

Prayer & FASTING

FOR YOUR KIDS

THE GREATEST THING WE CAN DO FOR OUR CHILDREN IS PRAY FOR THEM. JOIN US AS WE SET ASIDE THIS TIME TO CONNECT WITH GOD IN THIS FRESH, NEW WAY. WE ARE BELIEVING WITH YOU FOR BREAKTHROUGHS FOR YOUR FAMILY.

PRAYER

PRACTICING PRAYER & FASTING

- Help your child see that fasting allows you to spend extra time with God. On the other side are fasting ideas to share with your child.

PLANNING PRAYER & FASTING

- Set aside a special time and place each day with no distractions where you can pray with and for your children.

PRAYING & FASTING WITH PURPOSE

- What do you want to see God do in your child's life? Ask Him for these things.

Fasting

ENCOURAGE YOUR CHILDREN TO
FAST SOMETHING THAT IS TRULY A
SACRIFICE FOR THEM.
HERE ARE A FEW IDEAS...



FAITH & EXPECTATION DECLARATION STATEMENT

In the last 90 days of the year 2020, I declare, through FAITH & EXPECTATION, that I am believing God with all my heart for _____

I promise, by the power of my FAITH & EXPECTATION, in the omnipotent power of Almighty God, that I will do my absolute best to keep spiritual promise that I have made between myself and God.

If my human ways try to break my promise, I am committed to asking for forgiveness and keep doing my best to and keep working at keeping my promise. I will not quit! I will not be overcome by fear or faithlessness! In moments of weakness; whether physical or spiritual; I MUST remind myself that this is a spiritual battle and no temptation is worth giving up on what I am expecting God to do in and through my life.

I AM DEVOTED TO GOD'S PLAN FOR ME. Over the next 90 days I will receive insight, wisdom, answers, direction, financial blessings, better health, healing for myself and others, increased strength, and everything else my eyes haven't seen and my fragile human mind cannot even imagine or think. I am aware that RESULTS are God's responsibility and COMMITMENT is my responsibility. God will lead and I will follow. This is my DECLARATION! I HAVE THE VICTORY.



SCRIPTURES TO GUIDE YOU - International Children's Bible

1. God please show me what to do - God kept Moses alive during his fast and also gave him wisdom and direction. God will do the same for me.

Moses stayed there with the Lord 40 days and 40 nights. During that time, he did not eat food or drink water. And Moses wrote the words of the agreement—the Ten Commandments—on the stone tablets.

-Exodus 34:28

2. Fasting for Humility - It is a way to humble myself before the Lord, as I talk to Him in prayer, asking Him to protect me.

...I announced we would all give up eating. We would make ourselves humble before our God. And we would ask God for a safe trip for ourselves, our children and all our possessions...So we gave up eating and prayed to our God about our trip. He answered our prayers. *-Ezra 8:21-23*

3. Fasting for Freedom - It's about directly facing the things I do wrong in my life and choosing to do right and break free.

"I will tell you the kind of special day I want. I want you to free the people you have put in prison unfairly. Undo their chains. Free those to whom you are unfair. Free them from their hard labor. *-Isaiah 58:6*

4. Return to God with Repentance - Fasting is a way to show my desire to return to God with all my heart. Impact Kidz! What is Fasting?

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." *-Joel 2:12*

5. Fast to get closer to God, Not to be Praised by Friends - I will rely on God and only God in the with my whole heart, deeper than I ever have before.

"When you give up eating, don't put on a sad face like the hypocrites. They make their faces look strange to show people that they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So, when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating. But your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you. *-Matthew 6:16-18*

6. Grow in Spiritual Strength - Fasting can help me grow stronger in my understanding the purpose God has for my life when I choose to stand on His Word.

Jesus ate nothing for 40 days and nights. After this, he was very hungry. *-Matthew 4:2*

7. Seeking The Holy Spirit's Guidance - Even though they didn't know exactly what to do next, they longed for God's direction.

So, after they had fasted and prayed, they placed their hands on them and sent them off. *-Acts 13:3*

8. Praying and Fasting - It is a very impactful way for me to seek God on a higher level.

...and then was a widow until she was eighty-four. She never left the temple but worshipped night and day, fasting and praying. *-Luke 2:37*



SPIRITUAL PRAYER AFFIRMATIONS

Recite them daily!

1. I AM unique and special! (Deuteronomy 7:6)

2. I AM chosen! (Ephesians 1:4)

3. I AM happy with the way I am made! (Genesis 1:27)

4. I AM grateful to be me! (Genesis 1:31)

5. I AM designed for greatness! (Ephesians 2:10)

6. I AM made to be exceptional! (Psalms 119:73)

7. I AM very valuable! (Exodus 19:5)

8. I AM fearfully and wonderfully made! (Psalms 139:14)

9. I AM called to be a light to the world! (1 Peter 2:9)

10. I AM Loved! (Jeremiah 31:3)