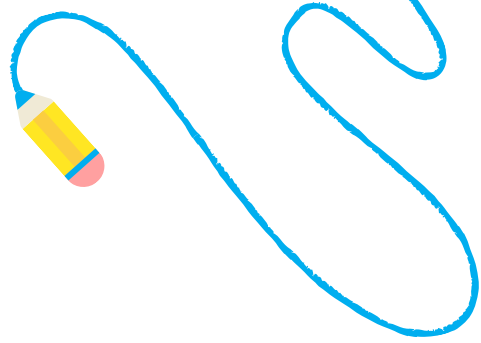




21 DAYS OF PRAYER AND FASTING



SECOND KIDS,

We are excited to begin our 21 Days of Prayer and Fasting as a church. Prayer is such an important part of our faith. Over the next 21 days, we hope that you not only enjoy this devotional but use it to grow closer to God.

Set aside a time and place each day to work through your devotions. The book is simple to use:

- Read the focal verse each day.
- Spend time thinking about and answering each question.
- Complete the activity for each day.
- Spend 1 minute in quiet prayer, focusing your mind and heart on Jesus.

In the back of this booklet, there is a log sheet where you can track your progress through the 21 days. When you complete each day, have a parent initial the day. At the end of the 21 Days of Prayer and Fasting, we will have a special drawing for those who completed all 21 days! We can't wait to see how God works in your life during this time. Be sure to share with us or your life group leaders what you are learning and how you are doing.

Growing together in Jesus,
Pastor Jimmy and Mrs. Ashley



SECOND PARENTS AND CARETAKERS,

We are so excited to partner with you during these 21 Days of Prayer and Fasting. This is a wonderful opportunity for families to sit down, play, create, talk, and most importantly, put Jesus at the center of everyday life. We want to support you as you lead by example and help your children take their next steps of faith. Each day includes a focal Bible verse, a short devotional with questions, prayer prompts, and an activity. Take time to share what God is teaching you—and be sure to pray together. Teaching your children to pray and fast will equip them to face whatever comes their way and help them follow Jesus wholeheartedly.

We encourage you to introduce fasting by having your children give up something they enjoy, such as video games, TV, sweets, desserts, or a favorite snack, outside of meal times. We do not recommend children skipping meals. And remember, if they give something up without turning to God in prayer or His Word, there's no spiritual benefit. Keep Jesus at the center, and it will make all the difference.

We created this resource because we believe you are the greatest spiritual influence in your child's life. What starts in the home shapes our church, our community, and our world. We are praying for your family!

Pastor Jimmy and Mrs. Ashley



DAY 1: SEEK FIRST

Read Matthew 6:33

Life with Jesus is so awesome! Our verse today tells us to seek FIRST God's kingdom and all these things will be added. Imagine a treasure hunt where the prize is more valuable than anything you can imagine! God's kingdom is that treasure, full of love, joy, and everything you need. God promises that we will find Him if we look for Him with all our heart. We simply need to choose to seek God's kingdom first before anything else.

Inside & Out: Discuss what it means to seek God's kingdom first as a family. Write down what you think it means to seek God first every day:

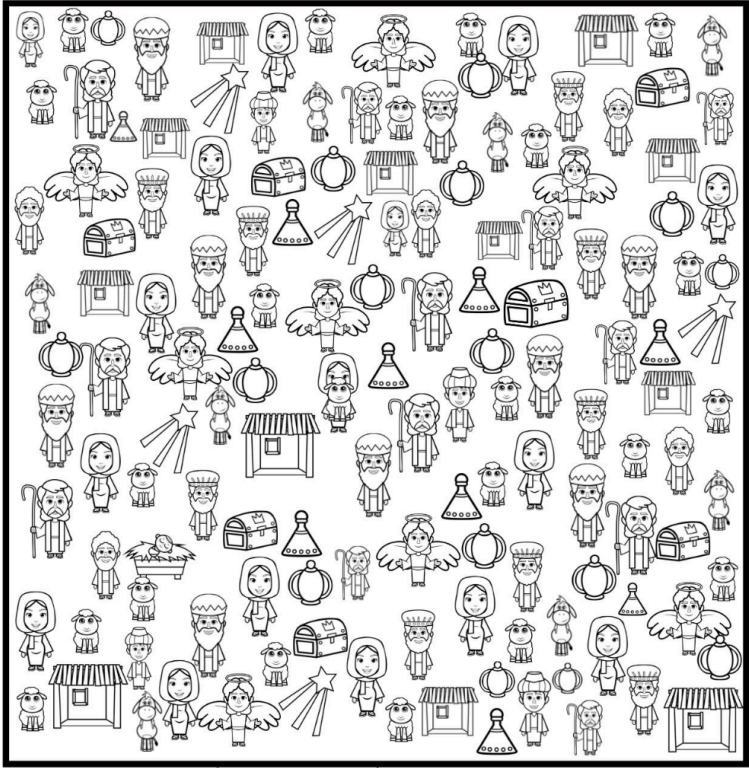
Preteen Power Up: What treasures have you found by seeking God's kingdom first? What keeps you from seeking Him first?

Pray It Out: Pray and thank God for His wonderful treasure. Ask for guidance in always seeking first His kingdom every day.



DAY 1: SEEK FIRST

Nativity Seek and Find



graphics by Smart Art for Kids

How Many?





















DAY 2: NEW DAY

Read Psalm 118:24

Today is a day that the Lord has made and we get the opportunity to rejoice and be glad in it. As you go throughout the day, think about how you can use the grace that God has given you to show love to those around you.

