

21 DAYS

OF PRAYER & FASTING



Day 1 | Let's Pray & Fast

Read:

Nehemiah 1:1-4 & Matthew 6:16-18

Devotional:

Welcome to 21 Days of Prayer and Fasting. You are getting ready to go on a spiritual journey that will help you draw closer to Jesus. Jeremiah 29:13 promises, “You will seek me and find me when you seek me with all your heart.”

During this season of prayer and fasting, you are getting to move closer to God. These next three weeks will be a time for you to turn down the noise of life to hear the voice of God in a fresh way.

Some of you might be wondering, “Is fasting really necessary? Does it really say in the Bible that we have to fast?” Well, fasting isn’t something we “have to do”. It is something that we get to do to draw closer to God. Jesus never commanded us to fast, but in Matthew 6:16-18, He says, “...when you fast.” Fasting isn’t commanded, but it is expected in the life of the Christ-follower.

Now, some of you might ask, “What is fasting or what do I fast?” Fasting is simply giving something up so that you can put your focus on Jesus. So, you might choose to fast television, YouTube, something sweet, or any electronic device. The focus isn’t on what you’re giving up but on what you will receive from God. It’s not what you are saying “no” to but on who you are saying “yes” to. We call it a fast, but it really slows us down to hear the still, small voice of the Holy Spirit.

Our Thrive Kids Team is praying for you over these next few weeks as you take some time to give something up to move closer to God. We are praying that you will experience the power and presence of the Holy Spirit personally and greatly. Let's pray and fast now!

When we move, renewal happens.

Prayer:

Dear God, over the next three weeks I pray that I grow closer to you. God open my ears to hear your still small voice. Open my heart to receive everything you have and want for and from me. Open my eyes to see the people and things that you want me to experience during this time. I want to grow closer to you more than ever. Thank you for what you are about to do. In Jesus name, Amen!

Activity:

In the space below, take out of how you are wanting to experience God in your life. Then, write out what you are praying for over the next few weeks. Lastly, take time to listen to some worship, read your Bible, and pray. You've got this!

Day 2 | Let's Get Quiet

Read:

Luke 5:16 & Matthew 14:23

Devotional:

Do you ever feel that life is too loud? There are sounds everywhere: horns honking, birds chirping, planes flying, phones ringing. Sometimes it can be overwhelming. And sometimes, when we are surrounded by noise, we can't hear the things that matter most.

Think about a time when you were somewhere loud, and someone was trying to talk to you. Maybe it was at a birthday party, in the cafeteria, or even on a Sunday at church. It's hard to hear when there are a lot of distractions, isn't it? Even if we really want to hear what someone else has to say, all the noises and activities around us keep us from being able to really focus and listen.

Did you know that Jesus struggled with this, too? Jesus' life was very full (and probably pretty loud!). There were always people who wanted to talk to Him, to be healed by Him, or to listen to Him preach. And Jesus spent a lot of time talking, healing, and preaching. But He also spent a lot of time being quiet, all by Himself, so that He could listen to God.

Wow. Jesus is literally God's Son, and He STILL needed to get away by Himself so that He could focus on God! That's what fasting is all about. When we fast, we remove some of the things that distract us from hearing from God. Don't miss this - we don't fast because God doesn't want us to enjoy the

things that He gives us. We fast because we want to put aside all those other things that make us happy so that we can get quiet and hear from God.

There's a story in 1 Kings 18 where God tells the prophet Elijah that He likes to speak in a whisper. (Go read it for yourself!)

When someone whispers, we have to get really quiet so we can hear them. God wants us to take the time to get quiet so we can hear Him speak!

Prayer:

God, thank You for wanting to talk to me. I want to hear what You have to say. Help me to put aside the distractions in my life so that I can hear Your voice. I love You! In Jesus' Name, Amen.

Activity:

We learned today that Jesus took time away from the crowd to pray. One way that helps us to be quiet and listen to God is to have a special spot where we pray, read our Bibles, and listen to Him! Look around your house today and choose a spot that is quiet and peaceful. For the rest of the 21 days, go back to that spot each day when you read your Bible and talk to God!



Day 3 | What Do You See?

Read:

Nehemiah 1:1-11 & Proverbs 29:18

Devotional:

Read Proverbs 29:18. What do you think this verse is saying?

Proverbs gives us an important reminder that we have a hard time hearing from God and seeing what He has for us unless we obey him. There is a man in the Bible named Nehemiah who understood this even as he served a king in another country. Take a moment to read the very beginning of his story in Nehemiah 1:1-11.

In this passage we start to understand that God's people did obey Him and were taken to a land far away from their home in Israel. As Nehemiah hears about the condition of Israel his heart is broken. His eyes were opened and because he saw the need he knew he needed help. However, before he could help he knew that he had to seek the help of the God.

Nehemiah had a vision for what God wanted Him to do. God has a vision for our lives too! All we have to do is ask Him and let Him lead us where He wants us to go.

Let's take a moment to pray like Nehemiah did and ask for God's vision and help for our day.

Prayer:

Lord, You are the God of heaven. You are a great and wonderful God. You keep the covenant You made with those who love You and obey Your commandments. You show them Your love.

Please pay careful attention to my prayer. I know I haven't always obeyed the commands, rules and laws You give me. I do take delight in bringing honor to Your name. Help me to see how I can serve You even today. Give me success today when I go about my day.

Activity:

Try giving someone a High Five. That seems simple enough. Now try giving that same person a High Five with your eyes closed. How did that go? Chances are that you probably struggled.

Without our vision, it is hard to know where we are going and what we are supposed to be doing. The same is true when we don't follow the vision God has for our lives.

In the space below, take some time to write or draw out what your vision is for this year. While you are working, ask God to show you His vision for you this year.

