



PRAYERS
OF FAITH
NOW FAITH IS THE
SUBSTANCE OF THINGS
HOPED FOR, THE EVIDENCE
OF THINGS NOT SEEN. (HEB. 11:1)

15'-2"

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Prayer is for the whole family

21 Days of Prayer + Fasting 2026 is for adults, too! Find more resources, including free downloadable books, at FoursquarePrayer.org.



Hey Adults!

Thank you for investing in the spiritual growth of your children as we begin 2026. Over the next 21 days, we invite you to cultivate a rhythm of prayer, fasting and family discipleship as you begin the new year together.

This devotional has been designed for an elementary-age child's reading level. If your children are younger, we'd encourage you to read it to them.

What to expect

- **Sunday through Thursday:** Each day includes a short "Family Moment"—a brief discussion or activity that connects you and your child through the topic and Scripture reading. These moments are simple, require little to no materials and take fewer than five minutes to complete. Because we get it.
- **Fridays and Saturdays:** These days feature a more hands-on family activity or craft, designed to be fun and further your spiritual conversations. These take 15–30 minutes and may need a few basic supplies. If weekends aren't ideal, feel free to move these activities to any day that fits your family's rhythm.



Pray with your kids

Each day, the content is intentionally aligned with the adult devotional, with abridged Scripture and a meaningful takeaway that mirrors what you are reading. While your child may be able to complete the readings and reflections independently, we encourage you to use this as an opportunity to engage together as a family.

You can find the adult version of this book for free at **FoursquarePrayer.org** or for purchase on Amazon.

Praying together + cheering families on

Our prayer is that this 21-day journey builds a deeper connection with Jesus in your child's life and strengthens your family's bond as you grow in faith together. We're cheering you on and are so grateful to walk alongside you in this season.

Let's make these next 21 days a special time of faith, fun and family.

Prayerfully,

The Foursquare NextGen Team





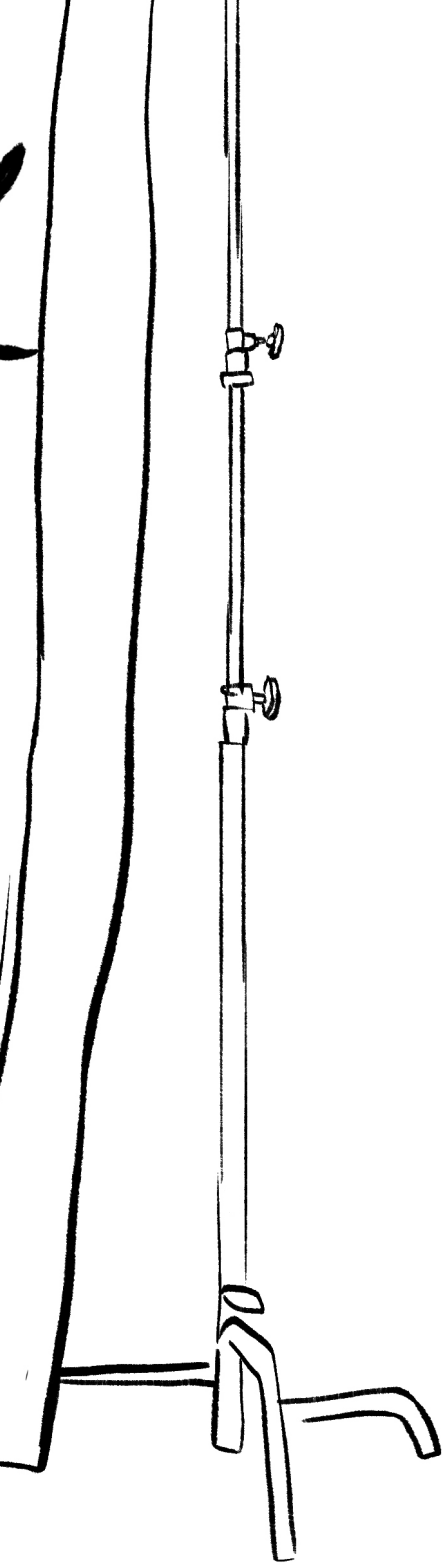
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PRESENCE

Prayer is so much more than asking God for things. He loves us and wants to spend time with us. The more time we spend with Him, the more we get to know Him, and the more our faith grows.

To start our 21 Days of Prayer + Fasting, we're going to learn what it means to have faith in a God who wants to be with us.



Day 01

Faith that Brings us close

Faith-filled prayer is more than just getting what we ask for—it's about spending time with God. The more time we spend with Him, the more we learn to trust Him.

Today's Scripture

“But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask Him!”

— Matthew 6:6-8 (NLT)

Reflect on the Word

God loves it when we talk to Him! He wants to know about our days, our thoughts, the exciting things happening and the scary things going on. God wants to hear from us, and He wants to talk to us, too.

In Matthew 6, Jesus tells us what it looks like to spend time with God. He says to go into a quiet place and pray. We don't need fancy words or the pressure of saying the right things —just honest hearts. He sees our hearts and already knows what we need.

God is kind, full of grace and ready to help us. In prayer, we find His joy, love and strength to be a part of His plan for the world to know Him more!

Family Moment

As a family, set aside a moment to pray together in a different way. If you usually pray at a table before meals, make it fun by sitting on the floor to pray. If you typically sit while you pray, try kneeling, lying down or going on a prayer walk. As you pray, ask God to speak, teach and reveal new things for the 21 days of prayer ahead.