Inside & Out: Spend time as a family choosing one way you are going to show the love of Jesus today. Maybe it is on the playground at school, or maybe it is to each other. Write them down in the space below and talk about them. Then on a separate sheet of paper, draw a picture that reminds you of this act of love.

Preteen Power Up: How do you celebrate each day? Do your actions reflect God's glory? What do you need to do to align your heart and mind to Him more?

Pray It Out: Pray for God to help you to use this day to love everyone around you. Ask Him to give you joy in all you do throughout the day.



DAY 3: THINKING LIKE JESUS

Read Romans 12:2

God wants us to think about things that are good, true, and full of joy. When we choose to see things the way that God sees them, we are choosing to transform or “change” our minds. How we think impacts how we speak and act. If we think like Jesus, it becomes more natural for us to speak and act like Jesus with our family, with our friends, and even to ourselves.

Inside & Out: Discuss the importance of transforming your minds as a family. Make a list of things you can do together to help with this: How can these things help you better live for Jesus?

Preteen Power Up: What does it mean to have a transformed mind, and how can it impact our daily lives?

Pray It Out: Ask Jesus to change the way you think to look more like Him. Pray for strength to live, act, and think in a way that honors Him.

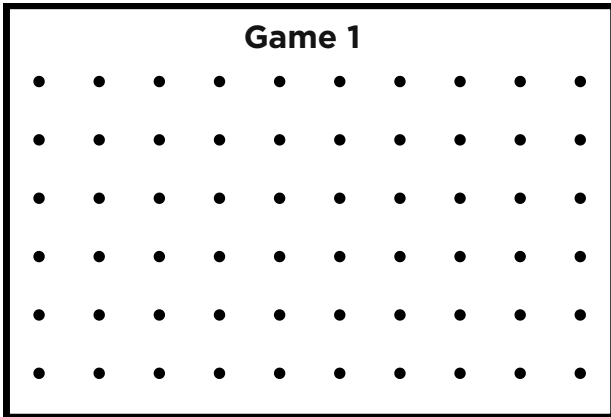


DAY 3: Thinking Like Jesus

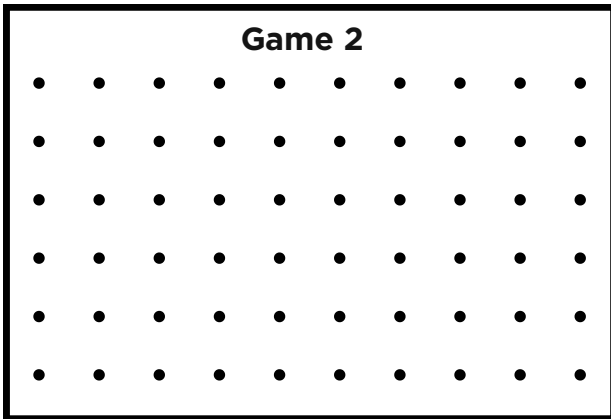
Dots & Boxes

Each player takes a turn drawing 1 line between 2 dots. No diagonal lines are allowed. Anytime you complete a square, you write your initial in the square and draw another line.

Game 1



Game 2



DAY 4: Let's Grow!

Read Ephesians 4:15-16

Did you know that God wants us to grow? Just like the trees and plants you see around you, we all get the opportunity to grow. Growth is not a one-time thing, but a lifelong process. Growth happens when you go to school, when you play with your friends, and when you spend time as a family. You can find growth in all that you do. Also, we all get the opportunity to grow our relationship with God. When we choose to put God first in our lives and spend time with Him, we will see growth.

Inside & Out: As a family, draw a tree on a spare piece of paper, and write each of your names in boxes around 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, pray for growth, and watch God work in ways only He can.

Preteen Power Up: In what area have you grown the most in over the last year? In what area do you still need to grow? What do you need to do in order to grow more?

Pray It Out: Pray and thank God for helping you grow. Ask Him to help you stay rooted to produce good fruit.



Day 5: There's a Plan

Read Jeremiah 29:11

Today, let's explore the divine direction God has for our lives. Just like an architect has a plan before building a house, God has an amazing plan for each of us. God's plans for us are perfect and usually beyond our wildest dreams. And the cool thing is, God wants to let us in on His plans for us!

Inside & Out: Discuss God's plan for your family. How will you work together to accomplish this plan? What kind of impact will it have on others when you live out God's plan?

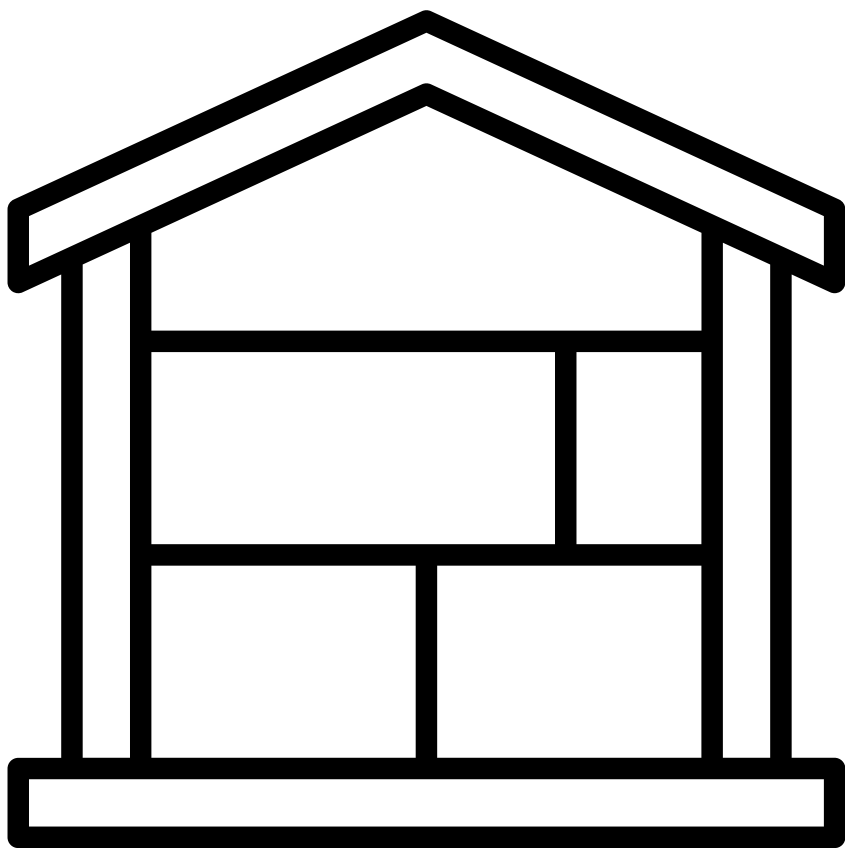
Preteen Power Up: What are some ways you can seek and understand God's direction for your life?

