

20
22

KNOW GOD. LIVE OUT FAITH. SHINE FOR JESUS.



21 DAY PRAYER AND
FAST FOR KIDS!

JOLIET FIRST ASSEMBLY
ALL EXPRESSIONS

In Kids First, we believe "firsts" are REALLY important.

The first time you say yes to Jesus.

The first time you memorize a scripture verse.

The first moments of your day.

The first days of your year.

We believe the FIRST big thing we should do this year, is to start it by praying and fasting.

PRAY FIRST!

Do these devotions as a family for the next 21 days. Many of the prayers are "sentence starter prayers" where you can fill out your own thoughts and words to make your prayers personal.

Prayer is talking and listening to Jesus. We pray at specific times and all the time! Prayer is our time with our BEST FRIEND, Jesus.

Fasting is giving up something big or small to get MORE of GOD! You get to see when you fast that Jesus is what you need!

And when you do them together... God does amazing things in your life!

FOR THE NEXT 21 DAYS...

PRAY!

PRAY BEFORE THE DAY BEGINS!

PRAY BEFORE YOU GO TO SCHOOL!

PRAY BEFORE YOU HANG OUT WITH YOUR FRIENDS!

PRAY BEFORE YOU PRACTICE!

PRAY BEFORE SOMETHING BIG!

PRAY EVEN BEFORE SOMETHING SMALL!

PRAY BEFORE YOU GO TO BED!

PRAY WHEN SOMETHING BAD HAPPENS...

PRAY WHEN SOMETHING GOOD HAPPENS!

IN EVERY SITUATION... PRAY FIRST!

AND WHEN YOU FAST TOO...GOD DOES GREAT THINGS!



DAY ONE- TIME

VERY EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP, LEFT THE HOUSE, AND WENT OFF TO A SOLITARY PLACE, WHERE HE PRAYED.
MARK 1:35.

We see that Jesus had a certain time that He prayed every morning. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had that special time guarded to listen and talk to God. We should to the same!

WHEN WILL YOUR PRAYER TIME BE? CIRCLE ONE.



Prayer Guide- Day One

Dear Jesus,

I am so glad to spend time with you!

I am going to pray in the _____ every day!

I pray that during this time that _____.

Thank you for _____.

Help me to know YOU more.

In Jesus' Name, Amen

DAY TWO-PLACE

VERY EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP, LEFT THE HOUSE, AND WENT OFF TO A SOLITARY PLACE, WHERE HE PRAYED.
MARK 1:35.

We see that Jesus had a certain place where He prayed every morning. The Bible says that Jesus went off to a place where He could be alone and talk with His Father. That place was special to Him and gave Him strength to obey what God wanted Him to do. What's a good place for you to pray?

WHAT IS A GOOD PLACE FOR YOU TO PRAY? COLOR THE PLACE YOU WOULD LIKE TO PRAY.



Prayer Guide- Day Two

Dear Jesus,

I am so glad to spend time with you!

I am going to pray _____! This will be our special place to talk together. What do you think?

I pray that during this time that _____.

Thank you for _____.

Help me to know YOU more.

In Jesus' Name, Amen

DAY THREE-LEARN

ONE DAY JESUS WAS PRAYING IN A CERTAIN PLACE. WHEN HE FINISHED, ONE OF HIS DISCIPLES SAID TO HIM, "LORD, TEACH US TO PRAY..."
LUKE 11:1

Here's GOOD news! Jesus teaches us how to pray! Sometimes it can be hard to know what to say, what to talk about, or even if God is listening! We know in the Bible He is always listening, always watching, and wants us to know who He is. Let Jesus teach you to pray by listening to Him.



LOOK UP AND READ MATTHEW 6:9-13.

READ IT THROUGH AT LEAST 3 TIMES OUT LOUD.

HOW DID JESUS TEACH HIS DISCIPLES TO PRAY?

WHAT STUCK OUT AT YOU?

Prayer Guide- Day Three

Dear Jesus,

I am so glad to spend time with you!

How can I pray? Could you help me learn to pray?

I pray that during this time that _____.

Thank you for _____.

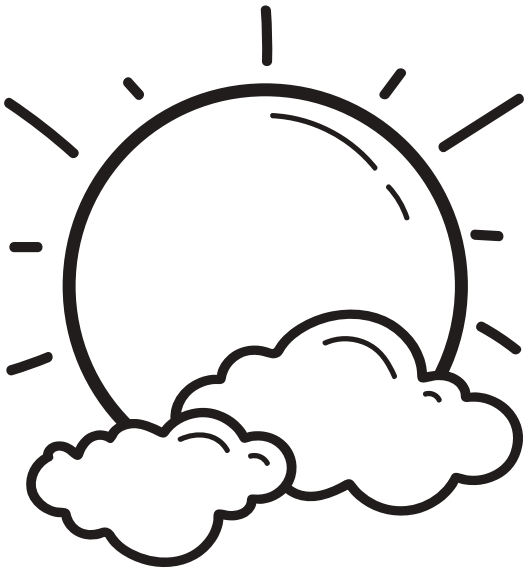
Help me to know YOU more.