Let's Pray!

Thank God for His perfect love and peace. Pray that spending time in His presence will help you trust Him more and allow you to see God at work in new ways.

Notes



YOUR
DRAWINGS
HERE



Day 02

Faith that finds God in the asking

Spending time with God starts with the belief that He's really listening. Prayer is more than just asking and receiving—it's about a relationship with God, where He comes and meets us where we're at in our faith.

Today's Scripture

I sought the Lord, and He answered me; He delivered me from all my fears. Those who look to Him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; He saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and He delivers them. Taste and see that the Lord is good; blessed is the one who takes refuge in Him. Fear the Lord, you His holy people, for those who fear Him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

— Psalm 34:4-10 (NIV)

Reflect on the Word

In Psalm 34, David gives us a picture of faith in God's goodness, even in a scary situation. Today, let's start by spending time with God in the same way.

Psalm 34 shows us that God hears and can take away our fears (v. 4). In God's presence we are freed from shame (v. 5). We're reminded that we have nothing to offer God, He provides everything (v. 6). Even when things feel overwhelming and scary, He is always with us (v. 7). We're surrounded by His goodness again and again as we trust Him (v. 8). Trusting God means knowing He is enough (v. 9). And we can trust Him to provide all our needs (v. 10).

God loves it when we talk to Him and ask for help. Even when we feel scared, sad or unsure, God hears every word. The more we spend time with God, the more we get to know Him and His greatness.

Family Moment

Think about a family member or friend who may be experiencing a difficult time. Ask a parent if you can call that person and pray for them over the phone. As you pray, ask for God's help in knowing what to say.

Let's Pray!

What are you feeling afraid or anxious about? Share as a family and pray for one another. Trust that God is with you and wants to spend time with you.

Notes 

YOUR
DRAWINGS
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Day 03

Faith that seeks to grow

As we spend time with God, He grows our faith. And as our faith grows, we become more aware of His presence and power in our lives.

Today's Scripture

As Jesus went on from there, two blind men followed Him, calling out, "Have mercy on us, Son of David!" When He had gone indoors, the blind men came to Him, and He asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. Then He touched their eyes and said, "According to your faith let it be done to you"; and their sight was restored. Jesus warned them sternly, "See that no one knows about this." But they went out and spread the news about Him all over that region.

— Matthew 9:27-31 (NIV)

Reflect on the Word

In Matthew 9, two blind men followed Jesus into a house, calling out for Him to help them. In Bible times, being blind meant life was very hard, and people often thought it was a punishment for sin. No one had ever healed blindness before. But when Jesus asked if they believed He could do it, they said, "Yes, Lord!" Jesus touched their eyes, and they could see again!

When we trust God, we experience His love and power. When we place our faith in Jesus, we're invited to live a life in His presence and by His strength. Painful, scary or embarrassing moments can be opportunities to call out to Jesus and trust Him even more, like the blind men did. The more we call out to God, the more aware we become of His presence with us every day.

Family Moment

Fasting means going without something as a reminder to pray. It's a way that we can involve our whole body in our prayers. As a family, choose something that each person will fast from for the next 24 hours. For example, if you decide to fast from all beverages except



water, then anytime you'd like to drink something else, say a prayer instead. Other ideas for fasting might be screens or sugar. Talk about it with your family and see if anyone would like to join you!

Let's Pray!

Our trust grows as we become more aware of God's presence. Share examples of how you've seen God at work in the past. Share what feels hard or scary right now, taking time to pray for each person.

Parent's Corner

What is fasting? Adults, are you wondering how to talk about fasting with your kids? Download the short PDF, which includes a printable word search for kids, at [Foursquare.Church/21DaysFasting2026](https://www.foursquare.church/21DaysFasting2026).

Notes



YOUR
DRAWINGS
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Day 04

Faith that Trusts God's Healing Presence

Spending time with God brings healing. When we pray, we're not just asking for help—we're drawing near to God, the healer Himself.

Today's Scripture

How blessed is God! And what a blessing He is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in Him. Long before He laid down earth's foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by His love. Long, long ago He decided to adopt us into His family through Jesus Christ. (What pleasure He took in planning this!) He wanted us to enter into the celebration of His lavish gift-giving by the hand of His beloved Son.

— Ephesians 1:3-6 (MSG)

Reflect on the Word

All of us are in need of healing. We were made by a good God for a perfect world, but the presence of sin means our world isn't perfect. It's broken and hurting. The good news? God loves us so much that He sent His Son, Jesus, into this broken world to bring forever healing (John 3:16).

God is the healer of our bodies, our minds and our hearts. He can heal our bodies when we're sick. He can heal our hearts when we're hurting. Best of all, He can heal our souls and our relationship with God through Jesus our Savior.

There is no sickness in our bodies or souls that He can't heal. Our healing might not happen when we want it to. Some healing won't happen until we are in heaven. But we know and trust that, as we spend time with God, He is always at work healing us, restoring us and making us more like Jesus.

Family Moment

As a family, work on memorizing this verse from today's Scripture reading: "Long before He laid down earth's foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by His love." Grab a piece of paper and write it out, placing it somewhere where you and your family will regularly see it (bathroom mirror, fridge door, on the table). Over the next several days, practice reading it out loud when you see it.

Let's Pray!

Share something you're asking Jesus to heal in your body, mind or spirit. Take time to pray for one another, individually and out loud, asking God to grow your faith as you believe in Him for healing.

