

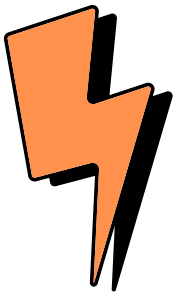


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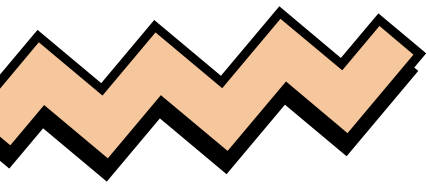


DAYS

Of Prayer & Fasting



Little's Edition



INTRO TO FASTING

FASTING- abstaining from food to focus on being sustained by Christ.

The goal of fasting is to draw near to God.

Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.

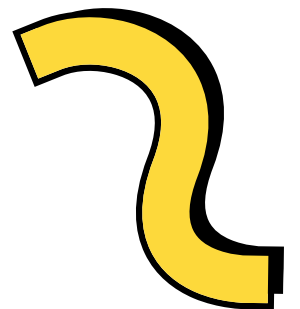
It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge,

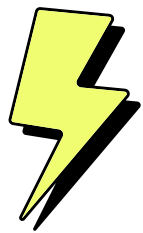
but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

"Fasting trains us to trade short-term satisfaction for long-term purpose"

-PASTOR JOSEPH



TYPES OF FAST:



DIGITAL FAST

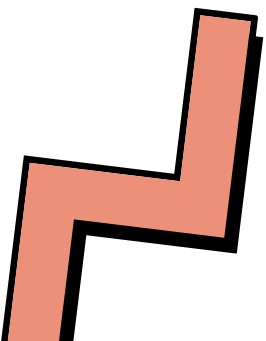
Another great way for kids to fast is by reducing some of the SCREEN time . Less time spent watching TV, playing video games, or using the computer or phone. Instead, encourage them to spend time praying, doing daily devotions, reading their Bible, or serving others.

MAKING DIFFERENT FOOD CHOICES

We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might prove to be an easy place to start.

Fasting from specific items such as sweets, foods, sodas, or even meat and bread is a great way for children to participate in a safe and healthy way.

They could also simply choose healthy foods for snacking instead of "junk food". Please note, you should always check with your child's pediatrician before beginning any food fasting with your children.





WHAT IS PRAYER?


Prayer is simply talking with God.

 **Prayer is not only something that we should feel like we have to do, but it should be something that we want to do.**

The more we learn about prayer, the more natural it becomes.

It's like talking with your bestfriend all the time.

Prayer and talking with Jesus should be the best and most fun part of our day!



Prayer should be part of our everyday life.

You can pray --

Before the start of the day

Before you head to school

Before you hang out with your friends

Before practice

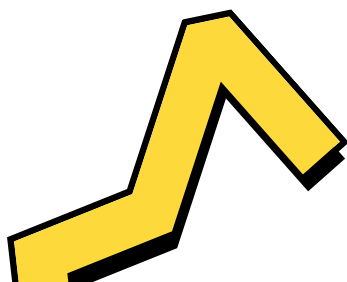
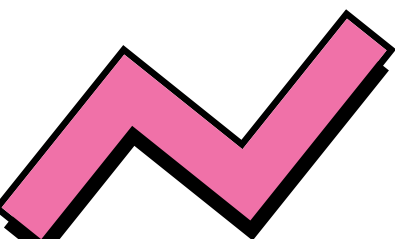
Before you compete in a big game

Before you go to bed

When something bad happens

When something good happens

In every situation, we should PRAY FIRST!





The Lord's Prayer

As a family let's learn the Lord's prayer



Matthew 6:9-13

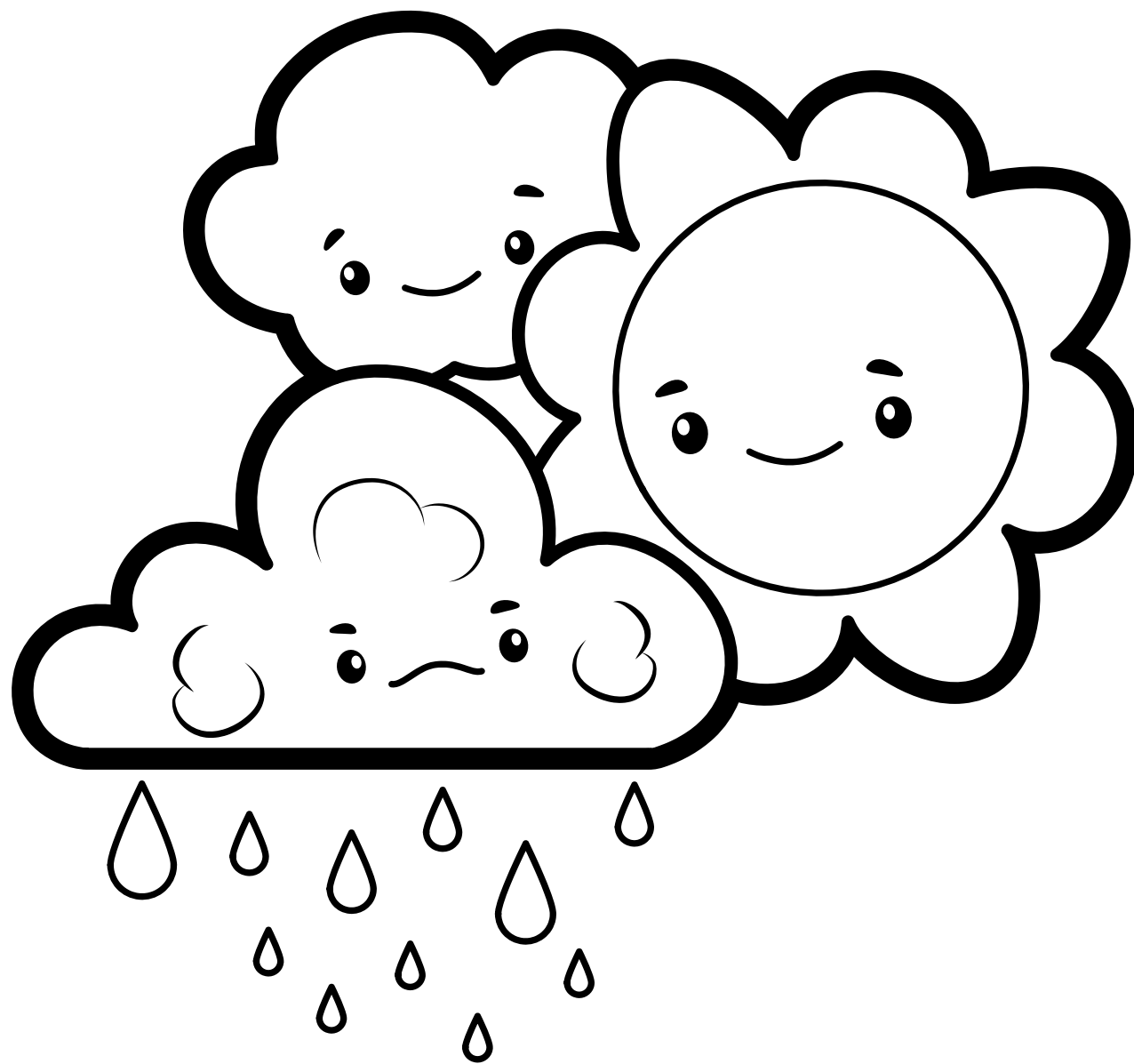
**"Our Father which art in Heaven
Hallowed be thy name
Thy Kingdom come,
Thy will be done
as it is in Heaven**

**Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil.**

**For thine is the kingdom, and the glory
and the power, forever.**

Amen."

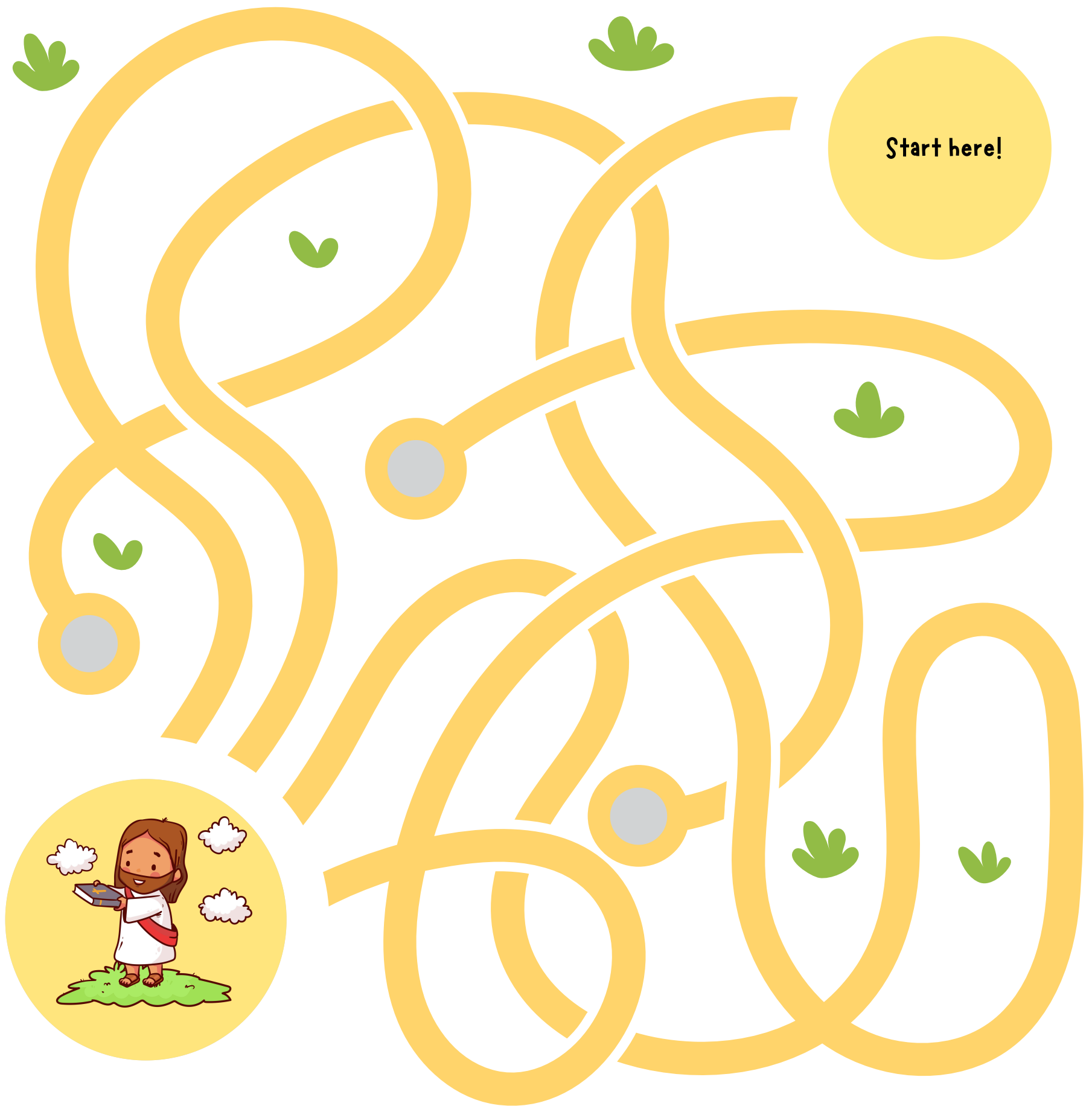
Rain or Shine



Jesus is always
a good friend.

