



***21 DAYS OF PRAYER AND FASTING***  
IMMERSE: WALK IN HIS POWER, LIVE BY HIS SPIRIT

# **LC KIDS PRAYER JOURNAL AND GUIDE**

LIFESTYLE PRAYER | THE LORDS PRAYER  
TABERNACLE PRAYER | ARMOR OF GOD  
PRAYERS FOR DIFFERENT SITUATIONS  
21 DAY PRAYER AND ACTIVITY GUIDE

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# **Dear Friends,**

We are so proud of you as you join in this powerful journey of discovering your own personal prayer life. As a believer in Jesus Christ, your prayer time is the most important time of your day. Jesus is your best friend and He is always ready to hear from you and even talk with you. Find your quiet place and invite Him in for some one-on-one time with the one who loves you the most.

## **Good times to pray:**

Before the day begins

Before you go to school

Before you play with friends

Before practice or games

Before you eat

Before you go to bed

# LIFESTYLE PRAYER

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.*  
(Mark 7:35)

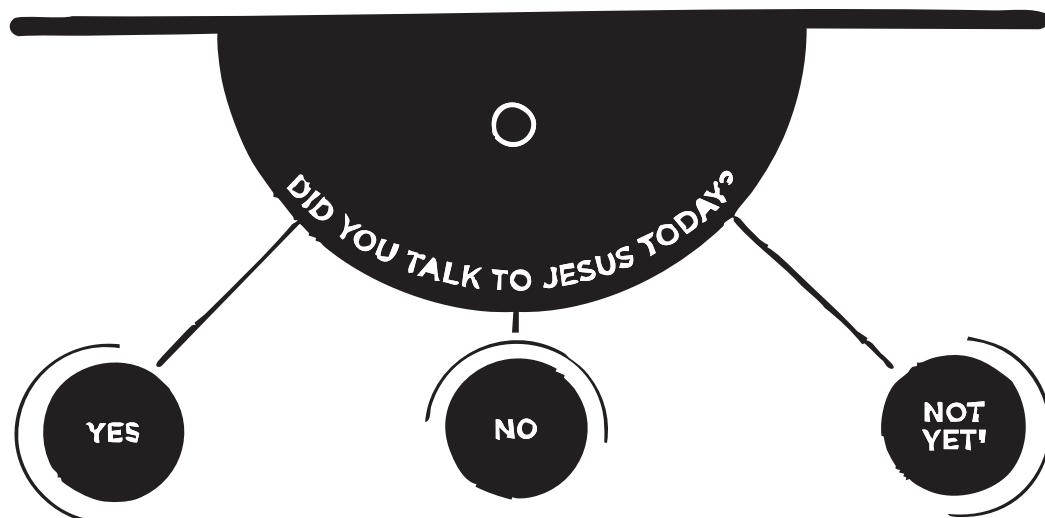
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## Here's what we see:

He prayed every day.  
He prayed in a certain place.  
He prayed with a plan.

### 1. TIME

We see that Jesus had a certain time that He prayed every day. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had a specific time that He always knew was His prayer time. We should do the same.



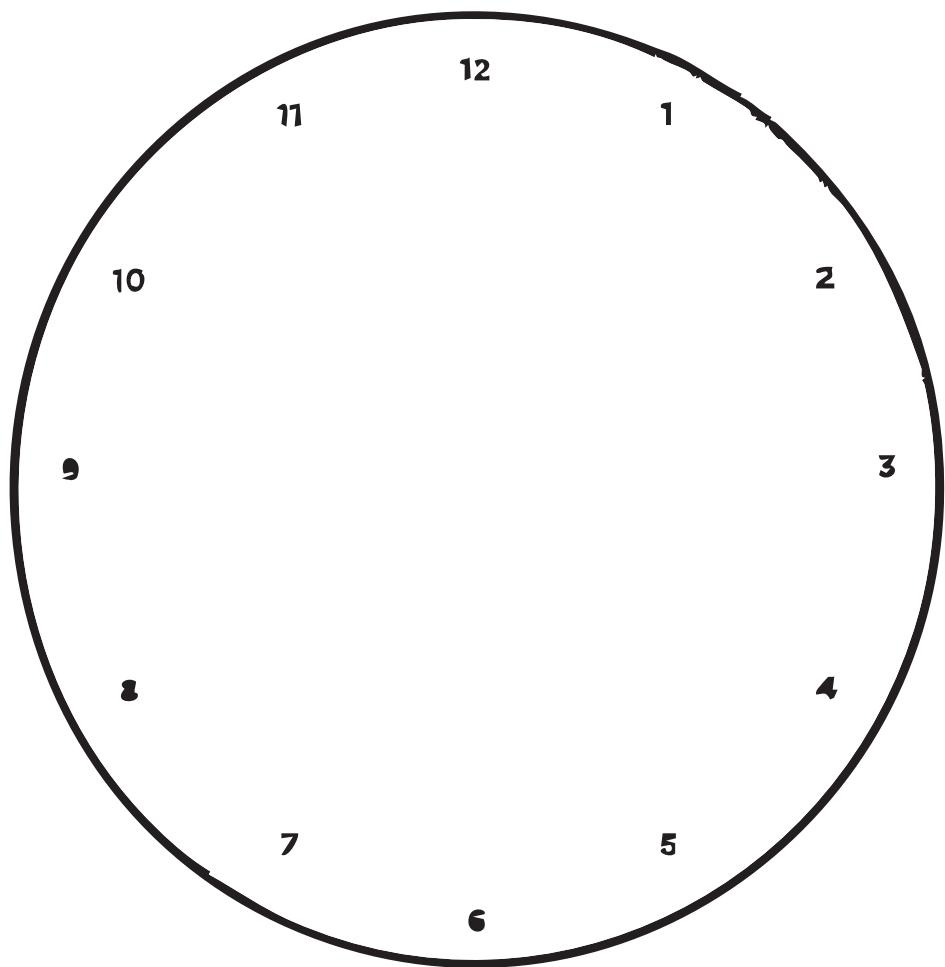
When will your prayer time be? Use a pencil to circle your answer or answers!

**WHEN I WAKE UP**

**IN THE AFTERNOON BEFORE**

**I GO TO SLEEP**

**USE A PENCIL AND FILL  
IN THE TIME THAT YOU  
PRAYED TODAY!**



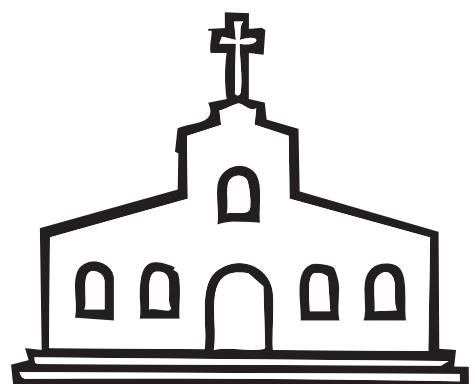
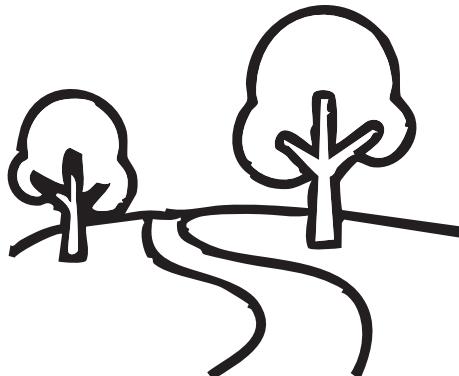
## 2. PLACE

We see that Jesus had a certain place that He would go to pray. We need to have a place that doesn't have any distractions, noises, or things that would keep us from focusing on Jesus.

*My favorite place to pray is: \_\_\_\_\_*

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COLOR IN THE PLACE  
BELOW WHERE YOU LIKE  
TO PRAY TO JESUS



## 2. PLAN

*We also see in the Bible that whenever Jesus prayed, He always had a plan. He had things on His heart that He wanted to pray for, and knew how He wanted to pray for them.*

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WRITE DOWN OR DRAW A  
PICTURE BELOW OF THE  
PEOPLE AND THINGS YOU  
CAN PRAY FOR TODAY!

## THE LORD'S PRAYER

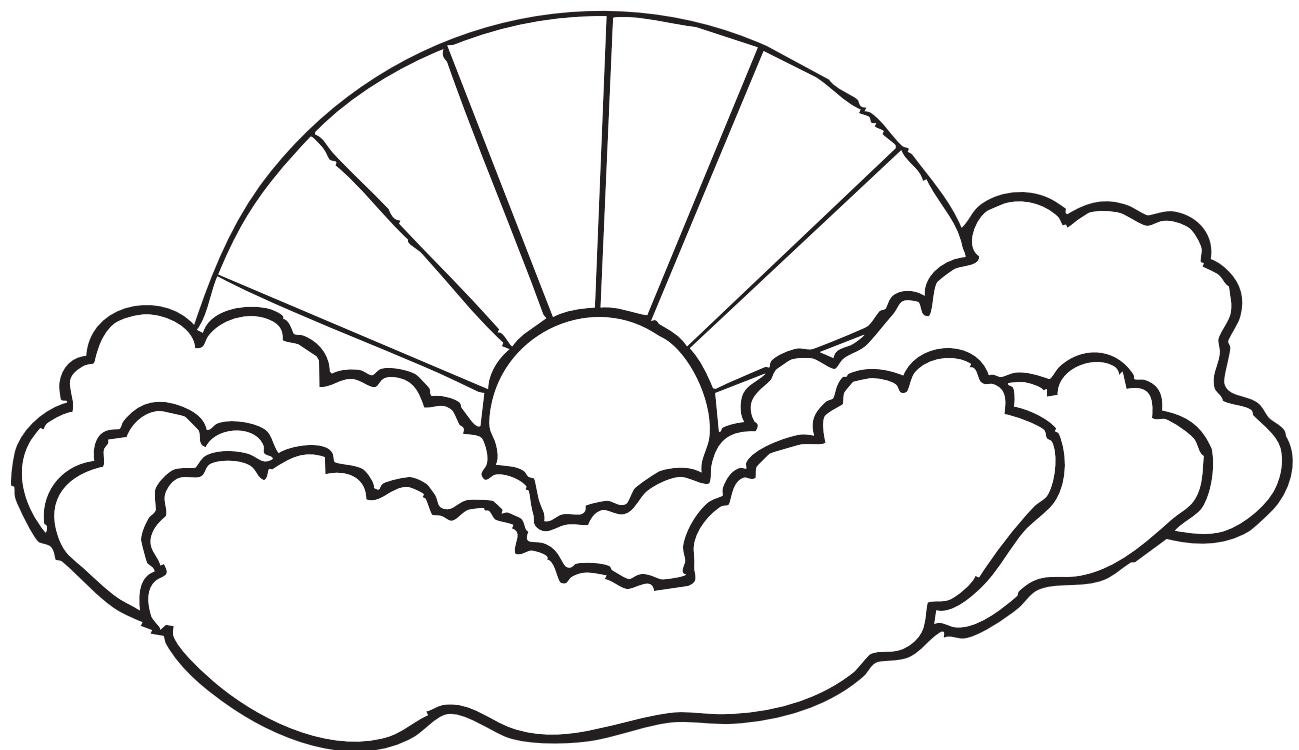
*One day Jesus was praying in a certain place. When He finished one of His disciples said to Him, "Lord, teach~ to pray: .. " '*  
*(Luke 7:7)*

