



# The Way Church

## Daniel Fast 2026

### Kids & Youth Devotional + Prayer Guide

Theme: "Walking the Way with Jesus"

*"I am the way, the truth, and the life." — John 14:6*

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## HOW TO USE THIS GUIDE

- Parents lead the discussion
- Kids answers can be spoken
- Youth answers can be discussed or journaled

- Kids may fast **sweets, snacks, or screen time**
  - Youth may fast **food items, social media, gaming, or distractions**
  - Keep it **short, joyful, and Jesus-centered**
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## **WEEK 1 — CHOOSING GOD**

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### **DAY 1 — Choosing What's Right**

**Bible:** Daniel 1:8

**KIDS:**

Daniel chose to obey God even when it was hard.

**Question:**

What is one right choice you can make today?

**Prayer:**

“Jesus, help me choose what honors You.”

**YOUTH:**

Daniel decided in advance who he would be. Obedience starts with a decision before temptation shows up.

**Reflection:**

What kind of faith do you want to live out this year?

**Prayer:**

“God, help me stand firm in my faith.”

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### **DAY 2 — Putting God First**

**Bible:** Matthew 6:33

**KIDS:**

God promises to take care of us when we put Him first.

**Question:**

What does it look like to put God first today?

**Prayer:**

“God, thank You for taking care of me.”

**YOUTH:**

What you prioritize shapes your heart. God invites us to seek Him first.

**Reflection:**

What competes most for your attention?

**Prayer:**

“God, help me seek You above everything else.”

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**DAY 3 — Clean Hearts**

**Bible:** Psalm 51:10

**KIDS:**

God forgives us when we say we’re sorry.

**Question:**

Is there something you need to talk to God about?

**Prayer:**

“God, thank You for forgiving me.”

**YOUTH:**

Confession brings freedom, not shame.

**Reflection:**

What do you need to surrender today?

**Prayer:**

“Create in me a clean heart, O God.”

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**DAY 4 — Trusting God**

**Bible:** Proverbs 3:5

**KIDS:**

We can trust God even when we don’t understand.

**Question:**

When is it hard to trust God?

**Prayer:**

“God, I trust You.”

**YOUTH:**

Trust means releasing control.

**Reflection:**

Where do you need to trust God more?

**Prayer:**

“Jesus, I place my future in Your hands.”

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**DAY 5 — Listening to God**

**Bible:** John 10:27

**KIDS:**

God speaks through the Bible and prayer.

**Question:**

How can you listen to God today?

**Prayer:**

“Jesus, help me hear You.”

**YOUTH:**

God still speaks when we slow down.

**Reflection:**

What distractions do you need to quiet?

**Prayer:**

“Lord, help me recognize Your voice.”

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**DAY 6 — God Gives Strength**

**Bible:** Isaiah 40:31

**KIDS:**

God helps us when we feel tired.

**Question:**

When do you need God's help?

**Prayer:**

"God, thank You for making me strong."

**YOUTH:**

God's strength meets us in weakness.

**Reflection:**

Where do you need God's strength today?

**Prayer:**

"Lord, I depend on You."

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**DAY 7 — Thankful Hearts**

**Bible:** Psalm 100:4

**KIDS:**

Thanking God makes our hearts happy.

**Question:**

What are three things you're thankful for?

**Prayer:**

"Thank You, God, for loving me."

**YOUTH:**

Gratitude shifts our perspective.

**Reflection:**

What blessings are you overlooking?

**Prayer:**

"God, thank You for Your faithfulness."

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**WEEK 2 — GROWING IN FAITH**

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## **DAY 8 — Freedom in Jesus**

**Bible:** Galatians 5:1

**KIDS:**

Jesus helps us do what is right.

**Question:**

What does freedom in Jesus mean?

**Prayer:**

“Jesus, thank You for helping me.”

**YOUTH:**

Freedom requires daily choices.

**Reflection:**

What freedom do you need to protect?

**Prayer:**

“Lord, help me walk in freedom.”

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## **DAY 9 — Healing Hearts**

**Bible:** Jeremiah 30:17

**KIDS:**

God heals broken hearts.

**Question:**

What can you ask God to help heal?

**Prayer:**

“God, please help me feel better inside.”

**YOUTH:**

God restores what is broken.

**Reflection:**

What needs healing in your life?

**Prayer:**

“Lord, bring healing and restoration.”

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## **DAY 10 — Changing How We Think**

**Bible:** Romans 12:2

**KIDS:**

God helps us think good thoughts.

