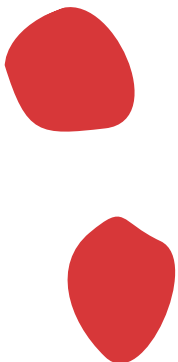


# 21 Days of Prayer and Fasting

AWC815  
kids



abiding word  
CHURCH



# WHAT IS FASTING?

Fasting is giving up something for a period of time, so that you can focus more on prayer!

In the Bible, typically people fasted from eating food. Instead of eating, people would devote time to praying. When people fasted, amazing things would happen!

## Esther

God's people, the Jews, were being mistreated. A girl named Esther planned to approach the King to ask him for help.

The whole nation of Israel fasted and prayer for Esther. The king listened to Esther and protected the Jews. Read Esther's story in the Book of Esther in the Old Testament.

## John the Baptist

John the Baptist was the one who prepared the way for Jesus' ministry. He spent most of his life fasting and praying. He did this so that he could devote more time to prayer and preparing people for Jesus.

Read about John the Baptist in Matt. 3:1-12.

## Jesus

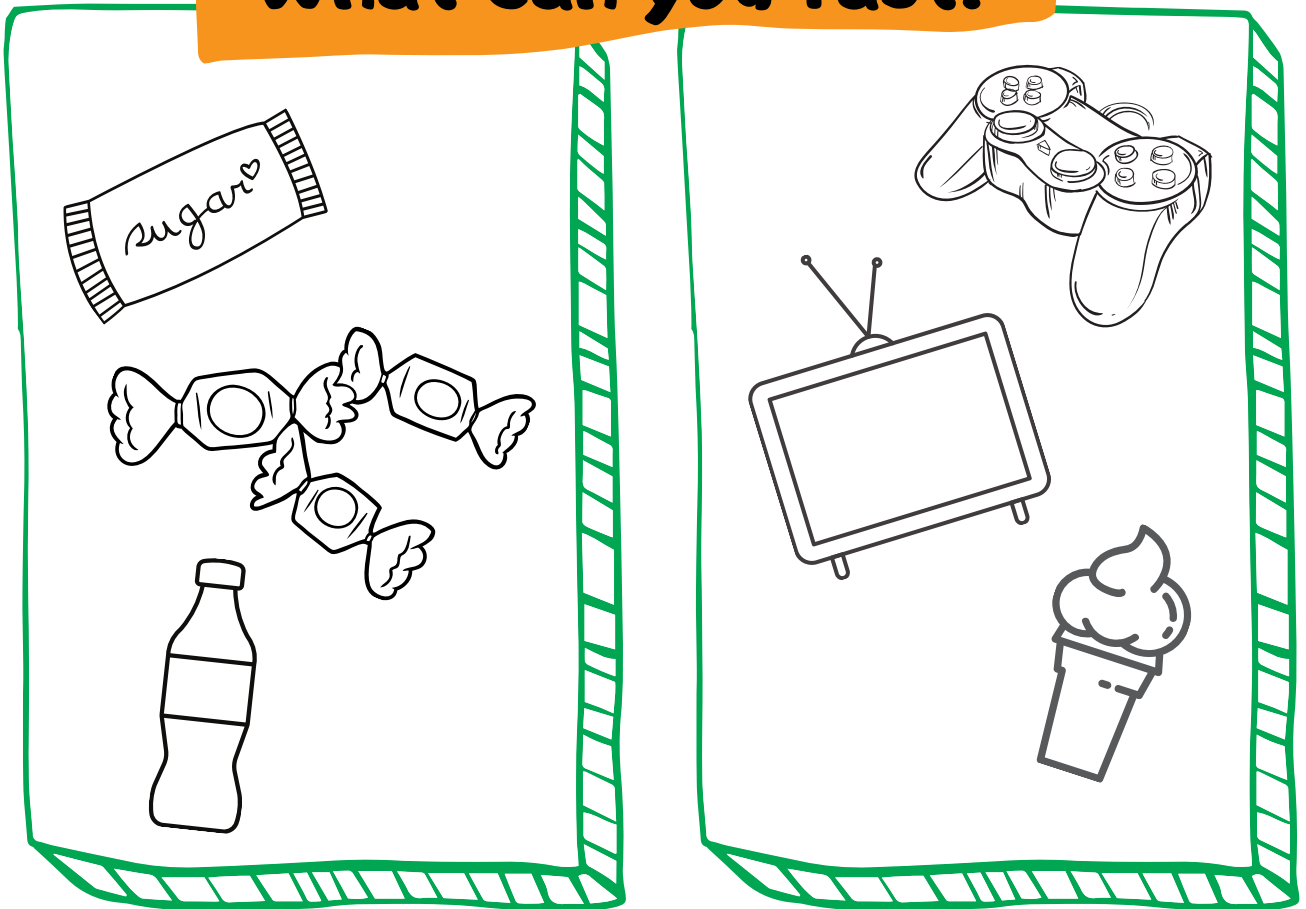
Yes, even Jesus fasted.

