

PRAYER & FASTING GUIDE



A Challenge to Spend Time with Jesus Every Day!

For the next 21 days, we are taking a special journey together as a church family. Each day, you are invited to spend time with Jesus by:

- Praying
- Reading the Bible
- Doing a fun activity
- Listening for God

This guide will help you learn how to talk to God and grow closer to Him.

What Is Prayer?

- Prayer is talking with God.
- You can pray anytime and anywhere.
- God loves hearing from you — about your joys, your worries, and your questions.

What Is Fasting?

Fasting means giving up something we like so we can make more room to spend time with Jesus.

Ideas of what fasting might look like:

- Taking a break from sweets
- Giving up your favorite sweet or candy
- Giving up Coke or sugary drinks
- Less screen time
- Giving up something fun for a short time

When we fast, we use that time to pray, read, or listen to God.

(Kids do not skip meals. Parents help choose what fasting looks like.)

How This Guide Works - Each day you will:

- DO – an activity
- PRAY – talk to God
- READ – a Bible verse
- RESPOND – circle when you spent time with Jesus at the bottom of each page

The Challenge!

- Try your best to participate every day for 21 days.
- You don't have to be perfect — just keep showing up.


God loves spending time with you!

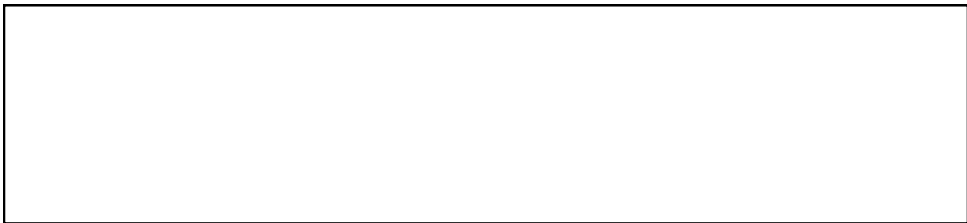
♥ "Come close to God, and God will come close to you."


WEEK 1: Knowing God & Growing Close to Him

God wants a close relationship with me, and He helps shape who I am.

Day 1: My Friendship with Jesus

 **Activity:** Draw a picture of you and Jesus spending time together.



 **Pray:** Jesus, thank You for loving me and wanting to be my friend. Help me make time for You every day and listen when You speak to me. I want to grow closer to You. Amen.


 **Read:** James 4:8

Come close to God, and God will come close to you.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 2: Hungry for God

 **Activity:** Check one thing you could fast from today:

☐ Sweets ☐ Screen Time ☐ Games ☐ TV ☐ Something Else

 **Pray:** God, I want to want You more than anything else. When I give something up today, help me remember You and spend time with You. Amen.


 **Read:** Matthew 5:6


Blessed are those who hunger and thirst for righteousness..


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 3: Listening to God

 **Activity:** Sit quietly for 1 minute. Draw a picture of what helped you stay quiet (a heart, ear, Bible, cross).


 **Pray:** God, help me listen when You speak.
Help me love Your Word and talk to You every day.
Thank You for guiding me. Amen.


 **Read:** Psalm 119:105
Your word is a lamp to guide my feet


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 4: A Clean Heart

 **Activity:** Write one thing you want to ask God to help you with (kindness, obedience, honesty).

 **Pray:** Jesus, I'm sorry when I make wrong choices. Thank You for forgiving me and helping me start fresh. Help me follow You today. Amen.

 **Read:** Psalm 51:10
Create in me a clean heart, O God.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 5: Choosing What's Right

 **Activity:** Check the choices that help you follow Jesus:

- ☐ Kind words ☐ Obeying parents ☐ Telling the truth
☐ Praying ☐ Sharing

 **Pray:** Holy Spirit, help me know what is right and choose it. Help me say no to things that pull me away from You. I trust You to guide me. Amen.

 **Read:** Romans 8:14

Those who are led by the Spirit of God are children of God.


I spent time with Jesus today:


- ☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 6: Who I Am in Christ

 **Activity:** Finish the sentence and draw around it:

"I am God's _____."

 **Pray:** God, thank You that You made me and love me. Help me remember who I am in You when I feel unsure or afraid. I belong to You. Amen.


 **Read:** 1 John 3:1


See how very much our Father loves us.

I spent time with Jesus today:

- ☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 7: Living My Faith

 **Activity:** Check one way you can live out your faith today:
☐ Helping ☐ Praying ☐ Being kind ☐ Telling someone about Jesus

 **Pray:** Jesus, help me live for You every day. Give me courage to show Your love to others. Use my life for Your purpose. Amen.