Notes



YOUR
DRAWINGS
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Day 05

Faith that finds refuge in God

As people of faith, we're promised the gift of the Holy Spirit. The very presence of God dwells in us. Our lives are transformed by His presence and display His light for others.

Today's Scripture

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; He is my God, and I trust Him. For He will rescue you from every trap and protect you from deadly disease. He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armor and protection.

— Psalm 91:1-4 (NLT)

Reflect on the Word

Close your eyes and picture an eagle protecting a baby bird underneath her wings in the middle of a storm. She uses her whole body to shelter and protect her baby. The Bible uses this picture to capture how God invites us to draw near, put our trust in Him and live under His all-mighty protection. Just like a mother bird, He will shelter and protect us.

There may still be storms, but God promises a place to rest in the middle of them—His presence. This shelter isn't something we have to go out and find because when we believe in Jesus, the Holy Spirit lives in us.

The Holy Spirit living inside of us means that God is present with us in a very real way. Even though we can't see God with our eyes or touch him with our hands, we know that God is there.

Family Fun Moment

Time to Build! Gather items to build a house-like structure that fits on a table (Legos, magnet tiles, blocks). If you are feeling more artistic, use scissors and tape to cut and secure cardboard boxes, or even popsicle sticks.

When the building is complete, write out Psalm 91 on a piece of paper (or directly on your structure). Leave it up until the end of 21 Days of Prayer + Fasting. Each time you see the structure, be reminded that “He alone is my refuge, my place of safety; He is my God, and I trust Him” (Psalm 91:2, NLT).

Let’s Pray!

Share what it means for God to be your refuge. Can you think of a time you’ve experienced God as your refuge? Thank God for His presence and speak the following promise over each family member: “(Name), God is with you always. He is your God, and you can trust Him.”

Notes

YOUR
DRAWINGS
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Day 06

Faith that welcomes the victorious King

We're invited to draw close to God, the source of our strength. In Him we have victory over the unseen spiritual battle at work for our hearts and minds.

Today's Scripture

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God... This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.”

— 1 John 5:4-5; 14-15 (NIV)

Reflect on the Word

When we choose to follow Jesus, we step into the real yet unseen battle going on for our hearts and minds. We have an enemy, Satan, who wants to keep us away from God, trusting in ourselves instead of in God. Being in a spiritual battle means we need a power that is bigger than our own. God promises to be with us and give us what we need in every situation.

The Holy Spirit is God's presence in us, giving us the spiritual weapons to fight against the overwhelming and scary battles we're facing (Read 2 Cor. 10:3-5).

When Jesus died and was raised from the dead, Satan's greatest weapon, death, was defeated. Satan is still fighting against God and His people, but he knows he will lose his war against God and will one day be completely defeated by Jesus. When we trust God and depend on the strength of His Spirit, we can know that we are on the winning team with Jesus, the victorious King!

**Family
Fun
Moment**

A Game of Faith

Suggested Materials: Paper, pens, your Bible turned to Eph. 6:10-18, + a bowl or hat.

How to Play

1. Gather around the table. Ask each family member to write or draw 2-3 different things that feel like a battle or challenge on slips of paper. Some ideas: feeling left out at school, friendship challenges, overwhelming emotions or specific fears.
2. Place the challenge slips of paper in the bowl or hat.
3. Take turns pulling a card from the bowl and reading the paper out loud.
4. The whole family works together to “defeat” the challenge using three “weapons”:
 - **Faith.** Say something true about God.
 - **Prayer.** Say a short prayer together.
 - **Holy Spirit power.** Name a piece of armor from Eph. 6:10-18 that helps you win, and pretend to hold out that item.
5. As you work through the challenges, remind yourself that there is nothing that you cannot do with the power of Christ.

Let’s Pray!

Pray over the challenges shared during the game. Pray God’s power over the shared fears and battles, being reminded that He is with you, and in Him we have victory.

Notes



YOUR
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Day 07

Faith that won't give up

Sometimes, when we pray, we don't get an answer right away. But staying close to God means we keep praying and trusting in His promises to hear us and be with us, even when we have to wait.

Today's Scripture

And He told them a parable to the effect that they ought always to pray and not lose heart. He said, "In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.'" And the Lord said, "Hear what the unrighteous judge says. And will not God give justice to His elect, who cry to Him day and night? Will He delay long over them? I tell you, He will give justice to them speedily. Nevertheless, when the Son of Man comes, will He find faith on earth?"

— Luke 18:1-8 (ESV)

Reflect on the Word

In Luke 18, we read about a widow who got what she wanted because she was brave and persistent enough to keep on asking, even when she was ignored for a long time. Like the persistent widow, our faith in Jesus empowers us to keep asking and praying without losing hope (even when it seems like we've been ignored for a long time), fully believing that we will receive what God has promised. It is a faith that stays strong, believes God's Word and keeps spending time with God, even when it's hard.

The Holy Spirit keeps us strong and hopeful (Read Rom. 5:1-5). God is never slow—He is patient and knows the perfect time to help us. When we wait for God, we often learn how to trust Him and depend on His strength in new ways.

Family Moment

Practice persistency of prayer as a family. Set three prayer timers that fit into your daily rhythm (examples: breakfast, home from school or practice, bedtime). Each time the timer goes off, pray: "God, thank you for being with me. I trust you."

Let's Pray!

Share examples of when God has answered your prayers. Now, is there something you've been praying for that you feel like God has ignored? Share and pray as a family, being reminded of God's faithfulness.