Pray It Out: Pray and thank God for guiding every step of your life. Praise Him for His perfect plan. Ask for strength and wisdom as you seek to follow His plan for you.



DAY 5: There's a Plan

Color your house. Each room represents an area of your life that God is planning for. Write or draw something in each room that reminds you of God's plan for that part of your life.



Day 6: GPS

Read John 14:26

Have you ever used a GPS? If not, I'm sure you have seen your parents use it. Well, God has the ultimate GPS that He wants us to use: the Holy Spirit. In John 14:26, Jesus promised a helper to lead us in all things. Think of the Holy Spirit as your Guide, your GPS, always there to point you in the right direction. Let's tune in to the Holy Spirit's signals, just like following a GPS for every turn in life. Our joy, our exciting moments, they're all part of the journey with our fantastic GPS, the Holy Spirit!

Inside & Out: Discuss how your family has followed the guidance of the Holy Spirit. What are some things in the future that you will need guidance from the Holy Spirit?

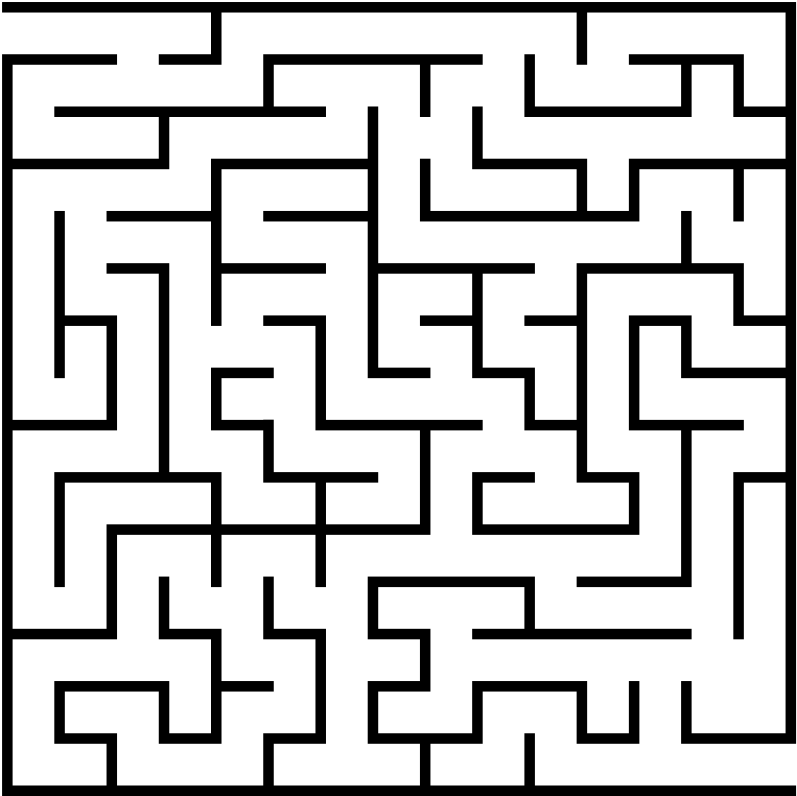
Preteen Power Up: Has there been a time or two that you failed to follow the leading of the Holy Spirit in your life? How did things turn out?

Pray It Out: Pray and thank God for the Holy Spirit's work in your life. Ask for His continued guidance and wisdom.



DAY 6: GPS

Start



Finish

Day 7: When i Am Weak

Read 2 Corinthians 12:9-10

Our Scripture today gives us a good reminder that we all have weaknesses, and that is okay. We are not called to be perfect in this world; we are called to rely on God for strength in situations that only He could give us strength in. By grace, all we need to do is trust in His strength more than in our own.

Inside & Out: Talk about some areas in which you may feel weak. What can you and your family do together to help allow God to strengthen you?

