00 AM, 12:00 NN, 3:00 PM, and 6:00 PM. If you are an early riser, add a 6:00 AM prayer time.

Advance Level

Liquid Fast (e.g. water, juice, or soup); Complete Fast (water only)

In this type of fast, you drink only liquids, typically water with light juices as an option during the duration of the fast. Certain medical conditions do not allow for some to engage in a food fast. **If you have health concerns, seek the advice of a physician before fasting from food.**

Before fasting, you may be tempted to eat a large meal to stock up. This can have some negative effects on your body. It is best to wean yourself from food. Make your last meal before the fast a light meal consisting of fruits and vegetables. Stay away from greasy or oily foods.

When breaking your fast, do so slowly. If engaging in an extended fast, ease your body back into a normal pattern by eating a light diet consisting mostly of fruits and vegetables. After a few days, you can begin to eat meat again.

Caution!

Despite the absolute safety and benefits of fasting, certain persons should not fast without professional supervision. The following may opt for other fasting options:

- Persons who are physically too thin or emaciated
- Persons who are suffering or have a history of anorexia, bulimia, or other eating disorders
- Those who suffer from weakness or anemia
- Persons who have tumors, bleeding ulcers, cancer, blood tissues, or who have heart diseases
- Those who suffer from chronic problems with the kidneys, liver, lungs, heart, or other vital organs
- Individuals who take insulin for diabetes or suffer from any other blood sugar problem, such as hyperglycemia
- Women who are pregnant or nursing
- Pre-pubescent children

Preparations for Prayer and Fasting

Day 1

Sunday, Jan 18

My Prayer and Fasting Commitment

Monday January 19 Fasting Types:

(e.g. social media, entertainment, dinner, water only, etc.)

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Prayer focus: Personal Life (spiritual breakthrough, personal repentance, career, school, etc.) Specifically, I want to pray for...

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Tuesday January 20 Fasting Types:

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Prayer focus: Family. Specifically, I want to pray for...

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Wednesday January 21 Fasting Types:

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Prayer focus: Relationships and spiritually lost peers, friends, and family. Specifically, I want to pray for...

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Thursday January 22 Fasting Types:

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Prayer focus: CCBC Family (pastors, leaders, missionaries, volunteers, ministries, etc). Specifically, I want to pray for...

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Friday January 23 Fasting Types:

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Prayer focus: The Philippines, its government and civic leaders, families, and the next generation. Specifically, I want to pray for...

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Saturday January 24 Fasting Types:

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Prayer focus: Global missions work (CCBC daughter churches and church planting, missionaries, partner organizations, persecution of Christians in restricted regions, etc). Specifically, I want to pray for...

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Additional Prayer Day: Sunday January 25:

Prayer focus: Other personal burdens. Specifically, I want to pray for...

DAILY DEVOTIONALS

Day 2

Monday, Jan 19

Jesus, come, lead us on

“Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell.

— Psalm 43:3

“When he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.”

— John 16:13

Prayer Points:

- Pray that the Holy Spirit would lead us, and that His will and direction for our church would be evident every step of the way.
- Pray that God would make it clear that every ministry at CCBC is a work of His Spirit.
- Pray for our worship services to be visible and tangible evidence of the Spirit's work
- Pray that our pulpit preachings would be empowered by the Spirit to see life change
- Pray that our message and songs would reach into new territory, onsite and online
- Pray that our men, women, and young adults would be led by the Spirit to passionately love Jesus in their homes and workplaces
- Pray that our children would be formed in the gospel
- Pray that our youth would be empowered to live for Jesus out in their neighborhoods and campuses
- Pray that spiritual formation and growth would happen in our small groups
- Pray that volunteers would serve out of the strength God supplies out of their intimacy with Him

- Pray that God would give all our pastors and elders a God-given vision for our church, and that He would revitalize every leader and their family spiritually, physically, and mentally
- Pray that in all we do, God would be glorified and would bring fame to His name in Quezon City and beyond

What are some thoughts and reflections God impressed on your heart today?

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Day 3

Tuesday, Jan 20

Jesus, forgive our sins

"I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin."

— Psalm 32:5

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

— 1 John 1:9

Prayer Points:

- Pray that our gatherings and ministries would be thriving and helping grow disciples that transform their communities for Christ
- Pray that God would humble our hearts and help us submit to His plans

- Pray for godly sorrow that leads to repentance, which results in a spiritually healthy congregation
- Pray that we would embrace the forgiveness of Christ and, in turn, extend the same forgiveness to others who wounded us
- Pray for boldness in confronting sin and for wisdom on how to do it with grace and love that leads to restoration
- Pray that the Lord would sweep our “house” clean of any impurities and welcome His Holy Spirit to come in a fresh new way
- Pray for a foundation in the Word of God to be laid and for willing submission to Biblical principles in God’s people

What are some thoughts and reflections God impressed on your heart today?