Notes



YOUR
DRAWINGS
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PASSION IN THE FLAMES

The more our faith and relationship with God grows, the more we see the world the way He does. Faith should lead us to share God's love and grace with those around us.

This week, as we take time to pray with our families, we'll discover how God can use each of us—no matter our age—for His mission and work in the world.



Day 08

Faith that strengthens others

Jesus prays for us, and we're called to pray for others, too. Real faith is shared—it strengthens others. Prayer is both something we do on our own and with others.

Today's Scripture

I do not ask for these only, but also for those who will believe in Me through their word, that they may all be one, just as You, Father, are in Me, and I in You, that they also may be in Us, so that the world may believe that You have sent Me. The glory that You have given Me I have given to them, that they may be one even as We are one, I in them and You in Me, that they may become perfectly one, so that the world may know that You sent Me and loved them even as You loved Me.

— John 17:20-23 (ESV)

Reflect on the Word

Jesus prayed that those who believe in Him would be “one” with one another, to be united. What does this look like? If you've ever been on a sports team, it's a lot like that. Each player on a team has different things they are good at and different things they can do to support the team. Everyone has a part to play, but it's only by working together and being united that they can play well and win.

Being a follower of Jesus means that we are on His “team.” To be a good teammate, we need to help and encourage others so we can all play well.

As part of God's “team,” we can always find ways to help and encourage our teammates, no matter how old or young we are. As we grow closer to God, He will show us the ways that we can help those around us to have faith in Him and do the work God has called us all to do: sharing His love with others.

Family Moment

One way we can encourage and support God's team, including believers living far away from us, is to pray for them. Spend time learning about and praying for missionary workers supported by your church or those serving with Foursquare Missions International (FMI). You can see where FMI missionary workers are located by visiting [Foursquare.Church/FindFMIWorkers](https://www.foursquare.com/Church/FindFMIWorkers).

Let's Pray!

What are things that you can do right now to be a good "teammate" to believers near and far? Pray together as a family that God would show you what role you have on His "team" right now, in your church and in the world. Listen to see if He gives you any ideas, then go and do them.

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YOUR
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Day 09

Faith that expresses itself through love

Loving others is one way we can show our faith in God. Sharing our faith means letting it shape our relationships and actions in practical, loving ways.

Today's Scripture

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

— 1 Corinthians 13:1-7 (NIV)

Reflect on the Word

Paul wrote the letter of 1 Corinthians to a church in the city of Corinth when he learned that the believers there were not getting along. They were not loving each other very well. They cared more about how they looked and what people thought of them.

Paul reminded the Christians that the Holy Spirit lived inside of them and had given them gifts, not to be the best or so that people would admire them, but so that they could love one another and share His love with others.

The same thing is true for us today. We may have lots of gifts and talents, but if we don't love God and others, it doesn't mean anything. God cares more about our hearts and how well we love than how popular, talented or admired we are. As we grow closer to God and feel His love, it should make us more loving to the people around us.

Family Moment

Turn the words of 1 Corinthians 13 into a prayer of blessing for each family member. "We pray that God will strengthen you with His Holy Spirit, empowering you to love as He does. May you love without comparison, competition, selfishness or anger. We pray that out of God's great love for you, you'll persevere in relationships, live with kindness when you don't feel like it, trust others, cheer for others and have patience. May God give you the ability to show His love in ways that would be impossible without the power of the Holy Spirit."

Let's Pray!

Reflect on a time you experienced God's love. What was that like? Thank God for loving you more than you can even imagine. And if there are people you're struggling to love, ask for God's help. Trust that His love for you can overflow to the people around you.

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YOUR
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Day 10

Faith that MOVES to action

Our faith in God shows up in how we live. When we follow God, others can see our obedience and follow from our example. That's how we help share our faith with others!

Today's Scripture

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead."

— James 2:14-17 (NIV)

Reflect on the Word

James, the writer of these verses, asks a question: "If someone says they have faith, but they don't do anything to show it, is that real faith?"

The Bible shows us that faith leads to action. Jesus did more than just tell people He loved them—He showed it by healing the sick, feeding the hungry and dying on the cross for our sins. When we have faith in Jesus, we are empowered by the Holy Spirit to follow His example and love others with our actions.

If we want to follow Jesus and share His love with others, it will impact how we act. We will want to serve others because we know how much Jesus loves them. The Holy Spirit working in our lives will help us treat people well and be kind. Our actions and attitudes will then point people back to Jesus, showing them how much He loves them.

Family Moment

How might the Holy Spirit be leading your family to serve? Maybe there's a neighbor who needs a meal or yard help. Is there a family in your church or school that needs help? Or you may want to reach out to your church and ask about a way your family can help.

Let's Pray!

Consider asking God throughout the day, "What needs to be done?" Trust Him to show you the needs of people around you as you pray for the strength to respond in obedience.

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YOUR
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Day 11

Faith that fulfills its God-given purpose

Faith is a gift from God, and it also comes with a job to do. One of the best ways to share our faith with others is by doing the things God made us to do.

Today's Scripture

We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

— Romans 12:6-8 (NIV)

Reflect on the Word

The Holy Spirit gives spiritual gifts to followers of Jesus, equipping us to live our part in God's story—no matter what age we are!

Jesus calls His followers a body. God's Spirit gives gifts so that "the body of Christ may be built up" (Read Eph. 4:12). That means those who believe in Jesus are different parts of the body, and Jesus is the head. There are lots of different kinds of gifts we can use to help one another. But no one gift is more important than any other gift.