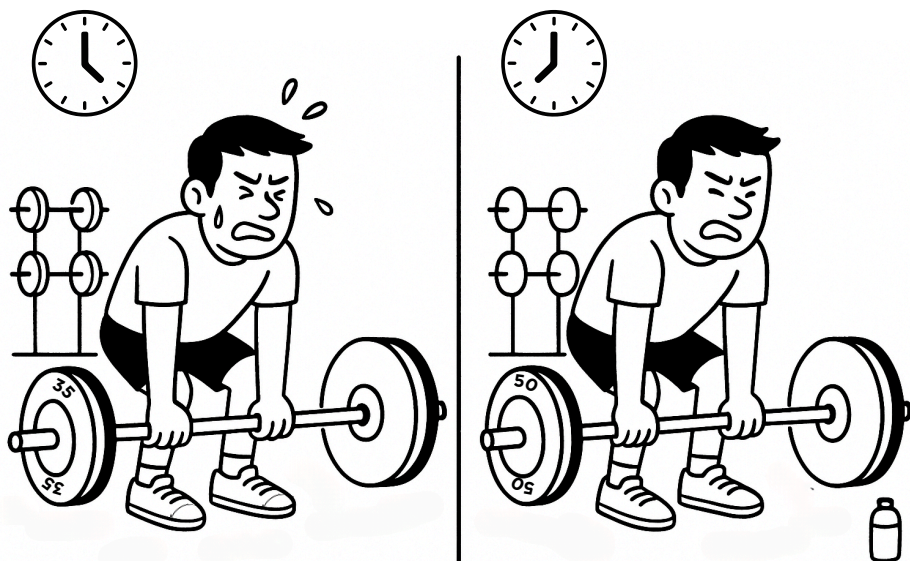
Preteen Power Up: What do you think is meant by the word “weakness” in our verse? How is it that you can be strong when you are weak?

Pray It Out: Thank God for His grace in your life. Ask for His continued strength in every area of your life, that you may be a bold light to others for His glory.



DAY 7: When i am Weak

Can you spot 6 differences in the two pictures?



Day 8: Don't Give Up

Read Romans 15:5

Sometimes in life, it can be easy to give up. Endurance means sticking with what you started, even when it gets tough. We all face hard things, and we're all tempted to quit. But don't quit! It matters more than you think. Think about what happens when you throw a rock in the water—the ripples spread outward. In the same way, how you handle difficult moments can impact someone else. When you keep going, you encourage others to keep going too. Your actions create a ripple effect.

Inside & Out: What kinds of things make you want to quit? How can those in your family help each other to “stick with it?” What kind of commitments can your family stick to that would encourage others?

Preteen Power Up: Is there something tough going on in your life that might require a little endurance? What will you have to do to stick with it? How can you encourage others going through a tough time to stick with it?

Pray It Out: Praise God for His enduring love for you. Thank Him that even through the toughest of times, He never leaves you. Ask Him to help you to never give up.



Day 8: Don't Give Up

19 25 26 19 1 14 5 9

5 16 26 7 12 13 16 4 5 **!**

a	b	c	d	e	f	g	h	i	j	k	l	m
13	9	4	26	5	11	19	22	1	18	3	16	2

n	o	p	q	r	s	t	u	v	w	x	y	z
16	25	8	21	12	9	23	7	14	6	10	17	15



Day 9: Love

Read Mark 12:30-31

Love is one of the greatest gifts God has given us. It may not be a superhero gift like flying or laser eyes because it's even better! Love is like our super glue because it keeps us close and strong together. God gave us both an example in how to love in Jesus and a game plan of how to love through the Bible.

Inside & Out: Discuss how you show love to one another in your family. How does your family show love to others? How can you show love today?

Preteen Power Up: Is all love good? How can you determine if what or how you love is a good thing or bad?

Pray It Out: Praise God for His perfect love. Ask Him to help you love others even when it is hard.



Day 9: Love

Each square has an act of love for you to complete. Do them anytime this week: at school, at home, at church, or anywhere you can show God's love. Each time you complete an act of love, color in the square. A Bingo is four squares in a row, vertical, horizontal, or diagonal. Or for a super challenge, fill the entire Bingo card!

BINGO			
Hug a family member	Do a chore without being asked	Compliment someone	Invite a friend to church
Smile at someone new	Give someone a high five	Say "I love you" to someone	Help a teacher, sibling, or parent
Let someone go first or before you	Tell someone "Jesus Love you!"	Pray for a friend	Tell someone why you appreciate them
Share your snack, toy, or game	Tell someone thank you	Hold the door for someone	Write a note to someone

Day 10: Peace

Read 2 Thessalonians 3:16

Today's verse not only lets us know that God gives us peace, but that God is peace. I think it is so cool that one of the many characteristics of God is also a gift to His people. So, whether you have a great day or a bad one, remember God offers you the gift of peace to hold onto in all you do.

Inside & Out: Discuss how God puts peace in your heart. How do you think someone acts that has God's peace in their heart? Who can your family share God's peace with today?

Preteen Power Up: Have you ever been in a situation (good or bad) where God's peace took over in your heart? Reflect on that time for a moment. How did you feel? How did it change you?

Pray It Out: Thank God for being your peace in the good times and bad. Ask Him to fill your heart each day with peace!



Day 10: Peace

Can you find a: dove, cross, gift, rainbow, and heart?



Day 11: God's Word

Read 2 Timothy 3:16-17

God's word is true and it's for you! How wonderful is it that God Himself, the creator of this life, gave us His words as a perfect guidebook for living? Did you know that reading God's word is one of the biggest ways we can grow as a Christian and more importantly grow closer to Him? Have you ever heard the Bible called the daily bread? It is called that because just like food, God's word is something that we need every day!

Inside & Out: Discuss how the Bible be used to help teach, correct, and guide your family. What are some ways you and your family can share and live out God's word to others?

Preteen Power Up: How has God's word changed your life? Take a moment to reflect on how His word helps you every day.

Pray It Out: Thank God for giving you His word, the Bible. Ask Him to guide you to live out His word every day.