**Question:**

What is one good thought to remember today?

**Prayer:**

“God, help me think like You.”

**YOUTH:**

Renewed minds lead to changed lives.

**Reflection:**

What thoughts need to change?

**Prayer:**

“Renew my mind with Your truth.”

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## **DAY 11 — Loving Each Other**

**Bible:** Ephesians 4:3

**KIDS:**

God wants us to be kind and loving.

**Question:**

How can you show love today?

**Prayer:**

“God, help me love others.”

**YOUTH:**

Unity reflects Christ.

**Reflection:**

How can you promote unity?

**Prayer:**

“Lord, make us one.”

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## **DAY 12 — Growing Strong**

**Bible:** Colossians 1:10

**KIDS:**

God helps us grow closer to Him.

**Question:**

How can you grow closer to God?

**Prayer:**

“God, help me grow.”

**YOUTH:**

Spiritual growth requires intention.

**Reflection:**

Where do you want to grow spiritually?

**Prayer:**

“Lord, grow me deeper.”

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## **DAY 13 — Faith at Home**

**Bible:** Joshua 24:15

**KIDS:**

Our family can serve God together.

**Question:**

How can your family honor God?

**Prayer:**

“God, help our family love You.”

**YOUTH:**

Faith starts at home.

**Reflection:**

How can you live out faith at home?

**Prayer:**

“Lord, lead our home.”

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## DAY 14 — Resting in God

**Bible:** Matthew 11:28

**KIDS:**

Jesus helps us rest.

**Question:**

What makes you feel calm?

**Prayer:**

“Jesus, thank You for helping me rest.”

**YOUTH:**

Rest is trusting God with burdens.

**Reflection:**

What do you need to give to Jesus?

**Prayer:**

“Jesus, I rest in You.”

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## WEEK 3 — LIVING THE WAY

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## DAY 15 — Loving the Lost

**Bible:** Matthew 9:36

**KIDS:**

Jesus loves everyone.

**Question:**

Who can you pray for today?

**Prayer:**

“Jesus, help people know You.”

**YOUTH:**

Compassion fuels mission.

**Reflection:**

Who is God placing on your heart?

**Prayer:**

“Give me Your heart for others.”

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**DAY 16 — Bold Faith**

**Bible:** Acts 4:29

**KIDS:**

God helps us be brave.

**Question:**

When do you need courage?

**Prayer:**

“God, help me be brave.”

**YOUTH:**

Boldness flows from the Spirit.

**Reflection:**

Where is God calling you to be bold?

**Prayer:**

“Lord, give me bold faith.”

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**DAY 17 — Serving Others**

**Bible:** Mark 10:45

**KIDS:**

Jesus shows us how to help others.

**Question:**

Who can you help today?

**Prayer:**

“Jesus, help me serve.”

**YOUTH:**

Serving reflects Christ’s heart.

**Reflection:**

How can you serve this week?

**Prayer:**

“Lord, teach me to serve like You.”

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**DAY 18 — Obeying God**

**Bible:** John 14:15

**KIDS:**

We show love by obeying.

**Question:**

What is one way you can obey today?

**Prayer:**

“Jesus, help me obey You.”

**YOUTH:**

Obedience is love in action.

**Reflection:**

Is there delayed obedience?

**Prayer:**

“Lord, help me obey fully.”

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**DAY 19 — God’s Plan**

**Bible:** Jeremiah 29:11

**KIDS:**

God has good plans for us.

**Question:**

What do you thank God for?

**Prayer:**

“God, thank You for Your plans.”

**YOUTH:**

God’s plans give hope.

**Reflection:**

How does trusting God's plan change you?

**Prayer:**

"Lord, I trust Your plans."

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**DAY 20 — Filled with the Spirit**

**Bible:** Acts 1:8

**KIDS:**

God gives us His power.

**Question:**

How can God help you today?

**Prayer:**

"God, thank You for helping me."

**YOUTH:**

The Spirit empowers daily living.

**Reflection:**

Are you relying on the Spirit?

**Prayer:**

"Holy Spirit, fill me."

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**DAY 21 — Choosing Jesus Every Day**

**Bible:** John 14:6

**KIDS:**

Jesus is the way.

**Question:**

Why do you love Jesus?

**Prayer:**

"Jesus, I love You."

**YOUTH:**

Following Jesus is a daily choice.

**Reflection:**

How will you keep walking with Jesus after the fast?

**Prayer:**

“Jesus, I choose You. I choose the Way.”