The good news for us is that God's Spirit continues to give each of us special gifts when we choose to follow Him. Those gifts empower us to love and serve others with a power much greater than our own. But we don't have to use these gifts alone! God's Spirit gave us these gifts, and He will give us the power to serve others with them.

Family Moment

Explore the spiritual gifts found in Romans 12:6-8, 1 Corinthians 12 and Ephesians 4:11-13. Trace the handprints of every family member. Inside the handprints, write or draw gifts you've seen in that person. Or, simply go around the table and share gifts you've seen on display in one another.

Let's Pray!

Ask God to show you the unique gifts He has given you. Or, if there is a gift you need, ask for it. Thank God for His gifts as you trust Him to use your gifts to love others in the week ahead.

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Day 12

Faith that leaves a legacy

Faith, hope and love last forever. When we share the love and hope we have in Jesus, it helps others see that our faith is real—and they can follow Jesus, too!

Today's Scripture

My son, be strong in the grace that is yours in Christ Jesus. You have heard me teach in front of many witnesses. Pass on to people you can trust the things you've heard me say. Then they will be able to teach others also. Like a good soldier of Christ Jesus, join with me in suffering. A soldier does not take part in things that don't have anything to do with the army. Instead, he tries to please his commanding officer. It is the same for anyone who takes part in a sport. They don't receive the winner's crown unless they play by the rules. The farmer who works hard should be the first to receive a share of the crops. Think about what I'm saying. The Lord will help you understand what all of it means.

— 2 Timothy 2:1-7 (NIRV)

Reflect on the Word

In 2 Timothy 2:1-7, Paul helped Timothy get ready for the job ahead of him—sharing the Good News of Jesus. This is a job God gives to us, too, and this job will impact others for eternity! Paul told Timothy two big things to remember and gave him three pictures to help him understand what it looks like to follow Jesus.

First, Paul told Timothy to teach others what he had learned about Jesus—to help others grow so they could teach others. Next, he encouraged Timothy to always turn to Jesus, the source of his strength.

Paul then went on to share three pictures to help explain what it looks like to follow Jesus:

1. **A soldier.** A soldier stays focused on the mission and doesn't get distracted. Just like that, we're invited to stay focused on Jesus.

2. **An athlete.** Athletes train hard and follow the rules. We're called to be faithful and focused as we follow God.
3. **A farmer.** Farmers work patiently and take care of their crops. If we don't give up, we will get to see God's harvest.

Family Fun Moment

Charades: Gather as a family and take turns acting out the job of soldier, athlete or farmer while others guess. After each, briefly review what that picture reminds us about following Jesus.

Let's Pray!

Are there things in your life distracting you from following Jesus? Spend time talking with God, asking Him to show you what those distractions might be. Repent and experience His promised forgiveness.

Notes 

YOUR DRAWINGS HERE



Day 13

Faith that acts as a shield and banner

Faith protects us—like a shield! It also helps others be courageous. When we trust God, we remind others that they can trust Him, too.

Today's Scripture

The Lord is my strength and my shield; my heart trusts in Him, and He helps me. My heart leaps for joy, and with my song I praise Him. The Lord is the strength of His people, a fortress of salvation for His anointed one.

— Psalm 28:7-8 (NIV)

Reflect on the Word

What does a shield do? It protects a soldier in battle. What does it mean to say God is our strength? It means that we can turn to God for strength when we need it. Today's reading reminds us it is God that we can turn to in hard times. He is the one who will protect us and will give us strength when we are tired and afraid.

How have you seen God's protection or strength in the past? Looking back at God's faithfulness is a great way to remember that God is present with us, even in the hardest situations we face. He is our strength, and we can trust Him with all our fears, our worries—anything!

Where do you need God to be your strength or protection today? God hears your prayers. As we experience His protection and strength, our faith grows. And as our faith grows strong, we display God's love and power to those around us.

Family *Fun* Moment

Family shield: Create a shield to represent your family's 21 Days of Prayer + Fasting journey.

Suggested Materials: Paper Plate (or piece of cardboard), foil, glue or stapler, permanent markers or paint, and stickers

Directions:

1. **Cover the base.** Wrap your paper plate or cardboard in foil. Smooth it down and glue or staple it to stay in place.
2. **Divide the shield.** Using a marker, draw lines to divide the shield into sections—one for each of your family members.
3. **Choose a word or a verse.** What is something you've learned about God during this prayer journey? Or, is there a verse that has stood out to you and your family? Share and record responses from each of your family members on the shield with words or drawings.
4. **Decorate.** Add stickers and drawings to decorate the shield.

Let's Pray!

Our trust grows as we become more aware of God's presence. Share examples of how you've seen God at work in the past. Share what feels hard or scary right now, taking time to pray for each person.

Notes



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Day 14

Faith that inspires

Faith isn't just what we believe—it's how we live it out. When we live by faith, others can see it and be encouraged to follow God, too.

Today's Scripture

“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers. Teach these things and insist that everyone learn them. Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.

— 1 Timothy 4:8-12 (NLT)

Reflect on the Word

We often call people that we look up to or admire “role models.” A role model is someone others look to as a good example. Can you think about what a Jesus-loving role model might look like?

The Bible tells us to watch how Jesus followers live and try to be like them. In today's reading, Paul told Timothy, “Don't let anyone look down on you because you are young, but be an example to all believers in what you say, what you do, and how you love” (1 Tim. 4:12).

