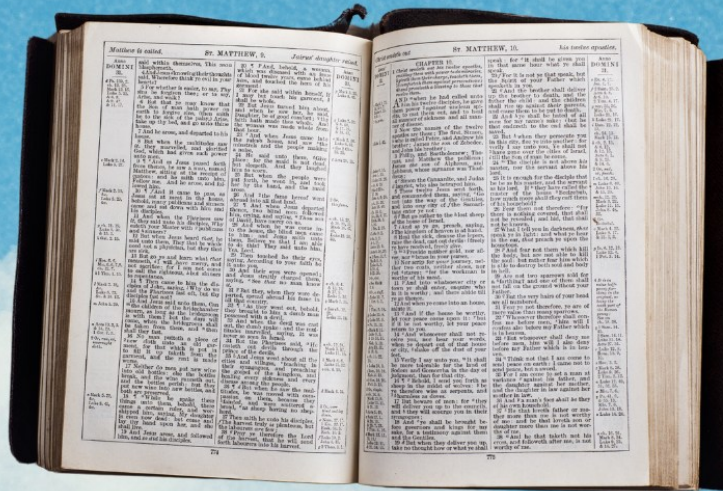


21 DAYS TO A



STRONGER FAITH

A Middle School Prayer & Fasting Guide






WEEK 1

LEARNING TO PRAY

Theme Verse: “Lord, teach us to pray.” — Luke 11:1

DAY 1: THE INVITATION TO PRAY

 *Luke 11:1*

 *Jesus' friends saw Him heal people and do miracles, but the one thing they wanted to learn was how to pray. They knew His power came from His connection with God. Prayer isn't about saying the perfect words — it's about building a real friendship with Him.*

 *Think About It:*

- *What keeps you from praying more often?*
- *What might change if you talked to God like a friend every day?*

 *Prayer Focus:*


“Jesus, teach me to pray in a real way. Help me get closer to You this week.”

 *Fasting Idea:*

Take a break from your phone or video games for 30 minutes today and spend that time with God.

DAY 2: OUR FATHER

 *Matthew 6:9*

 *Jesus started His prayer with “Our Father.” He wanted us to know that God isn’t a distant ruler — He’s a loving Father who knows us better than anyone. You don’t have to impress Him; He already loves you completely.*

 *Think About It:*

- *How does it change your view of God to think of Him as a good Father?*

 *Prayer Focus:*


“Father, thank You that I belong to You. Help me remember You love me no matter what.”

 *Fasting Idea:*

Fast from complaining today. Every time you want to complain, thank God for something instead.

DAY 3: THE SECRET PLACE

 *Matthew 6:6*

 *Jesus said to go to your secret place to pray — not because He’s hiding, but because He wants your full attention. When you make space for Him, you’ll start to hear Him more clearly.*

 *Think About It:*

- *Where could your “secret place” with God be — your room, the backyard, or your walk to school?*

 *Prayer Focus:*


“God, I want to spend time with You where it’s just us.”

 *Fasting Idea:*

Fast from music or noise for one hour today. Spend that time in silence or reading your Bible.

DAY 4: HEARING GOD'S WHISPER

 *1 Kings 19:11-12*

 *God didn't speak to Elijah in the fire or the storm — He spoke in a gentle whisper. God often speaks through peace, Scripture, or a quiet thought in your heart. If you slow down and listen, you'll start recognizing His voice.*

 *Think About It:*

- *What helps you slow down and listen to God?*

 *Prayer Focus:*


“Holy Spirit, help me hear Your whisper today.”

 *Fasting Idea:*

Fast from TV or YouTube tonight. Instead, spend that time journaling or talking to God.

DAY 5: PURSUING HIS PRESENCE

 *Psalm 63:1*

 *David said, “I thirst for You.” He wanted God more than anything else. God loves when we seek Him — not because He’s hiding, but because He wants us to discover how close He already is.*

 *Think About It:*

- *Are you more focused on what you want from God or just being with Him?*

 *Prayer Focus:*


“God, help me want You more than anything else.”

 *Fasting Idea:*

Fast from snacks today. When you feel hungry, pray, “God, I’m hungry for You too.”

DAY 6: CLEAN HANDS, PURE HEART

 *Psalm 24:3–4*

 *God doesn't expect you to be perfect, but He does want your heart to be clean. When you mess up, be honest with Him. He forgives and helps you start fresh.*

 *Think About It:*

- *Is there anything you need to tell God you're sorry for?*

 *Prayer Focus:*


“God, forgive me and help me do what's right.”