Day 11: God's Word



BIBLE SCAVENGER HUNT

Use your Bible to help you answer the questions below

1. The first book of the New Testament : ₇
2. The book with the shortest title : ₁₁
3. The last word of the Bible : ₄
4. The number of books in the New Testament : ₁₃
- ₈
5. The first book named after a woman : ₁
6. The 3rd word of the Bible : ₆ ₁₄
7. The 20th book of the Bible : ₉
8. The testament Obadiah is in : ₂
9. The number of chapters in Lamentations : ₁₂
10. The book before Hosea : ₅
11. The book after Titus : ₃
12. The last word of the Bible : ₁₀

Use your answers to help you uncover the hidden message below:

7 3 10 13 11 1 5 11 12 6 11 5
14 8 4 2 14 9 10 !

Day 12: Joy

Read Romans 15:13

Today, let's celebrate the incredible joy that comes from trusting in the Lord. God's joy is not like the happiness we find in things; it's a deep, lasting joy that comes from knowing and trusting Him. Joy is our strength when we may be weak. We can choose to be joyful no matter what the circumstances.

Inside & Out: Discuss how the joy of the Lord strengthens you, especially in hard times. What are some ways that others see your joy? Does your joy impact anyone?

Preteen Power Up: Think about a time when you experienced God's joy, and how it impacted you. How did it impact others? What areas of your life need more joy?

Pray It Out: Pray and ask God to help you choose joy in all things. Take time to praise Him, for "the joy of the Lord is your strength."



Day 12: Joy

H B R G S L X J D J
A O E D O M H G L B
B M L L H D P G H C
O H F Y I O Q C H Z
U Y H I S E P Z O A
N R O O L P V F F J
D E I E P L I I P O
P E A C E E T R N Y
C R G P V U S S I G
O G M I P O W E R T

HOLY SPIRIT
POWER
JOY

BELIEVING
ABOUND

PEACE
HOPE

FILL
GOD



Day 13: Wisdom

Read Proverbs 2:6-7

Wisdom is an important part of our walk with God. Throughout God's Word, we see many references to the importance of wisdom in our everyday life. Proverbs is one of the many books that talks about the importance of wisdom. We can walk and learn in wisdom as we continue to walk with the Lord in all we do.

Inside & Out: Where does wisdom come from and how can you get more? Talk about how your family used wisdom in a situation.

Preteen Power Up: How is wisdom different than knowledge? In what areas of your life do you need God's wisdom?

Pray It Out: Pray and thank God for His wisdom. Ask God to grow you in wisdom so that you may please Him in all things.



Day 13: Wisdom

Draw a line from each situation to the wise choice.

Your friend forgets their lunch

Tell the truth and apologize

You don't understand your homework

Invite them to play with you

You see someone being left out of a game

Stay quiet and don't spread gossip

You broke something at home

Share your food and show kindness

You hear a rumor about someone

Ask a parent, teacher, or pray for help



Day 14: Trusting God

Read Proverbs 3:5-6

I do not like riding in a boat when there are big, rough waves. It makes me sick. Life sometimes can be a rough ride. Sometimes things don't go your way: a teacher doesn't like you, your team loses, your dog runs away... you get the picture. Thankfully, we can put our trust in God and His plan for us! When we trust in Him and not in our own thinking, it's like anchoring our lives to a sure foundation.

Inside & Out: What are some challenges to trusting in God's plan, and how can you overcome them as a family? Share a moment when you saw God's plan unfold in a way you didn't expect.

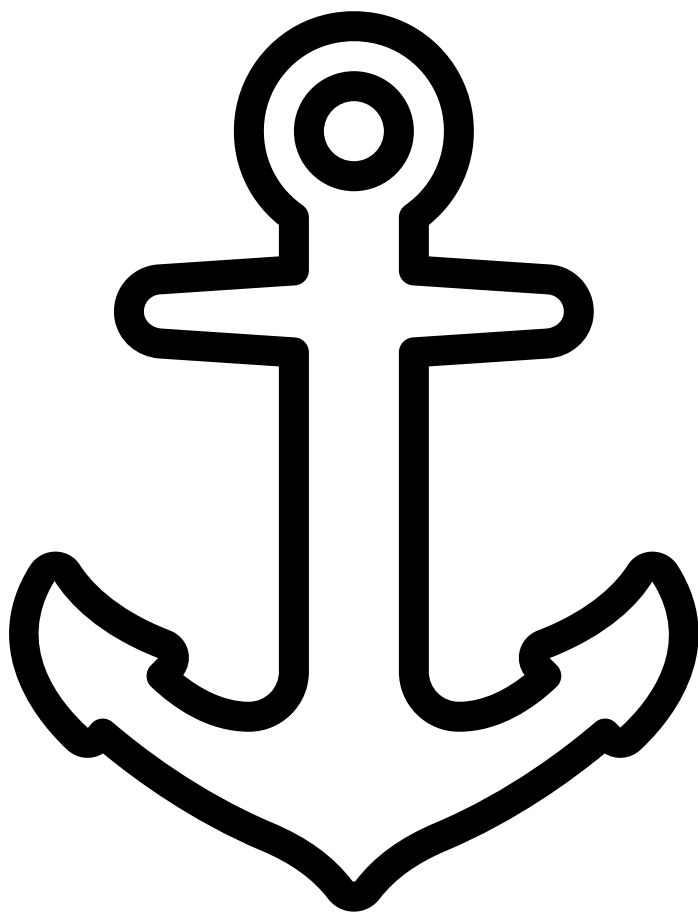
Preteen Power Up: When is it hard to trust God and not in your own way? How do you feel when you trust God with your plans and future?

Pray It Out: Praise the Lord for His perfect plan. Thank God that He can always be trusted, and ask Him to help you to trust Him more.



Day 14: Trusting God

Inside the anchor, write or draw the things you are learning to trust God with (like school, friends, family, or your future).