Day 4 | A Whisper in the Word

Read:

1 Kings 19:8-12 & John 17:17

Devotional:

If you've been to a library or a place that's very quiet, you are probably an expert at whispering. When you need to let someone know something, but the place you are in calls for quiet, a soft voice goes a long way. However, if you're wanting to hear a whisper, there are two very important things that are needed to get the message clearly: you have to be close, and you have to be quiet. If you're far away from a friend that's whispering to you, you won't hear it. If you're talking while someone is whispering to you, you'll be distracted!

Well, the same lessons apply when it comes to God speaking to us! Like we saw in the Bible story today, God doesn't always speak in the loud, in-your-face moments of life. Many times, He will speak to us in what the Bible calls 'a still-small voice' - a whisper. So, when God speaks to us, we have to be close, and we have to be quiet.

The best way for us to hear the whisper of God is through His Word: the Bible! The Bible is a source of God's wisdom and truth, and as we read it, we begin to understand God's voice more clearly. As we draw close to God by reading His Word, and by making ourselves quiet to receive what He has to say - that's how we hear his still-small voice. One thing is certain: a whisper of God can change your life forever!

As you live out what we learned today, here are some next steps to help you hear the whisper of God:

- Read your Bible at least once during the day. Ask God to show you what He wants to say to you through His Word.
- In your prayer time, ask God to come close to you.

When we get close to God and are quiet in His presence, we will hear the whisper of God.

Prayer:

God, thank You for speaking to me. I pray that you would help me be able to hear what you're whispering to me in a clear way. Show me what Your Word has to say to me today as I take time to draw close to you. Quiet my words, my mind, and my surroundings so that I can hear you.





Activity

John 3:16

Jeremiah 29:11

Joshua 1:9

Isaiah 40:31

Galatians 5:22-23

Grab your Bible and match the verse to where you can find it.

“I know the plans I have for you,” announces the Lord. “I want you to enjoy success. I do not plan to harm you. I will give you hope for the years to come.

But the fruit the Holy Spirit produces is love, joy, and peace. It is being patient, kind, and good. It is being faithful and gentle and having control of oneself.

God so loved the world that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.

Be strong and brave. Do not be afraid. Do not lose hope. I am the LORD your God. I will be with you everywhere you go

But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.

Day 5 | *Slow and Steady Wins the Race*

Read:

Matthew 5:6, Psalm 63:1-5, & Psalm 46:10

Devotional:

Have you ever had to wait for something you wanted? Like, REALLY wanted? Maybe you've had to wait in line for an ice cream cone, or have been in a car on a road trip to your favorite vacation spot. When we have our destination in mind, the journey to where we are going can feel so slow. However, when we change our perspective and choose to enjoy the process, there is so much more to enjoy! That long car ride can become a time where cool memories are made, and that line for the ice cream can be a time to meet all the great people around us.

In this season of prayer and fasting, we get ourselves ready to hear from God in a new way. While we may live in a world that is all about competition, gold medals, and getting to the finish line first - fasting is the complete opposite. In fact, when we fast, we are telling ourselves to slow down, pause, and to enjoy the journey of getting to know God.

Why is practicing this important? Well, think about your relationships with people around you. Friendships aren't built in one day; it takes time to get to know someone, to learn their voice, to know who they are, and to trust them. When we slow down through fasting, we turn our attention to God and get to know Him better! We take the time to be in His presence and learn from Him. As we do this, we get to know God's voice and who He is in a very clear way.

Here are some ideas to keep in mind as you slow down during

this time of fasting:

- Set aside some time in your day where you are not rushed or distracted; a time where you can really slow down.
- Ask God in your time with Him to speak to you in a new way.
- Write down what you hear God say to you during your time with him so you can read it later.

When we take the time to slow down to hear from God, we will begin to hear His voice in a clear way.

Prayer:

God, I want to know You more and more every day. I want to know Your voice. Help me to slow down and pause to spend time with you and build our friendship. Help me to enjoy the journey, to get rid of all distractions, and to lean into what you have to say. In your name I pray, Amen.

Activity:

Take some time today to walk these steps:

1. Set aside some time in your day where you are not rushed or distracted; a time where you can really slow down.

What time is that for you?

2. Ask God in your time with Him to speak to you in a new way.

What do you feel like God spoke to you?

Day 6 | Let it Go

Read:

Acts 13:2, Luke 2:36-38, & Isaiah 56:8

Devotional:

In today's reading, we learned about the act of letting go. This idea can be a bit hard for us to understand, and even harder to do. Why? Because we love the things we love. Whether it's video games, or sweet treats, or a toy that we love to play with every day - It can be hard to put down the things we enjoy doing.

Fasting is a way that we choose to let go of earthly things and allow for God to do the supernatural. That word 'supernatural' is just another way of saying 'God's nature'. What God is capable of goes far beyond anything we could ask, think, or imagine on our own. When we let go of what we can do, we give God the space to come alongside us and do what He can do - which is better than anything we are giving up!

Think about a closed fist. Actually, as you're reading this, close one of your hands to make a fist. Now, try to put something in that closed hand. It's really hard to do, right? This same principle applies when it comes to letting go through fasting. When we hold tight to what we have in the natural, our hands aren't open to receive what God has in His hand for us. Now, take the fist you have and open your hand as big as you can. Try to put something in your hand. I'm sure it's way easier! When we let go of what we have, it puts us in a position to receive from God.

As we trust that God has His best in mind for us, the easier it is for us to let go of the things we have in our lives. When we let go of the things we have in the natural, we open ourselves up to what God has for us in the supernatural.

Prayer:

God, I thank You for the way that You love me. Help me to trust and know that You have the best for me. Help me to let go of the things in life that are distracting me, and to hold on to You. In your name I pray, Amen.

Activity

Find all the words in this word search.