 *Fasting Idea:*

Fast from gossip or negative talk today — speak life instead.

DAY 7: FORGIVE & BE FREE

 *Mark 11:25*

 *Forgiving someone doesn't mean what they did was okay — it means you're choosing not to let it control you anymore. Forgiveness frees your heart so you can move forward.*

 *Think About It:*

- *Who do you need to forgive this week?*

 *Prayer Focus:*

“God, help me forgive and let go, just like You forgive me.”

 *Fasting Idea:*

Fast from holding grudges — pray for the person instead.

WEEK 1 REFLECTION

What did you learn about prayer this week?

How can you make time with God part of your daily routine?

A large white rounded rectangular area for writing reflections, set against a light gray background. The area is empty, providing space for the user to answer the reflection questions.

WEEK 2


PRAYING IN THE SPIRIT

Theme Verse: “Pray in the Spirit on all occasions with all kinds of prayers.” — Ephesians 6:18

This week is about learning to let the Holy Spirit guide you when you pray — trusting God to lead your heart even when you don’t have all the words.

DAY 8: THE HOLY SPIRIT HELPS US PRAY

 *Romans 8:26–27*

 *Sometimes we don't even know what to say to God — and that's okay. The Holy Spirit understands what's in our hearts. He helps us pray when words don't come easily. Even your tears, silence, or thoughts can be prayers.*

 *Think About It:*

- *When was the last time you didn't know what to say to God?*
- *How can you let the Holy Spirit help you today?*

 *Prayer Focus:*


“Holy Spirit, please help me pray when I don't know what to say.”

 *Fasting Idea:*

Fast from texting or chatting for one hour. Use that time to listen to God.

DAY 9: PRAYING WITH POWER

 Acts 4:31

 *When the early believers prayed together, the room shook — not because of an earthquake, but because of God’s power! Real prayer changes things. You don’t have to be loud to pray powerfully — you just need to pray with faith.*

 *Think About It:*

- *What’s something you’d love to see God change?*

 *Prayer Focus:*


“God, fill me with Your power when I pray.”

 *Fasting Idea:*

Fast from negative self-talk today. Every time you think something bad about yourself, remind yourself who God says you are.

DAY 10: PRAYING IN THE SPIRIT

 *1 Corinthians 14:15*

 *Paul said he would pray both with his mind and with his spirit. That means sometimes prayer is planned, and sometimes it's led by the Holy Spirit. You can pray in words you understand — or you can just sit quietly, letting God speak to your heart.*

 *Think About It:*

- *What's the difference between praying with your mind and your spirit?*

 *Prayer Focus:*


“Holy Spirit, lead me when I pray. Help me to know what's on Your heart.”

 *Fasting Idea:*

Fast from background noise today — no headphones or music while you pray.

DAY 11: STRENGTH IN WEAKNESS

 2 Corinthians 12:9

 *Paul learned that his weakness made room for God's strength. You don't have to be strong all the time — God's grace fills the places where you're not enough. When you feel weak, remember that's when He can show His power through you.*

 *Think About It:*

- *What area of your life feels weak right now?*
- *How could you rely on God's strength in it?*

 *Prayer Focus:*


“God, I'm not perfect, but You are strong in me.”

 *Fasting Idea:*

Fast from saying “I can't.” Replace it with, “With God's help, I can.”

DAY 12: PRAYING FOR OTHERS

 *Ephesians 6:18*

 *God loves when we pray for people around us — not just for ourselves. Prayer can reach places we can't. When you pray for someone, you're showing love and helping in a spiritual way.*

 *Think About It:*

- *Who needs prayer right now — a friend, teacher, or someone sick?*

 *Prayer Focus:*


“God, bless the people I’m praying for today. Work in their hearts and help them feel Your love.”

 *Fasting Idea:*

Fast from talking about yourself — ask three people how you can pray for them.

DAY 13: THE SPIRIT OF TRUTH

 *John 16:13*

 *The Holy Spirit helps us know what's right and true. When we listen to Him, He helps us make good choices and avoid regrets. God doesn't want us confused — He wants us clear and confident in His truth.*

 *Think About It:*

- *How can you tell when something feels “off” or not right?*
- *What's one truth God wants you to remember this week?*

 *Prayer Focus:*


“Holy Spirit, guide me into truth and help me make wise choices.”

 *Fasting Idea:*

Fast from comparing yourself to others today. Focus on who God made you to be.