In fact, before He started His ministry, Jesus fasted and prayed for 40 days!! Luke 4:14 says that after He fasted, "Jesus returned to Galilee, filled with the Holy Spirit's power. Read about Jesus in Luke 4:1-15.

# What can you Fast?

Prayer and fasting helps give us the power we need to walk with God and see him do great things in our lives!

## What can you fast?



# Day 1

He must become more important. I must become less important.

John 3:30 NIRV

## Think

Today think about how you can make God first in your life and give Him your everything. Let Him know that you want more of Him. What is one thing that you can do today to show God that you surrender to Him?

## Pray

Dear God,  
I give you everything.  
Help me to remember that you are here for me and that I can trust you! Jesus I make room for you in my life. In Jesus name. Amen

## Focus

Today look for ways to show how you can make God important in your life. Draw a picture or write something below to show how important God is to you.

**Creative Space**

# Day 2

I leave my peace with you. I give my peace to you. I do not give it to you as the world does. Do not let your hearts be troubled. And do not be afraid.

John 14:27 NIRV

## Think

Peace means to be calm or quiet. It could be that you feel safe and secure. God has given us a gift of peace even when things around us are crazy we can be at peace and not be afraid.

## Pray

Dear God,  
Thank you for your gift of peace. Help me to remember even when things seem crazy that your peace will guard my heart and my mind.  
In Jesus name, Amen!

## Focus

Today Thank God for His gift of peace. Sit quietly and pray for the peace of God to rest on you, your family, pastors, and leaders in the community and country.

**Creative Space**

# Day 3

Those who make peace plant it like a seed.  
They will harvest a crop of right living.  
James 3:18 NIRV

## Think

God gives us people to do life with! He has given us other people to love us, encourage us, to be our friends and to help us grow. It's cool that God put people in our lives and we can help them by praying for them.

## Pray

Dear God, Thank you for the people you have put in my life -family, friends, and others! I pray that you will help them and guide them with whatever they need. God you are so good!! In Jesus name, Amen!

## Focus

Today, pray over each person in your house (and family that might live far away or in another house). Pray that God would protect your family and that He would give your family hope, courage, and strength

**Creative Space**

# Day 4

Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to Him.  
Phil. 4:6 NIRV

## Think

God doesn't want us to worry about about stuff. He wants us to trust Him and know that He loves us and wants to take care of us. What are you worried about that you can trust God with today?

## Pray

Dear God,  
Today I give you my worries. Help me to look to you when I worry. I surrender everything to you. I Thank You that you care for me and that you love me. In Jesus name, Amen!

## Focus

Today lets turn our worries into a prayer list. Renew your mind with His Word and let His peace rest in our hearts and lives.

