



RE FOCUS

21 DAYS OF PRAYER AND FASTING

KID'S EDITION

We have chosen one verse from each day of the prayer guide to focus on with kids. Use the discussion questions to dive deeper during dinner time, family time, car time, bed time, or whatever works best for your family! Remember that prayer is the focus, so spend the last minutes in prayer with your kids.

If you miss a day, don't give up! Jump back in the next day.

DAY 1

SEPTEMBER 10

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. – Psalm 23:1-3

Jesus is the Good Shepherd who provides abundant life for His sheep. A shepherd would gather his sheep at night and form a pen to keep the sheep in and to keep wild animals and thieves out. The shepherd would lay across the opening. Like a shepherd provides safety for his sheep, Jesus provides salvation and eternal life.

A shepherd also made sure that the sheep had enough food and water to survive. In the same way, God provides what we need.

Discussion Questions:

- Why do you think David, the author of this passage, compares people to sheep? (Sheep are animals that need guidance. On their own, they cannot thrive. We need help as well. Help kids understand that using the imagery of sheep also calls back to Psalm 23 and Old Testament figures like David, Moses, and Jacob.)
- How have you seen God be a good shepherd for you, for your family, and for others?
- How does it make you feel to know that God looks after you?

God, thank you for being the Good Shepherd who guides and protects me. Thank you for leading me down right paths. Thank you for providing all that I need and being my safe place during the day and at night when I sleep. Amen.

DAY 2

SEPTEMBER 11

So, Jesus said to them, “Truly, truly, I say to you, the Son can do nothing of His own accord, but only what He sees the Father doing. For whatever the Father does, that the Son does likewise.” – John 5:19

Even though Jesus was God Himself, He obeyed God the Father. He set an example for us and showed us how to follow God. In all He did His aim was to glorify His Father in Heaven. He depended on God to show Him how to live and serve others. He spent time in prayer so that He could sense God’s direction. Luke 5:16 says, “But Jesus often withdrew to lonely places and prayed.” How wonderful it is that Jesus showed us this life of obedience and how to listen to God the Father!

Think about the game of “Simon Says.” In order to do well in the game, you must only obey commands that begin with “Simon Says.” You need to listen very carefully to be able to know what to do. We are blessed to have Jesus show us how to listen to the Father to know what to do that pleases Him.

Discussion Questions:

- Who did Jesus say that He followed and copied? (He followed God.)
- How can we hear God speak? (Praying and reading God’s Word.)

Thank you, God, that Jesus lived a perfect life and followed You in obedience! Father, thank You that Jesus showed how He needed You and Your direction. He was great and mighty, yet He obeyed faithfully. We are grateful for the example of prayer that Jesus set for us. We praise You, Jesus, for who You are and thank You for the way You show us how to live!

DAY 3

SEPTEMBER 12

Who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. Therefore, God has highly exalted him and bestowed on him the name that is above every name. – Philippians 2:8-9

Jesus was powerful and mighty! He was fully God, and at the same time, He was fully man. While He lived on earth, He laid aside His powerful position and served others. He valued us and others more than He valued His own life. He obeyed God in all things, even to the point that it cost Him His life when He died on the cross.

Jesus showed us how to put others first through His humility. He is Lord, and He set an example of kindness and service to others. He made the greatest sacrifice of His life for us!

Discussion Questions:

- In these verses, what things show that Jesus put others first? (He was a servant, He was obedient, He gave His life on the cross.)
- Does knowing that Jesus gave up His right to be worshiped and obeyed while He lived on earth encourage you to live a different way?
- How does it make you feel that Jesus gave up those things for you?

Thank You, God, that Jesus left heaven to come and serve others. Thank You for the life He lived and the example He set for me. Jesus, I lift Your name above every other name. I praise Your name, Jesus, that You laid aside Your right to be worshiped to suffer and die on the cross for me and others. Thank You for Your love and humility in making such a sacrifice for me.

DAY 4

SEPTEMBER 13

**On the glorious splendor of your majesty, and on your wondrous works, I will meditate. They shall speak of the might of your awesome deeds, and I will declare your greatness.
– Psalm 145:5-6**

God has done great things! He is mighty and powerful, full of love and mercy. The Bible is full of the wonderful works He has done for His people. He brought His people out of Egypt, He parted the Red Sea, He saved Daniel from lions, Shadrach and Meshach from the fiery furnace, and David from a giant. We can look around at the beautiful nature God created – like rivers, mountains, oceans, and flowers. He put the stars and sun and moon in place. He created animals and people. God is amazing!