In Jesus' Name, Amen

DAY FOUR-FATHER

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME.
MATTHEW 6:9

God is our Father! What does this mean? This means that we can talk to Him and not be afraid. We know that He loves us! Like a good Father, he will encourage us and discipline us. He asks us to trust and obey Him because He is our Father. He is the BEST Father that always wants to be with His children!



**God's name is a place of protection-good people can run to Him and be safe.
Proverbs 18:10**

Since God is your Father, how do you want to start off talking to Him? Here are some ways. Circle the one that fits for you.

Dear God

Hi Dad!

Good Morning Lord!

Hey Papa!

Abba Father

Wonderful God!

My Best Friend

Prayer Guide- Day Four

Dear Jesus,

I love who you are. My favorite word for you right now is _____
because _____.

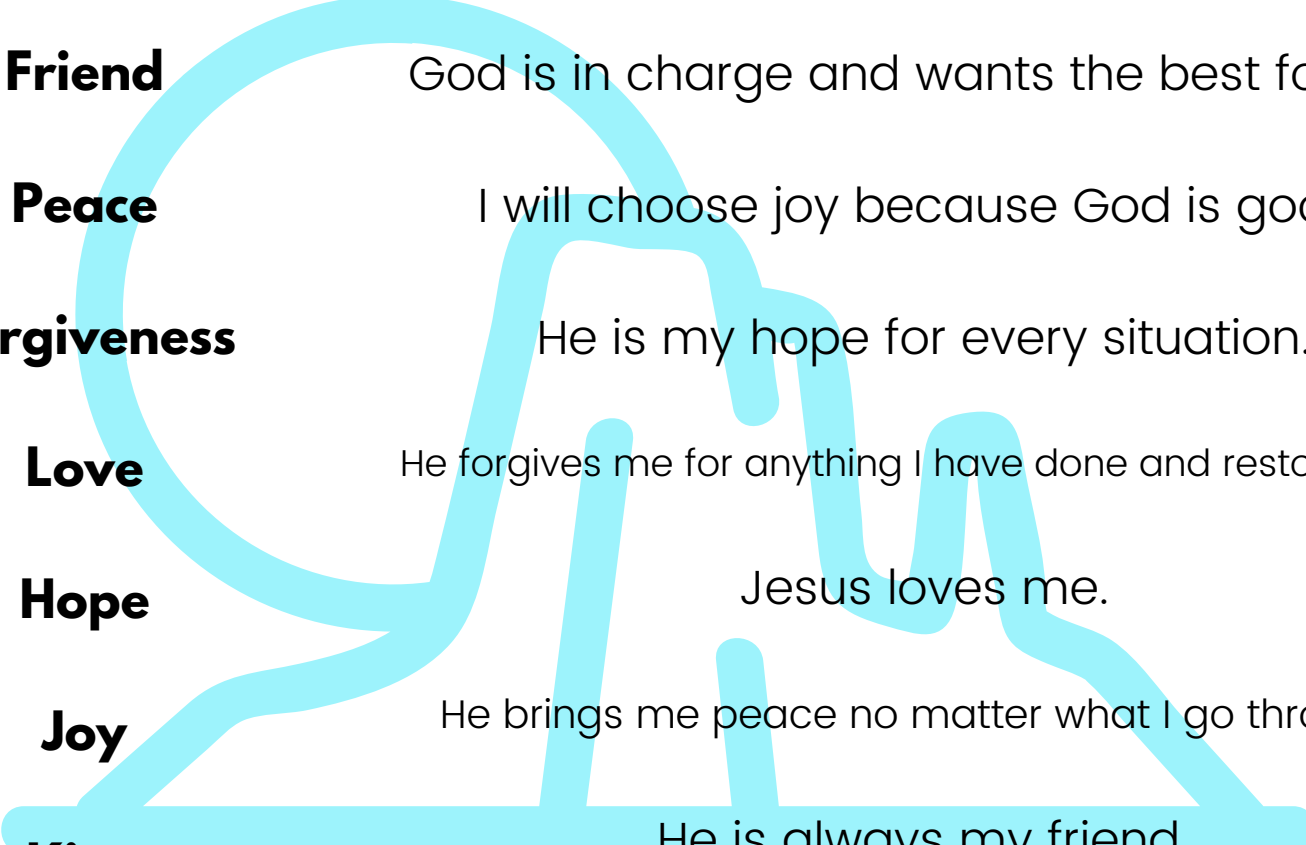
Help me to know YOU more. In Jesus' Name, Amen

DAY FIVE-HOLY

OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME.
MATTHEW 6:9

The Lord's Prayer (what you read yesterday) starts out with the words- "Our Father in Heaven, hallowed be your name." God is our Father! God is Holy! His very name is HOLY. And He is INFINITELY more.

