

# Week 1: Focusing on God

## What is fasting?

Fasting means giving up something we enjoy for a little while, so we can spend more time with God. Instead of focusing on what we're missing, we focus on Jesus and His love for us.

## Family Activity for the Week

Select a day during the week to pray together as a family. Take time to thank God for:

- His love
- His presence
- His forgiveness
- His goodness.



## This Week's Steps

### What will you give up as a family or individual this week?

- Choose something to give up as a family or individually, choose one small thing to give up this week (for example: screen time, sweets, video games, or TV).
- **Learn a verse together. Read Matthew 6:33 together.** Work on memorizing this verse as a family. Post the verse somewhere you will see it often, such as:
  - The refrigerator
  - A bulletin board or planner
  - The dining area
  - A bedroom or bathroom mirror
  - A child's bedroom or playroom
- **Pray together:** Pray as a family at least once this week. Let everyone have a chance to pray, even if it's just one sentence.
- **Check in with each other throughout the week.** Ask each other how the fast is going. Encourage one another and remind each other why you're doing this together.

### Family Discussion | Reflection Questions at end of week:

1. What was something you learned about God this week?
2. How did it feel to spend time with Him?
3. What helped you think about God during the week?

# Week 2: Growing Together

## This week's focus

We are praying for hearts like Jesus. Hearts that are **loving, kind, obedient, truthful, thankful, and brave**. As we grow closer to God, His Spirit helps us grow in these good qualities every day.

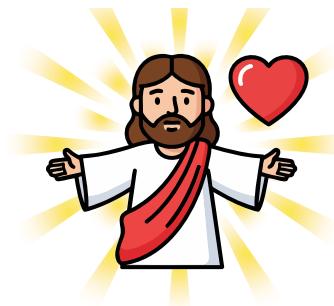
## Family Activity for the Week

Choose a day this week to pray together as a family. Ask God to help each of you grow in the **Fruit of the Spirit** and to show them at home, at school, and with others.

## This Week's Steps

### What will you give up as a family or individual this week?

- Choose something to give up as a family or individually, choose one small thing to give up this week (for example: screen time, sweets, video games, or TV). *When you think about it, pause and ask God to help you grow more like Jesus.*
- **Learn a verse together.** **Read Galatians 5:22-23 together.** Work on memorizing this verse as a family. Post the verse somewhere you will see it often, such as:
  - The refrigerator
  - A bulletin board or planner
  - The dining area
  - A bedroom or bathroom mirror
  - A child's bedroom or playroom



- **Pray together:** Pray as a family at least once this week. Let everyone have a chance to pray, even if it's just one sentence.
- **Check in with each other throughout the week.** Ask each other how the fast is going. Encourage one another and remind each other why you're doing this together.

## Family Discussion | Reflection Questions at end of week:

1. Which Fruit of the Spirit was easiest for you to show this week at home?
2. Which one do you want God to help you grow in more?
3. Which Fruit of the Spirit do you want Jesus to help you grow more?

# Fruit of the Spirit - Family Chart (Galatians 5:22-23)

*“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*

Fruit of the Spirit	What It Means	How I Can Show It This Week	
			
Love	Caring about others like Jesus does	Be kind with my words and actions	<input type="checkbox"/>
Joy	Being happy inside, even on hard days	Smile, thank God, stay positive	<input type="checkbox"/>
Peace	Staying calm and trusting God	Pray instead of arguing	<input type="checkbox"/>
Patience	Waiting without complaining	Wait my turn and stay calm	<input type="checkbox"/>
Kindness	Being nice and helpful	Help without being asked	<input type="checkbox"/>
Goodness	Choosing what is right	Tell the truth and make good choices	<input type="checkbox"/>
Faithfulness	Doing what I say I'll do	Finish chores or homework	<input type="checkbox"/>
Gentleness	Being soft and caring	Use gentle hands and words	<input type="checkbox"/>
Self-Control	Stopping myself when I want to do wrong	Pause, pray, and choose wisely	<input type="checkbox"/>

# Week 3: Praying for Others

## This week's focus:

This week, we are learning how to pray for other people—our family, friends, church, and community. Praying for others helps us love like Jesus and reminds us that God cares about everyone.

## Family Activity for the Week

Choose time during the week to pray together and lift up people who need God's help, comfort, healing, or encouragement.

## This Week's Steps

### What will you give up as a family or individual this week?

Choose something to give up as a family or individually, choose one small thing to give up this week (for example: screen time, sweets, video games, or TV).

### Daily Prayer Focus (Days 15–21)

Each day, read the verse together and pray based on what it teaches:

- **Day 15 – 1 Timothy 2:1**
  - Pray for everyone—family, friends, leaders, and helpers.
- **Day 16 – James 5:16**
  - Pray for healing and forgiveness.
- **Day 17 – Matthew 5:44**
  - Pray for people who are hard to love or who have hurt us.
- **Day 18 – Psalm 122:6**
  - Pray for peace in our church, schools, and community.
- **Day 19 – Romans 12:12**
  - Pray with hope, patience, and faith.
- **Day 20 – Colossians 4:2**
  - Pray faithfully and thank God for what He is doing.
- **Day 21 – Psalm 136:26**
  - Thank God for His love that never ends.



**Pray together.** Pray as a family at least once this week. Let everyone have a chance to pray, even if it's just one sentence.

**Check in with each other throughout the week.** Ask each other how the fast is going. Encourage one another and remind each other why you're doing this together.

### Family Discussion | Reflection Questions at end of week:

1. Who did you pray for this week?
2. How can we keep praying for others even after the 21 days are over?

## Day 21: Gratitude Celebration

Celebrate completing the 21 days together as a family!

You might:

- Enjoy a special treat
- **Share a family worship dance**
- **Have a special meal together**
- **Thank God together for what He has done**

## Closing Encouragement

We are so proud of you for leading your family during our 21 Days of All-Church Fasting and Prayer for 2026!!

The NewHope Kids Team is praying for you and cheering you on!