The most amazing thing God has done for us is send His Son Jesus to live the life we could not live, and to die on the cross for us to take the punishment for sin that we deserve.

Discussion Questions:

- What is one of your favorite Bible stories that tells of something amazing God did for His people?
- What are some of your favorite animals that God created? What are your favorite parts of nature that the God made?

You are amazing, O God! You have made the earth with Your power. Thank You for Your amazing creation! The world that You have created is beautiful, with mountains, oceans, rivers, colorful sunsets, rainbows, cardinals, lightning bugs, and flowers, just to name a few. You are mighty and powerful, holy and kind. You are full of love and grace. We love You!

DAY 5

SEPTEMBER 14

Let them praise your great and awesome name! Holy is he!
– Psalm 99:3

God is great! His name is powerful and above all others! He is holy! To be holy means that you are perfect and without sin. God is the only one who is truly holy. He is without sin or any fault. Wow! Just think about that. No sin, or bad thought, or wrong feelings. It's hard to even understand holiness and perfection, because we've never seen it.

God's holiness means that He can't be around sin of any kind, so He made a plan to save us from our sins so that we could be with Him. He sent Jesus to take the punishment we deserve and share His righteousness with us. How wonderful are His ways!

Family Activity:

Name great things about God using as many letters as you can. For example, God is Awsome, Beautiful, Caring, Divine, etc. See if you can use the letters in your name as the first letter to form words that are praiseworthy traits about God.

You are awesome, O LORD! You deserve praise and honor. All You do is right, and You carry out justice and fairness always. You are love and Your ways are best. You care for us and have made a way for us to know You through Jesus Christ. Thank You for all that You have done!

DAY 6

SEPTEMBER 15

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. – Psalm 139:13-14

God made you. He knew you before you were born. He saw you when you were being formed. You can know how much He loves you because of the care He took to make you. He has a wonderful plan for your life. You were carefully and specially made!

Think about the special nature of how your body was made. Think of your eyes, how detailed and cool they are and all that they allow you to see. Think about all the muscles and bones that need to work together for you to walk. Think about your fingerprint and how each person in the whole world has a unique one. God is amazing!

Discussion Questions:

- How does it make you feel to know that God knew you before you were born?
- When you think of the special way that God put you together, how do you think God feels about you?
- What are some things that your body can do, like see and hear and run, that you are thankful for?

O God, thank You for making me and forming me in the special way You did! Thank you for the amazing things You made me to able to do, like walk, talk, see, hear, taste, laugh, and think. You know everything about me, and You love me and care for me. Thank You for the gifts and talents You have given me. You are amazing, God! I love You!

DAY 7

SEPTEMBER 16

As each has received a gift, use it to serve one another, as good stewards of God's varied grace. – 1 Peter 4:10

As believers in Jesus, we are all given special gifts. These gifts can be talents or skills that we are especially good at. Someone might have the gift of singing and they may lead worship for others. Someone else might be a very skilled carpenter and use their talent to help someone who has a damaged house from a storm.

In this verse, Peter calls us to be good stewards of all we are given from the Lord. This means that we are to use the gifts and talents God has given us for His glory and in a way that honors Him.

Discussion Questions:

- What do you think your special gifts from God are?
- How can you use your gifts/talents to glorify Him?

Heavenly Father, thank You for the gift of the Holy Spirit and for the spiritual gifts that I have been given by Your goodness and grace. Please help me use the gifts You gave me for the benefit of the body of Christ and for Your praise and glory. This I ask in Jesus name, amen.

DAY 8

SEPTEMBER 17

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.
– 2 Corinthians 12:9

After reading this verse, you might be confused...“for when I am weak, then I am strong.” How can we be weak and strong at the same time? The strength that is mentioned in this verse is not talking about strong muscles that can lift something heavy. It means to be strong in The Lord. We should turn to God for every need, every desire, and every thought we have. Because we live in a world that is sinful, we are very weak if we just depend on ourself. We need someone to help make us strong. Without Jesus we would be very weak. Whether you are 7 years old or 107, you can always be strong in The Lord!

Discussion Questions:

- What are some things that you are good at?
- What are some things that you are not so good at?
- Can you think of a time when God's power helped you do something you didn't think you could do?

