

STORM THE DATES

**KIDS 12 DAYS OF
PRAYER & FASTING**

KIDS PRAYER & FASTING

How to Explain Fasting to Your Child

Here is a simple way you can explain why we fast to your child: “Fasting is when we take a short break from something we like so we can pay extra attention to God.” Just like we turn down the TV so we can hear someone talking, fasting helps us turn down distractions so we can listen to God better. Sometimes we fast from a snack, a show, or a game—not because those things are bad, but because God is the most important. When our body really wants something, fasting helps us remember that God takes care of us even more than food or fun things ever could. Fasting teaches our hearts to trust God and to put Him first.

You can help your child practice fasting by teaching them to pray simple prayers like this: “God, I miss ____ right now, but I want You more. Help me listen to You.”

KIDS PRAYER & FASTING

A Note for Parents

As parents, God has trusted us with the important job of teaching our children how to follow Jesus. Fasting is one of the ways we help them learn self-control, trust in God, and how to put Him first. Thank you for leading your child with love, wisdom, and care.

Questions to Ask Your Child After Fasting

After your child finishes fasting, take a moment to talk together. You might ask:

“Was it hard or easy for you?”

“Did you think about God more during that time?”

“How did it feel when you prayed?”

These conversations help children understand that fasting isn't about being perfect—it's about growing closer to God.

DAY 1

Put God First

Big Idea:

God is first in my heart!

Devotional:

When you wake up in the morning, what's the first thing you do? Do you rush to play with your toys, or do you take a moment to talk to God? Putting God first means we choose to spend time with Him before anything else. You can talk to God just like you talk to your best friend. When we make Him the most important thing in your life, He can help us do anything. God is bigger and stronger than anything else, so He deserves to be first in our hearts!

Memory Verse:

Matthew 6:33

"But seek first His kingdom and His righteousness, and all these things will be given to you as well."

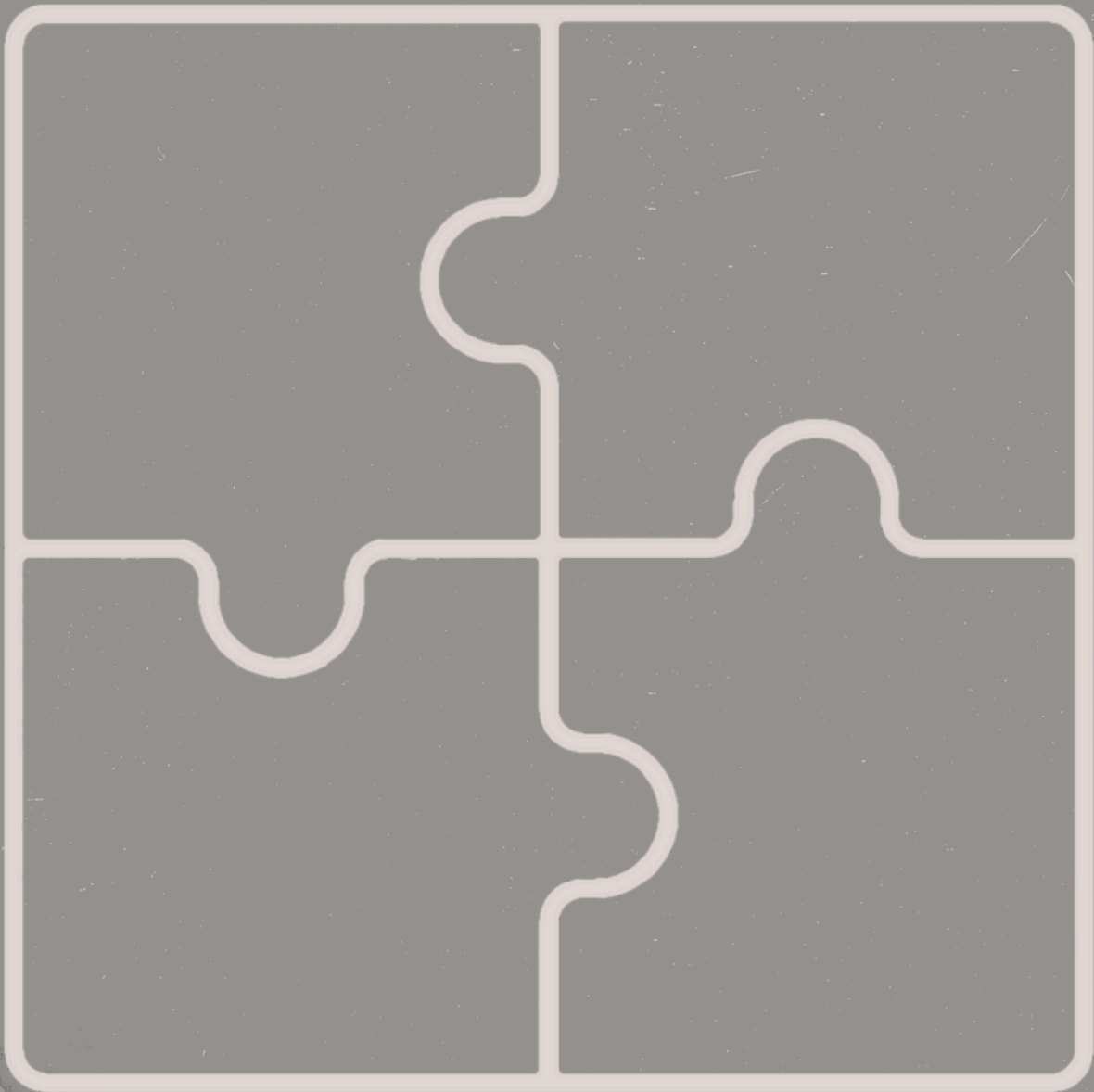
Prayer:

"God, I want to put You first today. Please help me to focus on You before anything else and trust that You will take care of the rest. Thank You for being the Most High in my life. In Jesus' name, Amen."

DAY 1

Activity

God First Puzzle: Draw a puzzle of your life. Fill each piece with something important to you, like: school, family, or playtime. Show how you can put God first in each part.



DAY 2

God is Good!

Big Idea:

I will thank God always!

Devotional:

Sometimes, it's easy to focus on what we don't have, but God wants us to focus on what we do have! Being grateful means saying thank you for the little things and the big things. We can choose to be grateful for everything in our life. Gratitude helps us see how good God is, even when things aren't perfect. When we focus on Him and all the things he has given us, we realize just how much God loves us and how good He is to us every day.

Memory Verse:

1 Thessalonians 5:16-18

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Prayer:

"God, thank You for all the good things You've given me. Help me to always remember to be thankful. I am grateful for my family, my friends, and everything You provide. In Jesus' name, Amen."

DAY 2

Activity

Gratitude Tree: On each of the leaves found on the gratitude tree, write some BIG and small things you are grateful for.



DAY 3

Living in the Overflow

Big Idea:

God wants to fill me up with love!

Devotional:

What Does It Mean to Overflow? Imagine filling a cup with juice, and it spills over the top! God wants to fill you with love, joy, and peace until it overflows so you can share it with others. Sometimes we feel empty, but God helps fill us up again. The Holy Spirit is like a super helper, giving us what we need to be kind, loving, and brave. God wants you to overflow with His love and share it with everyone around you!

Memory Verse:

John 7:38

"Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

Prayer:

"Dear God, Thank You for loving me so much! Please fill me with Your joy, peace, and hope so I can overflow with Your love. Help me share Your kindness with my friends and family. Thank You for always being with me. In Jesus' name, Amen."

DAY 3

Activity

A Cup of Love: God's love for you is so big, it never runs out! He wants to fill you with things like love, peace, and strength—enough to share with others. Fill the cup with pictures or words of what God can fill you with (love, joy, courage, etc.).



DAY 4

God's Word is my Anchor

Big Idea:

God's word is our anchor!

Devotional:

Have you ever felt wobbly like a boat in a storm? Boats need an anchor, and you need God's Word, which is the Bible, to keep you steady! The Bible helps you stay close to God and strong, no matter what's happening. Psalm 62:6 says, "He alone is my rock and salvation; I will not be shaken." Think of the Bible like a flashlight that shows you the way. When you read it, you'll feel strong and ready to face anything!

Memory Verse:

Psalm 62:6

"He alone is my rock and salvation; I will not be shaken."

Prayer:

Dear God, Thank You for the Bible. Please help me understand Your Word and use it to guide me. Let it be like an anchor, keeping me steady no matter what happens. Teach me to always see its importance and help my heart and mind always want to read it. In Jesus' name, Amen.