Connect the word of who God is to the description.



Healer God is on my side and will fight for me.

Friend God is in charge and wants the best for me.

Peace I will choose joy because God is good.

Forgiveness He is my hope for every situation.

Love He forgives me for anything I have done and restores me.

Hope Jesus loves me.

Joy He brings me peace no matter what I go through.

King He is always my friend.

Protector God heals our diseases.

Prayer Guide- Day Five

Dear Jesus,

I love who you are. My favorite word for you right now is _____
because _____.

Help me to know YOU more. In Jesus' Name, Amen

DAY SIX-HEAVEN

YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN.
MATTHEW 6:10

Heaven is a perfect place... and it is our TRUE home! We pray for God's will to be done on earth as it is in Heaven. Heaven is the best place- no sickness, sadness, or sin! What do you imagine heaven to be like? Draw a picture below!



Prayer Guide- Day Six

Dear Jesus,

Thank you for preparing a place for me in heaven!

I imagine _____.

Can you tell me more of what it is like?

Help me to know YOU more. In Jesus' Name, Amen

DAY SEVEN-KINGDOM

YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN.
MATTHEW 6:10

**PRAY FOR WHAT GOD WANTS! THE FIRST THING WE PRAY FOR IS GOD'S AGENDA...
GOD'S KINGDOM COME, GOD'S WILL BE DONE. WE PRAY THAT GOD WILL HAVE HIS
WAY IN US AND THE WORLD. LIST OR DRAW BELOW THE THINGS GOD WANTS FOR
THE WORLD AND FOR YOU.**



Prayer Guide- Day Seven

Dear Jesus,

Let your kingdom come! Let your will be done!

God, you want _____.

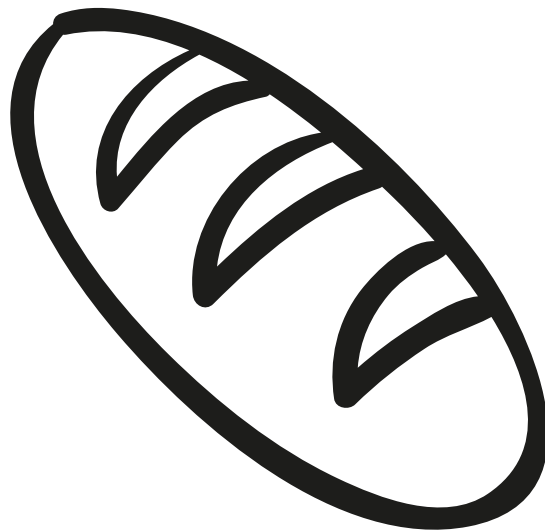
I pray the whole world will learn to love you!

Help me to know YOU more. In Jesus' Name, Amen

DAY EIGHT-NEEDS

GIVE US THIS DAY OUR DAILY BREAD.
MATTHEW 6:11

What is our daily bread? Well, everything we NEED. This is different from everything we WANT. We pray that God will give us the things we need- food, water, love, joy, peace, family, patience...the things that help us survive! What does daily bread look like for you? Color the bread and around the bread, write down words of things you NEED. Then pray for God to provide them!



Prayer Guide- Day Eight

Dear Jesus,

In you we have everything we need.

I know you are the provider.

I pray that you give us _____.