When we love Jesus, we are called to be an example in what we say, in what we do and how we love others. No matter how old you are, you can reflect the life and love of Jesus and be a role model to others! How do we do that? We live by the power and wisdom of the Holy Spirit. Living a life that shows our faith helps others see Jesus in us.

Family Moment

Think of someone in your life who reflects Jesus—a Jesus-loving role model. Invite each family member to think of someone as well. Now, write thank-you notes to those people, sharing why they're important to you and how you're grateful they represent Jesus in your life. Then, decorate your notes any way you would like!

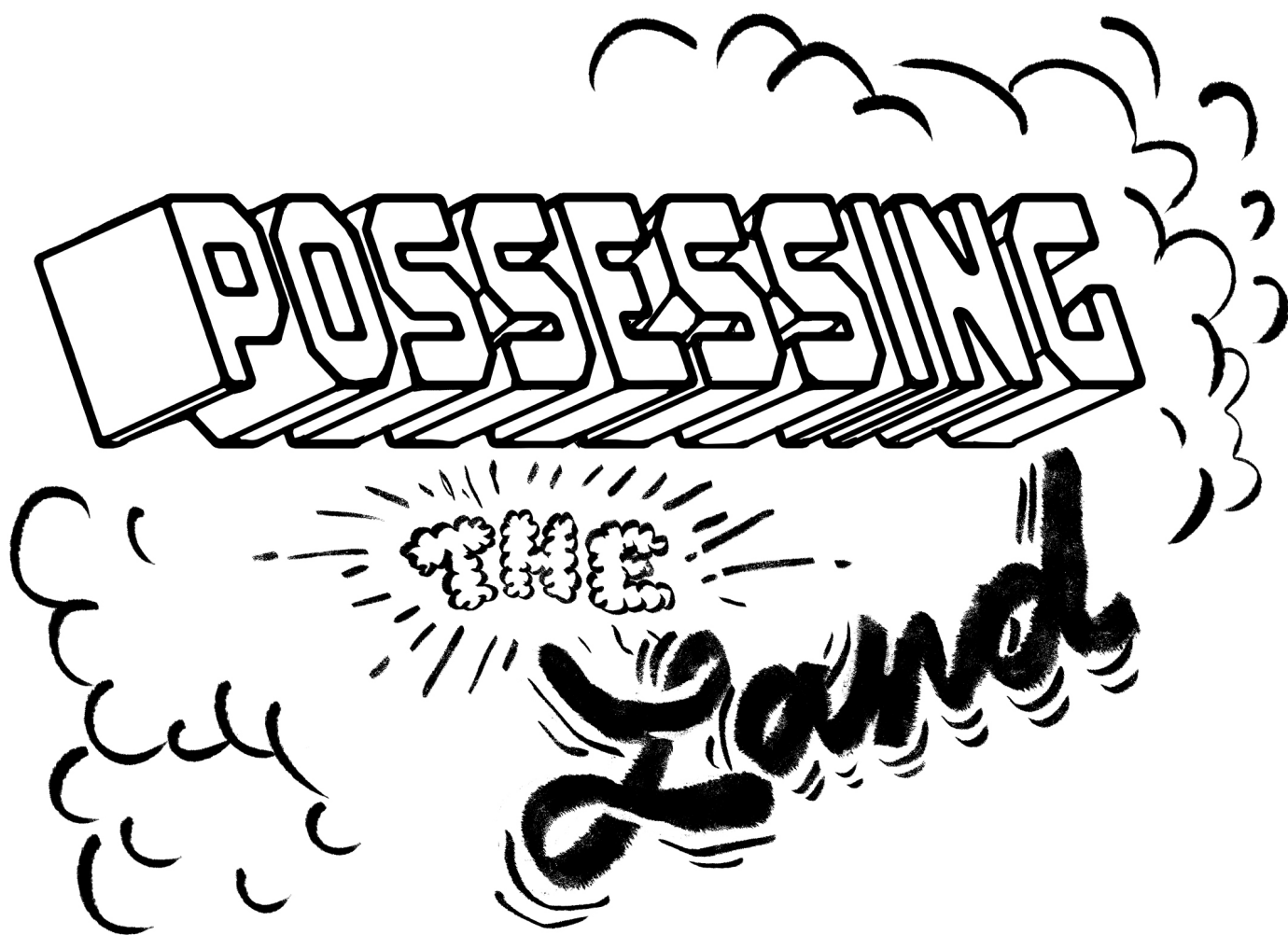
Let's Pray!

Thank God for the people in your life who reflect Jesus. Next, ask the Holy Spirit to use your life to be a Jesus-loving role model to someone else.

Notes



YOUR
DRAWINGS
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POSSESSING THE Land

We put our trust in God, the God of victory.

This week, let's pray together and ask God to push back the enemy as more people experience salvation in Jesus.



Day 15

Faith that is sure of the future

Faith-filled prayer reaches into the future and brings God's promises into our lives right now. Bold prayers today can change tomorrow for us and for others.

Today's Scripture

No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

— Joshua 1:5-9 (NIV)

Reflect on the Word

God made a big promise to Joshua and His people. A promise that may have seemed impossible. God promised to give His people, the Israelites, a special land. God told Joshua to be strong and courageous as they got ready to take the land God had given to them.