F E S R Y O R D K C E V V Q C F
X U U F F U E B W L C S N Q J C
P P P N A T U R A L Y R K Z U R
Z M E P U E G Z P L R E I J A O R
M R X B Z N F X Z T C C Y O F Q
D N P A X D L V P Y K E M G W L
X A K R O U Y Q U I R M M Z I W
G T V O K A F Q F A S T I N G G
N U Y E C Z H A I S A I A H O L G
R Q T Y H J F Y Q T D Y D I O E
A S X K M O S E Z V W F P G H C
L H B J P M A N F G Y C C S G H
B Y H Z C N E X M L J P T F U P
C H Q Y X B T A O N S L N T B E

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Supernatural Natural Fasting Acts
Prayer Isaiah Luke God

Day 7 | Staying Planted in Jesus

Read:

John 15:1-7 & John 10:10

Devotional:

Did you know that the world is always trying to distract us from Jesus? We can try our best to do what is right and follow God's Word, but we are only human. Because there is sin in the world, sometimes we might mess up and sometimes the enemy wins in distracting us from Jesus. But that's okay! As long as you are doing everything you can to stay planted in Jesus, He will take care of the rest! Here are three easy ways to stay planted in Jesus:

1. Read Your Bible

Have you ever stayed up all night before and the next day you were SO TIRED that you couldn't even keep your eyes open? That's exactly what happens when you don't read your Bible! You become spiritually tired, and it gets harder and harder to stay happy or to not get mad about something. Just like you need sleep to function every day, you need to read Scripture every day to stay spiritually ready for when the enemy tries to attack.

2. Pray, Pray, Pray

Praying is one of the best ways to stay planted in Jesus. You may be used to praying before you eat or at church, but did you know you can pray and talk to Jesus **WHENEVER** you want to?

It doesn't have to be fancy or even sound like a prayer. Jesus just loves when you talk to Him. Whether it be asking for help, thanking Him for something, or even just telling Him about your day, Jesus loves to hear all of it. And the more you talk to Jesus, the closer to Him you become, and it is less likely that the enemy will win when he tries to distract you.

3. Find Community

It is always hard to do things alone, including staying planted in Jesus. Find friends and family to do it with you! Read the Bible with your family before you go to bed, ask your friend to sit next to you at church while you learn, or ask someone you trust who is older than you the questions you are wondering about Jesus or the Bible. It is SO much easier to do what is right when we have people around us doing the exact same thing.

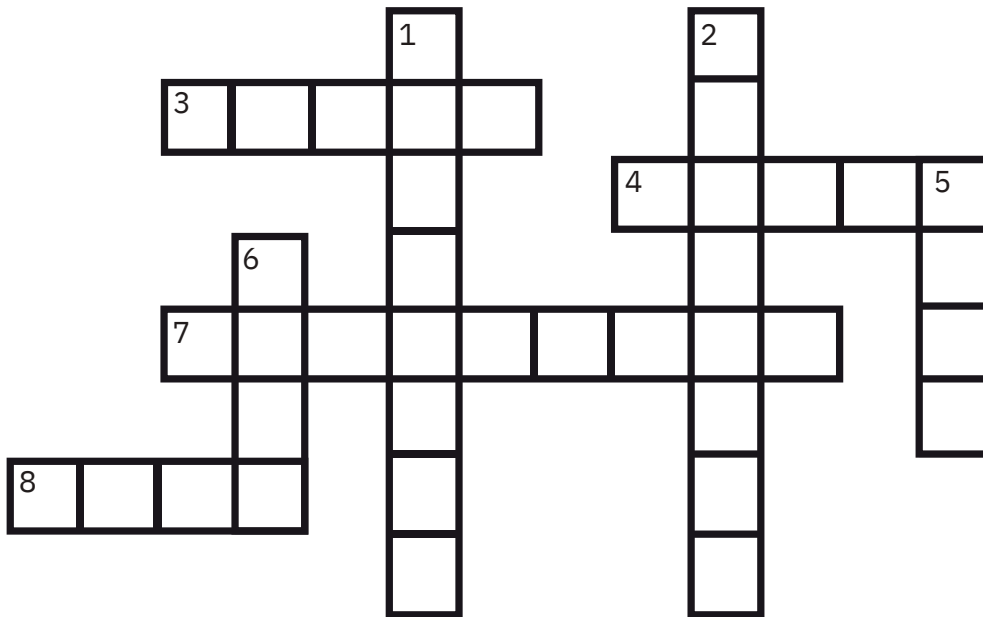
Prayer:

Dear Jesus, thank You for always being there for me even when I mess up. Help me to be able to do what is right today, even if it is hard. Please put awesome people in my life so that I can stay planted in You better. Thank you for loving me. In Jesus name, Amen.



Activity

Complete this crossword puzzle about staying planted in Jesus.



ACROSS

- 3. Praise or honor
- 4. The part of a vine or tree which is eaten
- 7. Those who follow Jesus
- 8. A plant that climbs or creeps along the ground

DOWN

- 1. Arms that grow out from the trunk of a tree
- 2. a person who works with plants and flowers
- 5. The opposite of false
- 6. Burning flame

**TRUE
DISCIPLES**

**FIRE
GLORY**

**GARDENER
VINE**

**FRUIT
BRANCHES**



Day 8 | The Compassion Project

Read:

Nehemiah 1:3-4, Matthew 9:36, & Exodus 34:6

Devotional:

Take a look at the people around you. Do you all look exactly the same? What are some differences you see? Think about your friends. What are some unique things about them? God created each one of us unique, with different features and different talents that all reflect Him.

But what about what's happening on the inside? Can you really tell what is happening to someone on the inside? This one is not as easy, is it? It is not easy to tell when someone is having a bad day or is going through something hard just by looking at them. It is hard to tell if someone needs some encouragement or prayer just by seeing what they are good at.

To truly know what is happening on the inside, we need to take the time to stop and listen. Ask a friend how they are doing and let them share with you. If they are sad or having a bad day, spend some time encouraging them. If they are going through something hard, grab a grown up and pray together about it.

That is what compassion is all about. It is hearing the needs of others and taking the time to care for them. It is what Jesus does for us and what He calls us to do for others.