DAY 4

Activity

Anchored Reminder: As you color this anchor think of all the ways God's word anchors your life when storms come your way!



DAY 5

Trusting God

Big Idea:

I will trust God!

Devotional:

Surrender is like letting go of your favorite toy to share with a friend. You might feel worried, but you trust that sharing is good, and your friend will be happy too. Surrendering to God is when you let go of the things that might scare you and trust that God knows what's best for you. You might be afraid or unsure, but God is always good, and He takes care of you. Anytime that you feel like you don't know what to do, pray and ask God for help and let Him guide your steps.

Memory Verse:

James 4:7

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."

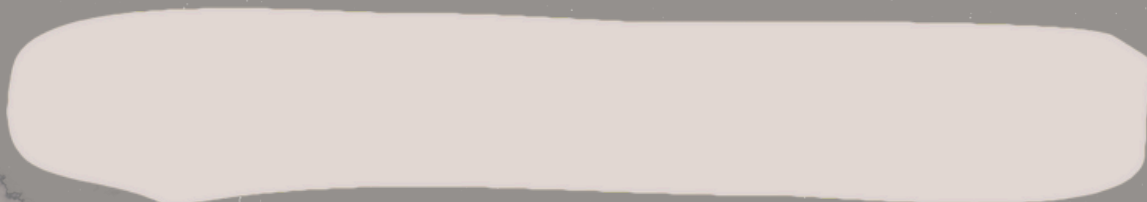
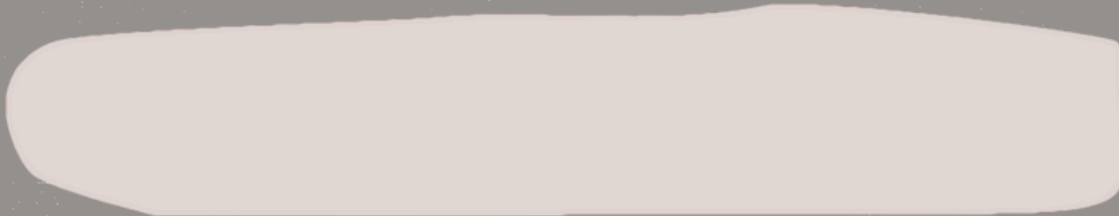
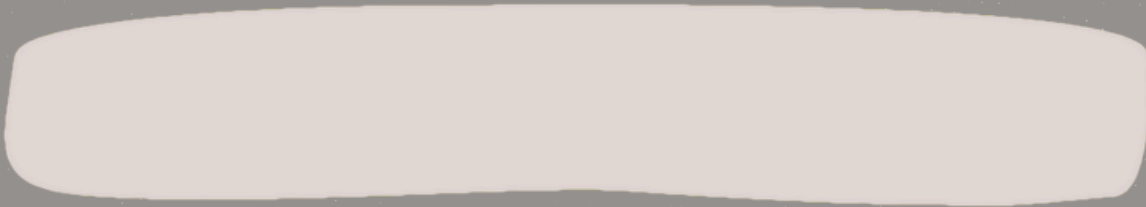
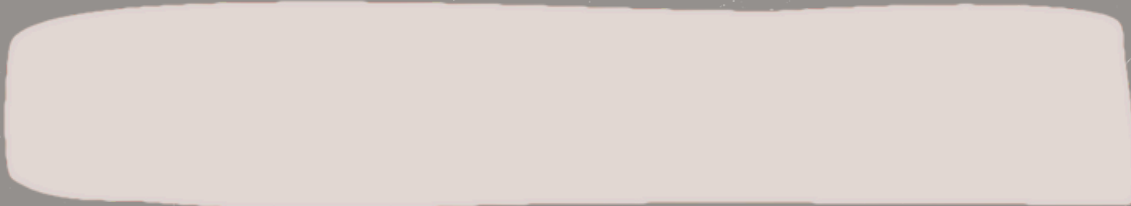
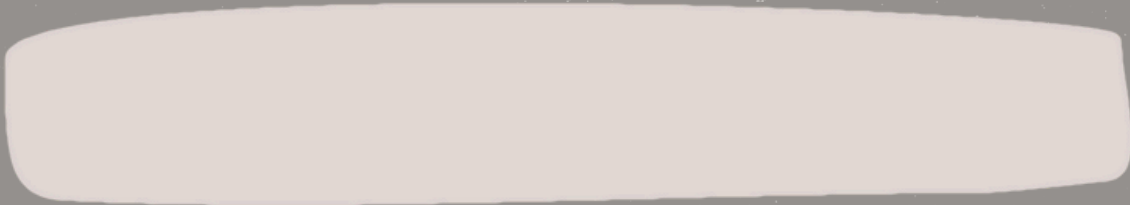
Prayer:

"God, I choose to surrender my worries and fears to You. Help me trust You with everything in my life. In Jesus' name, Amen."