 **Read:** Matthew 5:16

Let your light shine before others.


I spent time with Jesus today:

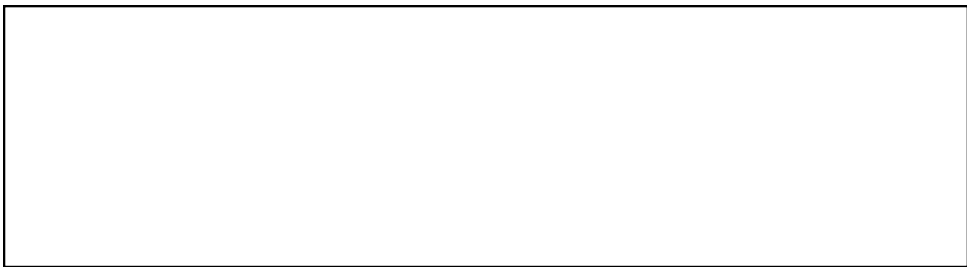
☐ After Breakfast ☐ After Lunch ☐ After Dinner


WEEK 2: Families, Work & Daily Life

God cares about my everyday life — my family, school, friendships, and needs.

Day 8: My Family & Home

 **Activity:** Draw everyone who lives in your home. Draw a heart around them.



 **Pray:** God, thank You for my family.
Please help our home be filled with love, peace, and kindness.
Help us forgive each other and grow closer to You. Amen.


 **Read:** Joshua 24:15


As for me and my family, we will serve the Lord.

I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 9: Healing & Forgiveness

 **Activity:** Think of someone you need to forgive or ask forgiveness from. Draw a bandage or heart to show God's healing.

 **Pray:** Jesus, sometimes relationships are hard. Please heal hurting hearts and help us forgive like You forgive us. Help me choose love today. Amen.


 **Read:** Ephesians 4:32

Be kind to one another, forgiving each other.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 10: God's Peace in My Home

 **Activity:** Check the words you want your home to be filled with:

☐ Peace ☐ Joy ☐ Prayer ☐ Love ☐ Kindness ☐ Faith

 **Pray:** God, thank You for being with my family. Please fill our home with Your peace and joy. Help us follow You together. Amen.


 **Read:** John 14:27


My peace I give you.

I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 11: My School & Work

 **Activity:** Draw or write one thing you do each day (school, chores, helping others).

 **Pray:** God, help me do my best in everything I do. Help me be honest, kind, and hardworking. Thank You for taking care of my needs. Amen.


 **Read:** Colossians 3:23

Work at everything you do as though you were working for the Lord.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 12: God Provides

 **Activity:** Check what you thank God for today:

☐ Food ☐ Home ☐ Clothes
☐ School ☐ Family ☐ Friends

 **Pray:** God, thank You for providing what I need. Help me trust You and be thankful every day. Teach me to share with others. Amen.


 **Read:** Philippians 4:19

My God will meet all your needs.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 13: Godly Friendships

 **Activity:** Write or draw two friends.

How can you be kind or encouraging to them today?

 **Pray:** God, thank You for my friends. Help me choose friends who love You and help me grow. Help me be a good friend too. Amen.

 **Read:** Proverbs 17:17

A friend loves at all times.


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☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 14: Loving Others Well

 **Activity:** Check ways you can love others today:

☐ Sharing ☐ Helping ☐ Listening
☐ Praying ☐ Forgiving

 **Pray:** Jesus, help me love others the way You love me. Teach me to be humble, kind, and patient. Use me to bring peace. Amen.

 **Read:** 1 Corinthians 16:14

Do everything in love.


I spent time with Jesus today:

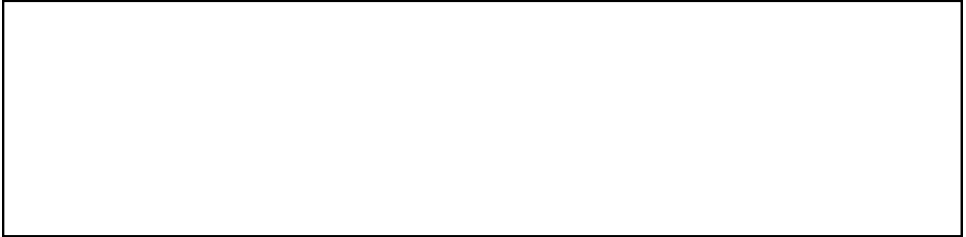
☐ After Breakfast ☐ After Lunch ☐ After Dinner


WEEK 3: Church & Mission

God uses His church — and He can use me too.