As you go throughout this week, stop and take some time to listen. See the needs of others and find ways to help them.

Prayer:

God, thank You for showing compassion towards us and for always listening to what I have to say. Help me find some space to stop and listen to the needs of others. Give me compassion to care for others just like you care for me. In your name I pray, Amen.

Activity:

Look for ways today where you can show compassion towards others. In those moments, listen and care for the person. At the end of the day, come back and write down the names of who you showed compassion to and what you did in the space below.

Day 9 | Consistency is Key

Read:

1 Thessalonians 5:16-18 & Jeremiah 17:7-8

Devotional:

Have you ever wanted to do something, like make the basketball team or learn to play the piano? I am sure we have all have at some point in our lives. Now did you wake up one morning and suddenly become a professional athlete or a prized musician? Probably not, right? I mean you might have had some skill, but to get better at an instrument or to learn how to play a sport, you had to practice. A LOT! And the more you practiced, the better you became.

The same is true with prayer. We are not going to see God answer a prayer or work in our lives if we only pray once in a while or just while we are at church. Prayer is something that we must do consistently, and the more we practice it, the more our faith begins to grow.

Now, I know what you are thinking, “Does this mean that I need to pray all the time?” No, that’s not what the Bible is saying. It is saying that we should make prayer a habit in our lives. If we are in trouble or are celebrating something, we turn to God in prayer. When we are thankful, we thank God for what He has given us.

Here are a few things to keep in mind that will help you become consistent in your prayers:

- Start early. Invite God into your day right from the start.
- End your day thanking God for all that he has done throughout the day.

As we challenge ourselves to build a habit of prayer, we can continue to grow our faith and draw closer to God.

Prayer:

God, thank You for giving me a way to talk to you. Help me to find ways to build a habit of prayer each day. Help me find a space and a time and help me find times in my day to talk to you. In your name I pray, Amen.

Activity:

Take some time today to walk through the steps we talked about.

1. Start your day off in prayer.

You can write your prayer here:

2. Find moments throughout your day that you can talk to God about. (Example: having fun with a friend)

Write down one moment that you talked with God about here:

3. End your day thanking God for all He has done.

Write down 2-3 things you are thankful for today.

Day 10 | Power in Prayer

Read:

James 5:16, Philippians 4:6-7, & Matthew 7:7-11

Devotional:

Have you ever been in the middle of a hard situation? I know I have. It is so easy in those moments to pray and ask God to help us get through this hard time, but we can sometimes forget to talk to God when things are good. Do you normally tell God about the “A” you got on your test or about winning your soccer game? It is not always easy for us to go to God in the good times because they are good. There is nothing we need from God when things are good.

But the Bible tells us that we should bring everything to God. All of our joy, our sadness, and our gratitude should be brought to Him because there is power in our prayers. Letting God know what we are thankful for helps us to avoid being ungrateful for what we don’t have. Talking about what brought us joy helps us to carry our joy each day. And bringing God our pain and sadness helps to comfort us when life is hard.

So, as you are praying today, bring everything to God. Talk to him about your day at school and the friend who might have been mean to you and let Him carry it. He is a big God who loves when we give everything to Him and trusts Him to care for it. There is power in our prayers.

Prayer:

God, thank You for the reminder that I can come to you about anything. You want to hear about it all because You love us so much. Help me remember to take some time today to share things with you whether good or bad. You are ready to care for it all. In your name I pray, Amen.

Activity:

What are some things that you can thank God for today?

1. _____

2. _____

3. _____

What are some worries that you can give God?

1. _____

2. _____

3. _____

What are some things that brought you joy today?

1. _____

2. _____

3. _____

Take a moment to talk to God about these things, and then listen to what He might want to speak to you.

Day 11 |

What is it?

Read:

Matthew 21:22, Matthew 17:20, & Romans 12:12

Devotional:

Have you ever gotten excited to open the big gift your parents gave you for your birthday, and you hoped it was something you have been asking for a while? Once you opened that gift, it was what you had wanted for a while, and you were so excited about that new toy. Your expectations of what the gift could be were increased because it was something you had been asking for.

When it comes to prayer, we can thank God for all that He has done and continues to do and we can ask Him for what we want. But how often do we pray expecting God to do what we are asking?

Prayer is not just about talking to God and thinking that He will do what we are asking. Prayer is about declaring God's promises over your life and expecting that He will be faithful to fulfill His promise. There are many promises in Scripture for your life, such as God's peace for you [Philippians 4:6-7], God's plan for you [Jeremiah 29:11], and His unfailing love for you [1 Chronicles 16:34].

When we pray with expectation, we are waiting for God to fulfill what He has promised. And when that promise is fulfilled, it helps us be more thankful for His faithfulness to us.

Prayer:

God, thank You that you for being so faithful in my life. Thank You that nothing is impossible for you. Thank You for the promises in your Word. Help me today to trust you fully and seek you with great expectation. In Jesus' name, Amen.

Activity:

Grab a couple of index cards and write out these verses that declare God's promise's over your life. Then put them up in your room or bathroom so that whenever you are getting ready, you can remember the promises God has for you

- God's peace for you [Philippians 4:6-7]
- God's plan for you [Jeremiah 29:11]
- His unfailing love for you [1 Chronicles 16:34]



Day 12 | One Day At A Time

Read:

Luke 5:16, Luke 4:14-16. & Luke 6:12

Devotional:

Have you ever wanted to get really good at something, really fast? Maybe you want to play soccer, or learn guitar, or memorize lines for a play - and you want to do it all in a day! If you've ever tried that, you know it's not possible! There's no way to get really good at something all at once - instead, becoming an expert requires time, practice, and patience.

At church, we talk a lot about getting to know God by spending time with Him. Some of the major ways we do that are by reading the Bible, memorizing Bible verses, praying, fasting, listening, and worshiping. Those are a lot of ways to get to know God, and it can seem overwhelming! Where are we supposed to start? How much time should we spend on each of them?! What if we do it wrong?