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Day 4

Wednesday, Jan 21

Jesus, give us your wisdom

“...so that all people may know of your mighty acts and the glorious splendor of your kingdom.”

— Psalm 145:12

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

— James 1:5

Prayer Points:

- Pray for godly wisdom as we pursue CCBC Vision 2029 and the steps we need to take this year towards that goal
- Pray for attentiveness to the Holy Spirit's voice in all leadership meetings
- Pray for practical insights as the board considers key questions and congregational concerns (e.g. finances, staffing, missions, church planting, Haggai Mandate Building Project, leadership etc).
- Pray for God's guidance through the communication process so there is no confusion or turmoil over any next steps that are identified through prayer and fasting
- Pray for that God would raise up next generation elders and deacons and that He will empower us to nurture and empower them
- Pray for the Midweek Encounter with God (MEG) tonight at 7:00 PM on Zoom and that CCBCers will experience the power of God in prayer even through an online platform

What are some thoughts and reflections God impressed on your heart today?

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Day 5

Thursday, Jan 22

Jesus, protect us

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”

— Ephesians 6:10-13

Prayer Points:

- Pray that CCBC experiences a powerful move of God that will leave each one transformed by His presence and impassioned for His Kingdom

What are some thoughts and reflections God impressed on your heart today?

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Day 6

Friday, Jan 23

Jesus, bless us

“Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen”

— Ephesians 3:20–21, ESV

Prayer Points:

- Pray for spiritual protection around our congregation; that God would protect us from deception, temptation, and plans of the enemy that would wound people along the way
- Pray that God would protect us from the works of Satan that will lead to confusion or chaos in our church
- Pray for the supernatural works of Jesus to be manifested so that our neighborhood and the surrounding communities would be transformed by the Gospel
- Pray that our generosity would increasingly grow so that we can spread the gospel and disciple people in our local communities, city, and to the ends of the earth.

What are some thoughts and reflections God impressed on your heart today?