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*"Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."*

*(Matthew 6:9-13 NKJV)*

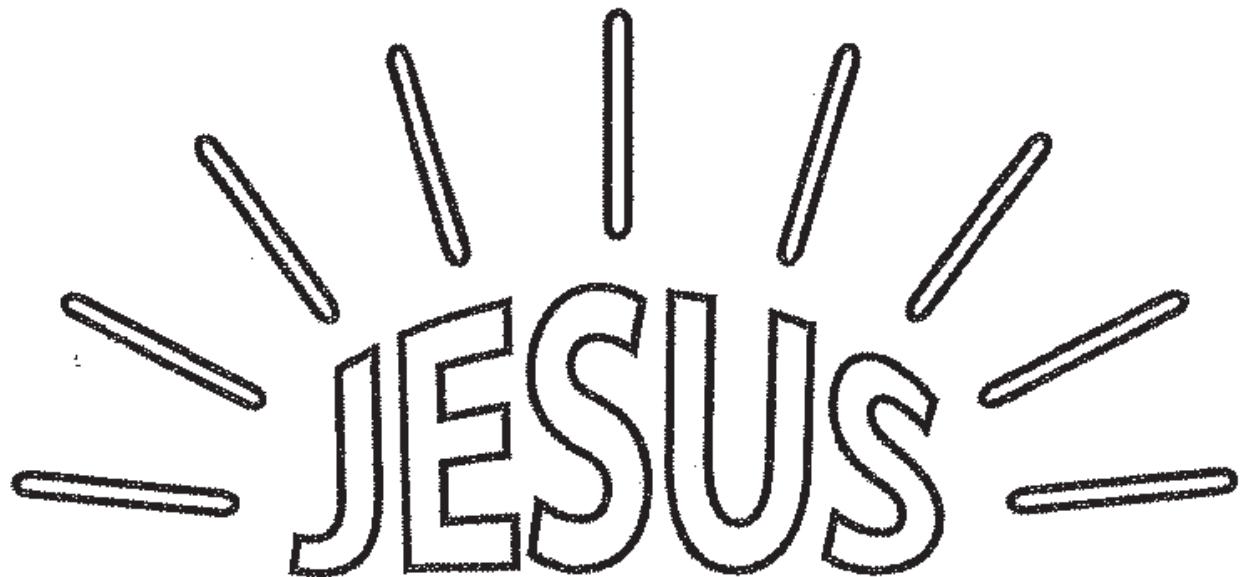
# **"OUR FATHER IN HEAVEN ... "**



# LIST SOME THINGS YOU COULD SAY TO STARTY OUR PRAYER WITH GOD.

*Examples: "Dear God. ... "Hi Dad!", "Good Morning Lord!", "Hey Papa!"*

**" .... HALLOWED BE  
YOUR NAME ... "**



***Worship His name.***

*God's name is a place of protection-good people can run there  
and be safe. (Proverbs 18:10 MSG)*

# **MATCH WHO HE IS WITH WHAT HE CAN DO!**

<b>Healer</b>	God is on my side and will fight for me
<b>Friend</b>	God is in charge and wants the best for me
<b>Peace</b>	I will choose joy because God is my joy
<b>Forgiveness</b>	He is my hope for every situation
<b>Love</b>	He forgives me for anything I have done and will do
<b>Hope</b>	Jesus loves me the most
<b>Joy</b>	He brings me peace no matter what I go through
<b>King</b>	He is always with me
<b>Protector</b>	God heals all our diseases

**" ...YOUR KINGDOM COME.  
YOUR WILL BE DONE  
ON EARTH AS IT IS  
IN HEAVEN ... "**



**Pray for what He wants (Pray His agenda first).**

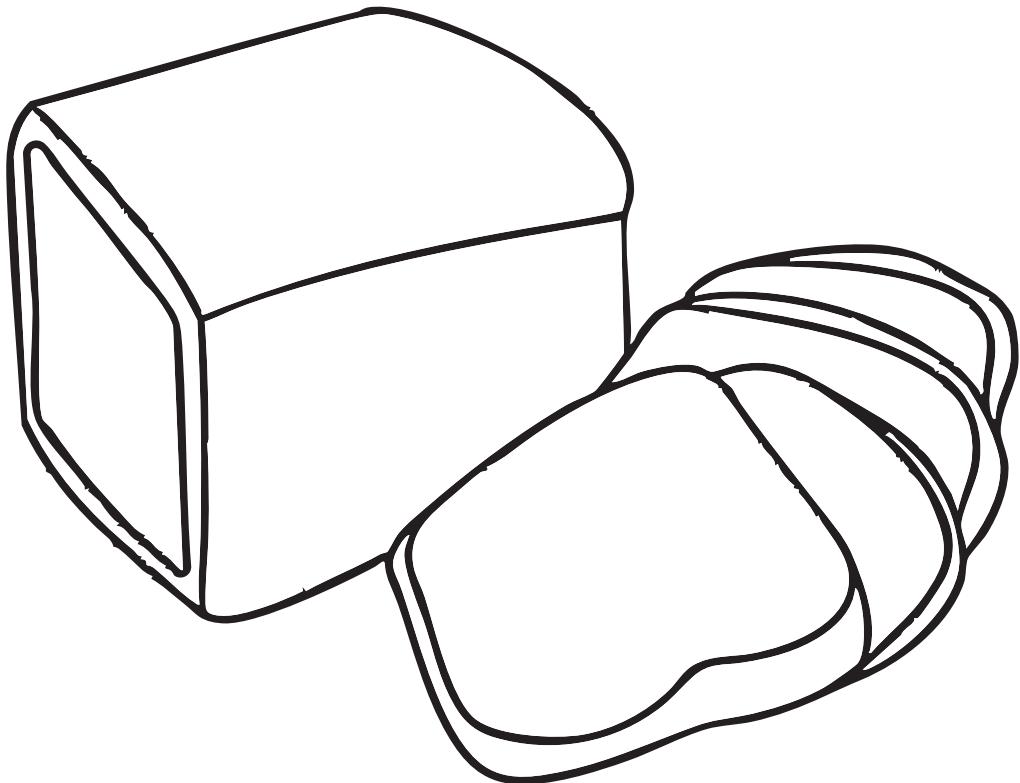
*He will always give you all you need from day to day if you will  
make the Kingdom of God your primary concern.  
(Luke 7:21 TLB)*

# THE BEST THING WE COULD EVER WANT IS WHAT GOD WANTS.

*He will take care of everything else we need!*

*List below and pray through the things God wants for the world and for you.*

**" ...GIVE US THIS DAY OUR  
DAILY BREAD ... "**



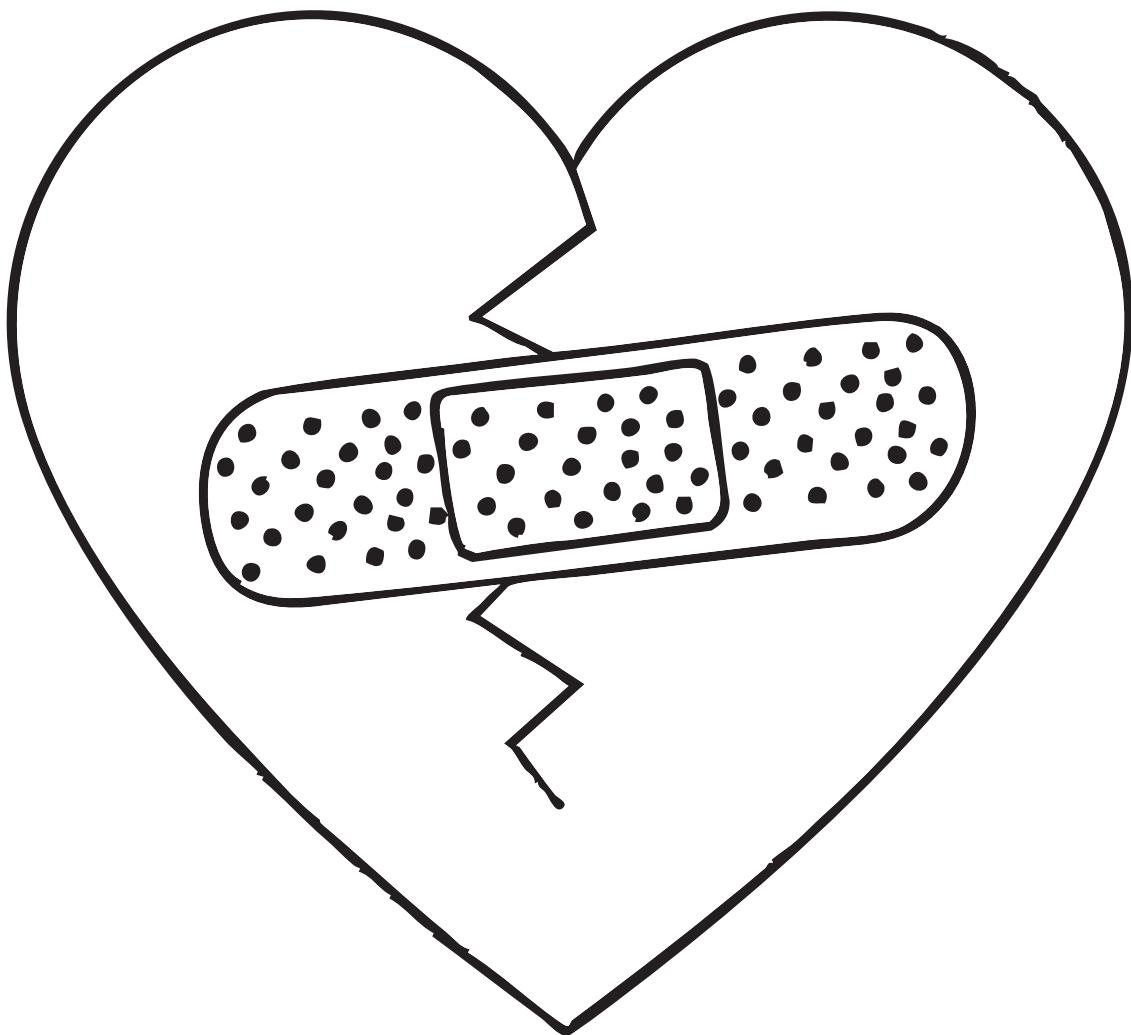
**Ask God for what you want and need, and then trust Him to provide for you.**