It's important to remember that you can't get this wrong. God, the creator of everything, wants to spend time with you! We don't have to make it complicated - but we do have to be intentional. Worshiping, reading the Bible, and praying don't just happen. It's important to take time every day to spend with God in all of these different ways.

So - where do you start? You start small. Find a devotional or a book of the Bible, and read a little bit every day. (Need help with this? Ask someone in your family to do it with you!) Then take 5 minutes to pray, whether that's out loud, in your head, or by writing a letter to God. (Don't forget to take a few minutes to listen, too.) Last but not least, put on a worship song while you're getting ready for the day. Sing to God and thank Him for who He is - you don't have to be at church to worship Him!

You see, the best way to grow your relationship with God is by getting to know Him one day at a time. The more time you spend with Him, the more time you will WANT to spend with Him. So what are you waiting for?! Start now!

Prayer:

God, thank You for wanting to have a relationship with me. I want to get to know You more. Please help me to slow down and take time to spend with You. Help me to start small and to love You more every day! In Jesus' Name, Amen.



Activity

Color in this picture today and use it to remember to spend time with God each day!



Day 13 | Stop Before You Drop

Read:

Matthew 11:28-30 & Genesis 2:3

Devotional:

Did you know that if you never stop working and just go, go, go with no hope of ever stopping then it's possible you might eventually fall over?? Of course you did! You already know how important it is to take a break. I am sure if I ask you your favorite part of school your answer just might be lunch. You know why? Because lunch is break time! It is when you get to rest and eat and not have to think about school for just a little bit.

Well, just like you need lunch breaks at school you also need spiritual breaks in your life. If you are always listening to your friends when they are sad, helping your parents around the house, or serving at church then you could eventually get tired! You need to remember to rest and set aside a little bit of time every day for just you and Jesus. This is called your sabbath, the time where you rest. God created the sabbath long ago when He made the world.

When God created the world he made absolutely everything in just six days! Isn't that crazy? And do you know what He did on the seventh day? He rested. God set the perfect example for us to always find time in our busy weeks to slow down and rest. If God can rest when He is creating the whole world, then I am pretty sure we can find some time somewhere to rest too.

Prayer:

Dear God, thank You so much for creating the whole world and then setting an example for us of how to rest. Please help me to remember to slow down this week and take time to spend with You and to do things that make me happy. Thank You so much for loving me. In Jesus name, Amen.

Activity:

Take time today to do something that makes you happy. Whether it be playing outside, doing board games with your family, drawing, or hanging out with your friends. Whatever it may be, find some time to rest and enjoy it.



Day 14 | Take Hold

Read:

Philippians 4:8, John 8:32, & 2 Corinthians 10:5

Devotional:

There will be times in your life where you will have a lot of distractions going on. Things like school, friends, sports, video games can distract you from the things that God has for you.

When something or someone is trying to pull you away from what God has for you, we need to take a moment and think about who we want to focus on and put our trust in.

God's ways and thoughts are higher than yours. This is why it is so important in your life to know God and create a relationship with Him, to grow closer to Him as He grows closer to you. This way, we can trust in Him instead of on our own knowledge.

When you trust in God and know His Word, it can speak to your life. When you believe in the Word of God, it gives you a new understanding of who He is. This is the time where you can start learning how to eliminate the distractions and focus on His Word. Then, you will learn how to replace lies you hear with the truth. So, when the enemy bring distractions your way, you can be ready to fight against it with the Truth from God's Word

"Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things."- Philippians 4:8.



Prayer:

Heavenly Father, You are an awesome and Mighty God. I am so thankful for all You have done in my life. Please help me to eliminate any distractions that may keep me from You. Help me to know the difference from the lies and truths in my life so I can apply Your truths. In Jesus name I pray, Amen.

Activity:

Before you begin this activity, read over the final verse from the devotional a few times. Now, let's see if you remember the verse by filling in the blanks without looking back:

Finally brothers and sisters, whatever is _____,
whatever is _____, whatever is _____,
whatever is _____, whatever is _____,
whatever is commendable—if there is any moral
_____ and if there is anything _____
—dwell on these things (Philippians 4:8)."



Day 15 | Be Prepared

Read:

Matthew 18:18-19, Ephesians 6:10-18, & Nehemiah 4:14

Devotional:

A few years ago, I went snowboarding for the first time ever. I was so excited and a little nervous. I didn't know much about snowboarding, but I knew it could be dangerous if I was not prepared. The day before the big moment, I made sure to have everything I needed to be safe. I had my helmet to keep my head safe and gloves to protect my hands. I had a big waterproof jacket to keep me warm and dry. I even had cool goggles to protect my eyes. But most importantly, I had my board, and spent hours practicing for my big moment. When the moment finally came, I got on my board, and the very first thing that happened was... I fell, a lot. But guess what? I was ok because I was prepared for it.

We know how important it is to protect ourselves physically. But have you ever thought about how to protect yourself spiritually? The Bible tells us that we have to be prepared because there are evil powers out there who want to keep us far from God.

The book of Ephesians tells us to put on "God's armor" so that we can stand strong against evil plans. We know that bad days will happen, but with God's armor we can face anything. This armor has a belt of truth around your waist. It has armor of godliness to protect your chest. It has armor for your feet to help you share good news. It has a shield of faith. There is even a helmet of salvation. Sort of like the helmet I had to protect me while snowboarding. Finally, there is the sword of the Holy Spirit! That sword is the Word of God. The Bible! The Bible is not just something that guides us, but it's also a weapon that we can use to protect ourselves.

Think about this. We are all in God's army. He has given us the best armor and protection we could ever have. We just have

to put it on. We are wise when we protect ourselves physically for things like snowboarding. But we have to remember that being prepared spiritually is equally if not more important. Let's ask God to help us understand how to put on and use His "armor" so that we are ready and prepared!