Follow the path that leads to Jesus !

It may get tricky with all these twist and turns. Stay focused!





Practice memory verse with motions

" A friend

(Hook index fingers twice)



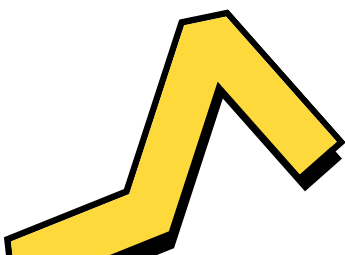
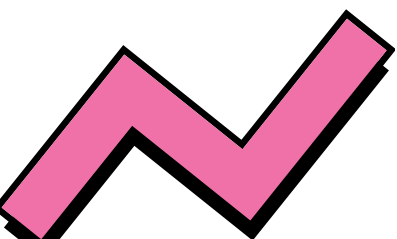
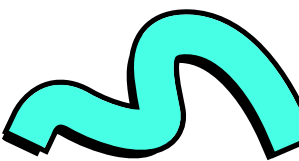
loves you
(Cross arms over chest)



all the time
(Tap wrist)



Proverbs 17:17
(Open hands like a book)



ACTIVITY TIME

Fill in the stars with people or things you are grateful for.



GROW IN GOD

As a family, write each of your names in the tree.

Around each of the names write down where that person would like to grow.

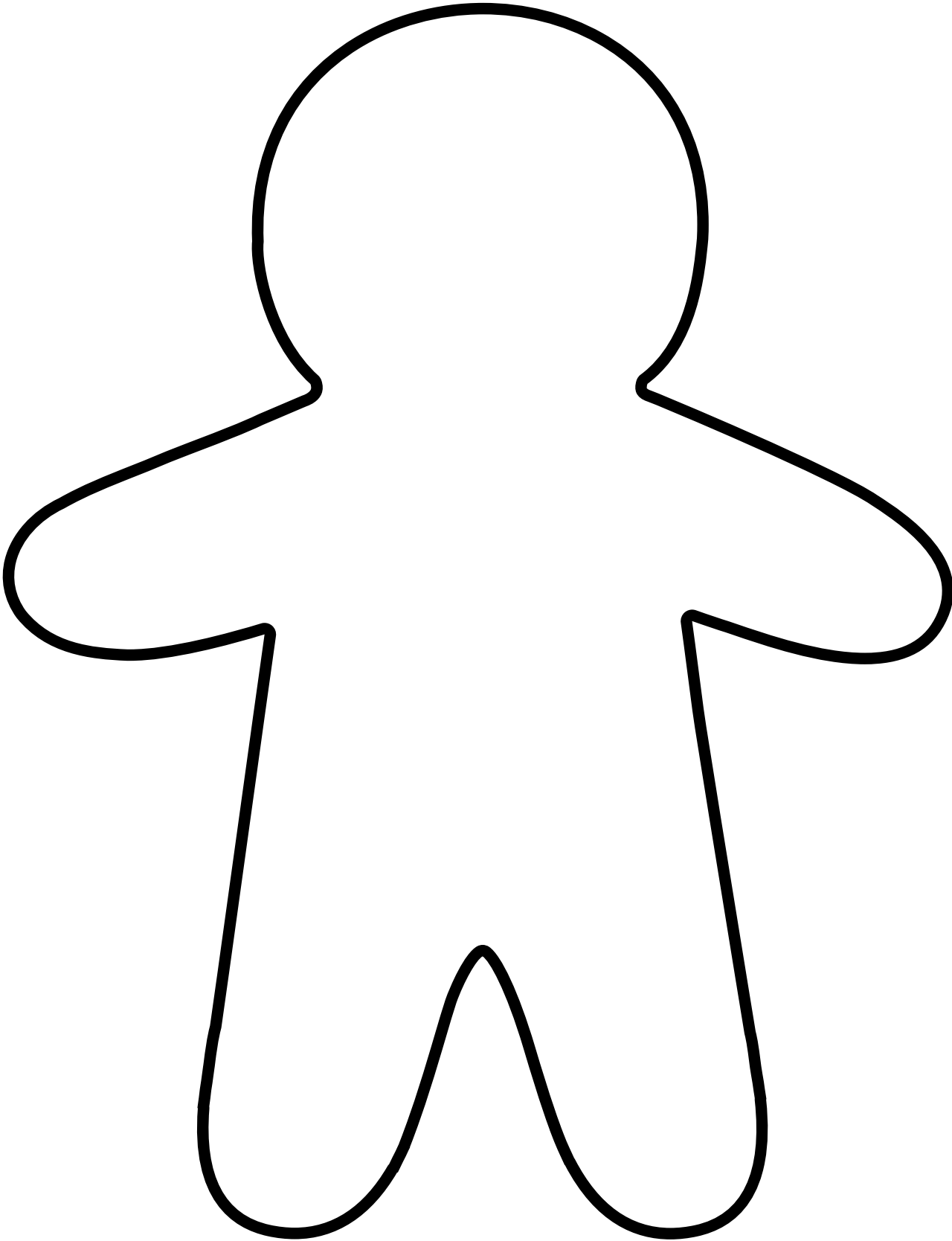
Hang that tree up and as you continue in the upcoming weeks continue to pray for growth and watch God work in ways only He can.