**Creative Space**

# Day 5

For the son of man came to look for the lost and save them.

Luke 19:10 NIRV

## Think

Jesus came so that the lost can be saved. He loves and what's everyone to turn to Him. Think of someone that you know that needs Jesus. It could be a friend, family member, or neighbor.

## Pray

Dear God, I love you. I know that your heart is for no one to be lost without you. I pray for \_\_\_\_\_ to come to know you. Use me to show them your love. Thank you that \_\_\_\_\_ is changed in Jesus name. Amen

## Focus

God wants no one to be lost without Him. He wants to show everyone His love and kindness. He does this through the people that do know Him, like you. Ask God how you can show others His love for them.

**Creative Space**



# Day 6

God is faithful. He will not let you be tempted any more than you can take.

1 Cor. 10:13 NIRV

## Think

There is nothing in this world that is more powerful than the name of JESUS! Jesus died on the cross and rose from the dead - erasing all of our sins, yours and mine! Praise Jesus we have a new life because of Him!

## Pray

Dear God, Thank you for sending Jesus for me, so that I can have a new life with you. Give me strength to do what is right, even when it is hard. Help me to know you more. Thank you for making me free. In Jesus name. AMEN

## Focus

Sometimes it is hard to make good choices and to do what is right. But God can help us by giving us the courage and strength to make good choices. He will show Himself strong in our lives. What is a good choice you made today?

**Creative Space**

First, I want you to pray for all people. Ask God to help and bless them. Give thanks for them. Pray for Kings. Pray for everyone who is in authority...

1 Tim. 2:1-4 NIRV

# Day 7

## Think

God wants us to pray for all people, but He specifically asked that we pray for those that are in authority over us. Some people that we can pray for are the President, Pastors, Parents, Principals/Teachers. Who else can you think of?

## Pray

Dear God, thank you so much for our leaders. I pray that our leaders will surrender to you. I ask that you give them Godly wisdom to lead in peace. I ask that truth will be known and that you are working in our country. In Jesus name Amen.

## Focus

Today, Ask God to move in ways that are beyond what we could ask for, dream for, or imagine because that is the kind of God He is. Pray for His name to be known and for Him to work supernaturally in our nation.

**Creative Space**

# Day 8

I will praise the Lord. I won't forget anything he does for me. He forgives all my sins. He heals all my sicknesses.  
Psalms 103: 2-3 NIRV

## Think

The Bible says that Jesus died on the cross so that we could be healed. The same spirit that raised Jesus from the dead lives in you. Who can you pray for today that God would heal them?

## Pray

God, your word says that you are the God who heals. My hope is in you as my healer. I come to you, stand in faith, and ask for healing for \_\_\_\_\_. Nothing is impossible for you, God! You are faithful and I trust in you. In Jesus name, Amen!

## Focus

Today, Pray that God would heal our land. Our God is a miracle working God, so let us put our hope and confidence in Him today.

**Creative Space**

# Day 9

If any of you needs wisdom, you should ask God for it. He will give it to you. God gives freely to everyone and doesn't find fault.

James 1: 5 NIRV

## Think

Today think about all those people that are leaders, like Pastors, Parents, Principals, Teachers, and all those that are in leadership roles. They need God's wisdom to lead us.

How can you encourage the leaders in your life today?

## Pray

Dear God, Thank you for the leaders in my life. I pray that you will give them Godly wisdom. Give them what they need to lead your people right now. Help them to know the answers to problems they face, give them strength, and what they need to do their jobs. In Jesus name,  
AMEN!

## Focus

Who are the leaders in your life that you can encourage and help? What ways can you help them so that they can lead well?

**Creative Space**

# Day 10

Our fight is not against humans beings. It is against the rulers, authorities and the powers of this dark world. It is against the spiritual forces of evil in the heavenly world.  
Ephesians. 6:12 NIRV

## Think

Did you know that there is an enemy that wants to take God's gift from you. He wants to trick you into believing that what God says in His Word is not true. But God has given us what we need to win. He has given us the armor of God. Look in your Bible at Eph. 6:11-18.