*I look up to the mountains-does my help come from there?  
My help comes from the LORD, who made heaven and earth!  
(Psalm 127:7-2N LT)*

# WHAT ARE YOU TRUSTING GOD FOR?

*Write some of your answers below.*

*“... AND FORGIVE US OUR  
DEBTS, AS WE FORGIVE  
OUR DEBTORS... ”*



**Make sure your heart is right with God and with people.**

*If we confess our sins. He is faithful and just and will forgive us  
our sins and purify us from all unrighteousness.  
(7 John 7:9)*

## **ASK JESUS TO LOOK INSIDE YOUR HEART:**

- 1. What do you need to ask for forgiveness for?**
- 2. What do you need to forgive someone for?**

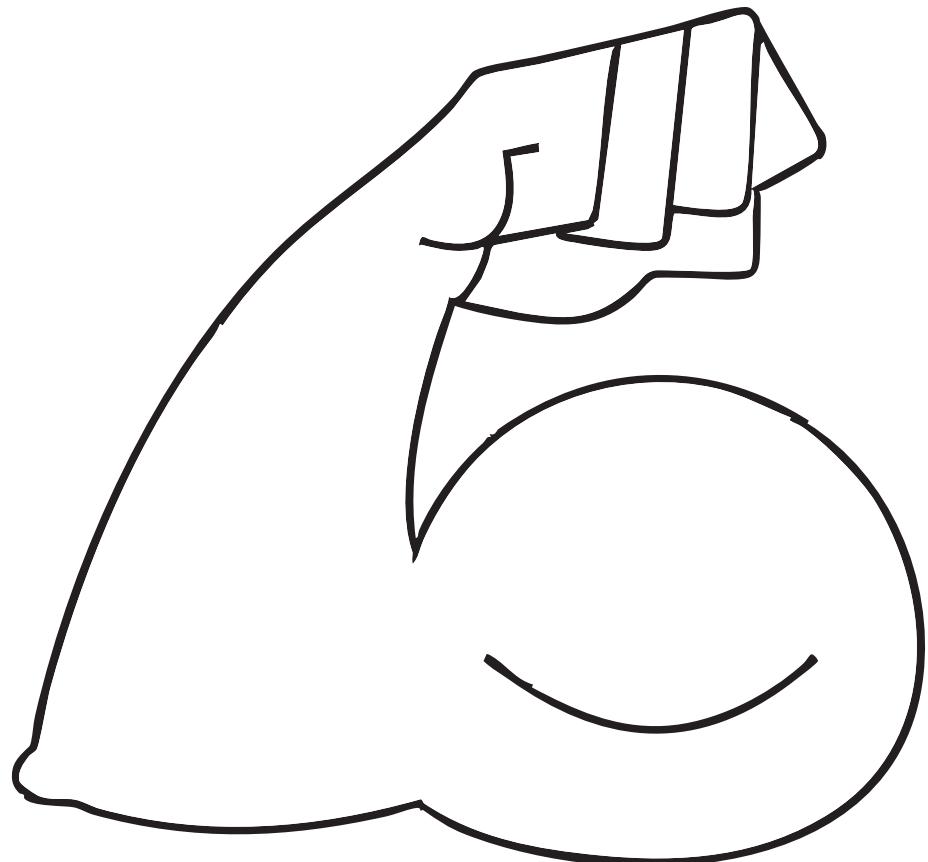
Once you have prayed, color in the sentences below.

**I AM FORGIVEN.**

**I CAN FORGIVE.**

**" ... AND DO NOT LEAD US**

**INTO TEMPTATION,  
BUT DELIVER US FROM  
THE EVIL ONE..."**



**Replace any lie the enemy has told you with the  
truth of God's Word.**

*For our struggle is not against flesh and blood, but against the  
rulers, against the authorities, against the powers of this dark  
world and against the spiritual forces of evil in the heavenly realms.  
(Ephesians 6:12)*

# **GOD'S WORD IS TRUTH.**

Replace the lies you may have heard with what God says is true.

## **LIE I HAVE HEARD**

## **WHAT GOD SAYS IS TRUE**

"I am mean." \_\_\_\_\_ I can be a friend like Jesus.

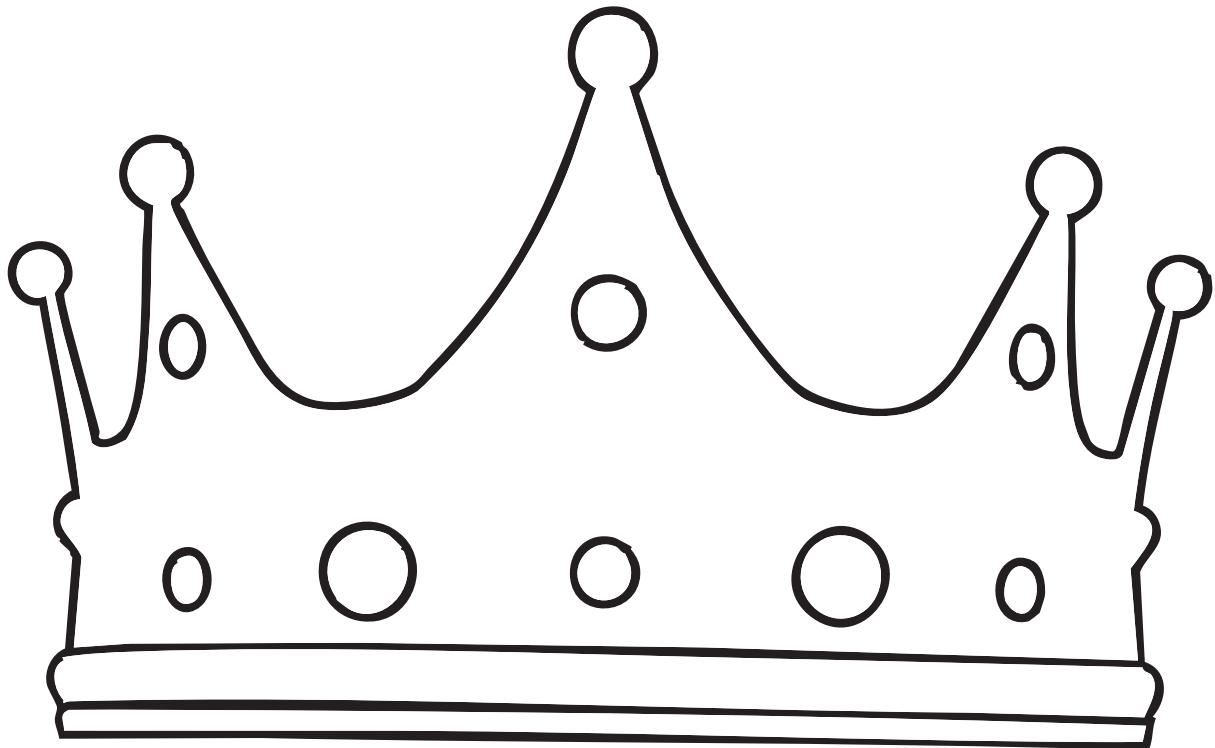
"I am ugly." \_\_\_\_\_ I am fearfully and wonderfully made.

"I don't have friends." \_\_\_\_\_ Jesus loves me and I am never alone.

"If I lie, f won't get in trouble." \_\_\_\_\_ I can tell the truth and not  
be afraid.

"If I do what's wrong, I'll finally fit in." \_\_\_\_\_ My identity comes  
from Jesus

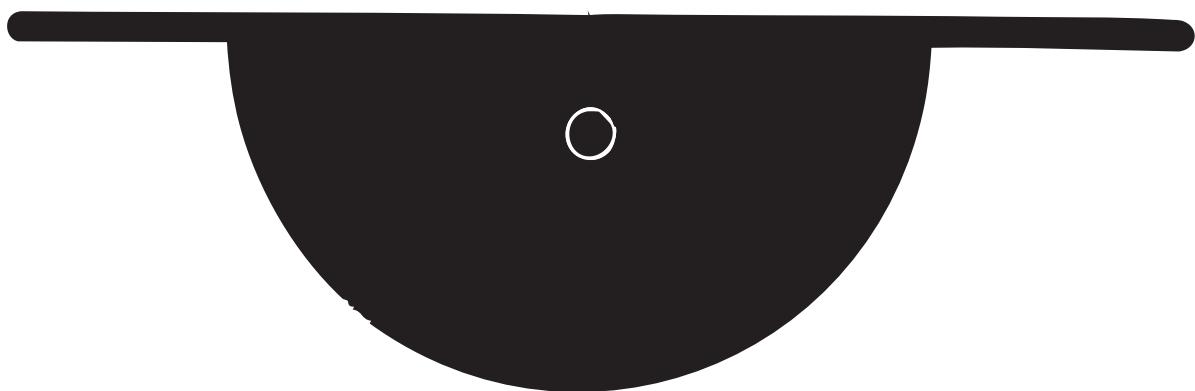
**" ... FOR YOURS IS THE  
KINGDOM AND THE  
POWER AND THE GLORY  
FOREVER., AMEN..."**



**God can do anything (believe it)!**

Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm Nothing is too hard for You. (Jeremiah 32:77)

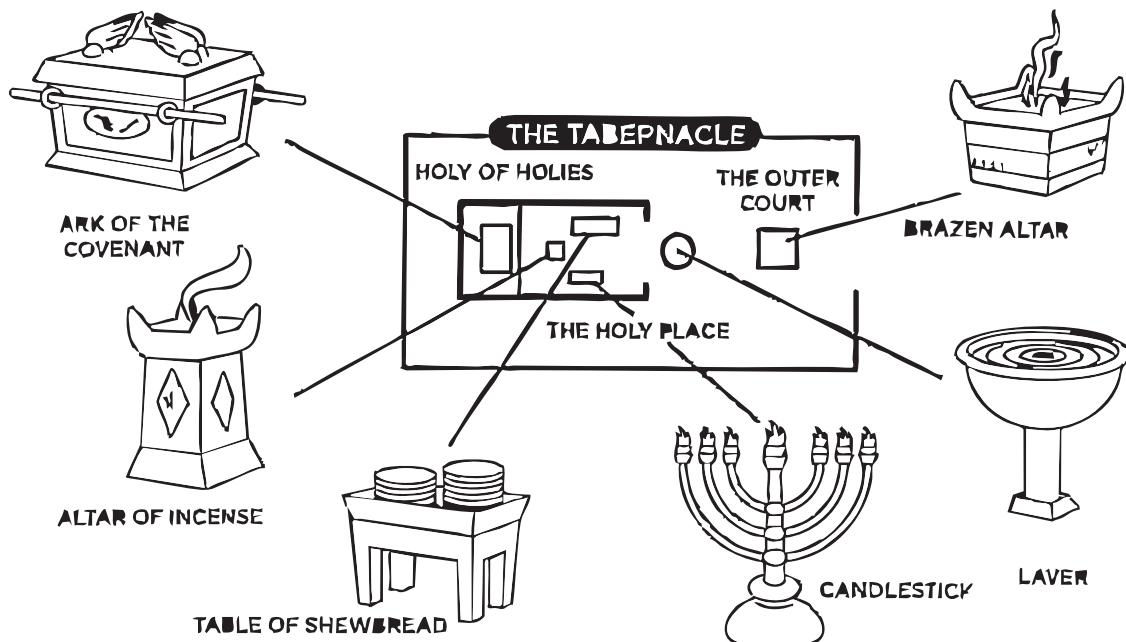
**“FOR YOURS IS  
THE KINGDOM AND  
THE POWER AND THE  
GLORY FOREVER. AMEN.”**



# TABERNACLE PRAYER

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Since the beginning, God always wanted to be with us. In the Old Testament, God told Moses to build a place called the Tabernacle. The Tabernacle is where God lived here on earth, where He would meet His people, and where they could worship Him. As the people entered the Tabernacle, they followed God's instructions by passing through seven stations to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. Each station of the Tabernacle can be used to guide our prayers.