Joshua was probably nervous. He didn't know how God was going to work. But Joshua had seen God at work in the life of the leader before him, Moses. God told Joshua, "Just as I was with Moses, I will be with you." That's true for us, too! Our lives will have lots of changes. We might change schools, our friends may hurt our feelings, and hard things will happen. But, God never changes. He is always with us. He knows what will happen in the future.

God invites us to trust in His timing and in His promises. Even in the situations that seem scary or impossible, we can trust in the promises of God.



Family Moment

Set a timer for five minutes. Spend those five minutes in silence, asking God to speak. What are you anxious about? Share that with God and invite the Holy Spirit to exchange the fears for His promises.

Let's Pray!

Who in your life is facing a big decision or dealing with anxiety? Pray the promises of God over their lives and decisions.

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Day 16

Faith that empowers others

Faith isn't just for us—it can help others, too! When we pray and trust God, He can use our prayers to bring transformation, answers and hope to the people we love and serve.

Today's Scripture

A few days later, when Jesus again entered Capernaum, the people heard that he had come home. They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven."

— Mark 2:1-5 (NIV)

Reflect on the Word

In Mark 2, Jesus saw the faith of the friends of the paralyzed man and how important it was for them to have their friend healed. Their faith inspired Jesus to heal him. They believed that Jesus was the only one who could help him, so they were willing to do whatever it took to get their friend to Jesus.

Just like the friends had faith to bring the disabled man to Jesus, our faith can help bring others to Jesus too. We know that Jesus is the only one who can help in impossible situations—things like sickness, hurt and sadness. When we see people in these situations, we can bring them to Jesus in prayer. We can try to introduce them to Jesus and share His love for them. We can show them God's love by serving and helping them. When we trust God, our faith helps bring hope and healing—not just for ourselves, but for our friends and family, too.



Family Moment

Do you know someone who needs physical healing? Someone in need of encouragement? Or someone not yet following Jesus? Invite each family member to name someone they want to 'carry' to Jesus in prayer.

Let's Pray!

Take time to pray over every person and situation you wanted to "carry" to Jesus in your Family Moment.

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Day 17

Faith that has an impact on the kingdom

When we choose to believe God for big things, we are more aware of His power at work in our lives. That kind of faith carries an eternal impact.

Today's Scripture

Don't you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves. Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.

— John 14:10-14 (NIV)

Reflect on the Word

What are some amazing things Jesus did while He was on Earth? He healed the sick, miraculously fed the hungry, calmed storms and even brought people back to life.

Here's the incredible promise we find in John 14: If we believe in Him, we can be part of God's work in the world, too. Jesus wants us to pray boldly in His name, trust that God hears us and live by the power of His Spirit to show His love in big ways.

It might not be done in the way or the time that we expect, but God is always at work. His good plans will be done. We can ask big kingdom things in faith, and God will hear. God will act.

We serve a God of miracles who is in total control of everything. There is no request or situation too big for Him. Let's be people who trust God, not just with what we can't do, but with what only He can do!



Family Moment

Adults: take time to share about a time you trusted God in a situation that felt scary, too big or overwhelming. Reflect on how you saw God at work in that moment. After sharing, dialogue as a family around that story and other God-trusting moments.

Let's Pray!

Think about your family, church, school, friends and community. Is there a prayer request that comes to mind that seems almost impossible? Share and pray as a family, trusting in the greatness and presence of God.

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Day 18

Faith that heals and lifts

God hears our prayers for healing and help—not just physically, but spiritually and emotionally. We can give people the gift of prayer.

Today's Scripture

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

— James 5:13-16 (NIV)

Reflect on the Word

In James 5:13-16, we discover that we're not made to follow Jesus alone. We need one another! When life is difficult, we pray together. When life is happy, we celebrate together. When someone is sick, we ask God for healing together. When we mess up, we admit it and ask for God's forgiveness together.

Praying for someone is the most powerful thing we can do to help them. It's one of the best ways we can defeat our enemy, Satan. God tells us that He hears our prayers. They are powerful, and they are effective (they work well).

Our prayers invite God's power into our lives and the lives of others. And when we pray, we have eyes to see that God is present in all situations. He shares in the best parts, His light shines in the dark moments, and His ever-present love changes lives.



Family Moment

Invite your family to share in a worship sing-along dance party. Select a favorite song or try out a new one as you sing, dance and worship together. Looking for some song recommendations? Consider “What an Awesome God” by Phil Wickham, “Waymaker” by Leeland or “Glorious Day” by Passion.

Let’s Pray!

Review the questions from James 5 and pray in response. Are you or someone you know in trouble? Happy or sick? Do you need to ask for forgiveness? Share personal requests or requests on behalf of others, and pray together.

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Day 19

Faith that overcomes the enemy

Trusting God pushes away darkness and brings hope. Our stories of trusting God and seeing Him at work encourage others facing hard moments.

Today's Scripture

Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

— 1 Peter 1:3-9 (NIV)

Reflect on the Word

Following Jesus does not mean hard things go away. In fact, the Bible makes it clear that believers will go through hard times. When gold is first collected, it's not shiny and pretty—it's all mixed up with dirt and other materials. To make it pure gold, a refiner has to put it into a really hot fire. The heat makes the gold melt, and all the dirt floats to the top. All that top stuff is scooped away, so only the pure gold is left.

Peter writes that our faith is like gold. Sometimes we go through the hot fire—hard things that don't always make sense. The promise? Our living hope in Jesus. He has the power to use the fire moments to strengthen our faith with the promise to be with us always. Even though we haven't seen Jesus with our eyes, we can still love Him, trust Him and experience a joy so deep that words can't fully explain it.