God, I choose to thank You for my weaknesses. Your grace covers me and it is all that I need. My weaknesses show Your great power. Please help me to be content with my weaknesses and always turn to you for help, and to see my weaknesses as opportunities to bring You glory. Thank You, strong Creator. Your grace is more than enough for me.

DAY 9

SEPTEMBER 18

Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.
– Isaiah 53:4

Even though this is in the Old Testament, this verse is talking about Jesus and how He came to save us. When Jesus died on the cross, He suffered for our wrongdoings and took the punishment for our sins. When people saw Him being crucified, they thought that God had forgotten Jesus and didn't believe that He was the Son of God. They didn't understand the plan of salvation. How grateful we can be to know that Jesus is our Savior!

Discussion Questions:

- What were some of the things that Jesus went through to be our Savior? (He was beaten; He was made fun of; He was nailed to the cross.)
- How does it make you feel to know that Jesus went through these things so that we can have a relationship with God? (Help kids see the love God has for us and not focus on guilt.)

I praise You, Jesus, that You are the One who took on all my sins and sorrows. Thank You for suffering for all the sins I have committed or ever will commit. You made a way of salvation for me through Your death and resurrection. Thank you for Your sacrifice for me. I love You, Jesus!

DAY 10

SEPTEMBER 19

No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. – Romans 8:38-39

Paul is telling Christians in Rome that because they are believers in Jesus, horrible things of this world can't defeat them. He lists very powerful things that can't separate us from God's love! How comforting to know that we always have His love no matter what we are going through.

Discussion Questions:

- Do you ever feel that God is too far away or not listening to you?
- How do you feel when you are separated from those you love?
- God promises that He will never leave us. What can you do when you just don't feel like He's near? (Read your Bible, pray)

God, I praise You that nothing can separate me from You! No amount of time, space, sin, or suffering can tear me from Your love. Help me remember as I go through my day that Your love is sure and near!

DAY 11

SEPTEMBER 20

For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock. – Psalm 27:5

This is a word picture of how God looks after His people. God shelters and protects us in times of trouble, much like a shelter covers us in a storm. Sometimes the help is things we can see, like a friend sharing a place to stay if your home were damaged. But sometimes it's in ways we can't see, like giving us courage and faith to face the hard times.

Family Activity:

Build a fort in your living room using blankets and pillows. Discuss how a tent provides protection for us from things like the sun, rain, and cold (and maybe even wild animals!). In what ways does God protect and care for us?

Thank You Father for hiding me in Your shelter. Your shelter is safe and secure. Thank You for protecting me in times of trouble!

DAY 12

SEPTEMBER 21

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

– James 1:2-4

A trial is something hard that happens in your life. Maybe your trials look like fighting with your brothers and sisters, not having a friend at school, or not liking what your mom cooked for dinner. Or maybe you have more serious trials, such as losing someone you love, or your parents getting divorced.

James reminds us that although trials aren't fun, they are actually good for us. They make our faith stronger and help us trust God more. Our trials make us more like Christ. This is called "sanctification." It's a big word, but it just means that we become more like Christ. So instead of getting angry and frustrated when you meet a new trial, pray and ask God how it can make you more like Him.

Discussion Questions:

- Have you had any trials in your life lately? What are they?
- How do you usually feel when you meet a trial?
- How can you become more like Christ when hard things happen to you?

God, You are bigger than any problems or trials I face. Thank You that You have a purpose in every situation. God, I want to be more like You. When life is hard, help me to remember that You can use hard things for my good. Thank You that Your love for me never changes, no matter what I feel. Help me to trust You in all things.

DAY 13

SEPTEMBER 22

**I thank my God upon every remembrance of you.
– Philippians 1:3**

Paul wrote letters to many churches in different cities, and they often started this way. He thanked God for them and he wanted them to know how grateful he was for them. These people supported him, prayed for him, and shared in ministry with him.

We all have people in our lives that help us and love us. Take time to thank God for those people today, and also be sure to let them know how thankful you are for them!

Family Activity:

Write notes of encouragement to people who are important to you. Let them know how much you appreciate them! Consider including a sweet treat or a small gift card with the notes.

God, You created people in Your image to love You and each other. Thank You for all the people in my life who love me and help me grow. Thank you for my family and friends, my teachers, the people at church who teach me about God, and all the people who keep us safe. Please bless each of them and help them to know Your love.