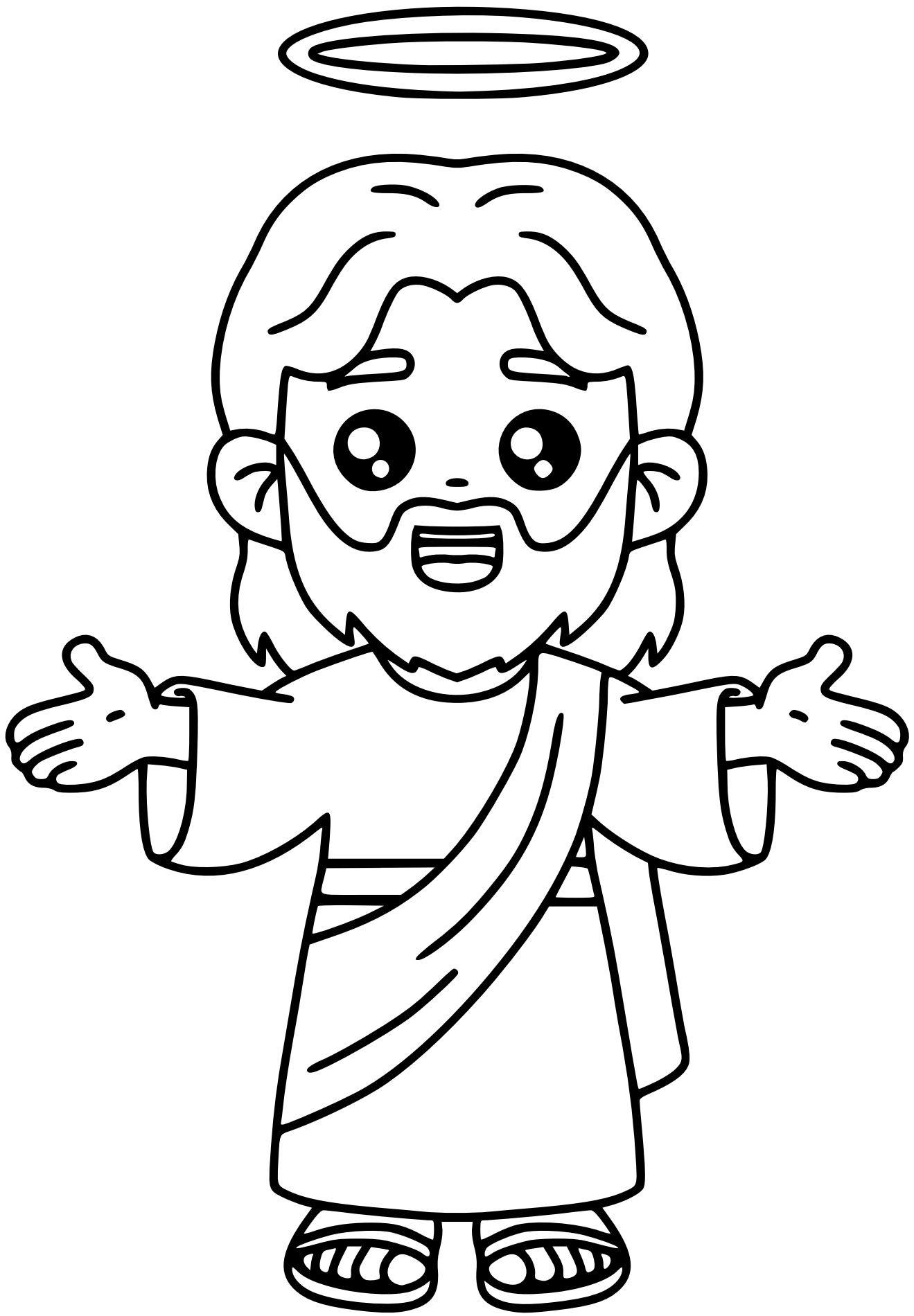


JESUS LOVES ME

Draw and create yourself . Write your name in the box.

Let this be a reminder that Jesus loves you.





Five Finger Prayer

Here is a helpful approach for teaching kids to pray. It's a format that allows children to recall and pray in their own words for five different groups of people. All this lines up with the five fingers of their hand. Hold up your thumb and each of your fingers in turn as you explain who we pray for. Ask the children to hold up their fingers at the same time as you.

Thumb

(Praying for people who are close to us)

Give thanks to God and ask for His protection on your parents, siblings, friends, and classmates.

Pointer Finger

(Praying for those who point the way and lead us)

These are leaders in your life such as teachers, preachers or elders. Those who lead the church or lead in your family. Offer God your thanksgiving for them and ask him to help them in their important work.

Tall Finger

(Praying for people in authority)

This is our tallest finger. The big people in the world need prayer too. Ask God to give wisdom to our government, military, and police.

Ring Finger

(Praying for people who are weak)

This is our weakest finger so we do not use it to lift or carry things. People without strength or power need our prayers. We should remember others who are sick, live in poverty, or are treated badly. Pray that Jesus would give them new strength.

Little Finger

(Lastly, I will pray for myself)

We help others and often put their needs before our own but God wants to hear about our needs too. I can pray for my own growth in mind, body, and spirit.





ACTIVITY TIME

In the word below write down things you trust God with.

