

21-Day FASTING JOURNEY for KIDS

Set Apart for Jesus





HELLO FRIEND!

Hi!

You are about to start a very special 21-day journey with Jesus. This journey is not about being perfect or doing everything right. It's about making space in your heart for Jesus and learning how to listen to Him. Jesus loves spending time with you—and fasting is one way we can say:

"Jesus, You are the most important to me."



♥ WHY DO WE FAST?

Fasting helps us remember something very important:

- ★ Jesus is better than anything else
- ★ We can choose Jesus even when it's hard
- ★ Our hearts grow strong when we practice saying "yes" to God
- ★ God loves us no matter what and fasting is one way for us to love him back.

Jesus once said:

"Those who want to do right more than anything else are happy. God will fully satisfy them."

(Matthew 5:6)



WHAT IS FASTING?

Fasting means choosing to pause something we like for a little while so we can:

- Pray and worship Jesus
- Listen and obey God
- Love Jesus and grow closer to Him



IMPORTANT THINGS TO REMEMBER:

- ♥ God is proud of your heart to seek Him
- ♥ God is kind and He loves you
- ♥ Your parents will help you to choose a fast for you

Each day you will:

1. Pause something
2. Choose Jesus instead
3. Pray a short prayer
4. Read the Bible

WEEK 1: MAKING SPACE FOR JESUS

Day 1 – Candy Pause 🍬

Today, you pause: Candy or dessert

Instead, you: Thank Jesus for loving you

Prayer: “Jesus, You are sweeter than candy.”

Scripture Reading: John 1

Day 2 – Screen Pause 📺

Today, you pause: TV, tablet, or phone

Instead, you: Draw or color something for Jesus

Prayer: “Jesus, help me see You.”

Scripture Reading: John 2

Day 3 – Complaining Pause 🙏

Today, you pause: Complaining

Instead, you: Write out 3 thank-you prayers

Prayer: “Jesus, help my words be kind.”

Scripture Reading: John 3

WEEK 1: MAKING SPACE FOR JESUS

Day 4 – Quiet Time

Today, you pause: Music or noise

Instead, you: Sit quietly with God for 3 minutes.

Prayer: “Jesus, I’m listening.”

Scripture Reading: John 4

Day 5 – Sweet Drink Pause

Today, you pause: Juice or soda

Instead, you: Drink water and thank God

Prayer: “Jesus, You give me life.”

Scripture Reading: John 5

Day 6 – Slow Down Day

Today, you pause: Rushing

Instead, you: Move slowly and calmly

Prayer: “Jesus, help me walk with You.”

Scripture Reading: John 6

Day 7 – Your Choice ★

You choose one fast from this week

Prayer: “Jesus, I choose You.”

Scripture Reading: John 7

WEEK 2: GROWING STRONG ON THE INSIDE

Day 8 – Toy /GamePause 🧸

Today, you pause: One favorite toy/game

Instead, you: Pray for a friend

Prayer: “Jesus, help me love others.”

Scripture Reading: John 8

Day 9 – Me-First Pause 🤝

Today, you pause: Being first

Instead, you: Let someone else go first through the day

Prayer: “Jesus, teach me to serve.”

Scripture Reading: John 9

Day 10 – Snack Delay 🍎

Today, you pause: Snacking

Instead, you: Pray before your next meal

Prayer: “Jesus, thank You for food.”

Scripture Reading: John 10

WEEK 2: GROWING STRONG ON THE INSIDE

Day 11 – Kind Words Day 😊

Today, you pause: Mean or loud words
Instead, you: speak kind words to others
Prayer: “Jesus, calm my heart.”
Scripture Reading: John 11

Day 12 – Bedtime Screen Pause 🌙

Today, you pause: Screens before bed
Instead, you: Read an extra Bible Chapter
Prayer: “Jesus, watch over me.”
Scripture Reading: John 12

Day 13 – Asking Pause ?

Today, you pause: Asking for things
Instead, you: Ask Jesus for help
Prayer: “Jesus, You help me.”
Scripture Reading: John 13

Day 14 – Thank-You Day 🙏

Today, you pause: Complaining
Instead, you: Write out 5 thank-you prayers
Prayer: “Jesus, thank You for everything.”
Scripture Reading: John 14

WEEK 3: LIVING SET APART FOR JESUS

Day 15 – Mirror Pause 📖

Today, you pause: Thinking about yourself
Instead, you: Remember to care for others

Prayer: “Jesus, You love me as I am”

Scripture Reading: John 15

Day 16 – Fear Pause 😰

Today, you pause: Worrying

Instead, you: Memorize 2 Timothy 1: 7 or

Philippians 4: 6

Prayer: “Jesus, I trust You.”

Scripture Reading: John 16

Day 17 – Morning Hello 🕒

Today, you pause: Sleeping in

Instead, you: Get up to spend time with Jesus, pray

for your family and friends

Prayer: “Jesus, good morning!”

Scripture Reading: John 17

WEEK 3: LIVING SET APART FOR JESUS

Day 18 – Listening Day 🎧

Today, you pause: Interrupting
Instead, you: Listen carefully
Prayer: “Jesus, help me listen.”

Scripture Reading: John 18

Day 19 – Focus Day 🎯

Today, you pause: Doing many things at once

Instead, you: Focus on one thing

Prayer: “Jesus, help me focus on You.”

Scripture Reading: John 19

Day 20 – Sharing Day 🎁

Today, you pause: Keeping everything

Instead, you: Share something

Prayer: “Jesus, make me generous.”

Scripture Reading: John 20

Day 21 – Celebration Day 🎉

Today, you pause: Screens

Instead, you: Celebrate what Jesus did

Prayer: “Jesus, thank You for being with me!”

Scripture Reading: John 21