DAY 14

SEPTEMBER 23

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. – Ephesians 4:31

Has anyone ever done you wrong? Hurt your feelings? Broken your favorite toy? Ignored you at school? Said something untrue about you? The answer is probably yes, because we are all broken people who do hurtful things to each other. The world tells us that if someone does us wrong, we should get even. An eye for an eye, right? But the Bible show us another way—a better way.

The Bible tells us to be kind, tenderhearted, and forgiving, and it gives us the very best example to follow—God! We have all sinned and done things to hurt God, but He offers us forgiveness no matter how many times we sin. Because God forgives us, we should also forgive others. So instead of “getting even,” let’s practice kindness and forgiveness.

Discussion Questions:

- Has anyone ever showed you kindness and forgiveness when you didn’t deserve it? How did it feel?
- How did God show His kindness and forgiveness to us?
- Think of someone right now who has hurt you. How can you show kindness to them this week?

God, thank You for the kindness, love, and forgiveness You offer us when we don’t deserve it. When someone hurts me, please help me to follow Your example and offer the same love. Please guard my heart from anger and hurtful words. Help me to show Your love to others in the way that I treat them.

DAY 15

SEPTEMBER 24

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to me. – Psalm 13:5-6

The verses right before this show us that David is crying out to God, asking Him how long he will suffer because of his enemies. Then David's focus completely changes with one small word: "but." Despite his suffering, David trusts in God's love that will never fail. His heart rejoices because God is his salvation. He will praise God, because God is good to him.

None of David's circumstances had actually changed. He was still suffering. He still had enemies that were chasing him. The only thing that changed was his focus. Instead of focusing on his pain, he focused on God's unfailing love and goodness to him. No matter what's going on in our lives, we ALWAYS have something to praise God for!

Discussion Questions:

- Has anyone (besides God) ever loved you with an unfailing love? (The real answer is no, because we are imperfect people who fail each other.)
- Why is God the only person that can truly love you perfectly and without fail? (Because God is perfect and never changes.)
- How has God been good to you recently? Stop and praise Him for that right now.

God, I praise You that You are never changing and unfailing. You are perfect in all Your ways. Thank You for all the ways You have been good to me. When life is hard, help me to keep my focus on Your love and goodness.

DAY 16

SEPTEMBER 25

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. – 1 John 1:9

Have you ever done something wrong and then felt guilty for it? I think we can all say, “YES!” The Bible says in Romans 3:23 that we all sin and fall short of the glory of God. That means that only God is perfect, and no person can ever live up to that no matter how hard they try to be good. That doesn’t sound like great news, does it?

But wait—there is great news! God sent His Son Jesus to pay the price for our sins on the cross. Because of Jesus’ sacrifice for us, all we have to do is confess our sins and believe that He alone can save us and make us new. Once we’re forgiven, we don’t have to bear the weight and the guilt of our sin. God forgives us and cleans us all up. Psalm 103 says He removes our sins from us, as far as the east is from the west. This doesn’t mean we will never sin again, but it does mean that God is there waiting to forgive us when we do.

Discussion Questions:

- Do you struggle to forgive yourself when you’ve done something wrong? Do you have a hard time forgiving other people when they wrong you?
- Do you think there is any sin too big for God to forgive? (No!)
- Have you asked God to forgive your sins and make you a new person?

God, You are perfect, holy, faithful, and just. Thank You for sending Jesus to take the punishment for our sins. God, You alone have the power to forgive sins and make us clean, and You offer forgiveness to anyone who is willing to confess their sins and follow You. Thank You for loving us so much.

DAY 17

SEPTEMBER 26

So I went down to the potter's house, and there he was working at his wheel. And the vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as it seemed good to the potter to do. Then the word of the Lord came to me: "O house of Israel, can I not do with you as this potter has done? declares the Lord. Behold, like the clay in the potter's hand, so are you in my hand, O house of Israel." – Jeremiah 18:3-6

Have you ever seen a potter working with clay? It's amazing to watch them work with their hands as they transform an ordinary lump of clay into a masterpiece. The potter has the perfect plan for the clay and keeps the finished product in mind as he works.

Just like the potter, God has a perfect plan for our lives. Throughout our lives He is molding us and changing us with that plan in mind. We are His masterpieces. Sometimes we forget that God knows what is best for us. But when we trust God and let Him make us into the person He wants us to be, we become beautiful vessels that can be used for His purposes.

