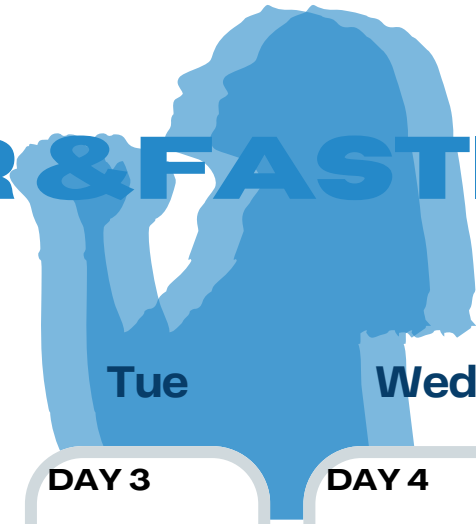


21 DAYS PRAYER & FASTING

KIDS CALENDAR



- Refer to this Calendar for an example plan you and your family can follow for 21 days
- Write down a few prayer requests and pray together for those things throughout the fast

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DAY 1 PSALM 40:1-17	DAY 2 MATTHEW 6:25-34	DAY 3 MATTHEW 11:25-30	DAY 4 JOHN 16:1-15	DAY 5 HEBREWS 5:11-14	DAY 6 PROVERBS 3:5-6	DAY 7 ROMANS 12:1-2
DAY 8 EPHESIANS 2:10	DAY 9 MATTHEW 9:35-38	DAY 10 2 TIMOTHY 1:9-10	DAY 11 PSALM 5:11-12	DAY 12 PSALM 51:1-12	DAY 13 PROVERBS 28:1	DAY 14 1 PETER 3:8-9
DAY 15 2 CORINTHIANS 9:6-11	DAY 16 JEREMIAH 18:1-6	DAY 17 ROMANS 10:13-15	DAY 18 PSALM 3:3-4	DAY 19 JUDE 20-21	DAY 20 1 KINGS 19:11-13	DAY 21 EPHESIANS 3:20-21



FASTING GUIDE: FOR FAMILIES

We believe that God wants to move in the hearts of children through prayer and fasting, just as He does with adults. We've seen that when we teach kids and give them the chance to participate, they respond and grow spiritually. For kids to become lifelong followers of Jesus, they need to experience Him in a personal and real way. A season of prayer and fasting offers a powerful opportunity for them to encounter Jesus' presence.

Take some time to read through this document, then sit down with your children to discuss the basics of fasting.



Fasting...

- ...helps us prioritize God over our comforts and conveniences.
- ...serves as a reminder that God is the source of every good and perfect gift.
- ...opens our hearts to hear from God, regardless of our age.

Each time your child feels the urge for something they're fasting from, encourage them to use that moment as a reminder to pray, focus on God, and express their love for Him. Encourage them to seek God, pray bold prayers, ask for people to come to Christ, and pray for breakthroughs for themselves and others. We believe God will do incredible things during these 21 days.