TRUST

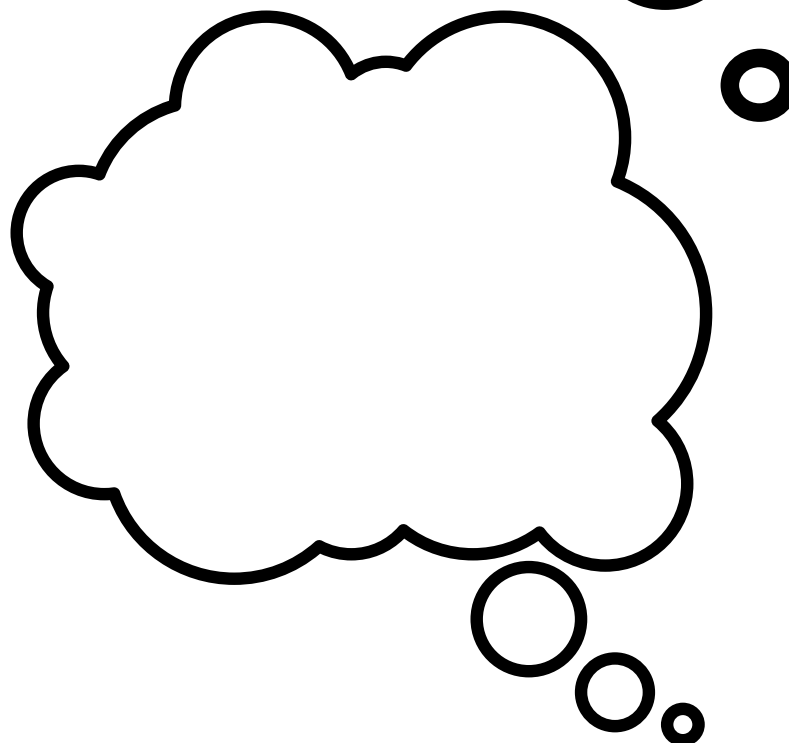
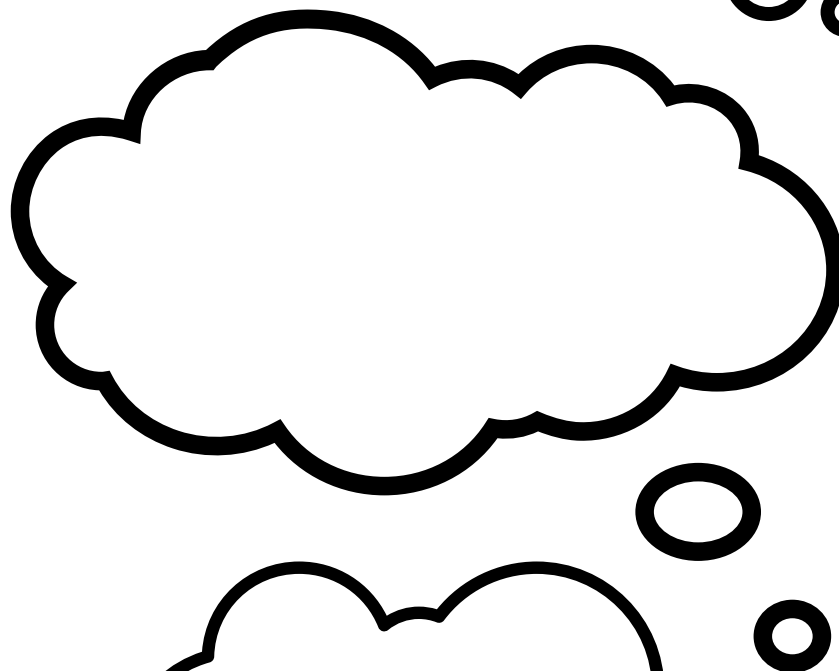
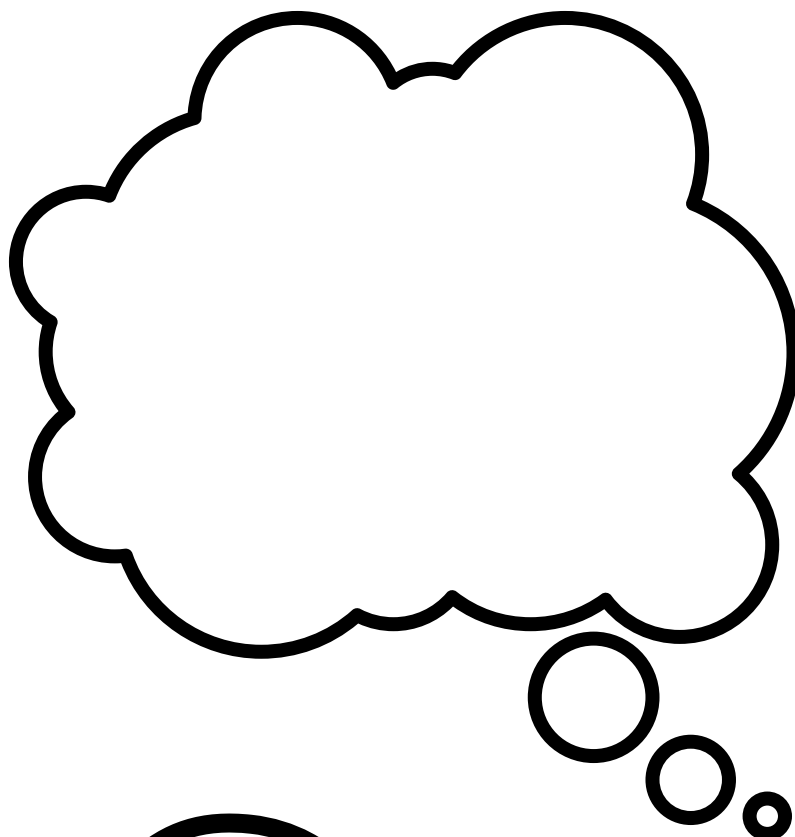
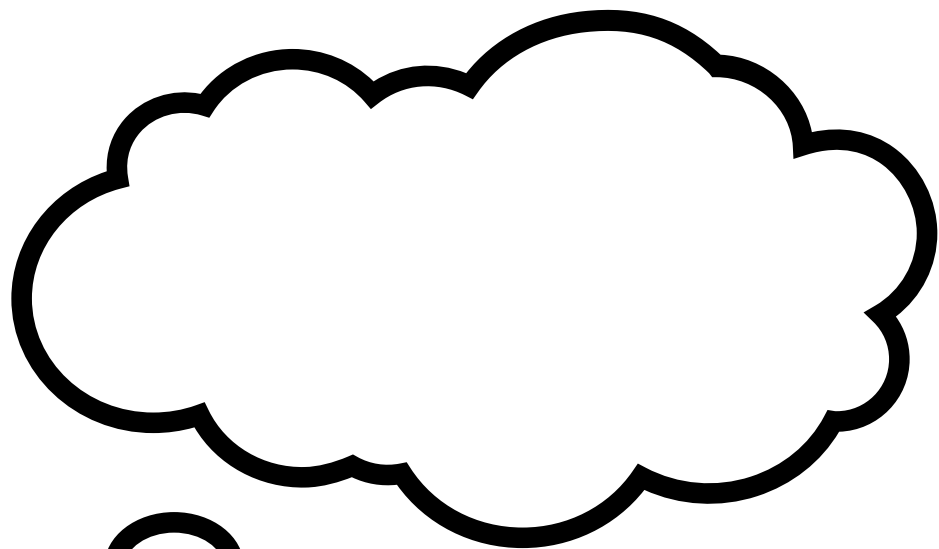
"trust the Lord with all your heart"