Prayer:

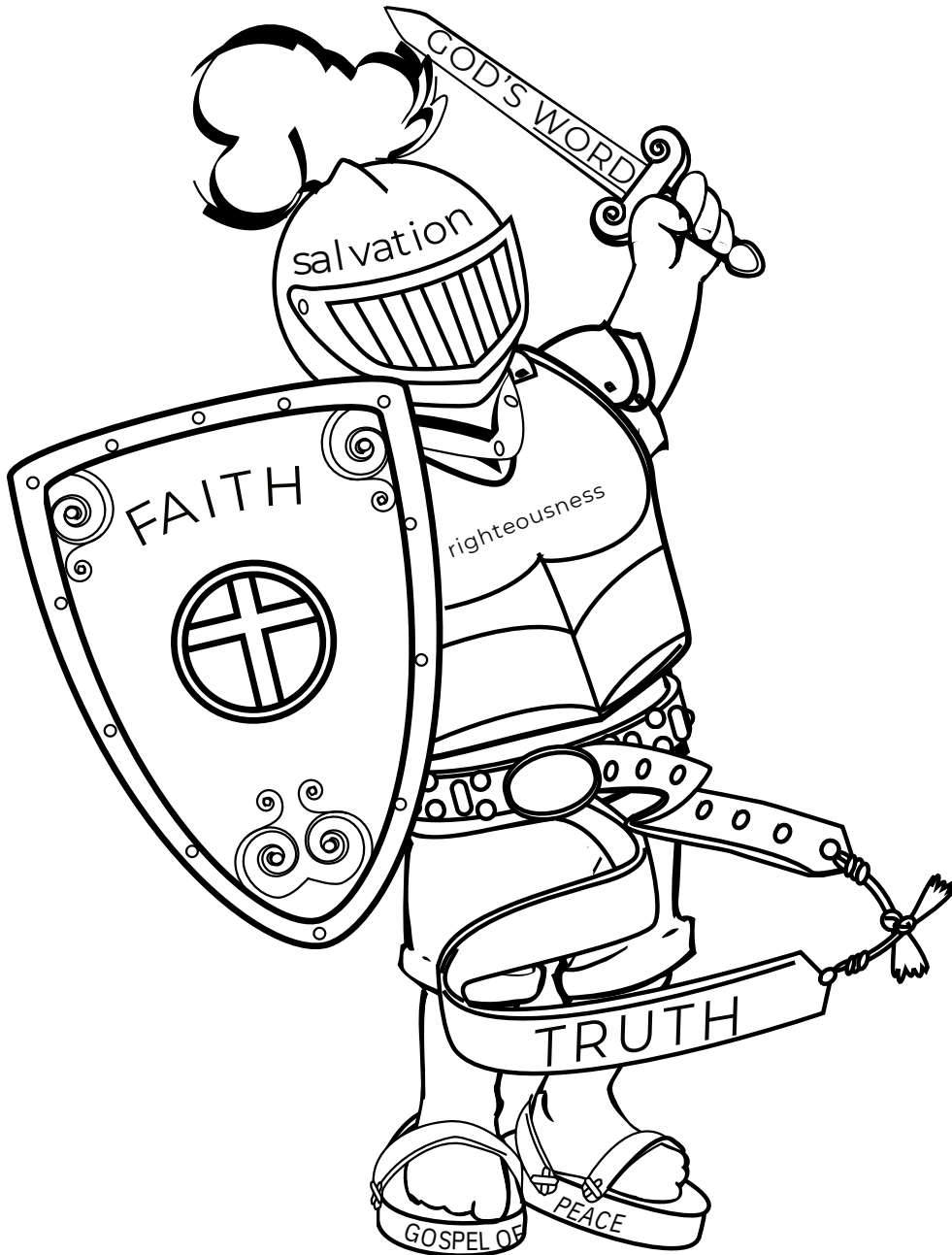
Dear God, thank You so much for loving us the way You do. Thank You for leaving us with armor and helping us put it on. Your armor secures us and builds our faith. It makes us strong, and Your word is a weapon that protects us. Thank You for being such a good Father. We love You. In Jesus name, Amen.



Activity

Color in this picture today and use it to remember to spend time with God each day!

The Armor of God



Ephesians 6:13-17

Day 16 | More Than a Song

Read:

Acts 16:25-28, Nehemiah 8:10, & Psalm 16:11

Devotional:

Have you ever been in a really bad mood? I definitely have. I have a lot of feelings, and it can be easy for me to get angry, feel sad, be afraid, or get super excited. God loves our emotions, but sometimes they can feel a bit out of control. And when they feel out of control, it can be hard to make a wise choice.

I've learned that praise and worship is one of the best ways to respond in every situation, no matter what I may be feeling. Acts 16 tells us the story of Paul and Silas, two of God's followers who were traveling the world, telling people about Jesus. In one of the cities they visited, they were sent to prison. Talk about feeling angry, sad, and afraid! But instead of giving into all their feelings, check out what they did instead:

"About midnight Paul and Silas were praying. They were also singing hymns to God. The other prisoners were listening to them. Suddenly there was a powerful earthquake. It shook the prison from top to bottom. All at once the prison doors flew open. Everyone's chains came loose. The jailer woke up. He saw that the prison doors were open. He pulled out his sword and was going to kill himself. He thought the prisoners had escaped. "Don't harm yourself!" Paul shouted. "We are all here!"

Wow! Even in a really difficult situation, they chose to pray and worship - and God responded to their prayers!

Like Paul and Silas, we will definitely be in some difficult situations. When we are, I want you to remember that praise and worship is always the right response. Psalm 16:11 says, "You always show me the path of life. You will fill me with joy when I am with you. You will make me happy forever at your right hand." When we pause in the middle of our feelings and

our hard situations to worship God, He will give us what we need to take the next step. He will give us joy. He will help us remember that we are not alone!