## 1. THE OUTER COURT

### Thanksgiving and Praise

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The Israelites walked into the Tabernacle with thanksgiving and praise. We can start our prayers the same way.

*Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.  
(Psalm 100:4)*

#### **Prayer:**

*"Father God, You are good, and You deserve all my praise. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something that you've never thanked Him for). Lord be with me. I want to experience Your presence and Your love in a new way today, Jesus. Thank You that no matter what happens, You always love me. I find hope in Your never-ending forgiveness and care. Thank You for who You are and all You have done for me."*

# THINGS TO BE THANKFUL FOR

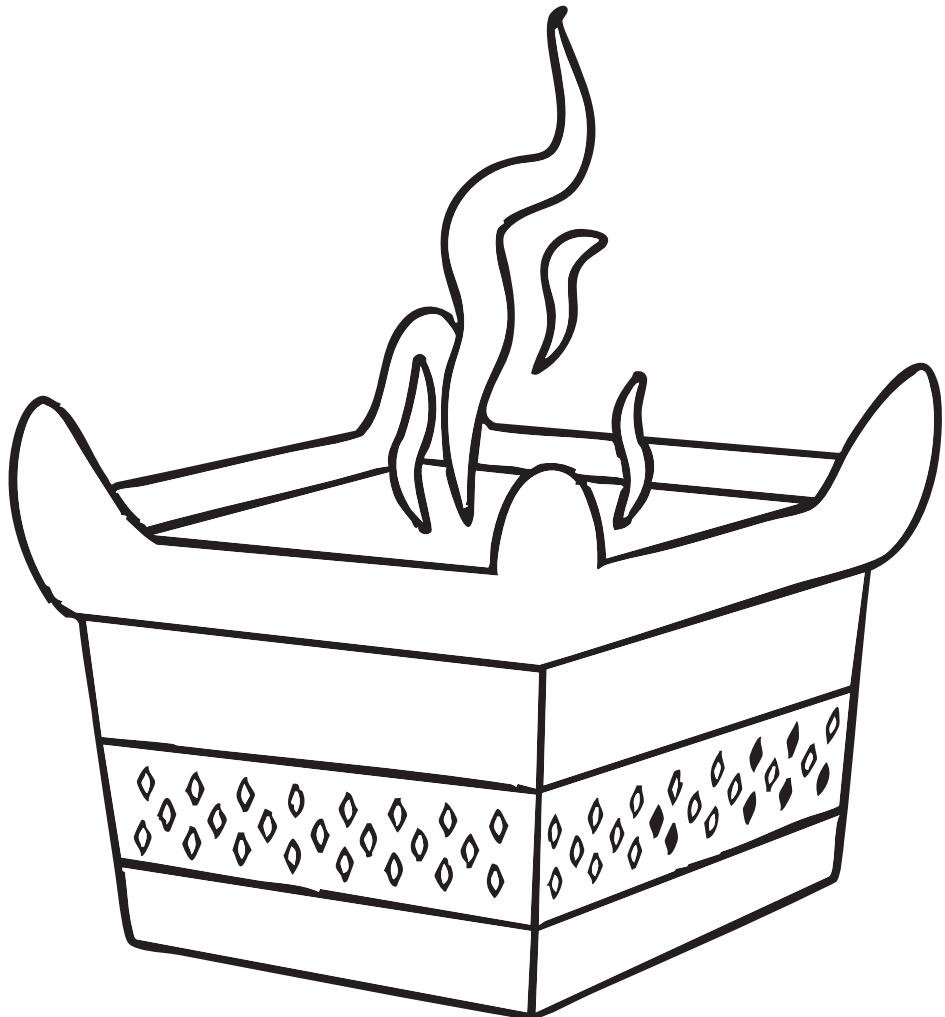
*Spend time thinking about the blessings in your life and the amazing things God has given you that you're thankful for. Write down a list, sing your own song of praise or just spend quiet moments praising God.*

## 2. THE BRAZEN ALTAR

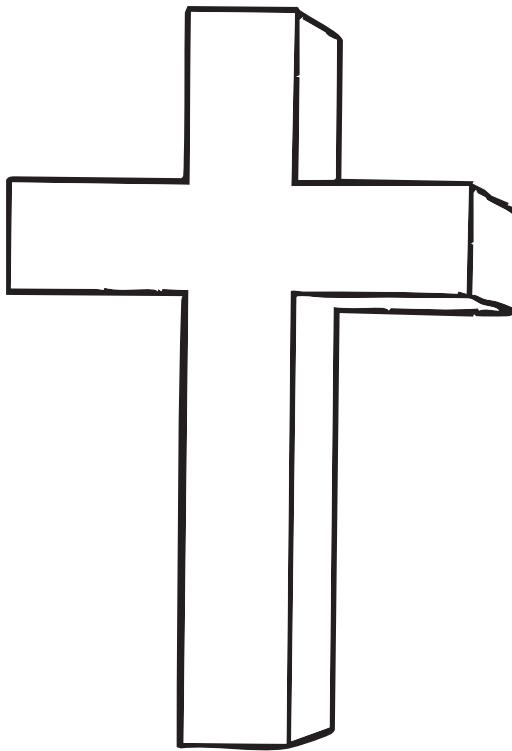
### The Cross of Jesus

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*In the Old Testament, everyone had to bring animals to sacrifice as payment for their sins. Today, we don't have to do that because Jesus paid for our sins by dying on the cross.*



# THE CROSS OF JESUS



Thank God for sending Jesus to die for our sins so that we don't have to! Thank Jesus for His sacrifice and His love. Really think about the sacrifice Jesus made, He loves you so much that He paid for the consequences of our sin. He didn't have to, but He wanted to make a way for us to live with Him one day. Jesus can change our hearts and make us better because of what He did on the cross.

The cross gives us five incredible benefits:

- Salvation - God forgives all my sins
- Healing - God heals all my diseases
- Redemption - God rescues me and restores me
- Transformation - God changes my heart to be more like His
- Blessing - God gives me everything I need

*Let all that I am praise the LORD; may I never forget the good things He does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagles!*

*(Psalm 703:2-5 NLT)*

**Prayer:**

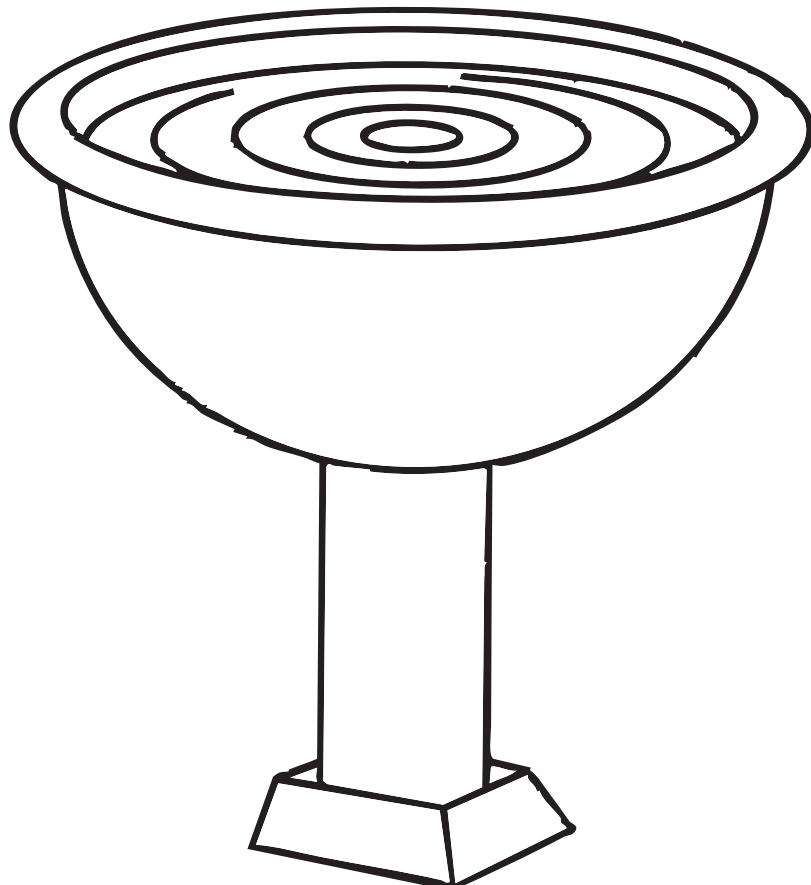
*"Thank You, God, for making a way for me to be with You through Your Son. Jesus, thank You for the sacrifice You made for me on the cross, You saved me and You set me free by paying for my sins. I praise You for being my Healer. You have power over all disease and harm in my life (list areas where you need God to heal you). Thank You for being my Redeemer. You rescue me from sin and give my life purpose. Thank You for changing my life with Your love and for making me new. I want to grow to be more like You (give God control of every area in your life). Thank You for blessing me and for giving me the things I need. I know You have good plans for me, and all that I have comes from You (thank Him for blessings in your life)."*

### 3. THE LAVER

#### Cleansing and Preparing

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*The next step in the Tabernacle was a bowl of water where people were reminded of their need to be washed clean of their sins and forgiven by God. Unfortunately, all of us sin. But it's an important part of our daily prayer to surrender our lives to God by giving Him control over all areas in our life. With His help, we can make the right decisions and follow God's plan for our lives.*



*So then, my friends, because of God's great mercy to us appeal to you: Offer yourselves as a living sacrifice to God, dedicated to His service and pleasing to Him. This is the true worship that you should offer.*

*(Romans 12:1 GNT)*

Unfortunately, sometimes we do what we want instead of what God wants. We all fall short of God's standard, and we all struggle with sin. Because of what Jesus did on the cross, we can confess and tell Him our sins, receiving complete forgiveness and a fresh start. While you pray, be humble and turn away from your sins and allow God to wash you clean and renew you. Then, surrender your life to Him. Give your will and thoughts to God and allow Him to help you make the right decisions.