-Proverbs 3:5



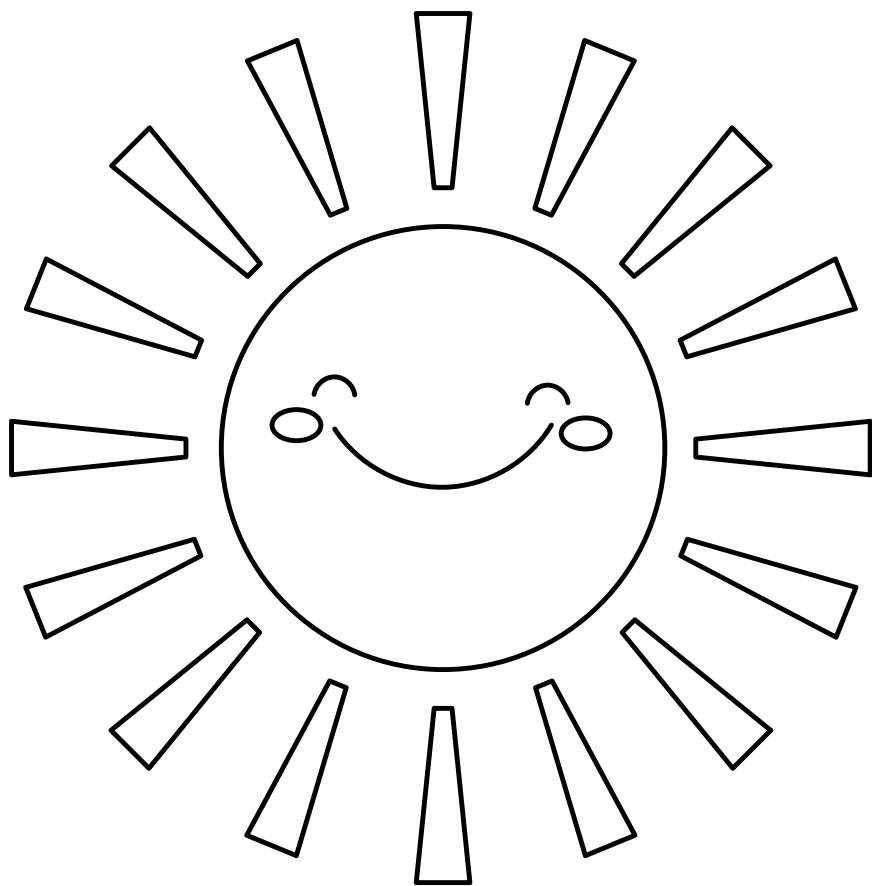
ACTIVITY TIME

Create a "Dream Collage!" as a family.
As you create, think about the dreams
God has placed in your heart.



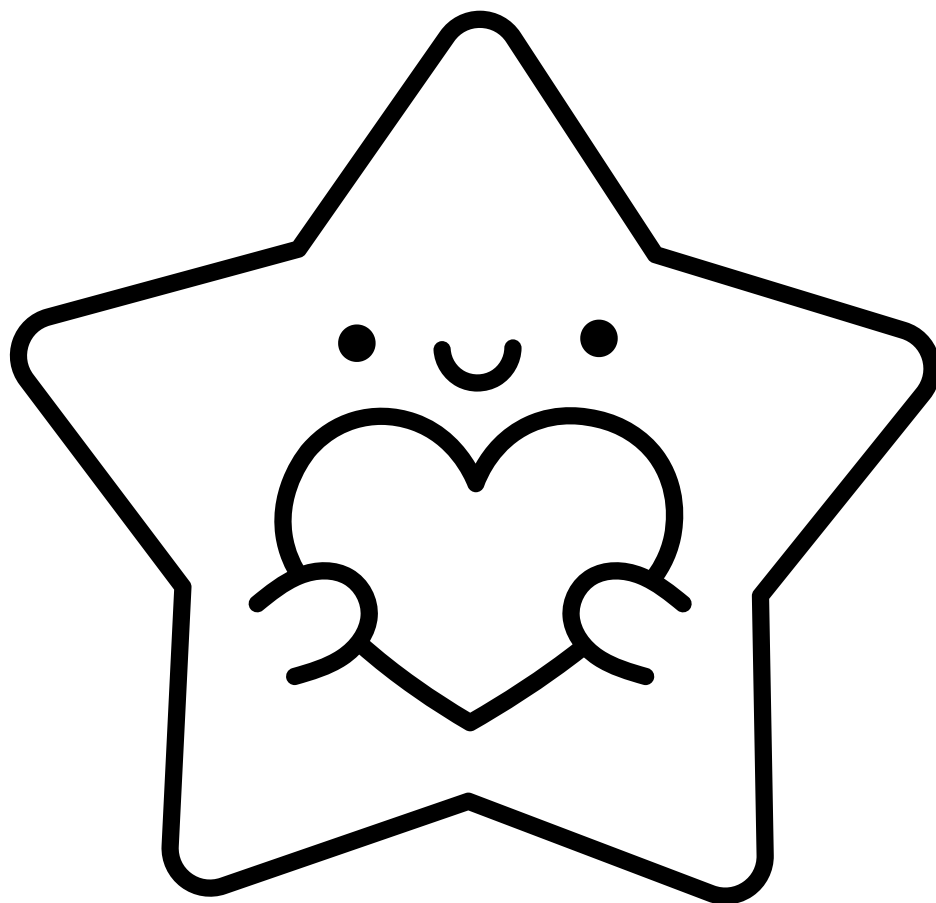
Be strong all who put your
hope in the LORD.