Day 15: My Church Family

 **Activity:** Draw a picture of your church or your Kids Church room.



 **Pray:** God, thank You for my church. Help us grow strong in You and love one another. Help our church help people know You. Amen.

 **Read:** Ephesians 2:19


We are God's family.

I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 16: Church Leaders

 **Activity:** Write the names of your pastor, kids teachers, or helpers.

 **Pray:** God, thank You for our church leaders. Give them wisdom, strength, and joy as they serve You. Help them know You are with them. Amen.

 **Read:** James 5:16


Pray for one another.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 17: Sharing Jesus

 **Activity:** Write or draw one person who needs to know Jesus.


 **Pray:** Jesus, please help people know how much You love them. Help my heart be kind and brave to share Your love. Thank You for saving me. Amen.


 **Read:** Mark 16:15
Go and tell the good news.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 18: My Neighborhood

 **Activity:** Draw houses or buildings near where you live. Pray for the people who live there.

 **Pray:** God, thank You for where I live. Please bless my neighbors and keep them safe. Help them know You love them. Amen.

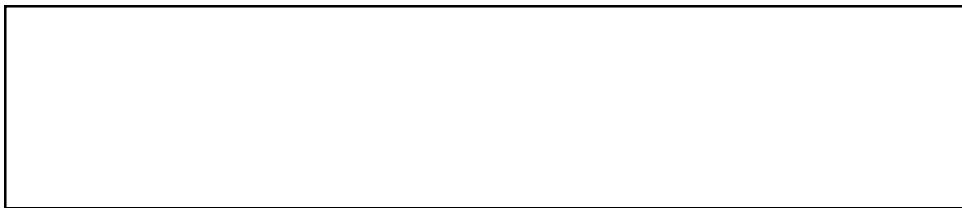
 **Read:** Mark 12:31
Love your neighbor as yourself.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 19: God Is Moving

 **Activity:** Draw flames or light to show God's Spirit at work.



 **Pray:** Holy Spirit, we ask You to move in our church and city. Help people turn to You and be made new. Fill us with Your love and power. Amen.

 **Read:** Revelation 21:5

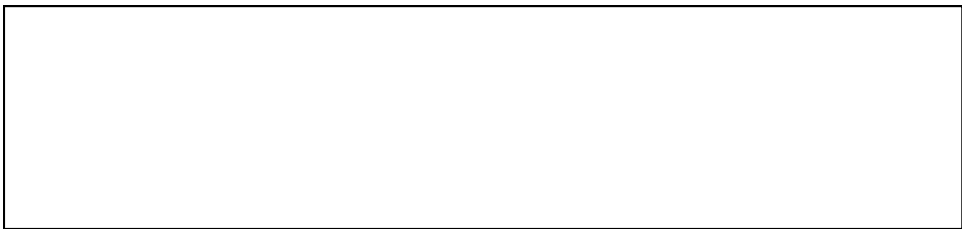
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Day 20: God's Kingdom

 **Activity:** Draw the world. Color places you want God's love to reach.



 **Pray:** God, let Your Kingdom grow all over the world. Help people everywhere know You and follow You. Use my life for Your purpose. Amen.

 **Read:** Matthew 6:10

Your Kingdom come. Your will be done.


I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

Day 21: I Can Be Used by God

 **Activity:** Finish the sentence:

"God can use me to _____
_____."

 **Pray:** Holy Spirit, we ask You to move in our church and city. Help people turn to You and be made new. Fill us with Your love and power. Amen.

 **Read:** Revelation 21:5

Come close to God, and God will come close to you.

I spent time with Jesus today:

☐ After Breakfast ☐ After Lunch ☐ After Dinner

 **YOU DID IT!** 
We are so proud of you!

You accepted the 21-Day Challenge and chose to spend time with Jesus. That is something to celebrate!

Over the last 21 days, you:

- Prayed
- Read God's Word
- Made room for Jesus
- Showed commitment and faithfulness

Spending time with Jesus doesn't end here. God loves being with you every day — not just during this challenge.

- Keep talking to Him.
- Keep listening.
- Keep growing.

We are excited to see how the Lord will use this time in your life as you:

- Grow closer to Him
- Learn to hear His voice
- Live out your faith every day

God has amazing plans for you!

 "The Lord is close to all who call on Him." - Psalm 145:18




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