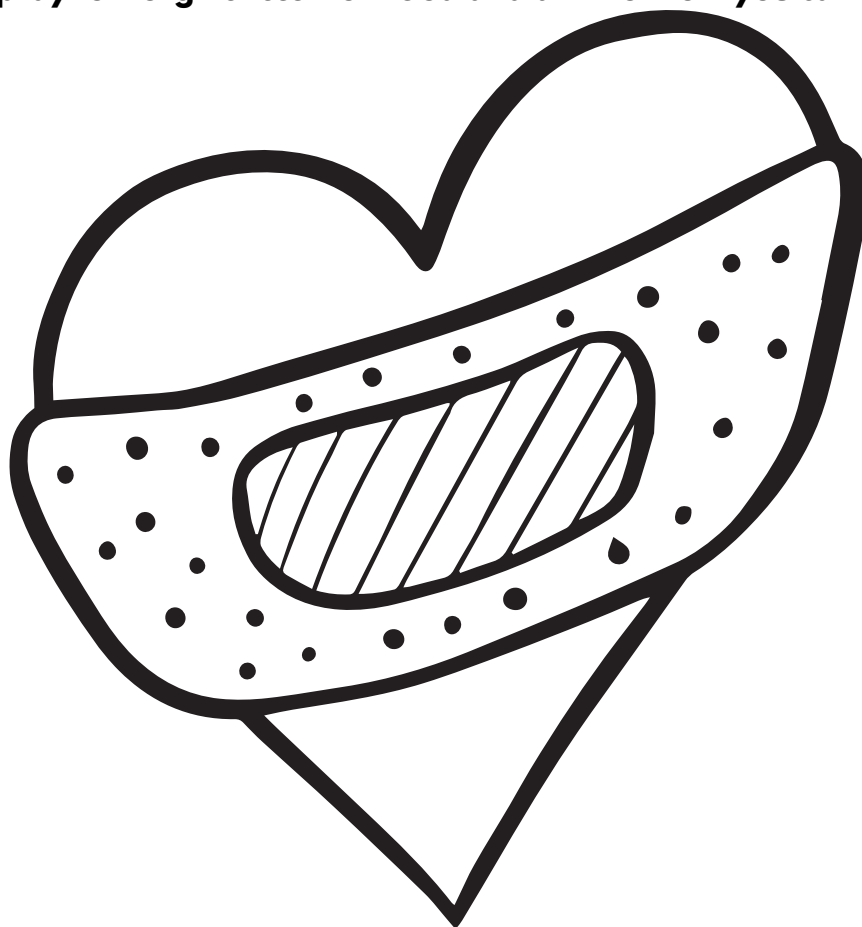
Help me to know YOU more. In Jesus' Name, Amen

DAY NINE-HEART FIX

AND FORGIVE US OUR DEBTS AS WE HAVE ALSO FORGIVEN OUR DEBTORS.
MATTHEW 6:12

**What is a debt? A debt is something that is owed- that you have to pay back.
If you sin against someone else, you have a debt.
If someone sins against you, they have a debt.
When we sin against God, we are in debt.**

We ask God to forgive us our debts (which He promised to do) and God tells us to forgive our debtors- those who sin against us. We fix our heart with others and with God. As you color the heart, pray for forgiveness from God and think of how you can forgive others.



Prayer Guide- Day Nine

Dear Jesus,

Jesus, forgive me for _____.

I forgive _____.

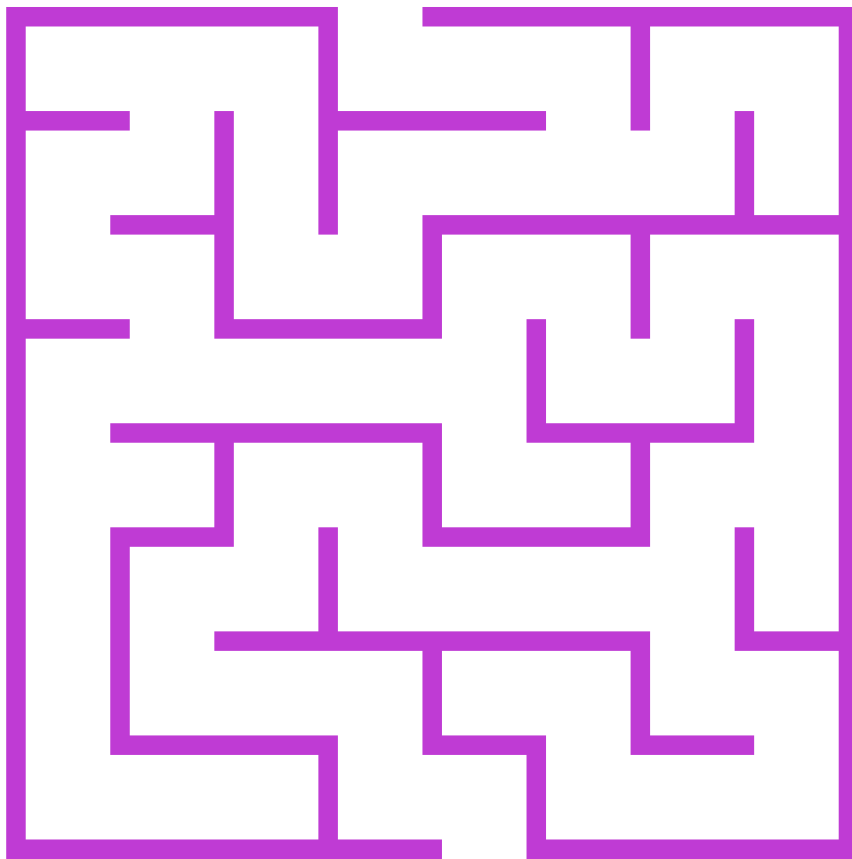
Thank you for your forgiveness. I will not turn back to it!

Help me to know YOU more. In Jesus' Name, Amen

DAY TEN-PROTECT

AND LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM THE EVIL ONE.
MATTHEW 6:13

When we follow God, we pray for Him to lead us on the right path. Praying "lead us not into temptation" means not just to keep us away from sin but even from those things that are not His will for us. Today, let's pray for God's protection as we follow Him.