### **Prayer:**

*"God, I confess my sins to You and turn away from them (Tell God any sin you know is in your life. Ask Him to show you any other areas that need to change). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I give myself to You:*

- *I give You my tongue, to speak good and not evil*
- *I give You my eyes, to focus on You and the needs of others*
- *I give You my ears, to listen to Your voice*
- *I give You my hands, to do good for others*
- *I give You my feet, to walk where You lead me*
- *I give You my mind, to think positive things and to be transformed and used by You*

*I ask You, Lord, for the amazing gifts of Your Holy Spirit, so that I can grow closer to You and make a difference in the lives of others. I ask for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. God, help me do what is right."*

# FRUIT OF THE SPIRIT

*When we follow Jesus and let the Holy Spirit lead us, we become more like Him.*

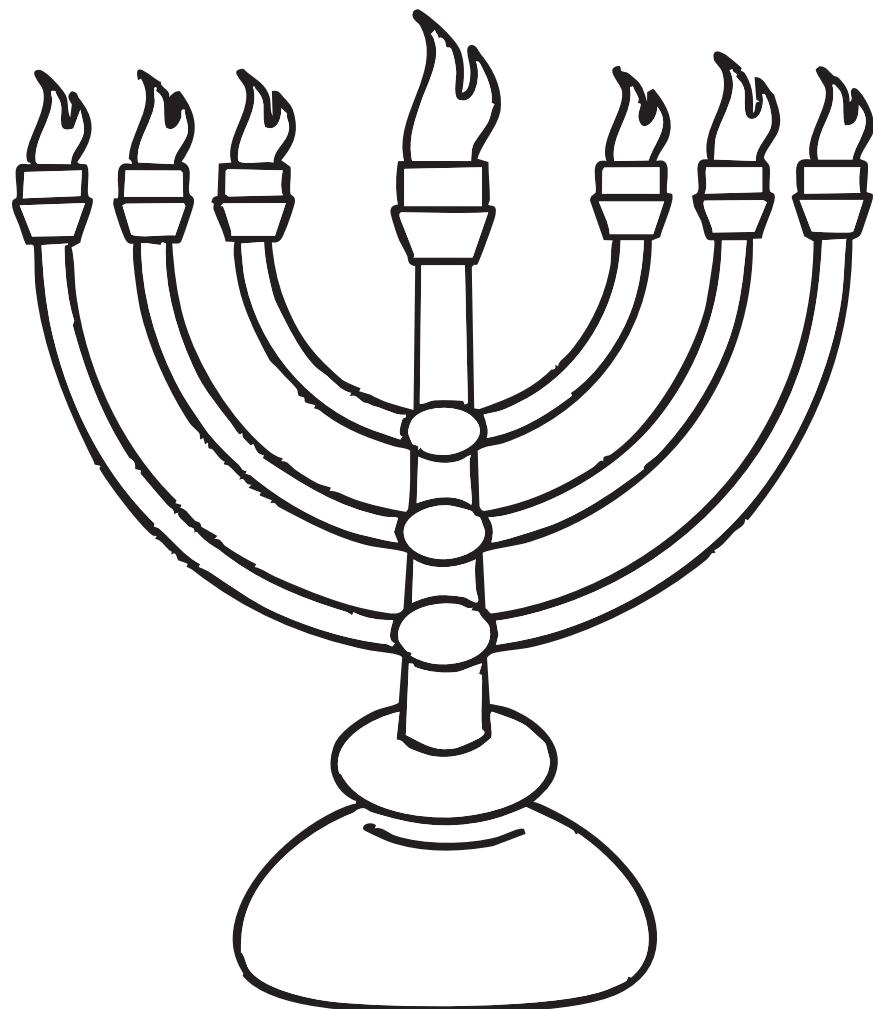


## 4. THE CANDLESTICK

The Holy Spirit

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*The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be a light in the world's darkness by helping others experience the love of God.*



*The Spirit of the LORD will rest on him-the Spirit of wisdom and of understanding, the Spirit of counsel and of might the Spirit of the knowledge and fear of the LORD.*  
*(Isaiah 11:2)*

When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our "advocate," our supporter. The Holy Spirit helps us with everything we need. We can't do what God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us, and helps us.

**Prayer:**

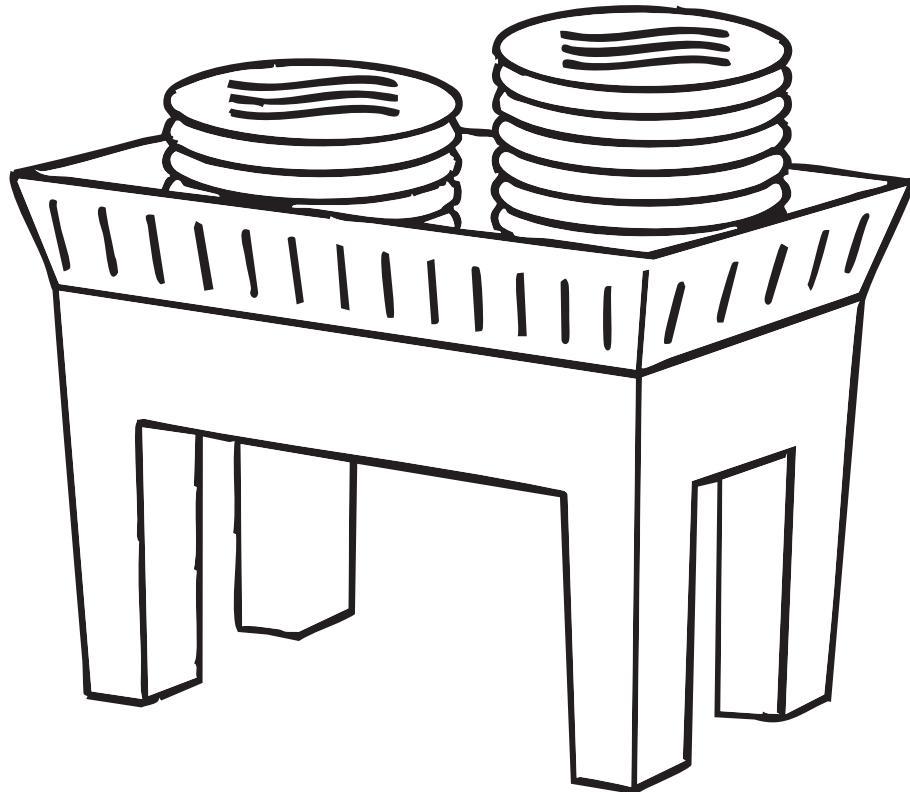
*"Holy Spirit, I ask You to fill me up. I need Your presence in my life - guiding, directing, comforting, and helping me. I know that You, Holy Spirit, are God. Help me to see how great You are. Help me to be amazed and in awe of who God is and what He does. Work in me, Holy Spirit. Teach and transform me (pray for any areas where you feel the need for change today). I honor You and ask You to help me love others the way You love them.*

## 5. THE TABLE OF SHEWBREAD

### The Word of God

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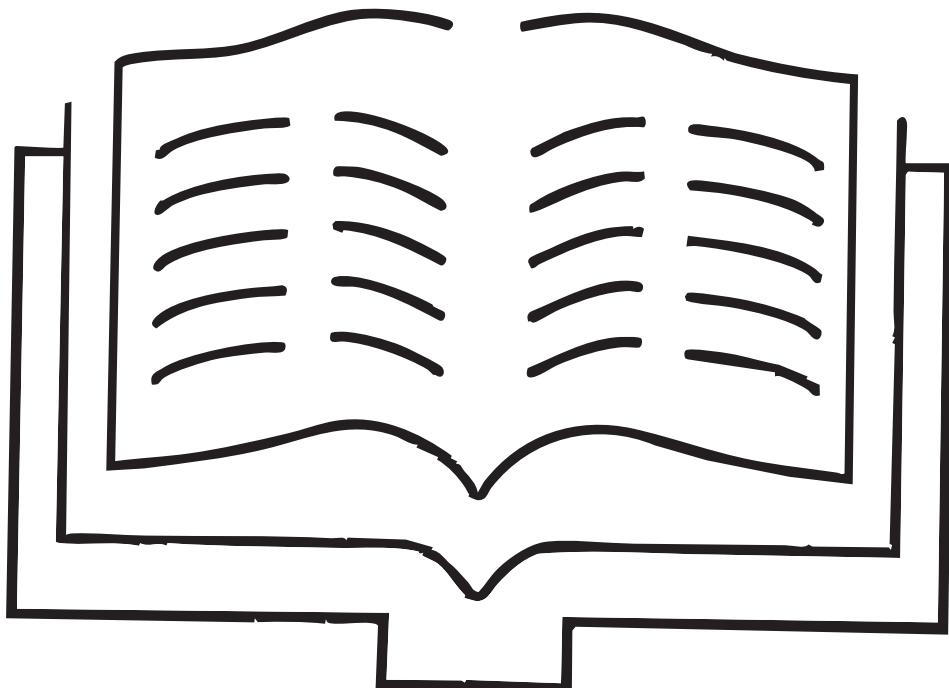
In the Tabernacle, a table with twelve loaves of bread was set up to show the importance of reading God's Word. Eating bread nourishes and strengthens us. Without eating, we can't live. The same goes for when we read the Bible—it satisfies and strengthens our spirit. Reading God's Word regularly keeps us healthy and helps us become more like Jesus.