Day 15: Caretaker

Read Philippians 4:19

I love this verse because it tells us that through Jesus, we can be taken care of by God. Do you believe that? I do. The truth is that the Lord will take care of all your needs, big or small. We see this throughout the Bible like in the story of Noah or Moses and many more! So don't ever be afraid to ask God to help you. Even when you don't know if or how you should ask, always remember that God wants to know and supply all our needs.

Inside & Out: What are some ways you've seen God provide for your family's needs? Talk about a time when God took care of something big, or even something small, that you were worried about.

Preteen Power Up: What is something you really need God to help you with? What will you do if He helps you in a way you don't expect?

Pray It Out: Praise the Lord for His many provisions. Take time to name some things that God provides for you every day.



Day 15: Caretaker

Unscramble the needs God has taken care of.

EHMO

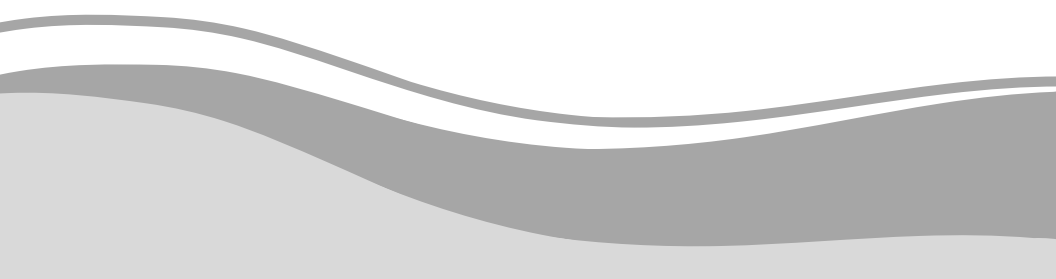
OFOD

YAIFML

SFNIRDE

VLEO

ALHTEH



Day 16: Self-Control

Read 2 Timothy 1:7

Self-control is one of the many fruits of the spirit. Our verse lets us know that God gives us self-control in our life. This may look a little different for each person. Maybe for you, it is thinking about what you do before you do it, like choosing to eat something good for you (like green vegetables) rather than something not so good for you (like double chocolate peanut butter ice cream!). Whatever the situation, self-control is something that everyone has to work on. The good news is that in and through the Spirit of God, we can have self-control in our lives and ultimately glorify our Heavenly Father.

Inside & Out: What good is self-control in your life? How can you show self-control in your family? How is Jesus an example to us in self-control?

Preteen Power Up: Search for other references in the bible about self-control. After reading what you found, think about areas in your life that you need self-control.

Pray It Out: Thank the Lord for His power to enable you to have self-control. Ask Him for renewed strength to show even more self-control each day so that you can glorify Him.



Day 16: Self-Control

Circle all the ways you can show self-control.

Wait patiently in line.

Eating a healthy dinner first..

Hurting your friend's
feelings.

Responding in anger.

Pushing in line.


Raising your hand in
class.

Shouting out in class.

Thinking before saying
something unkind.

Responding in gentleness.

Eating dessert first.



Day 17: Thinking Like Jesus

Read Hebrews 5:14

Have you ever had to choose between right and wrong? Of course—you probably do every day. God gives us the ability to understand what's right and wrong so we can make wise choices. That's called spiritual discernment. It helps us recognize what's true and good as we walk through life. It's not about being perfect, but about learning to listen to God in your heart and letting Him guide your decisions.

Inside & Out: How do you usually make decisions? How does your family? How can your family actively seek God's guidance for making wise choices?

Preteen Power Up: What does it mean to have spiritual discernment, and why is it important? Where do you need spiritual discernment in your life right now?

Pray It Out: Thank the Lord for the ability to make wise choices. Ask for His help to always listen and obey His voice.



Day 17: Thinking Like Jesus

P P D P C Q K J P A
O H N I O M C F R F
W T J S N A T F A O
E R R O S T G R C O
R A E L T U O R T D
S I I I A R O P I E
Z N S D N E D T C V
R E E G T A D B E I
S D H E B R E W S L
P L U T M F T U X P

CONSTANT

MATURE

SOLID

PRACTICE

POWERS

FOOD

HEBREWS

TRAINED

GOOD

EVIL



Day 18: Created for a Purpose

Read Ephesians 2:10

God has a great and wonderful purpose for all our lives. Our focal verse today lets us know that we are God's workmanship! We are specially made by special hands to do some pretty special work! What's cooler is He has already prepared these things for your life, for you to do! Be patient, and as you grow in the Lord, listen, read and obey His Word. God will reveal His purpose for you!

Inside & Out: How does God use different people for His purpose? What are some things about your family that God has blessed you with in order to use for His glory?