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Day 7

Saturday, Jan 24

Jesus, give us rest

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

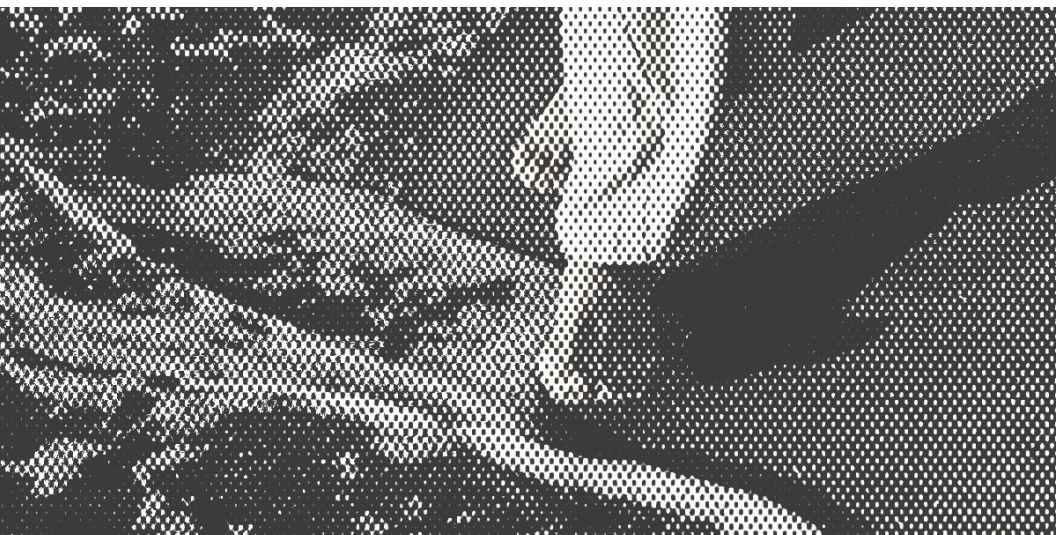
— **Matthew 11:28-30**

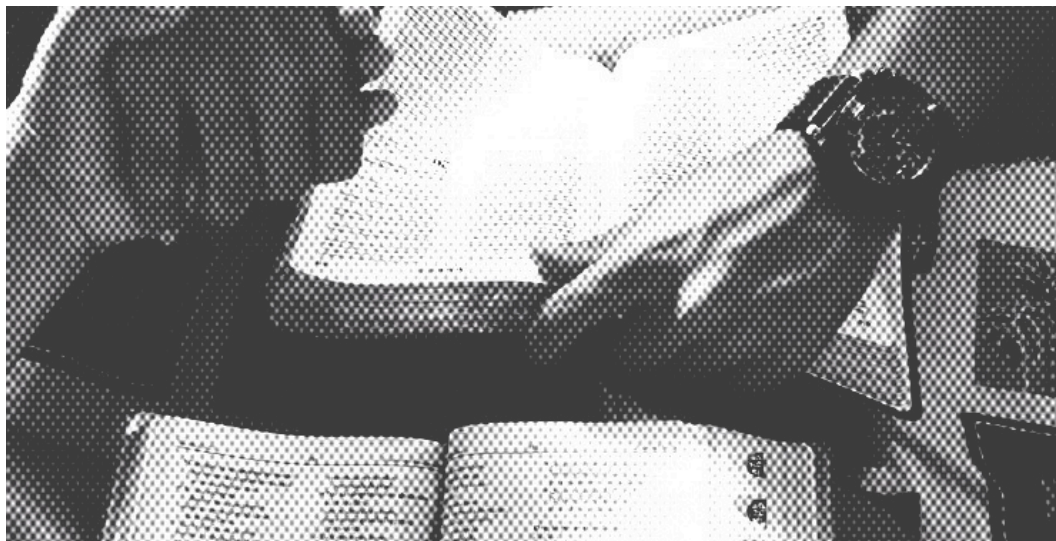
Prayer Points:

- Pray that the peace of Christ’s salvation will fill our hearts, minds, and steady our souls
- Pray that we will be able to rest and enjoy our families, friends, and neighbors
- Pray that we can look back and thank God for all that He has done in our own lives with joy-filled hearts
- Pray that we can look back and thank God for all that He has done in and through the ministry of CCBC
- Pray that we can each rest in the future promises of Christ’s return
- Pray that God will draw to Himself families and singles in our region that are far from God
- Pray that CCBC continues to be a beacon of hope in our community, bringing generations to faith in Christ
- Pray that God would lead us in determining the best way to engage, reach, and disciple the next generation
- Pray for the Breaking of the Fast onsite prayer gathering at 9:00 AM at the CCBC Tent that there will be a personal and corporate consecration among CCBCers

What are some thoughts and reflections God impressed on your heart today?

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Additional Prayer Day

Saturday, Jan 25

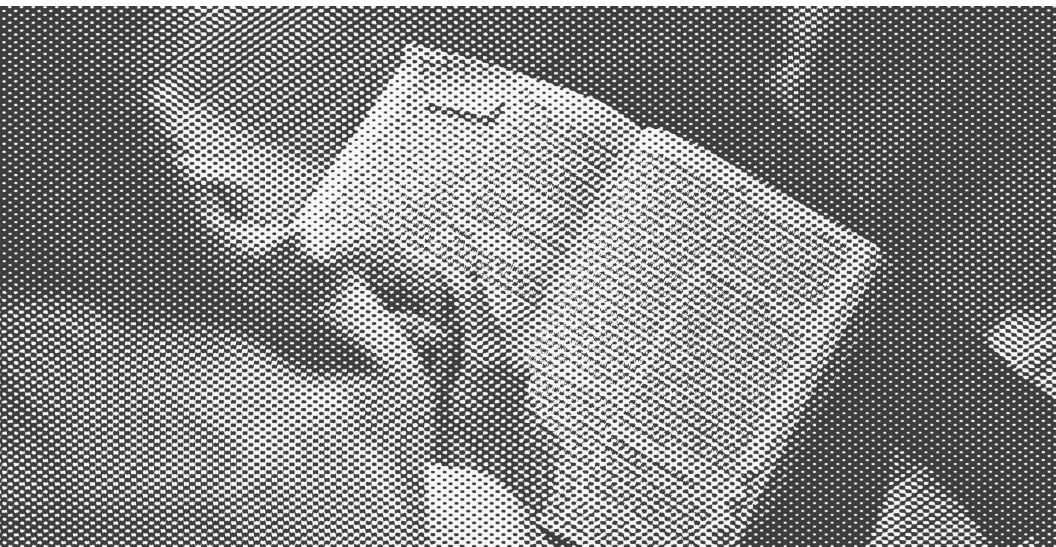
Jesus, grant us faith

“Have faith in God,” Jesus answered. “Truly I tell you, if anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

— **Mark 11:22-24**

Prayer Points:

- Pray that God will grant us bold and courageous faith for the future of CCBC
- Pray that any discouragement would be overcome with hope
- Pray that we will receive the plans He has for us and take willing next steps of faith
- Pray that we will act in faith towards any personal direction the Lord has guided us individually or as a family unit over the period of the fast



How to Break 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 and 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.

Events This Week

Midweek Encounter with God

January 21, Wednesday
7:00 PM, Zoom

Breaking of the Fast

January 24, Saturday
9:00 AM, CCBC Tent
111 West Ave, QC