# THE WORD OF GOD

*God's Word, the Bible, is an incredible gift and a powerful tool to use in our daily lives. Here is how you can use God's Word in your prayers:*

- *Take time to read the Bible and think about what you read*
- *Find hope in the many promises God has for your life*
- *Ask Him to show and teach you things you didn't know before*
- *Ask Him for a Word to help you as you start your day*



*Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. (Joshua 7:8)*

**Prayer:**

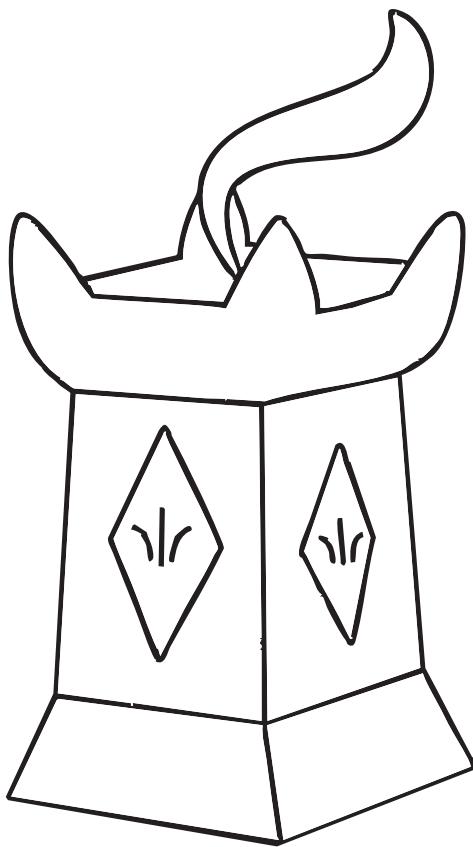
*"Thank You, God, for giving me Your Word, the Bible. I commit to reading it, and I ask You to speak to me through it and show me who You are. Help me to grow more in love with You and Your Word, and help me use it more. I find hope in the promises You have for me, and I know what You say is true (pray any Scriptures that are on your mind or read them out loud). Teach me more about You today and every day! I want to know You more, and I want to see You more clearly through Your Words*

## 6. THE ALTAR OF INCENSE

### Worship

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A small altar of burning Incense stood at the entrance to the Holy of Holies, where God's presence lived. The people of God worshipped His Names as they entered into His presence. (In the Bible there are many names that show us what God has done for us.) This altar represents worship and how much God loves it when we worship Him.



*The name of the LORD is a strong tower; the righteous run to it and are safe. (Proverbs 18:10 NKJV)*

Thank God for wanting to be with you. When you pray, consider these names that the Bible gives us to describe who God is.

**My Righteousness** - Jeremiah 23:6 - God is righteous, and when you accept Jesus into your heart you will become righteous. It means that He paid the price for your sin so that you have right standing with God.

**My Sanctifier** - Leviticus 20:7-8 - God continually works in you to change you so you can become more like Jesus. God sets you apart and makes you holy.

**My Healer** - Exodus 15:26 - Jesus can comfort and heal you when you are not feeling well. God can heal your mind, your body, and your spirit,

**My Provider** - Genesis 22:14 - God will provide for you. Be hopeful and confident that God will do great things for you. This does not mean He gives you what you want, but what you need.

**My Banner of Victory** - Exodus 17:15 - A banner, like a flag, is lifted high to celebrate, and we find victory in what Jesus has done for us on the cross. He is always faithful.

**My Peace** - Judges 6:24 - Trust God; He will give you peace in every situation.

**My Shepherd** - Psalm 23:1 - Just like a shepherd caring for his sheep, God will lead you, provide for you, and care for your needs. He is always there for you and will never leave you.

### **Prayer:**

*"Thank You, God, for wanting to be with me. Thank You for Your presence. I know that You are here with me. I worship You and You alone. I know, God, that You are: my Righteousness, my Sanctifier, my Healer, my Provider, my Banner of Victory, my Peace, and my Shepherd. (As you pray, praise His Names and worship Him personally and specifically for who He is and what He has done in your life.) I know that You are always with me, God, and Your presence means everything. You give me life, joy, and purpose. I love you, God."*

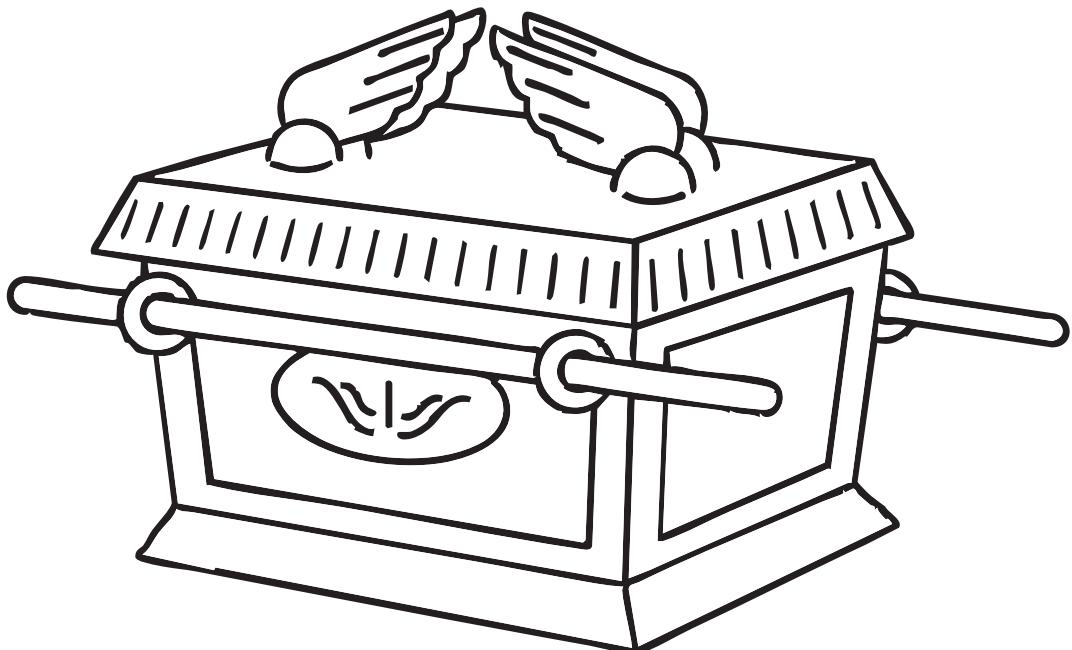
# I WORSHIP GOD FOR HIS ....

## 7. THE ARK OF THE COVENANT

### Intercession

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The final place in the Tabernacle was the Holy of Holies, the most holy place where God lived. Only the Priests could go in there. Once inside, they would pray for other people. Today, since we all have access to the presence of God through Jesus, we can do the same thing by praying for those around us. When we pray for others it is called "intercession."



*I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth. (7 Timothy 2:7-4)*

We can make a difference when we spend time praying for others. Pray for the people around you, including:

- Those in authority - People who guide you and help you make good decisions such as your leaders in church, your parents, your family, and your teachers
- Your family - Your parents, grandparents, siblings, aunts, uncles, and cousins
- Your church - Pastors, Small Group leaders, HK leaders, and friends from church
- Your community - People in your neighborhood, In your city, nation, and world
- Your relationships - Friends, people from your school or sports

## **Prayer:**

*"Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me - my parents, the leaders at my church, and my teachers (use their name when you pray for them). I ask that You give them wisdom and grace, watch over and protect them, and help them to know and love You more.*

*I ask You, God, to be with my family. Bless them and keep them from harm (pray for anything that your family needs). For those in my family who don't know You, come to them and meet them where they are, and guide their hearts to You.*

*God, I ask You to watch over my church. Protect my pastor, be with my leaders, and I pray for everyone that comes to church. I pray that You will bring new people to church who don't know You yet, and that they will have a great time and come to know You. I ask You to watch over my neighborhood and my city, my nation, and the world. Bring peace and help us get to know You better. I pray for Your help to show the love of Jesus to everyone who I get to meet. I pray that they will see Your light in me.*

*I pray for my friends, my neighbors, and my classmates. Thank You for them and please bless them (pray for any specific needs of others).*

*Lastly, God, I give You the things I care about. I know that You help me, that You give me what I need, and that You care for me. I give You all of my needs (share the needs on your mind). Thank You for loving me, choosing me and calling me Yours. In Jesus' name, amen."*

# PRAYER AND SCRIPTURE FOR EVERY DAY

# MY PRAYER LIST

*Make a list of things you want to pray for every day.*

# **TELL JESUS HOW GREAT HE IS.**

A jump start to praying this way is below.  
Fill in the blanks and add your own praise and worship  
as you talk to Jesus about how great He is!

- Look up Scripture as you walk through the outline.

Hi Jesus!

I love You so much!

Thank You \_\_\_\_\_. (Psalm 100:4,· 118:24)

I love that You created \_\_\_\_\_.  
\_\_\_\_\_.

When I'm outside, I notice \_\_\_\_\_ in Your  
beautiful creation!

God, You made me. Thank You for my ability to \_\_\_\_\_  
(Mark 12:30)

You love me for who I am, no matter what.

Thank You for being my God and my Friend. I love You!

In Jesus' name, amen,

# **GIVE THANKS EVERY DAY.**

*Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days good. A jump start to praying this way is below. Fill in the blanks and add your own words of thankfulness!*

Hi Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family!

I pray that for my family You would \_\_\_\_\_.

I thank You that I get to wake up and have a new day!

I pray today for \_\_\_\_\_.

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for \_\_\_\_\_.

Thank You for dying for me and saving me.

Help me be more like You, Jesus.

I am so thankful for You! I love You! (Psalm 96:7-2)

In Jesus' name, amen.