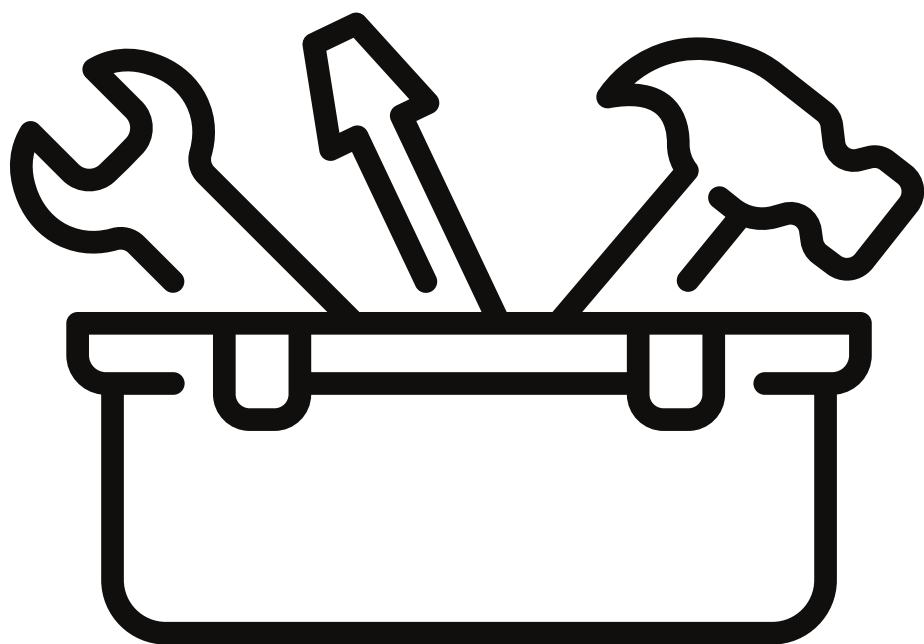
Preteen Power Up: Does everyone have a purpose? Why or why not? How has God created you uniquely for His awesome purpose?

Pray It Out: Praise the Lord for creating you. Thank Him for His continued work in your life. Ask Him to help you shine for Him wherever you go and in whatever you do.



Day 18: Created for a Purpose

God made you special and has given you unique gifts! Draw or write the gifts, talents, or skills you have that God can use for His purpose.



Day 19: Pray Always

Read 1 Thessalonians 5:17

Our verse today is short but powerful. Prayer should always be our first response and not our last resort. We don't want prayer to be something that we do only when we need something, but something that we do all the time. Prayer needs to be in your daily routine, like a habit. Pray before you eat, before you sleep, while you are playing, or even in the car. With prayer, the possibilities are endless.

Inside & Out: How does praying help you? What are the most important things you should pray about? Spend some time as a family praying.

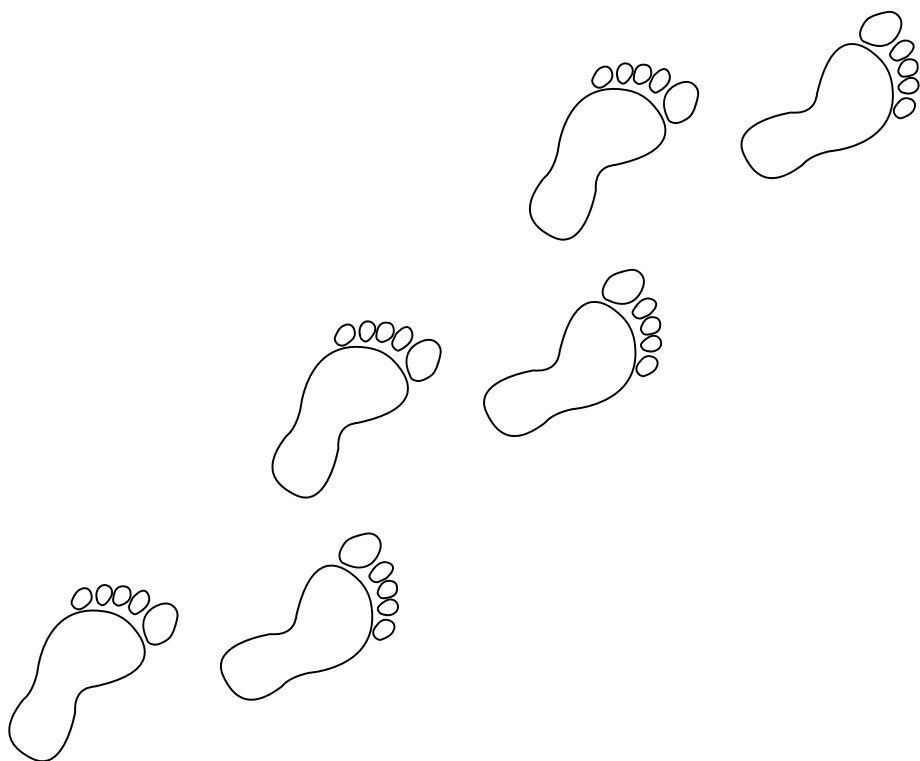
Preteen Power Up: Do you have a routine of prayer in your life? If not, how can you make prayer a habit in your life? What are some prayers you have seen answered in your life?

Pray It Out: Thank the Lord for giving us a way to talk to Him. Ask Him to help you to never take prayer for granted.



Day 19: Pray Always

Prayer can be part of every step in your day!
Write or draw a time or place you can pray in
each footprint



Day 20: The Gospel & Me

Read 1 Corinthians 15:3-4

I always love getting good news, how about you? Did you know that the gospel is God's good news? Sadly, there's also bad news called sin. This is when people choose to disobey God. Sin breaks our relationship with God. We cannot do anything to fix this bad news on our own. We need God. And in His great love for us, He sent his Son Jesus to rescue us from sin. Because Jesus lived a perfect life, only He can take our sin away and save us. Jesus makes us new and gives us the hope of living forever with Him in heaven, and that is very good news!

Inside & Out: When or where have you heard about the Gospel? What do you already know about becoming a Christian? Write down a few questions you might have about becoming a Christian.

Preteen Power Up: How do you feel about Jesus being the only way to be saved? In what ways have you felt God's love for you?