Prayer:

Lord, I want to learn how to worship You no matter what, just like Paul and Silas did. Today, help me to worship You no matter what I am feeling. Fill me with joy and help me to listen to Your voice. In Jesus' Name, Amen!

Activity:

Today, on the way to school, ask if you can listen to your favorite worship song. Sing along with the words and start your day off by worshipping God!



Day 17 | Good Grace

Read:

Psalm 24:3-4, Hebrews 12:14, & 2 Corinthians 6:17-7:1

Devotional:

When you are listening to music or watching your favorite YouTube channel with your headphones on, I bet it is hard to hear what your parents are trying to say to you. You might actually miss out on some important things they are trying to tell you, which leads to you getting in trouble because you didn't hear them the first time. And then you get your tablet or tv taken away from you until you listen and do what they asked you to do the first time. It is important to remove the barrier, our headphones, so that we can hear what our parents are telling us.

God still speaks to us today. But did you know that there are barriers to hearing him just like our headphones were a barrier to hearing our parents? One of the barriers to hearing God is our disobedience.

But when God sees our disobedience, He is not upset with us. He loves us so much and wants the best for us. He doesn't want us to miss out on the joy and freedom he has for us. That's why He gives us grace through His Son Jesus. His grace covers up our mistakes and helps us remove the barriers to be able to hear Him.

So, as we start our day, let's ask God to help us remove the barriers that may be keeping us from hearing Him. Then we can be ready for when he speaks to us.

Prayer:

God, thank You for Your grace each day. I know that I will mess up, but You are always there to help me fix what I did wrong and get me back on track. Help me to remove any barriers that may be limiting what I can hear from You. And help me hear what You want to say to me today. In Your name I pray, Amen.



Activity

Complete the word search below with some reminders from today's devotional.

P M R G E L A L C Y V C E J Y W
P N R X V G F N D P F C H Q D Q
T A M O O E Z M W T N I E S G R
C D V T L Y U O O E T T P C O E
O S E D T U G U I Z D D I O O I G
U L J T X G D K N H X O L D Z Q
O P W F H E K U D N O U N L J G
O G T Z B Q F H E A R I N G O H
Y N Y O N T N D T T S U R T T W
P U S Z W S B U C V F R E E D O
M I E Q T X D P Y F N Z Z C W M
D Q C J S K U F Q S B X P G F M
W B F E Q X Z P L G L M V F F Y
A H Y D Q A U F L E A F A X N S

E

DISOBEDIENCE FREEDOM GOD
GOOD GRACE HEARING JOY
LISTEN LOVE TRUST

Day 18 | Joy in the Waiting

Read:

Isaiah 40:31 & Micah 7:7

Devotional:

When you think about the word wait, what comes to mind? Maybe you had to wait to open a birthday or Christmas gift. Perhaps you had to wait to ride a certain ride at a theme park until you reached a certain height. Maybe you had to be a certain age before your parents would let you ride your bike around your neighborhood alone. The waiting was all worth it when you got to experience those things. Have you ever had to wait for God to answer a prayer? How did you handle the waiting? Were you impatient?

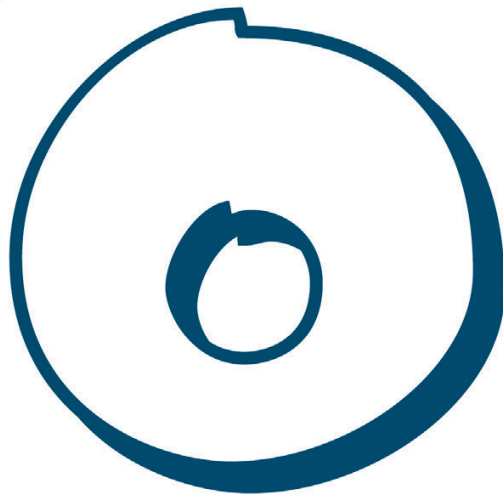
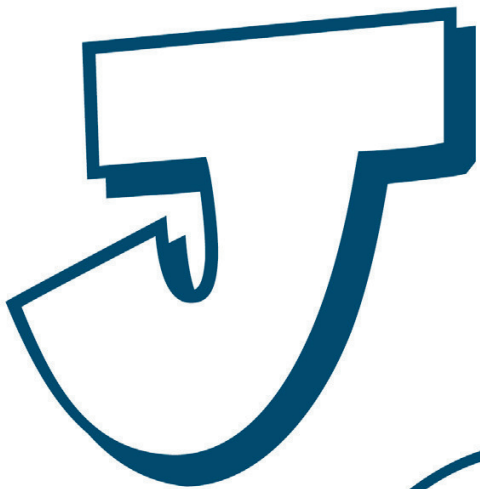
The word wait means to stay in one place until an expected event happens. I think we can agree, waiting is hard. But God's Word tells us that we are to trust him in our waiting, while we wait, God is focused on our attitude. God is more concerned about our attitude while we wait. He doesn't want to hear our grumbles. He wants us to wait with anticipation rather than be impatient. God wants us to have joy in the waiting.

Prayer:

Dear God, thank You for loving me and for hearing my prayers. Thank You for giving me a life overflowing with joy while I wait on You. In Jesus name, Amen.

Activity:

In the letters, write down or draw pictures of ways you can have joy in the waiting.



Day 19 | You've Got This!

Read:

Hebrews 12:1-2 & Luke 18:1-8

Devotional:

Last year, I started running races. I remember that wherever I got so close to the finish line, I gave it my all because I knew it was less than 200 meters away. I kept reminding myself that I got this.

You've got this! You are in the last 200 meters of this 21-Day Prayer and Fast. It is time to finish what you've started strong and remember why you started this. Most of us started because we wanted to grow closer to God and experience new things about how awesome our God is.

Others of us may be praying for something specific. Remember this; God created you to run the race that He set for you to run. He knows what's on your heart and is cheering you on as you finish these last 200 meters. You've got this!