## Pray

Dear God, I Thank You that I don't have to live in fear of an enemy, but I choose to live by faith. You have given me victory over the enemy because of Jesus. I put on the Armor of God and use the power of the Word, my Bible to defeat my enemy. In Jesus name, Amen.

## Focus

Today focus on putting on the Armor of God.

Draw a picture of:

The Helmet of Salvation  
The Shield of Faith  
The Shoes of Peace  
The Belt of Truth  
The Sword of the Spirit  
The Breastplate of Righteousness

**Creative Space**

# Day II

You are God's chosen people. You are Holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. Put up with one another...

Col 3:12-14 NIRV

## Think

God wants us to live in unity with everyone. You can do your part and be kind, gentle, patient, and loving to those around you. Showing that you care for others is a good way to show God's love for them.

## Pray

Father, I come to you today and ask for unity in our country, city, school, church and home. Give me eyes to see when I can be kind, gentle, patient, and loving to others. Help me to show your love to others by how I act towards them. In Jesus name, Amen.

## Focus

Today you can lead the way to unity by how you act. What can you do to build unity in your school, at home, etc.? Write these things down below or draw a picture of them to help you remember.

**Creative Space**

"We are God's creation. He created us to belong to Christ Jesus. Now we can do good works. Long ago God prepared these works for us to do.

Ephesians. 2: 10 NIRV

# Day 12

## Think

Say this,  
**" I am someone,  
going somewhere,  
to do something  
very important  
for God."**

## Pray

Dear God, Thank You for creating me on purpose, for a purpose. Help me to do everyday what you want so that other people around me will see and know you. In Jesus name, Amen.

## Focus

God has made you special with talents that He wants to use. By using what God has given you, you can show others Jesus. Today thank God for using you to make a difference in someone else's life.

**Creative Space**

Look to the Lord and to His strength.  
Always look to Him.  
1 Chronicles 16:11 NIRV

# Day 13

## Think

God wants us to turn to Him for whatever we need. If we need strength ask God for it. If we need healing ask God for it. If we need wisdom ask God for it.

## Pray

Dear God, Thank You for being someone that I can turn to for strength, wisdom, healing, and so much more. Help me to remember that you are there. I pray for Abiding Word Church. That there would be strength and unity among the Pastors, Leaders, and people. In Jesus Name, Amen.

## Focus

Today, look for ways that God has given you strength, wisdom, and what you need. Draw and picture or write down what those things are.

**Creative Space**



The blessing of honest people builds up a city. But the words of sinners destroy it.  
Proverbs 11:11 NIRV

# Day 14

## Think

You and your family live in and are part of a community. What ever city/town you live in God has a plan and purpose for you to be there. So do the very best that you can to live Godly and be an examples to influence your town for God's kingdom.

## Pray

God, Thank you for **(name of the city you live in)**. I thank you for the mayor, city councilmen, planners, police officer, firefighters, and all the city administration. I ask that you give them wisdom and strength as they lead our community. In Jesus name, Amen.

## Focus

Today consider what you can do to build up your city. Can you continue to prayer for your city leaders? Can you do something to help in your city? How can you be a blessing to your city?

**Creative Space**

He will certainly save you from hidden traps and from deadly sickness. He will cover you with his wings. Under the feathers of his wings you will find safety. He is faithful.

He will keep you safe like a shield or a tower.

Pslams 91:3-4 NIRV

# Day 15

## Think

Did you know that you don't have to be afraid! God is always with us and ready to protect us. God is also always ready to listen to you when you call out to Him.

## Pray

Dear God, today and everyday I ask for protection over me and my family. Thank you for your angels surrounding me and protecting me from evil or danger. I have nothing to fear as I confidently rest in your protection. In Jesus name, Amen.