Discussion Questions:

- Who is someone or something that God used in your life to make you more like Him?
- How can we know God's plan for our lives? (Read God's Word, pray)
- Do you think God will ever be finished molding us?

God, we are the clay and You are the potter. You hold us in Your hands. You are our Creator and our Father. There is no one who loves us more than You. Your plans for our lives are greater than any of our own. Help us to live each day as vessels that can be used for Your purposes. We love You God, amen.

DAY 18

SEPTEMBER 27

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus.
– Ephesians 2:4-6

Imagine that you receive a present you aren't expecting. Your first thought may be, "what is this for?" You haven't done anything special to receive a gift. Then you open the card and see it's from your grandparents. The card simply says: "We love you."

Did you know that God loves us so much that He offers us a free gift? It's the gift of salvation. Through grace (undeserved favor), God provided a way for us to be forgiven of our sins. There's nothing we can do to earn it. And we definitely don't deserve it. But because God loves us, He made a way for us to be saved from our sins. He sent His Son Jesus!

Discussion Questions:

- What does "by grace you have been saved" mean?
- What do you need to do to accept the gift of salvation?
- How can we show grace to others?

God, You are worthy of all our praise. There's nothing we can do to earn Your grace and forgiveness. Because of Your mercy and grace, You sent Jesus to receive the punishment for our sins. It is only through Jesus that we can be saved. Please help us to live in a way that shows Your love to the world. In Christ's name we pray, amen.

DAY 19

SEPTEMBER 28

For nothing will be impossible with God. – Luke 1:37

In Luke 1:26-38, we read about the angel Gabriel telling Mary that she would give birth to God's Son, Jesus. Mary's response was: "How will this be?" Basically, Mary was saying that it was impossible, but the angel told Mary that nothing was impossible with God.

Mary was an ordinary girl. She wasn't rich or famous. But Mary loved God and God chose her, out of everyone else, to do the impossible through. Do you ever feel that you aren't special enough or too young for God to work in your life? When you feel that way, remember that God is powerful. He is a miracle worker. And he can do impossible things in your life, too!

Discussion Questions:

- When have you trusted God with something that seemed impossible?
- Do you really believe that nothing is impossible with God?
- What can we do when we face impossible situations?

God, nothing is impossible with You. When we are faced with what seems to be impossible, remind us that You are always with us. Help us to have faith like Mary and believe You can work miracles in our life. Thank You for using my life to do the impossible through.

DAY 20

SEPTEMBER 29

For through him we both have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone.
- Ephesians 2:18-20

In construction, the cornerstone is the most important stone in a building's structure. Without the strength of the cornerstone, a building will crumble and fall.

Throughout scripture, Jesus is referred to as the cornerstone. His death, burial and resurrection is what our faith is built on. When we place our faith in Jesus, the cornerstone, we can trust in Him to provide a firm foundation. Having a firm foundation is important when we face hard things in life.

Family Activity:

- Play a game of Jenga with your family. Discuss that many pieces can be removed without the tower falling, but when you remove a foundational piece, the tower will tumble. Living our lives without Jesus, our cornerstone, guarantees that everything else will crumble and fall.

God, thank You for Jesus, our cornerstone. You are a firm foundation. You are reliable and we can place our trust in You. You give us strength when life is hard. Thank You that we can be part of the family of God.

DAY 21

SEPTEMBER 30

Jesus Christ is the same yesterday and today and forever.
– Hebrews 13:8

Our lives are always changing. We are always changing. And sometimes change can be a scary thing. Maybe you've changed schools and are worried you won't have any friends. Or maybe you have a new baby brother or sister and you're worried things are going to be different.

One thing that you can be sure will never change is Jesus Christ. The Jesus who healed the leper is the same One who wants to heal you. The Jesus who calmed the storm is the One who can give you peace when you're worried. We can't stop changes from happening in our lives, but we can have a relationship with God, the One who never changes!

Discussion Questions:

- What can we count on when things in our life are changing?
- Does God's Word ever change? (No!)
- What change has happened in your life? How did God help you during that time?

God, You are unchanging. Your love for us remains the same. Your truth remains the same. Thank You that we can count on You when everything around us is changing. You are our anchor and we can place our trust in You, knowing that our future is secure.