DAY 14: FIRE IN MY HEART

 *Acts 1:8*

 *When the Holy Spirit came, believers were filled with boldness and passion. That same Spirit lives in you! God wants your faith to be alive — not boring or routine. When you pray, ask Him to light a fire in your heart for what matters most.*

 *Think About It:*

- *What makes you excited about following Jesus?*

 *Prayer Focus:*

“Holy Spirit, fill me with Your fire and passion to live for You.”

 *Fasting Idea:*

Fast from laziness — do something kind or helpful without being asked.

WEEK 2 REFLECTION

How did the Holy Spirit help you this week?

Where did you feel His presence or peace most?



WEEK 3


PRAYING WITH FAITH & PURPOSE

Theme Verse: “The prayer of a righteous person is powerful and effective.” — James 5:16

This week, we’re learning how prayer and faith work together — to bring change, healing, and hope to the world around us.

DAY 15: THE PRAYER OF FAITH

 *James 5:15*

 *Faith isn't pretending — it's trusting that God is who He says He is, even when you don't see the answer yet. The prayer of faith believes before it sees and keeps trusting no matter what.*

 *Think About It:*

- *What's something you've been praying for that needs faith?*


 *Prayer Focus:*


“God, help me trust You even when I don't see the answer yet.”

 *Fasting Idea:*

Fast from doubt — every time you start to doubt, say, “God, I believe You're working.”

DAY 16: SPEAK TO THE MOUNTAIN

 *Mark 11:23-24*

 *Jesus said to speak to the mountain — not about it. That means don't just complain about problems; use your faith to declare God's truth over them. When you pray boldly, heaven listens.*

 *Think About It:*

- *What's one "mountain" in your life that you need to speak to today?*

 *Prayer Focus:*


"God, help me speak faith over my challenges."

 *Fasting Idea:*

Fast from negative words — speak life today!

DAY 17: NEVER GIVE UP

 *Luke 18:1*

 *Jesus told a story about a woman who kept asking for help until she got an answer. That's how we should pray — not giving up even when it takes time. God honors persistence because it shows trust.*

 *Think About It:*

- *What's something you need to keep praying about?*

 *Prayer Focus:*


“God, help me keep praying and never quit.”

 *Fasting Idea:*

Fast from discouragement — every time you feel like giving up, pray again.

DAY 18: FAITH THAT ACTS

 *Hebrews 11:6*

 *Faith isn't just believing — it's doing. The people in the Bible showed faith by obeying God, even when it didn't make sense. When you act on what you believe, God moves through you.*

 *Think About It:*

- *What's one step of faith you can take this week?*

 *Prayer Focus:*


“God, give me courage to obey You even when it's hard.”

 *Fasting Idea:*

Fast from fear — do one thing today that takes courage.

DAY 19: STANDING IN THE GAP

 Ezekiel 22:30

 *“Standing in the gap” means praying for others who need help, even if they don’t know you’re praying. God uses your prayers to build spiritual bridges between Him and people who need His love.*

 *Think About It:*

- *Who can you stand in the gap for today?*

 *Prayer Focus:*


“God, I’m praying for my friends and family to know You.”

 *Fasting Idea:*

Fast from selfish thoughts — focus on praying for others all day.

DAY 20: PRAY FOR REVIVAL

 *Habakkuk 3:2*

 *Revival means hearts waking up to God again. It starts with one person who decides to pray. You can be that person! Your prayers can spark change in your school, family, and city.*

 *Think About It:*

- *What would revival look like where you live?*

 *Prayer Focus:*


“God, start revival in me and let it spread everywhere!”

 *Fasting Idea:*

Fast from entertainment — instead of watching something, worship or pray for your school.

DAY 21: A LIFE OF PRAYER

 *Matthew 21:13*

 *Jesus said God's house should be a house of prayer — and you are His house! Prayer isn't just for special days; it's a lifestyle. When you pray daily, you carry God's presence wherever you go.*

 *Think About It:*

- *How will you keep praying after these 21 days?*

 *Prayer Focus:*

“God, make me a person of prayer — someone who listens, trusts, and obeys.”

 *Fasting Idea:*

Fast from distractions today and spend a few quiet minutes thanking God for everything He's done.

CLOSING PRAYER

“Lord, teach us to pray.” — Luke 11:1

God, thank You for these 21 days of growing closer to You.

Help me keep talking to You, listening to You, and living for You.

Fill me with Your Spirit, make me strong in faith, and help me shine Your light every day.

In Jesus’ name, amen.

 ***You finished 21 Days to a Stronger Faith!***

You’ve built habits that can change your life — prayer, listening, and trusting God daily.

Keep going — this is just the beginning! 💪🔥