DAY 5

Activity

Lists of Trust: In the space below write or draw all the things you will trust God with.



DAY 6

God's Artwork

Big Idea:

I am God's masterpiece!

Devotional:

You are like a special artwork made by God! Imagine you're a masterpiece painted by the best artist in the world. The world might try to tell you that you need to be like someone else. God has a plan and a purpose for your life. You are His child, and He loves you so much! Just like a superhero has its own special powers, you have a unique purpose and identity in God's plan.

Memory Verse:

1 Peter 2:9

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."

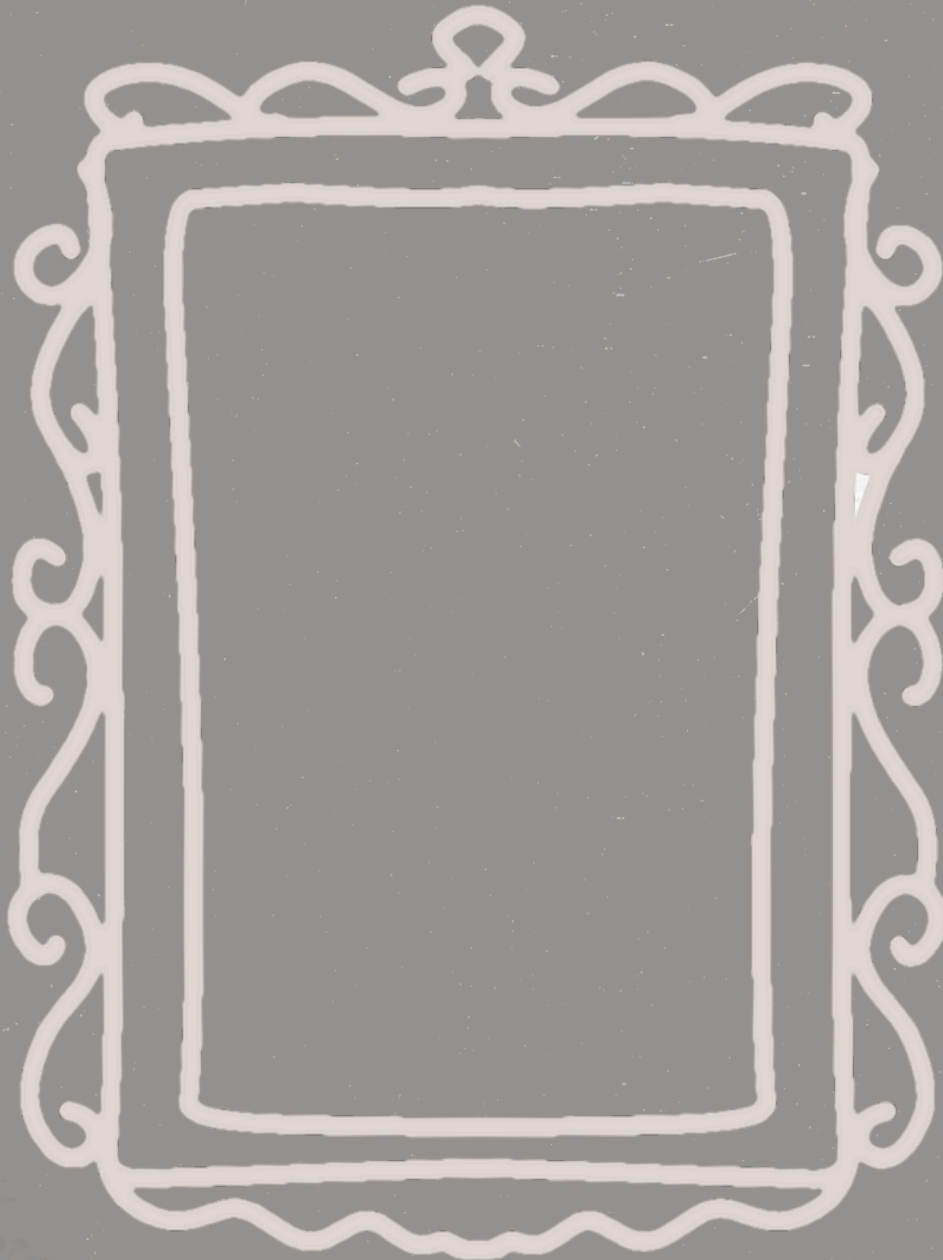
Prayer:

"God, thank You for making me special and unique. Help me remember that I am Your child, and You have a great plan for my life. In Jesus' name, Amen."

DAY 6

Activity

Masterpiece in the Mirror: Draw a picture of yourself in the mirror and write in words that God says is true about your identity!



DAY 7

God Leads my Life

Big Idea:

God speaks to me and shows me the way!

Devotional:

Have you ever felt like you don't know which way to go? It can feel confusing with so many choices in life! But guess what? God is here to help you! He has the best plan for your life, and when you pray and listen to Him, He'll show you the way. It's like having a GPS for your heart! When we ask God for wisdom and direction, He speaks to us through the Bible and in our hearts. God will always help you make the right choice if you trust Him.

Memory Verse:

Proverbs 3:5-6

"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to Him, and He will make your paths straight."

Prayer:

"Dear God, thank You for always guiding me. I want to follow Your plan for my life! Help me to listen to Your voice and know which way to go. Show me the right path. I trust You! In Jesus' name, Amen."

DAY 7

Activity

God's GPS!: Imagine you're driving a car, but instead of a map, you have God's voice guiding you! Close your eyes and pretend you're in the car with God. Ask Him to show you which way to turn (left or right) at the next corner! Then, talk to God about a decision you need help with and ask Him to guide you.



DAY 8

God's Protection

Big Idea:

God protects me at all times!

Devotional:

God is like the best superhero ever! Just like a superhero protects people, God protects you. When you're scared or worried, God is your shield, keeping you safe. He also provides for you, like how your parents give you food, clothes, and love. You can trust that God will give you what you need because He is always watching over you.

Memory Verse:

Psalm 91:1

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

Prayer:

"God, thank You for protecting me every day. Help me trust that You are always keeping me safe. In Jesus' name, Amen."

DAY 8

Activity

Shield of Protection: On the shields, write or draw ways that God protects you (e.g., "God protects me when I'm scared," "God helps me when I need a friend"). Then share with someone you know.



DAY 9

The Power of Your Words

Big Idea:

Your words have power!

Devotional:

Did you know the things you say can make a big difference?

Proverbs 18:21 says, “The tongue has the power of life and death.”

That means your words can help someone feel happy, loved, or brave—or they can hurt. When you choose to speak kind and truthful words, you’re spreading God’s love!

Memory Verse:

Proverbs 18:21

What you say can mean life or death. Those who love to talk will be rewarded for what they say.