In a maze there are a lot of twists and turns. It is easy to take the wrong path. As you work through the maze, let God remind you to listen to His voice and follow Him down the best path that leads to Him.

Prayer Guide- Day Ten

Dear Jesus,

Help me to follow in your path.

I pray for your guidance as you lead me through everywhere I go like...

Keep my feet following you, wherever you are telling me to go.

Help me to know YOU more. In Jesus' Name, Amen

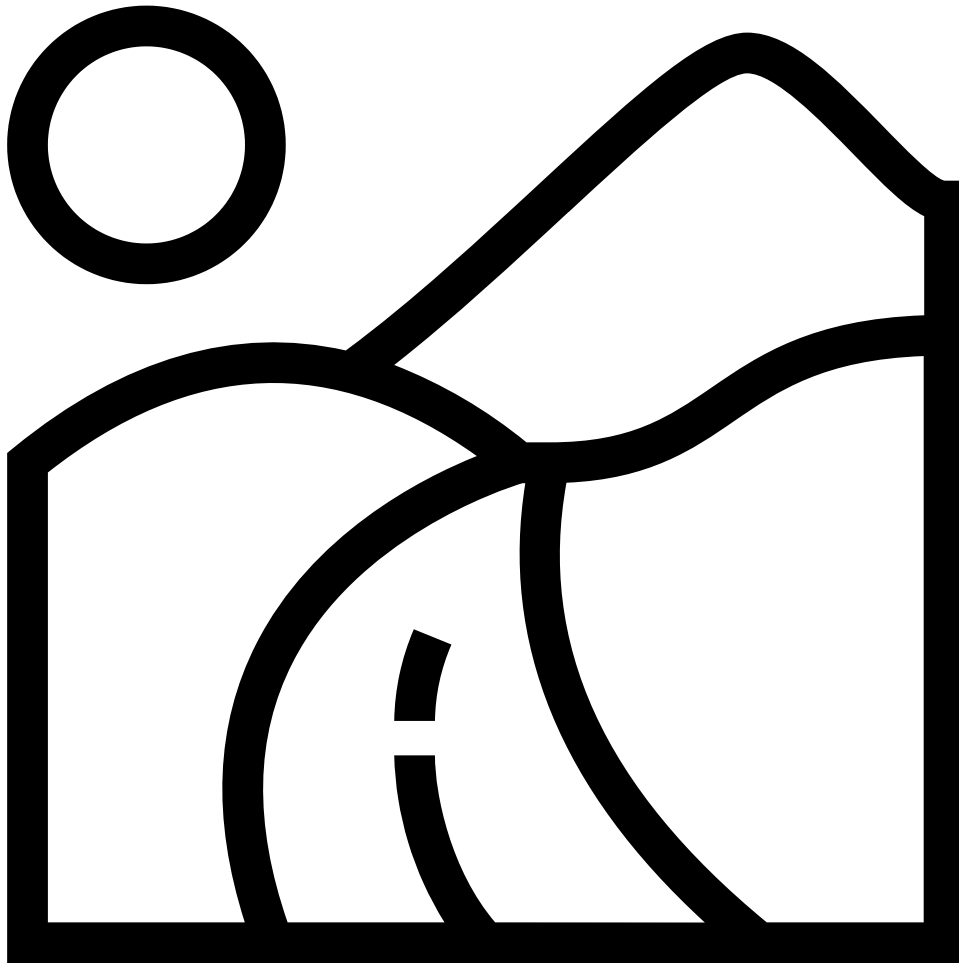
DAY ELEVEN-DELIVER

AND LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM THE EVIL ONE.
MATTHEW 6:13

Sometimes we will make wrong turns. We will mess up.

But God promises to deliver us from the evil one when we ask.

When we make a wrong turn, IMMEDIATELY ask Jesus for help. Ask Him to deliver you from the evil one and get you back on the right path. God is mighty to save us when we go the wrong way. God is mighty to forgive us and restore us when we tell Him we're sorry. Color the picture below and ask God to help you know what the right path is.



Prayer Guide- Day Eleven

Dear Jesus,

Help me to follow in your path.

When I make a wrong turn, help my heart to know.

Deliver me and put me back on the right path you have set for me.

Help me to know YOU more. In Jesus' Name, Amen

DAY TWELVE-DELIVER

AND LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM THE EVIL ONE.
MATTHEW 6:13

Replace any lie the enemy has told you with the truth of the Word. The enemy tries to tell us lies about who we are. He tells us we are bad, worthless, and unloved. BUT GOD will deliver us from those lies when we ask! Hold on to the truth in His word about who God says you are and pray that over your life!

Look up the following verses and write down what God says about you!

John 1:12

Genesis 1:27

Romans 6:6

Psalms 139:14

Jeremiah 1:5

1 Peter 2:9

1 John 3:1-2

What does God say about you?