Prayer:

God, thank You for creating the race that You set for me to run. God, You know the desires of my heart and I pray that I stay 100% focused on You and not get distracted. Thank You for cheering me on as I finished this race well. I love You, God. In Jesus name, Amen.



Activity:

Lets us run with perseverance the race out for us.

Hebrews 12:1b (NIV)

Each numer represents a letter of the alphabeth. Substitute the correct letter for the numbers to reveal the coded words.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
B	U	S	M	J	I	D	V	E	Q	A	H	N	C	P	L	K	O	Z	Y	G	R	T	X	F	W

1. 26-6-23-13-9-3-3-9-3 _____
2. 5-9-3-2-3 _____
3. 25-6-24-9-7 _____
4. 25-11-6-23-12 _____
5. 14-22-18-3-3 _____
6. 22-11-14-9 _____
7. 22-2-13 _____
8. 5-18-20 _____
9. 9-20-9-3 _____
10. 23-12-22-18-13-9 _____

FAITH EYES	FIXED THRONE	WITNESSES JOY	CROSS RACE	JESUS RUN
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Day 20 | Time is Right!

Read:

Hebrews 11:1, Galatians 6:7-9, & Nehemiah 4:20

Devotional:

I remember when I was in elementary school, my teacher, had us plant a lima bean seed in a baggie. We added a little bit of soil and then taped the baggie onto the window in our classroom so that the seed could get sunlight every day. Then we would water it every morning when we came to class. It took time to see that seed grow into a plant. But, when the time was right, we were able to take down our plants and see the beauty of it. The time is right!

Fasting is like planting a seed with the right soil, sunlight, and water. We don't plant seeds and hope to see them grow one day. In the same way, we can't hope for the same result from fasting.

When we don't see God moving on our time, it is tempting to stop what we have been working on, the seeds we have been planting. But the writer of Hebrews reminds us that "Faith is bring sure of what we hope for. It is being sure of what we do not see." Like a seed growing underground, God works in unseen and dark places. We can believe that God is working even when we can't see it.

Just remember that God's time is right!

Prayer:

Thank You, Jesus, for always working even when I can't see it. Thank You that I can trust You with my seeds of faith. I pray that You will finish the work You started with me. In Jesus' name, amen.

Activity:

Trace out “Time is Right”, and in the blank space in the pot, write out Hebrews 11:1. Color the picture and use it to remind you that God’s timing is always right, even when we can’t see it



TIME IS RIGHT!



Day 21 | On Your Mark.... Get Set...

Read:

Luke 11:9-13, Romans 5:3-4, & James 1:4

Devotional:

You made it! We are at the finish line of the fast. Did you think the day would ever get here? It can be hard to give up something for a while. But it can also be worth it too. In today's reading, Jesus told us to keep asking, seeking, and knocking. When we do, amazing things happen.

It doesn't mean we will always get what we want.

- We won't always get the coolest toy or the most incredible adventure.
- People won't always do what we hoped or prayed they would.
- We won't always get what we want when we want it.

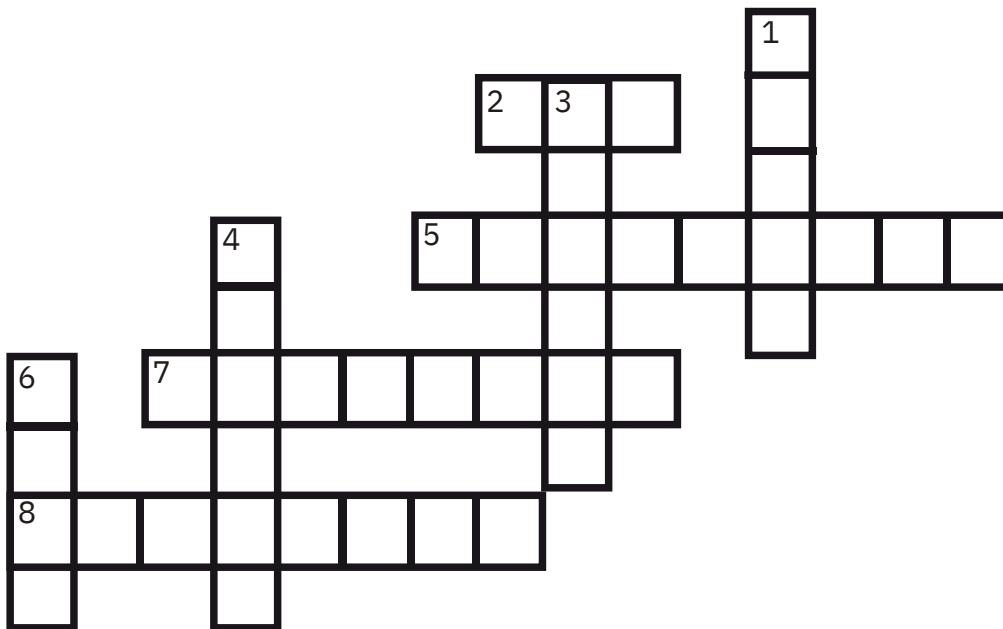
It does mean that God loves to hear from us. He loves us and wants the very best for us. Perhaps during this fast, you have discovered it is worth it to keep asking seeking and knocking. If so, step up to the starting line! On your mark... get set...

Prayer:

Dear God, thank You for hearing my prayers. I want You to answer them in Your way because I know Your way is best. Thank You for loving me so much and that You love to listen to me. In Jesus' name I pray, Amen!

Activity

Complete the crossword puzzle using the clues below.



DOWN

1. When you want to come in
3. What you do when you lost something
7. How we talk to God
8. What we did when we gave up something

ACROSS

2. What do you do when you have questions?
5. We develop this when we sit patiently
7. This helps us when we are waiting for something
6. It takes this to get to the finish line

**TRUE
DISCIPLES**

FIRE

**GARDENER
GLORY**

VINE

**FRUIT
BRANCHES**