## Focus

God is watching over us. He is a place that we can be safe and know that he faithfully loves us. What is it today that you are asking God to watch over?

**Creative Space**

Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves. None of you should look out just for your own good. Each of you should also look out for the good of others.

# Day 16

Phil. 2:3-4

## Think

Jesus loves you!!! He wants to show you how much he loves you. He also wants us to show others how much He loves them. How do you know that Jesus loves you?

## Pray

Dear God, today and everyday I ask that you help me to be more like you. Help me to show the world that I am yours by my love for you and for others. In Jesus name, Amen.

## Focus

Jesus loves everyone!! He wants people who don't know Him to know that He loves them. How can you help others know that Jesus loves them?

**Creative Space**

My God will meet all your needs. He will meet them in keeping with his wonderful riches. These riches come to you because you belong to Christ Jesus.

Phil. 4:19 NIRV

# Day 17

## Think

God wants to take care of you and your family. As you follow Jesus, He will give you what you need to live a good, God life. He is enough in everything!

## Pray

Dear God, thank you for taking care of me. I know you are a good God that loves me. You know my needs and I trust you to meet my needs. Help me to remember that you are more than enough and you will do it again and again. In Jesus name, Amen.

## Focus

Jesus loves everyone!! He wants people who don't know Him to know that He loves them. How can you help others know that Jesus loves them?

**Creative Space**

Don't let any evil talk come out of your mouths. Say only what will help to build others up and meet their needs. Then what you say will help those who listen.  
Ephesians. 4:29 ESV

# Day 18

## Think

God sees the best in us!  
God wants us to see the best in everyone. Speak words of kindness and love to others.

## Pray

Dear God, thank you for your grace. Help me to be more like you. Help me think before I speak and listen before I respond. Help me to speak words that are kind to others and show your love to others.  
In Jesus Name, Amen!

## Focus

God wants us to speak words to build up each other. What words build you up and help you? How can you build up others with your words?

**Creative Space**

Our hope is certain. It is something for the soul to hold on to. It is strong and secure. It goes all the way into the Most Holy Room behind the curtain.  
Hebrews 6:19 ESV

# Day 19

## Think

God has given us hope through His son Jesus. We know that our Hope is strong and secure because of what Jesus did for us. He died on the cross so that we can have a relationship with Him and have life forever.  
This is our hope!

## Pray

Dear God, thank you for your faithfulness. I thank you that I can trust in your promises. I lay down everything at your feet, all my disappointment, and discouragement. I anchor my hope in you! In Jesus name, Amen.

## Focus

Our hope should always be in Jesus, our Savior. It is a choice that we make to hold on to this hope. What can you do to hold on to the hope that Jesus has given you?

**Creative Space**

Since we have that kind of hope,  
we are very bold.

2 Corinthians 3:12 ESV

# Day 20

## Think

God has given us new life in Jesus Christ. There are people all around us that need to know what we have. Jesus wants us to share this new life with them. How can you share your new life with others?

## Pray

Dear God, thank you for giving me boldness to share your gift of new life with others around me.  
In Jesus Name, Amen!

## Focus

You can share your new life with your friends around you. Write a list of ways that you can share your new life with them?

**Creative Space**

I am about to do something new. It is beginning to happen even now. Don't you see it coming? I am going to make a way for you to go through the desert. I will make streams of water in the dry and empty land.

Isaiah 43:19 ESV

# Day 21

## Think

God wants to do something big in your life. What is something that you would like to see God do for you and why?

## Pray

Dear God, I am believing for \_\_\_\_\_. I believe that you will make a way to do \_\_\_\_\_ in my life. Thank you for working in my life to do your will, turn bad things around for my good. Help me to remain strong in you. In Jesus Name, Amen!

## Focus

God has a plan for you and wants to help you to do it. Draw a picture of something you want to do or a dream you have below

**Creative Space**