Prayer Guide- Day Twelve

Dear Jesus,

I am who YOU say I am.

Thank you that you have made me _____

Help me to remember that _____

Help me to know YOU more. In Jesus' Name, Amen

DAY THIRTEEN-SUIT UP!

READ EPHESIANS 6:11-18 AND THEN SAY A PRAYER TO GOD LIKE THE ONE BELOW TO PUT ON YOUR ARMOR!

Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Prayer Guide- Day Thirteen

Lord,

Today, I put on the full armor of God. I am protected.

I put on the belt of truth to speak and walk honestly.

I will put into place the breastplate to do what is morally righteous.

I will strap onto my feet and be ready with the gospel of peace.

On my arm, I will carry the shield of faith and block the attacks from the evil one.

On my head, I will wear the helmet of salvation. Jesus loves me and I belong to Him!

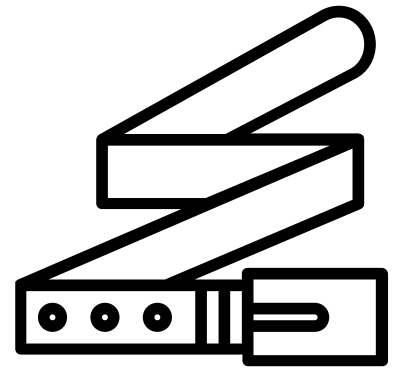
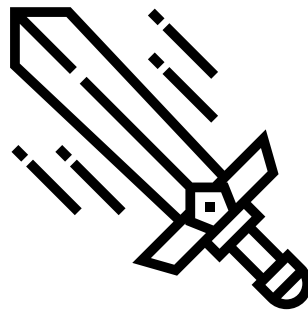
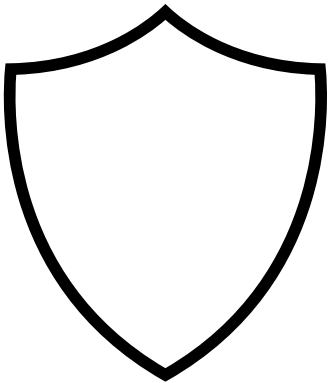
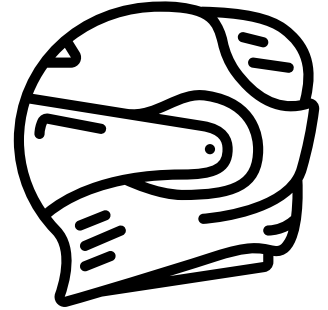
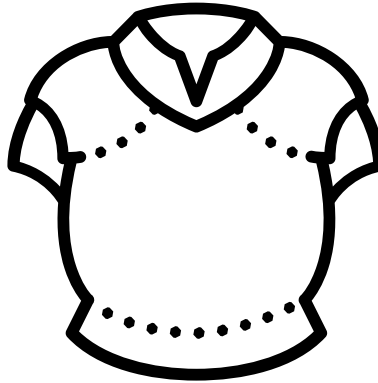
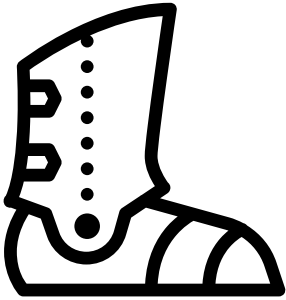
With my shield in one hand, I will carry the sword of the Spirit with me in the other. It is the word of God!

I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, Amen!

DAY FOURTEEN-ARMOR

COLOR IN THE ARMOR OF GOD AND LABEL THE PIECES! SUIT UP WITH THE PRAYER BELOW!



Prayer Guide- Day Fourteen

Lord,

Today, I put on the full armor of God. I am protected.

I put on the belt of truth to speak and walk honestly.

I will put into place the breastplate to do what is morally righteous.

I will strap onto my feet and be ready with the gospel of peace.

On my arm, I will carry the shield of faith and block the attacks from the evil one.

On my head, I will wear the helmet of salvation. Jesus loves me and I belong to Him!

With my shield in one hand, I will carry the sword of the Spirit with me in the other. It is the word of God!

I will pray on all occasions, everywhere, for anything. I will be alert and never stop praising daily for those around me.

In Jesus' name, Amen!

DAY FIFTEEN-FAMILY

HONOR YOUR FATHER AND YOUR MOTHER, SO THAT YOU MAY LIVE LONG IN
THE LAND THE LORD YOUR GOD IS GIVING YOU.
EXODUS 20:12

**Draw a picture of your family below! Spend some time
praying for them today!**

Prayer Guide- Day Fifteen

Jesus,

Today, I thank you for my family. I thank you that You love us and want the best for us.

I pray You would give _____ and me wisdom to make good choices and do the things You want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray that You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for you.