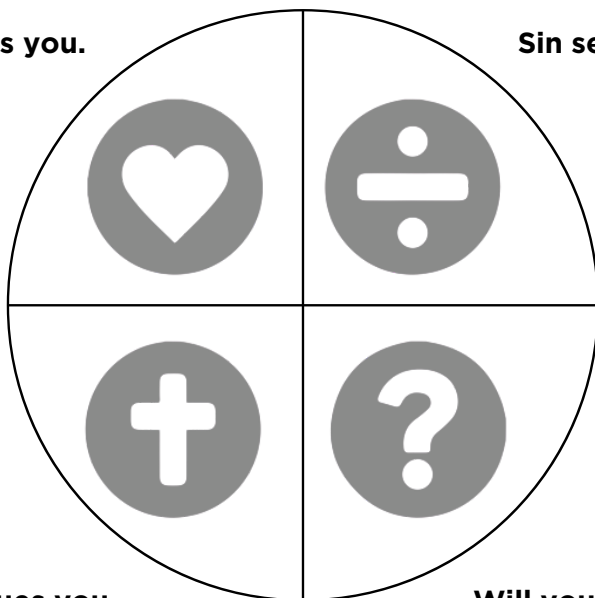
Pray It Out: Thank God for giving us the good news that overcomes the bad news (sin). Ask God to show you more and more truth about Him.



Day 20: The Gospel & Me

Spin your finger around the wheel and practice how you'll tell someone the story of God's good news!

God loves you.



Sin separates you.

Jesus rescues you.

Will you trust Jesus?

Day 21: Sharing Jesus

Read Romans 1:16

Do you know something that is awesome about good news? It is so fun to share it with others! Telling others about Jesus is an important part of building the Kingdom of God. Jesus told the disciples (and us!) we should go out and make disciples of all nations. This lets us know we are to go out and help share the good news of Jesus. The news that He came, died, and rose again for you and me! How cool is that! And when Jesus has saved our lives, we want others to know about it. We get the opportunity to tell our friends, family, and others around us and let God change their lives too. Be bold, share your faith, and don't be afraid to speak up for who you believe in!

Inside & Out: Discuss why it is important to tell other people about Jesus. Who are some people you need to tell about Jesus? As a family, practice sharing the Gospel.

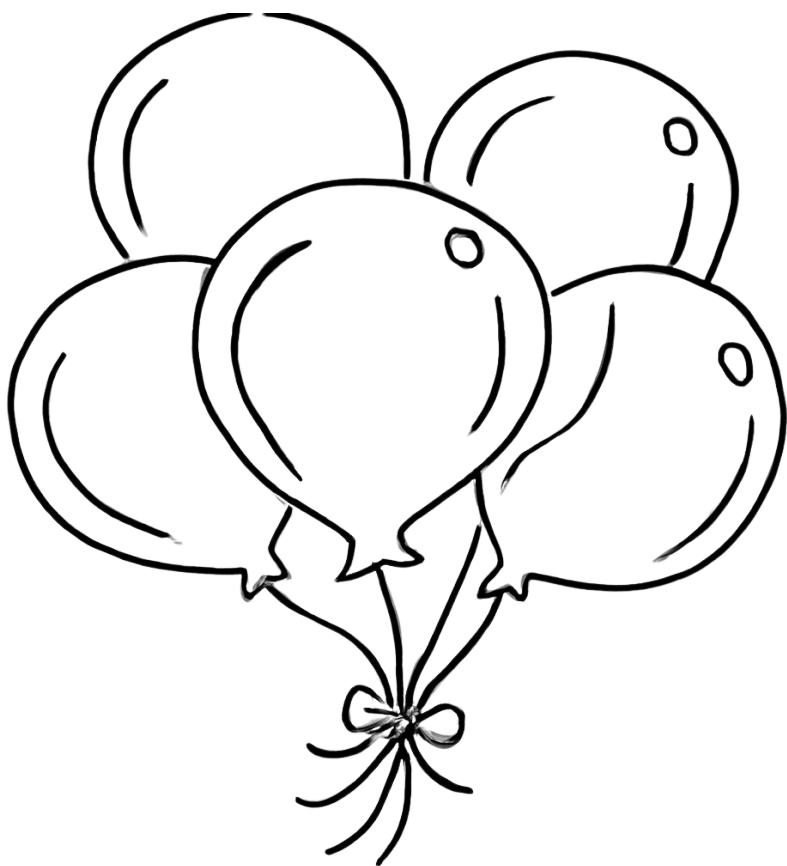
Preteen Power Up: How do you know if your friends are Christians? If they are not Christians, who will help them to know Jesus?

Pray It Out: Ask God to help you tell your friends about Jesus. Pray that your words and actions match what you believe about God.



Day 21: Sharing Jesus

Each balloon is a person you want to tell about Jesus. Write their name in the balloon and one way you could share the good news with them. Color the balloons when you pray for them!



DAILY DEVOTIONAL LOG

Parents, initial each day as you complete it. When you finish all 21 Days of Prayer and Fasting, bring this page to church on February 1 to be entered into a special drawing on February 8!

We can't wait to see how God works in your life—be sure to share what you're learning with us or your Life Group Leaders.

Day 1: _____

DAY 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Day 8: _____

Day 9: _____

Day 10: _____

Day 11: _____

Day 12: _____

Day 13: _____

Day 14: _____

Day 15: _____

Day 16: _____

Day 17: _____

Day 18: _____

Day 19: _____

Day 20: _____

Day 21: _____



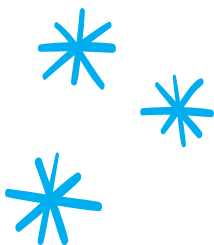
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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HEY PARENTS!

We hope this guide has helped you and your child's faith grow over the last 21 Days. We invite you to check out our webpage and share any stories of how God moved in your family through this booklet at secondfamily.church/21Days. We are thankful for you as you continue to disciple the next generation for Christ!



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