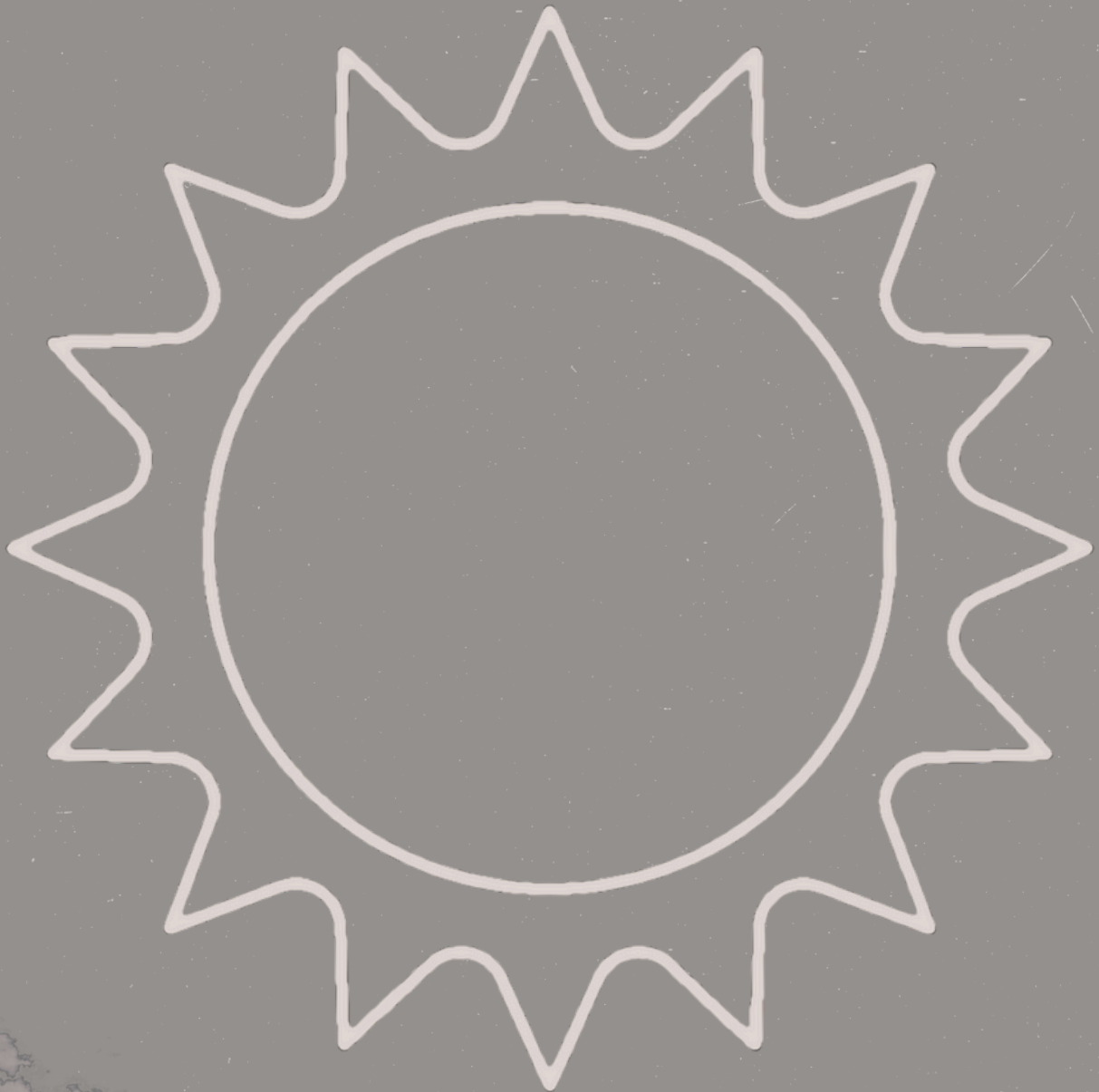
Prayer:

Dear God, thank You for giving us the power to speak kind and loving words. Help us to choose words that bring life and joy to others. Teach us to speak Your truth over ourselves and others every day. In Jesus’ name, Amen.

DAY 9

Activity

I Am A light: Inside the sun, write words that bring light to others, like “I love you,” “You’re awesome,” or “God loves you.”



DAY 10

God Never Fails

Big Idea:

God fights my battles - and He always wins!

Devotional:

Life can sometimes feel like a battle, but don't worry— God is your strongest defender! When things feel tough, prayer is like having a superhero power. Jesus has already won the victory for you! You don't have to fight battles alone; God gives you His Word and prayer to help you win against anything that comes your way.

Memory Verse:

Ephesians 6:11

"Put on the full armor of God, so that you can take your stand against the devil's schemes."

Prayer:

"Lord, thank You for giving me the armor to protect me. Help me remember to pray and read Your Word when I'm facing challenges. In Jesus' name, Amen."

DAY 10

Activity

Armor of God Coloring Sheet: As you color this talk about each piece of armor and how God uses them to protect us! Talk about how you can use prayer and God's Word to fight off fear or worry.



DAY 11

I Will Worship

Big Idea:

I will worship God only!

Devotional:

What's your favorite song to sing or dance to? Singing is one way to worship God, but worship is about showing Him love with your whole life. Psalm 100:1 says, "Shout for joy to the Lord, all the earth." We can worship God no matter how we feel because He is always good. Worship is like saying, "God, You are amazing!" It brings us closer to Him and fills our hearts with joy.