**Family
Fun
Moment**

Science experiment

Suggested Materials: A dirty penny (or two), a small bowl of vinegar, a spoonful of salt, + paper towels

Take a moment to look at the dirty penny. Next, invite an adult to help mix the vinegar and salt in the bowl. Drop the coin in and swirl it around for 20-30 seconds. Take it out, rinse with water and dry it off—it should be much shinier!

Discuss what happened and how it worked. Similar to how fire is used to purify gold, the vinegar and salt helped remove the dirt to clean the penny. We all face challenges, moments that might feel like we're being swirled around and scrubbed with salt. And yet, God is with us. He can use these moments to draw us closer to Him as we learn to trust Him more.

Let's Pray!

Reflect on a "hot fire" moment—a hard or scary situation that happened. How did you see God at work? Share about the hard things you're currently facing, or that others are facing, and pray together. Thank God for His presence as you ask for His help.

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Day 20

Faith that suffers well

Trusting God is not always easy. Sometimes hard things happen because the enemy doesn't want us to win. But faith empowers us to follow God because we know He is with us.

Today's Scripture

When the Lord brought back his exiles to Jerusalem, it was like a dream! We were filled with laughter, and we sang for joy. And the other nations said, "What amazing things the Lord has done for them." Yes, the Lord has done amazing things for us! What joy! Restore our fortunes, Lord, as streams renew the desert. Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.

— Psalm 126 (NLT)

Reflect on the Word

Psalm 126 is one of the "Songs of Ascents," which were songs sung by the Israelites as they traveled to Jerusalem for special festivals. The psalm is filled with joy and thankfulness to God for rescuing them from a time of sadness and captivity.

It also looks ahead with hope. The song ends with the promise that "those who plant in tears will harvest with shouts of joy." It's a beautiful picture reminding us that even when we have hard times, God promises a joyful harvest.

Our faith doesn't depend on what's going on around us. It depends on God. That means that even when we're going through challenges or really scary things, we can still obey and trust God. We can experience His promised joy and peace in the darkness because we know He is with us. Even though we might have to go through hard seasons, one day, either here on Earth or in heaven, God will turn our tears of sadness into shouts of joy.

**Family
Fun
Moment**

Joyful noise makers

Suggested Materials: Paper plate, cup or empty toilet paper roll, beans, cereal or rice, tape, glue or stapler, coloring supplies, and optional decorating items (glitter, stickers, ribbon)

Decorate your plate, cup or toilet paper roll. Next, put a handful of beans, rice or cereal inside your decorated item before securing with glue, tape or a stapler. Bonus option to include ribbons on the side!

When noise makers are complete, gather for a joyful praise party. As family members shake the noise makers, read a portion of Psalm 126 or play along to a worship song that you like.

Let's Pray!

Pray for Christians around the world who are facing suffering because of their faith. Pray that God would give them His strength and joy. Pray that others would see their faith and start following Jesus.

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Day 21

Faith that endures

The prayers we pray and the decisions we make following Jesus can grow into blessings for other people later—even if we don't get to see it happen. We can trust God that He hears us and has the power to make those seeds grow in His perfect time.

Today's Scripture

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart.

— Hebrews 12:1-3 (NIV)

Reflect on the Word

God invites us to live in His big story, to run the race He has marked out for us. He doesn't expect us to do this on our own strength—He gives us the gift of the Holy Spirit. He also gives us the gift of sharing the race with other believers—the great cloud of witnesses mentioned in Heb. 12:1.

Living in God's story comes with challenges. We face hard and painful things. The verses in Hebrews encourage us to reflect on Jesus' sacrifice. Jesus died a painful death on the cross so that we could have a relationship with God again. Thanks to Jesus, we will one day be with God in heaven!

As followers of Jesus, we are promised a life with God's presence—both now and for eternity. We're invited to fix our eyes on Jesus and live by the power of the Holy Spirit. A life of faith empowers us to live courageously in His story, boldly loving others and not losing heart because He is our joy.

Family Moment

Think about the last 21 Days of Prayer + Fasting with your family. What was your favorite part of the last 21 days? How did the Holy Spirit speak to you? Let each member of your family share what they learned and enjoyed.

Let's Pray!

Thank God for His faithfulness and for speaking to you over the past 21 days. Pray as a family over the responses shared as you trust the Holy Spirit to continue to lead and guide each member of your family in the year ahead.

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What's Next?

Celebrate! You've spent 21 days reading the Bible and praying! That's amazing!

Now, think about how the Holy Spirit might be leading you to respond in faith.

Pray about what's next.

Remember on Day 7 how we learned that we might need to pray for a while before we get an answer? That's OK! Keep asking the Lord, and He will answer.

Your next step might be believing in Jesus as your Savior. Or, it might be encouraging a friend, serving in new ways in your church or community, or boldly sharing your faith with someone who doesn't know about Jesus yet.

How is the Holy Spirit asking you to step out in faith?

Reflect

What did God teach you about faith through these 21 days of praying and spending time with Him?

YOUR
DRAWINGS
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A word of thanks

Thank you for joining us for 21 Days of Prayer + Fasting 2026. Our greatest desire is that you grew as a family, united on mission and learned from one another, as well. We hope the last 21 days have been a blessing and that your family will continue together in prayer and fellowship.

The 21 Days of Prayer + Fasting 2026 Team

A special thanks goes out to everyone who worked on and prayed over this devotional.

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