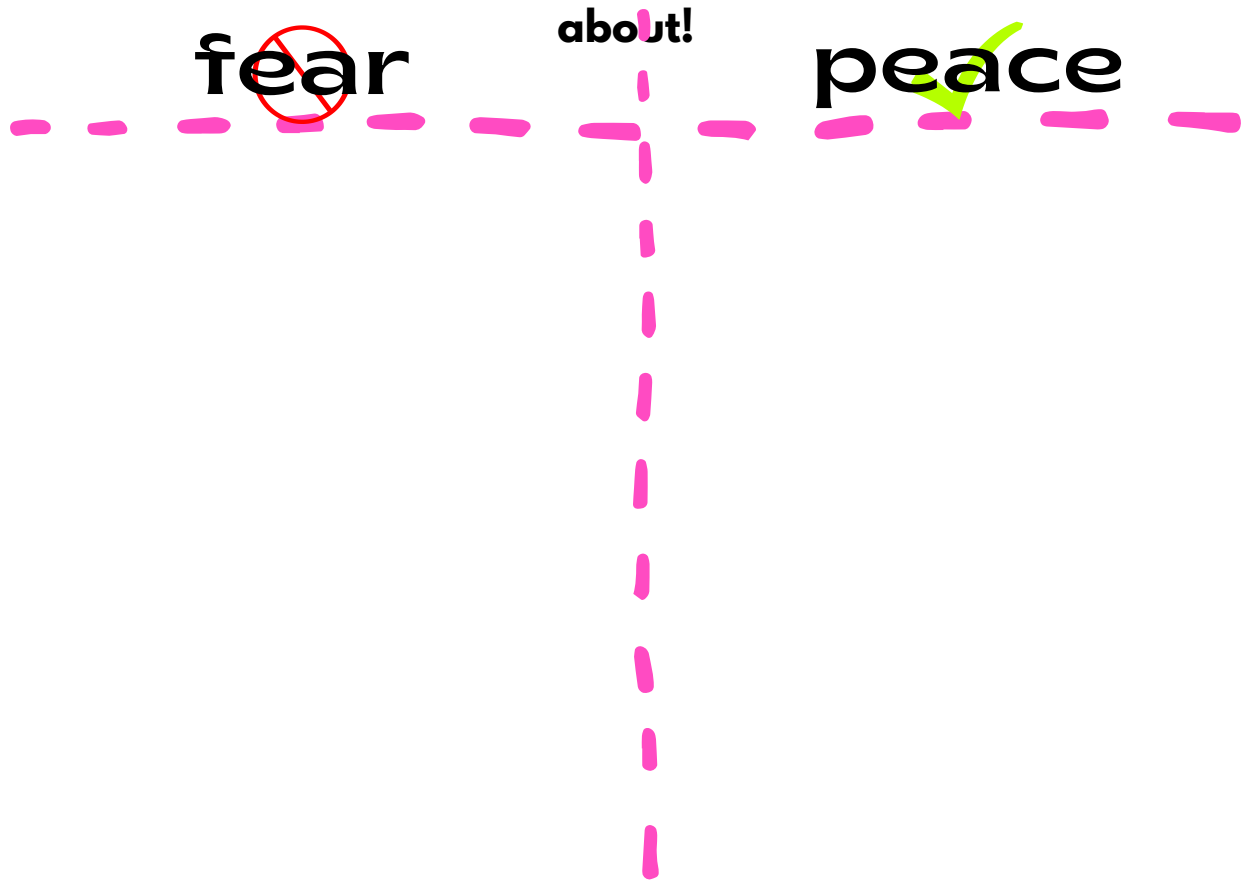
In Jesus' Name, Amen.

DAY SIXTEEN-SPIRIT

FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF POWER AND OF LOVE
AND OF A SOUND MIND. 1 TIMOTHY 1:7

**Pray the prayer below. Make a list of things you do not
have to be afraid of and things you can have peace**

fear **about!** **peace**



Prayer Guide Day Sixteen

Jesus,

Today, I pray against the spirit of fear.

I command it to go by the authority that You have given me in Your name.

I ask that you would give me peace, perfect love that casts out fear, and complete confidence
in You.

Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' Name, Amen.

DAY SEVENTEEN-BLESSING

JABEZ CRIED OUT TO THE GOD OF ISRAEL, "OH, THAT YOU WOULD BLESS ME INDEED AND ENLARGE MY TERRITORY! LET YOUR HAND BE WITH ME, AND KEEP ME FROM HARM SO THAT I WILL BE FREE FROM PAIN." AND GOD GRANTED HIS REQUEST.

1 CHRONICLES 4:10

The Bible says "we have not because we do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." How cool is that? God wants to bless us, but He is often waiting for us to ask with the right heart and attitude. He wants us to see that we don't just keep His blessings to ourselves but use them to bless others.