Memory Verse:

Psalm 100:1

"Shout for joy to the Lord, all the earth."

Prayer:

Dear God, Thank You for loving me and being so good. I want to worship You with my whole heart. Even when I'm feeling down, help me remember that You deserve my praise. I love You! In Jesus' name, Amen.

DAY 11

Activity

Turn on some worship music and spend some time worshipping together. God inhabits the praises of His people; in other words, when we worship God shows up!



DAY 12

God is a Promise Keeper

Big Idea:

God always keeps His promises!

Devotional:

God has always been faithful, even before you were born. Just like your parents promised to take care of you, God made promises to His people long ago—and He always keeps them! God is someone that does what He says He is going to do. God has good promises for you too, He loves you, cares for you and so much more! You can trust that God will always be there for you, no matter what happens. Just like a good friend, He'll never let you down.

Memory Verse:

Lamentations 3:22-23

"Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."

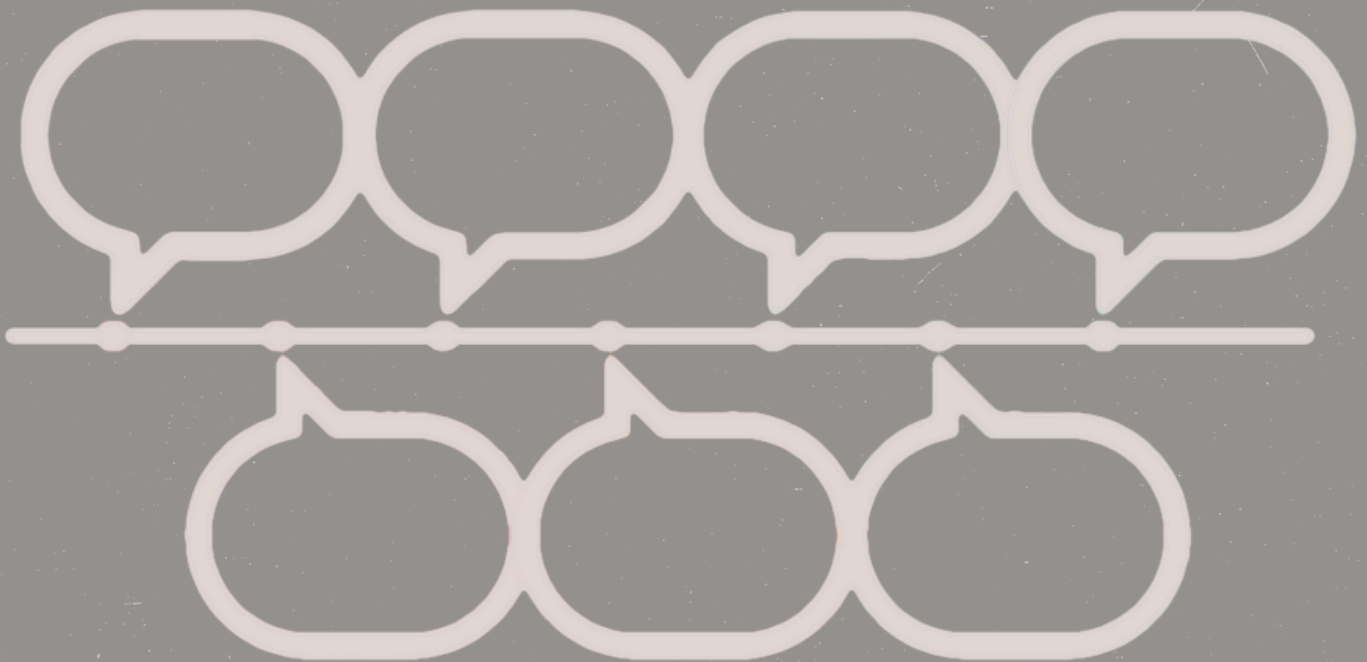
Prayer:

"God, thank You for always being faithful to me. I know I can trust You no matter what. Help me remember Your faithfulness every day. In Jesus' name, Amen."

DAY 12

Activity

God's Faithfulness Timeline: Draw pictures of times when God has helped you, like when you were sick and got better, or when He helped you feel better after a hard day at school. Then, share with someone this week how God has been faithful to you!



Worship Night

JANUARY 16th
@ 6:30PM

SEE YOU
THERE!