Never give up.



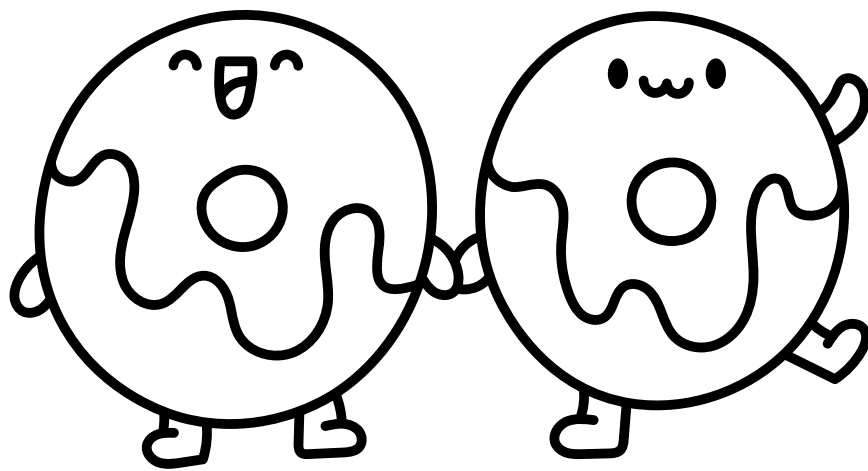
-Psalm 31:24

**Trust in the LORD with
all your heart**



-Proverbs 3:5

A friend loves all the time



-Proverbs 17:17



ACTIVITY TIME

Do you remember the Lord's prayer ? fill in the blanks.



The Lord's Prayer

Our _____ which art in Heaven
Hallowed be thy _____ .

Thy _____ come,

Thy _____ be done

as it is in _____ .

Give us this day our _____ bread.

And _____ us our debts,

as we forgive our _____ .

And _____ us not into temptation,

but _____ us from evil.

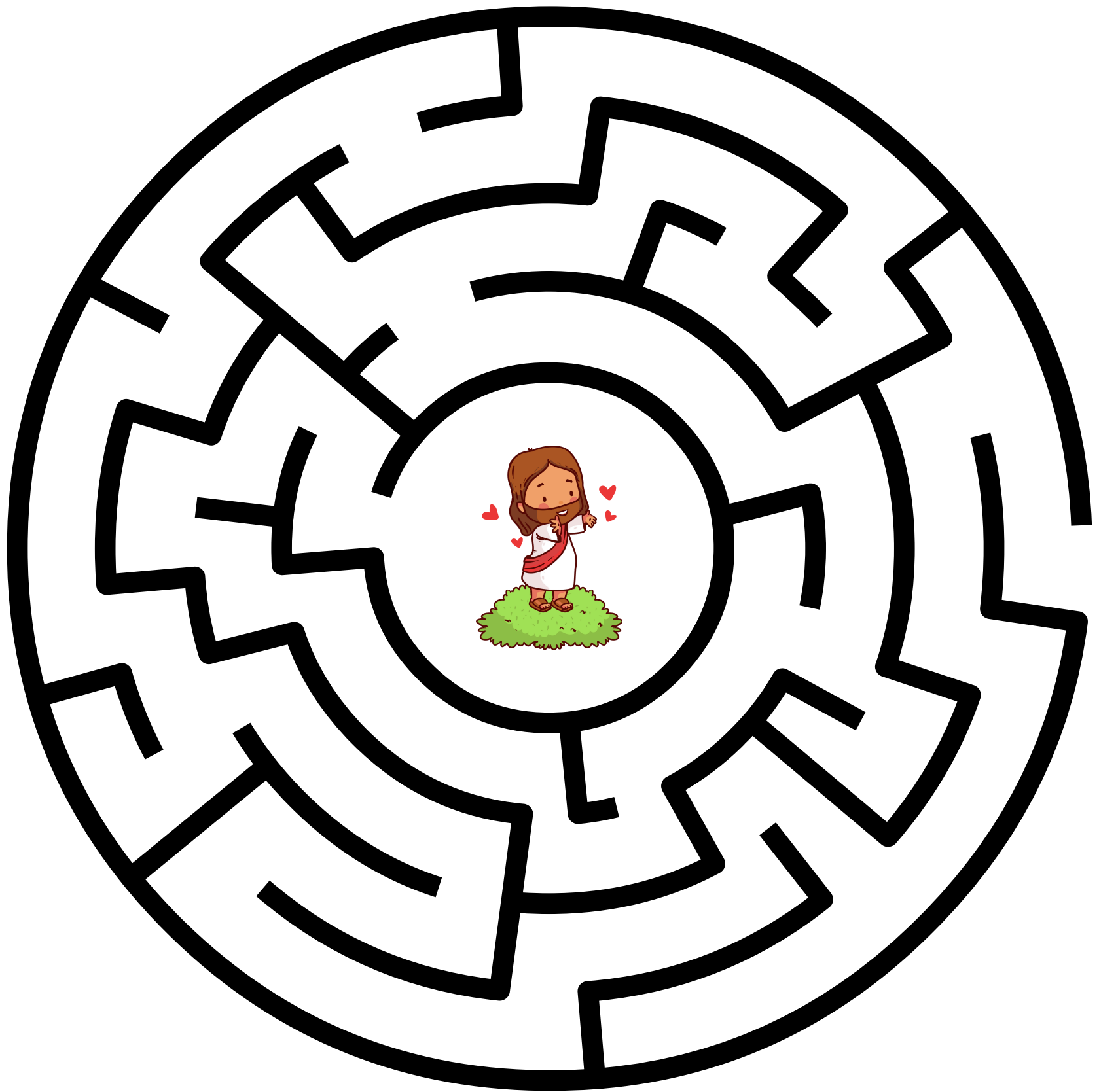
For thine is the kingdom, and the _____ ,