We have a really big God and we can be bold and hopeful in asking for His gifts and blessings. In the Bible, James says that God sees our heart and knows exactly what we need, but He wants to hear it from us. We get God's attention when we ask Him for blessings to help others.

Ask God for His blessing. Recognize that you need Him to give you more than you need so that you can be a blessing to others and show them the great love of Jesus!

Prayer Guide- Day Seventeen

Jesus,

Father God, I know You care for me and You give me what I need. I don't want to be selfish in asking for things- give me more so that I can be generous and share Your blessings with others. Jesus, I want to be a blessing so that I can help lead others to You!

DAY EIGHTEEN-INFLUENCE

JABEZ CRIED OUT TO THE GOD OF ISRAEL, "OH, THAT YOU WOULD BLESS ME INDEED AND ENLARGE MY TERRITORY! LET YOUR HAND BE WITH ME, AND KEEP ME FROM HARM SO THAT I WILL BE FREE FROM PAIN." AND GOD GRANTED HIS REQUEST.

1 CHRONICLES 4:10

"Enlarge my territory" means giving me influence to help others. When God blesses us and gives us more, we also get more opportunity to influence the world around us for Jesus. God has the power to bless us greatly, and He also has the power to give us more ways to make a difference. Pray for more influence. Pray that you will get to know more people that you can share God's love and blessings with!

Draw a picture of how you can make a difference!



Prayer Guide- Day Eighteen

God, make me a better friend, a better classmate, and a better leader. Show me more ways that I can reach more people and show them who You are and how much You love them. Help me to take good care of the things You have given me, and help me make a difference in the lives of more people.

In Jesus' Name, Amen

DAY NINETEEN-PRESENCE

JABEZ CRIED OUT TO THE GOD OF ISRAEL, "OH, THAT YOU WOULD BLESS ME INDEED AND ENLARGE MY TERRITORY! LET YOUR HAND BE WITH ME, AND KEEP ME FROM HARM SO THAT I WILL BE FREE FROM PAIN." AND GOD GRANTED HIS REQUEST.

1 CHRONICLES 4:10

The good news in Jesus is that we never have to do things in our own strength. Jabez did not try to only do things in his own strength. Jabez knew that he could not be successful by himself. He wanted God to put His hand on him make good decisions. Trust and depend on God- ask for more of Him in your life today. Be humble and admit that you can't do things alone, that you need God to be with you and to help you.

What are some of the big things that God has put in your heart?



Prayer Guide- Day Nineteen

Lord, I know that without You, I am nothing. I can't do what You've called me to do on my own. I need Your help and I need You to be with me. I trust and depend on You completely. Help me, Lord. Thank you for giving me the power of Your Holy Spirit. The same power that raised Jesus from the dead now lives in me. Through the power of Your Spirit, I pray that You will help me succeed and do better in the things You have given me. Thank you for always being with me and keeping me safe.

DAY TWENTY-FAVOR

JABEZ CRIED OUT TO THE GOD OF ISRAEL, "OH, THAT YOU WOULD BLESS ME INDEED AND ENLARGE MY TERRITORY! LET YOUR HAND BE WITH ME, AND KEEP ME FROM HARM SO THAT I WILL BE FREE FROM PAIN." AND GOD GRANTED HIS REQUEST.

1 CHRONICLES 4:10

You do not need to be afraid- Jesus has already won the victory by what He did for us on the cross! We have nothing to fear because God promised to be with us and to protect us. Trust God to protect you. Place your hopes in Him. Tell Him specific areas where you need His protection. Maybe it's at school, at home, or somewhere else. Ask Him to keep you from any harm in the future that you can't see yet.

How can you pray for God's favor in these places?

My Government	My Church
My School	My Family
My Friends	People who don't know Jesus

Prayer Guide- Day Twenty

God, as I do the things you want me to do, I pray that You will stop every attack against me. Please keep me safe and protect my body, my mind, and my emotions. I pray that You will keep me from any hurt, harm or danger. I also pray that You will protect my family and friends. Jesus, I know that You love me and are watching over me. I know that I have nothing to fear because You already won the victory! Thank you for protecting me. I love You and I trust You!

DAY TWENTY-FAVOR

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DAY TWENTY-ONE-VICTORY

WITH MAN THIS IS IMPOSSIBLE, BUT WITH GOD ALL THINGS ARE POSSIBLE.
MATTHEW 19:26

All things are possible in God! There is nothing too difficult or too hard for Jesus. When we pray, we join our tiny mustard seed of faith with who God is... and great things happen! We can pray with expectancy and faith because with God all things are possible!

**What are the big mountains you are praying for right now?
God turns those mountains into victories!**



Prayer Guide- Day Twenty-One

God, I know that with you I already have the victory!

I am praying for_____

I know that you are _____

I trust in You God! It is my delight to obey You!

In Jesus' Name, Amen