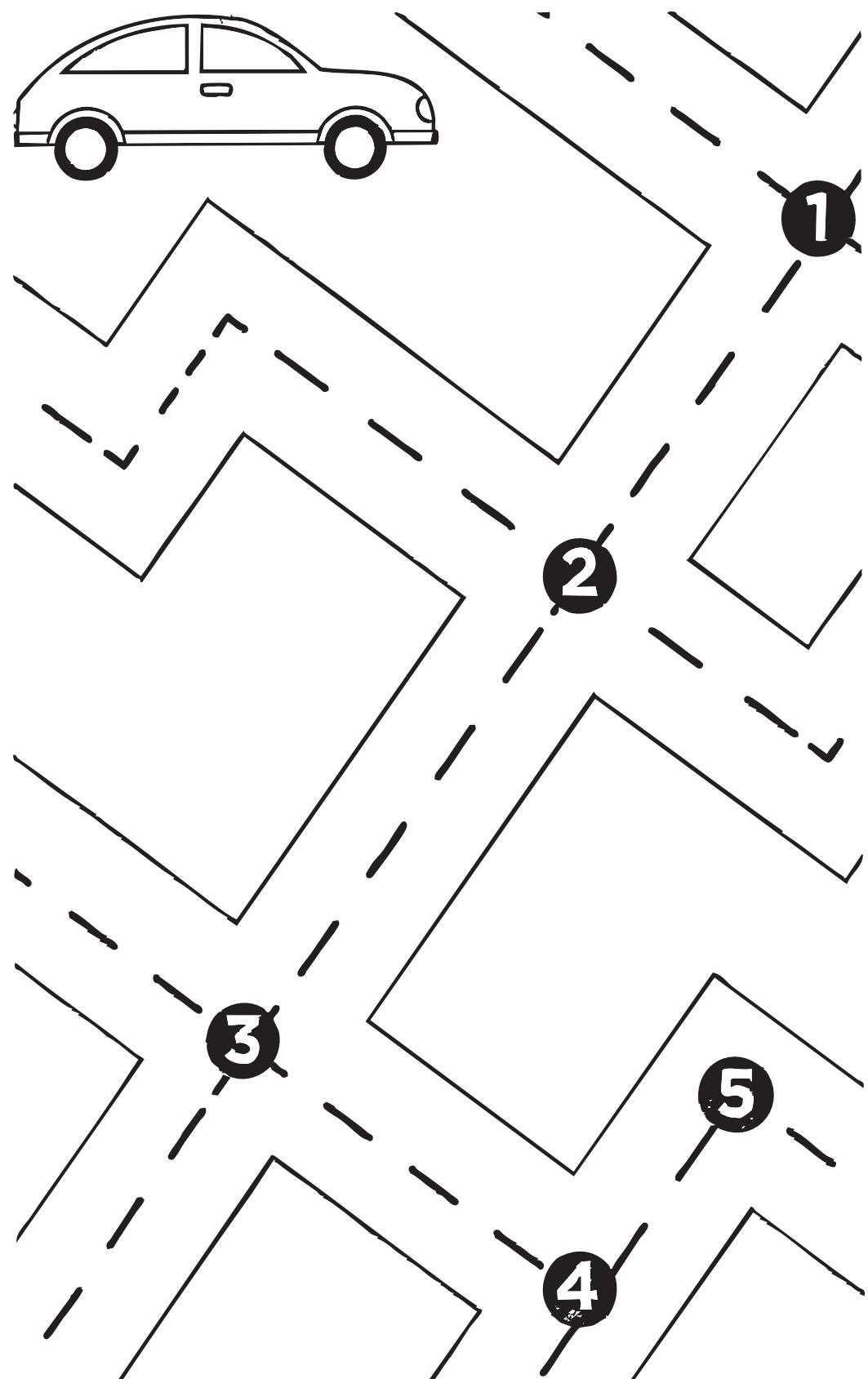
# **ASK GOD TO LEAD YOU EVERY DAY.**

Have you ever been lost and not know where you were going? Its not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life and has the best plan for your life.

**Follow the numbers 1-5 and color in the road map on the next page as you ask Jesus to lead you today!**

1. Thank You, Jesus, for the plan You have for me!
2. Today I choose Your plan for my life, because I know it's the best plan there is!
3. Lead me. Give me words to say. Help me think good thoughts.
4. Help me to be kind to people, be wise, and make good choices.
5. Jesus, please make me more like You every day. In Jesus' name, amen.

(Proverbs 3:5-7; Psalm 131:1-3; Isaiah 30:27)



# PRAYERS FOR WHEN I NEED HELP

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## **Pray through the Armor of God.**

Read Ephesians 6:11-18a and then say a prayer to God like the one on the next page to put on your armor!

"Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, and with your feet fitted with the readiness that comes from the **gospel of peace**. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people:"

(Ephesians 6:11-18)

# PRAYING THROUGH THE ARMOR OF GOD ...

**Lord,**

Today, I put on the full armor of God. I am protected.

I put on the **belt of truth** to speak and walk honestly,

I will put into place the **breastplate** to do what is morally right.

I will strap onto my feet and be ready with the **gospel of peace**.

On my arm, I will carry the **shield of faith** and block the attacks from the evil one. I know God is with me.

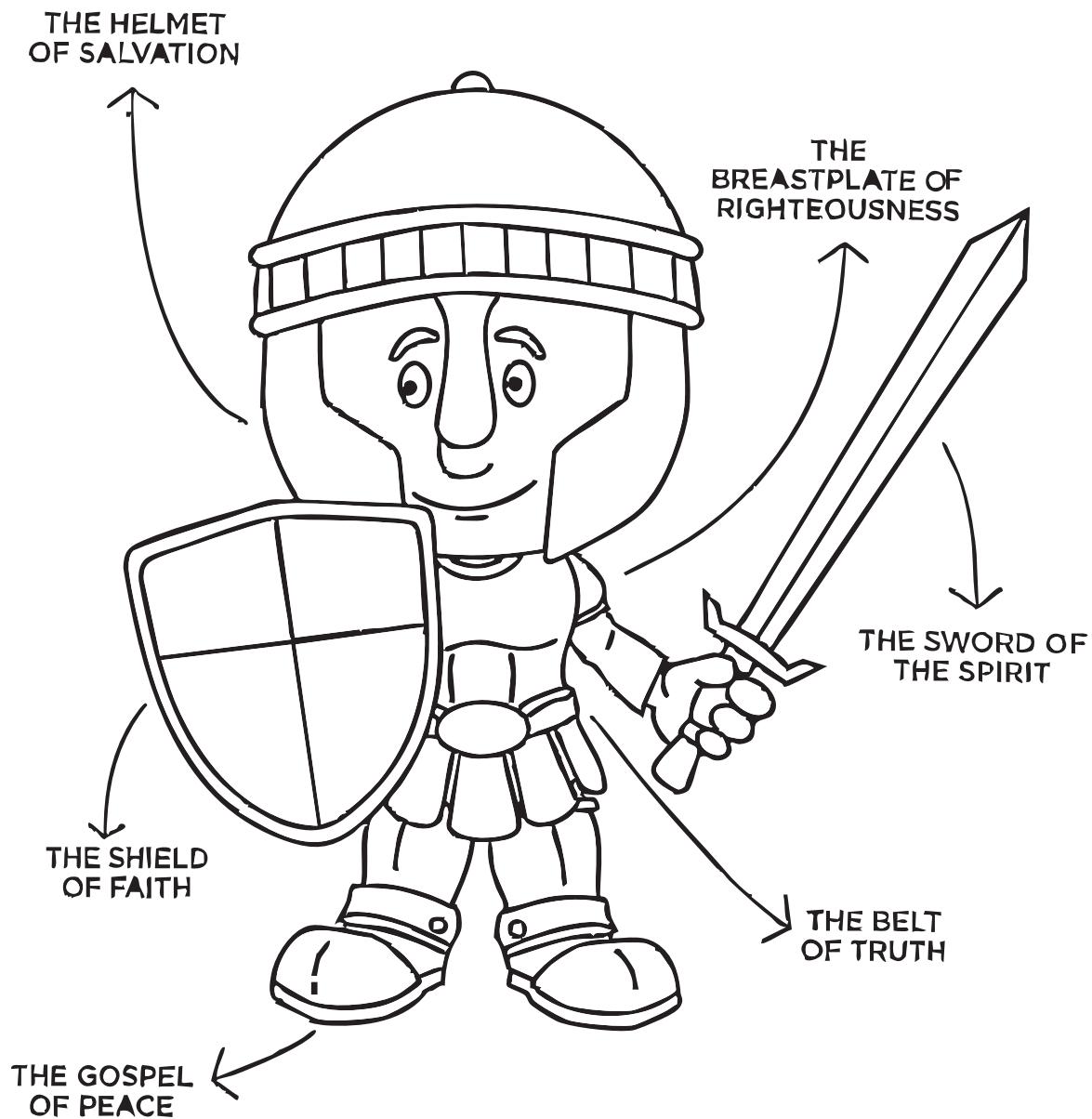
On my head, I will wear the **helmet of salvation**. Jesus loves me and I belong to Him!

With my shield in one hand, I will carry the **sword of the Spirit** with me in the other. It is the Word of God.

I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, amen.

# THE ARMOR OF GOD



# PRAYERS FOR MY FAMILY

*Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.  
(Exodus 20:72)*

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**Jesus,**

Today, I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give (say their names) and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, amen

# **PRAYERS FOR WHEN I FEEL ALONE**

*I will never leave you or let you be alone.  
(Hebrews 73:5 NIV)*

*I am with you always  
(Matthew 28:20)*

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**Jesus,**

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You love people.

In Jesus' name, men.

# **PRAYERS FOR WHEN I FEEL AFRAID**

*For God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7 NKJV)*

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**Jesus,**

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that you would give me peace, perfect love that casts out fear, and complete confidence in You.

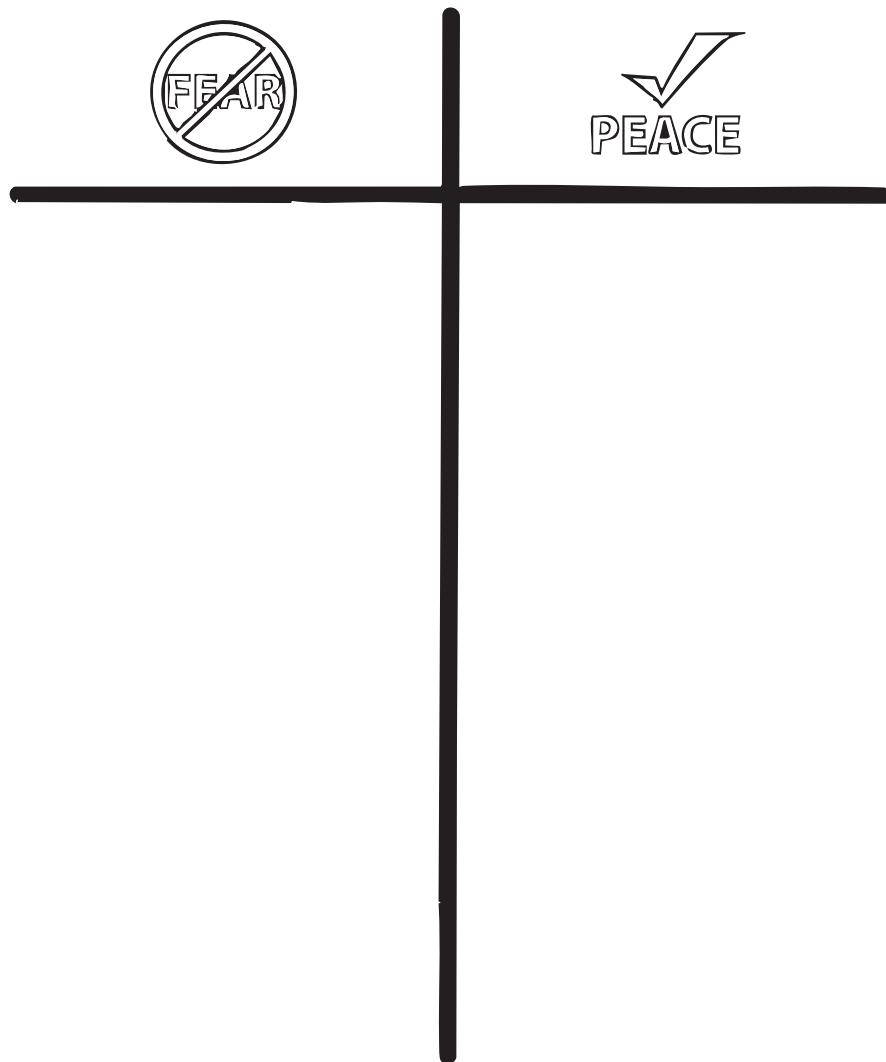
Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, amen.