and the _____ , forever.

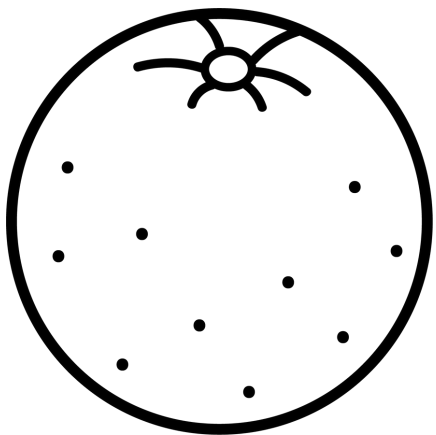
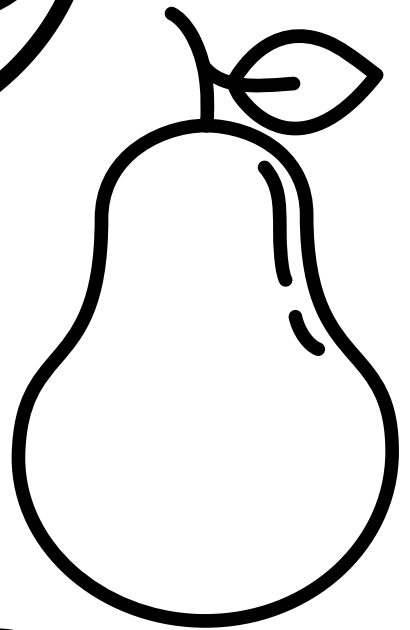
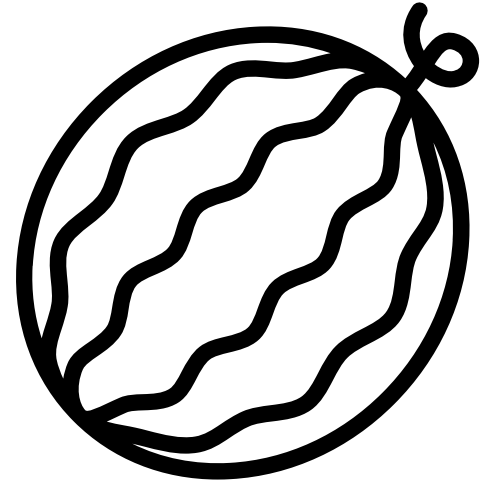
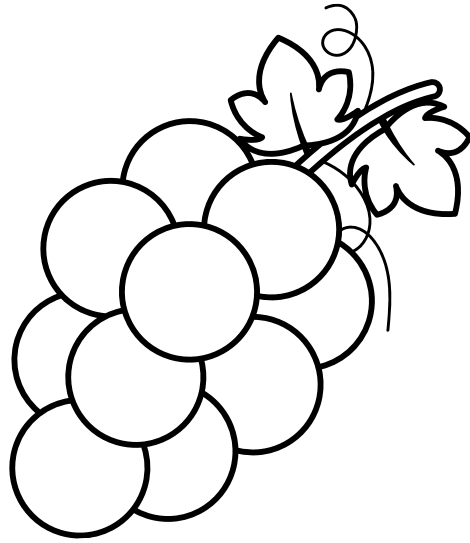
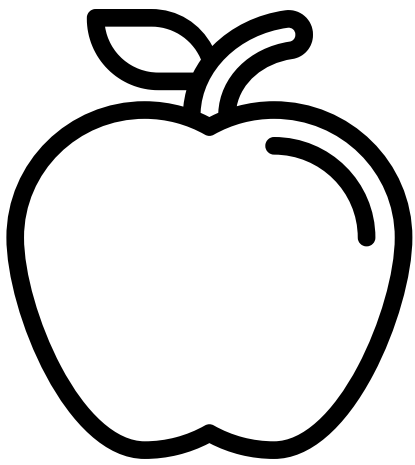


ACTIVITY TIME

Follow the path that leads to Jesus.



FRUITS OF THE SPIRIT



**"But the fruit of the Spirit is love, joy,
peace, forbearance, kindness, goodness,
faithfulness, gentleness, and self-control.**

Against such things there is no law".

Galatians 5:22-23