**LIST BELOW WHAT YOU  
DON'T NEED TO BE  
AFRAID OF AND THE  
THINGS YOU CAN HAVE  
PEACE ABOUT!**



# **PRAYERS FOR PROTECTION**

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Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

## **1. THE NAME OF JESUS**

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a strong tower that we can run to so we can be kept safe.

## **2. THE COVERING OF THE BLOOD OF JESUS**

When Jesus died on the cross for us, His precious blood was shed. And that blood saved us, washes our sin away, and protects us. •

## **3. THE WORD OF GOD (THE BIBLE)**

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.

**Jesus,**

Thank You that I am important to You.

Thank You that You are always watching over me and protecting me.

I pray that You will cover me with the protection of Your blood and surround me with Your angels.

I run to the name of Jesus, my strong tower.

Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, amen.

Read out loud Psalm 91 when you are finished praying.

# 21 DAYS OF PRAYER AND FASTING

## APPENDIX

This prayer journal is designed to help kids grow their own prayer life during the 21 Days of Prayer. Each day includes a short thought, a simple prayer, and a fun activity you can do on your own or with a little help from a parent.

There are no right or wrong answers. God just wants to hear from you!

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### WEEK 1 – IMMERSE: WALK IN HIS POWER

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#### Day 1 - Fresh Fire

**Big Idea:**

God's Spirit helps my love for Jesus grow strong.

**Bible Verse:**

“But you will receive power when the Holy Spirit comes upon you.”  
— Acts 1:8

**Kid Thought:**

Sometimes our love for God feels big and bright. Other times it feels quiet. The Holy Spirit helps our hearts stay warm and alive for Jesus.

**Prayer:**

“Holy Spirit, thank You for living in me. Help my heart love Jesus more today. Amen.”

**Activity: 🔥 Color the Fire**

Color or draw a big flame.

Inside the flame, draw or write:

- Something you love about Jesus
- Something you want God to help you with

---

## Day 2 - Lead Me, God

**Big Idea:**

God helps me make good choices.

**Bible Verse:**

“When the Spirit of truth comes, He will guide you into all truth.”  
— John 16:13

**Kid Thought:**

God doesn't leave us alone to figure life out. His Spirit helps guide us every day.

**Prayer:**

“God, please lead me today. Help me listen and follow You. Amen.”

**Activity:  Draw the Path**

Draw a path or road.

Put yourself at the beginning and draw God leading you toward good choices.

Optional: Use toy figures to walk the path.

---

## Day 3 - Power to Overcome

**Big Idea:**

God gives me strength when things feel hard.

**Bible Verse:**

“The Spirit who lives in you is greater than the spirit who lives in the world.”  
— 1 John 4:4

**Kid Thought:**

When we feel scared or tempted, God's Spirit gives us strength. God is bigger than anything we face.

**Prayer:**

"God, You are stronger than my fears. Help me trust You. Amen."

**Activity: 💪 Strong With God**

Draw a picture of yourself being strong with God's help.

Finish this sentence by writing or saying it out loud:

"God helps me when I feel \_\_\_\_\_."

---

## Day 4 - God Helps Me Know What's True

**Big Idea:**

God's Spirit teaches me what is right.

**Bible Verse:**

"Your word is a lamp to guide my feet and a light for my path."  
— Psalm 119:105

**Kid Thought:**

The world has lots of voices, but God's voice tells the truth. His Word helps us know the right way to go.

**Prayer:**

"God, help me know what is true and follow You. Amen."

**Activity: 🔦 Truth Finder**

Draw a flashlight.

Inside the light beam, write or draw one true thing God says about you

(loved, brave, forgiven, not alone).

---

## Day 5 - Fruit That Grows

### **Big Idea:**

God helps me grow good things in my heart.

### **Bible Verse:**

“The Holy Spirit produces this kind of fruit in our lives...”

— Galatians 5:22-23

### **Kid Thought:**

When God’s Spirit lives in us, He helps us grow love, joy, and kindness.

### **Prayer:**

“God, help me grow fruit that looks like You. Amen.”

### **Activity: Fruit Tree**

Draw a tree.

Add fruit with words like:

- Love
- Joy
- Kindness

Color each fruit a different color.

---

## Day 6 - A New Way to Think

### **Big Idea:**

God helps me think better thoughts.

### **Bible Verse:**

“Letting the Spirit control your mind leads to life and peace.”

— Romans 8:6

### **Kid Thought:**

God’s Spirit helps us think thoughts that bring peace instead of worry.

**Prayer:**

“God, help my thoughts match Your truth. Amen.”

**Activity:  Thought Swap**

Draw two thought bubbles:

- One worry
- One truth from God

Cross out the worry and circle the truth.

---

## Day 7 – Living With God Every Day

**Big Idea:**

God wants to be with me all the time.

**Bible Verse:**

“Since we are living by the Spirit, let us follow the Spirit’s leading.”  
— Galatians 5:25

**Kid Thought:**

God isn’t just with us at church—He’s with us everywhere.

**Prayer:**

“God, help me walk with You today. Amen.”

**Activity:  God Is With Me**

Draw yourself at home, school, or playing.

Draw Jesus or a heart near you to show God is with you.

---

## WEEK 2 — WALK IN HIS POWER

### Day 8 – Power From God

**Big Idea:**

God gives me power to do good things.

**Bible Verse:**

“But you will receive power when the Holy Spirit comes upon you.”  
— Acts 1:8

**Kid Thought:**

God’s power helps us love others and do what is right.

**Prayer:**

“God, thank You for Your power in me. Amen.”

**Activity:**  **God’s Power Battery**

Draw a battery.  
Color it all the way full and write: “God’s Power.”

---

## Day 9 – Being Brave With God

**Big Idea:**

God helps me be brave.

**Bible Verse:**

“For God has not given us a spirit of fear...”  
— 2 Timothy 1:7

**Kid Thought:**

God gives us courage when we feel afraid.

**Prayer:**

“God, help me be brave today. Amen.”

**Activity:**  **Brave Badge**

Draw a badge or shield.  
Write: “God Makes Me Brave.”  
Color it like a superhero symbol.

---

## Day 10 – Power for a Purpose

### **Big Idea:**

God has a reason for my life.

### **Bible Verse:**

“You will be my witnesses...”

— Acts 1:8

### **Kid Thought:**

God can use you to help others and show His love.

### **Prayer:**

“God, thank You for giving me a purpose. Amen.”

### **Activity:** **God Can Use Me**

Draw yourself helping someone.

Finish the sentence:

“God can use me to \_\_\_\_\_.”

---

## Day 11 – God Helps Me

### **Big Idea:**

God helps me when I don’t know what to do.

### **Bible Verse:**

“The Holy Spirit helps us in our weakness.”

— Romans 8:26

### **Kid Thought:**

God is always ready to help us.

### **Prayer:**

“God, thank You for helping me. Amen.”

### **Activity:** **Help List**

Draw a small basket.

Inside it, draw or write things God helps you with (school, friends, feelings).

---

## Day 12 - Filled to Overflow

**Big Idea:**

God fills me with His love.

**Bible Verse:**

“Rivers of living water will flow from his heart.”

— John 7:38

**Kid Thought:**

God fills us so we can share His love with others.

**Prayer:**

“God, fill my heart with Your love. Amen.”

**Activity:  Overflow Cup**

Draw a cup overflowing with hearts.

Label the hearts: love, joy, peace.

---

## Day 13 - Loving Each Other

**Big Idea:**

God helps us love and get along.

**Bible Verse:**

“Make every effort to keep yourselves united.”

— Ephesians 4:3

**Kid Thought:**

God wants us to love others like Jesus does.

**Prayer:**

“God, help me love others. Amen.”

### **Activity: Friendship Picture**

Draw your family or friends.

Draw hearts between people and pray for each person.

---

## **Day 14 – God’s Presence Goes With Me**

### **Big Idea:**

God is with me wherever I go.

### **Bible Verse:**

“We have this light shining in our hearts.”

— 2 Corinthians 4:7

### **Kid Thought:**

God never leaves us.

### **Prayer:**

“God, thank You for being with me. Amen.”

### **Activity: God Goes With Me**

Draw a backpack.

Inside it, write or draw: “God is with me.”

---

## **WEEK 3 – LIVE BY HIS SPIRIT**

## **Day 15 – God Leads Me**

### **Big Idea:**

God shows me where to go.

### **Bible Verse:**

“For all who are led by the Spirit of God...”

— Romans 8:14

**Prayer:**

“God, lead me today. Amen.”

**Activity:  Follow God**

Draw arrows pointing the right way.

Write: “God leads me.”

---

## Day 16 – God Tells the Truth

**Big Idea:**

God’s truth helps me stay free.

**Bible Verse:**

“When the Spirit of truth comes...”

— John 16:13

**Prayer:**

“God, help me know Your truth. Amen.”

**Activity:  Truth Page**

Draw a Bible.

Write or draw one truth God says about you.

---

## Day 17 – God Sets Me Free

**Big Idea:**

God helps me let go of fear.

**Bible Verse:**

“Where the Spirit of the Lord is, there is freedom.”

— 2 Corinthians 3:17

**Prayer:**

“God, thank You for Your freedom. Amen.”

---

**Activity: 🔒 Broken Chains**

Draw chains and break them apart.  
Write worries God helps you with.

---

## Day 18 – Loving Like Jesus

**Big Idea:**

God helps me forgive and love others.

**Bible Verse:**

“Make allowance for each other’s faults...”  
— Ephesians 4:2

**Prayer:**

“God, help me love like Jesus. Amen.”

**Activity: ❤️ Love Notes**

Draw hearts.  
Write or draw kind things you can say or do.

---

## Day 19 – Shining for Jesus

**Big Idea:**

My life can show God’s love.

**Bible Verse:**

“Let your good deeds shine out...”  
— Matthew 5:16

**Prayer:**

“God, help me shine for You. Amen.”

**Activity: ⚡ Shine Bright**

Draw a flashlight shining bright.  
Write: “I shine for Jesus.”

---

## Day 20 - Being Generous

### **Big Idea:**

God loves it when I share.

### **Bible Verse:**

“God loves a cheerful giver.”

— 2 Corinthians 9:7

### **Prayer:**

“God, help me be generous. Amen.”

### **Activity: Sharing Picture**

Draw something you can share with others.

---

## Day 21 - Keep Walking With God

### **Big Idea:**

I can walk with God every day.

### **Bible Verse:**

“Let us keep in step with the Spirit.”

— Galatians 5:25

### **Prayer:**

“God, help me keep walking with You. Amen.”

### **Activity: Footsteps With God**

Draw footsteps.

Write one way you want to keep praying or trusting God.