



21

days of prayer & fasting
for kids

Prayer & Fasting: A 21-Day Guide for Kids

Over the next 21 days, you will read one chapter each day to help you grow closer to God. Each chapter is designed to help you learn how to pray, understand God's Word, and live out what you learn.

Every day includes:

- A Prayer to help you talk to God
- A Bible Verse from God's Word
- A Short Explanation of what the verse means
- An Application or Family Activity to help you practice what you learned

As you read and pray each day, remember that these 21 days are a special time to learn how to follow Jesus, depend on Him, and grow in your faith. Even small moments spent praying, reading the Bible, and obeying God can help your faith grow in big ways.

What is Prayer?

Prayer is how we talk to God. We can pray anywhere and at any time. When we pray, we can thank God, ask Him for help, talk to Him about our day, and listen for Him to guide our hearts. Prayer helps us grow closer to God and trust Him more.

What is Fasting?

Fasting means choosing to give up something we like for a short time so we can focus more on God. For kids, this might be a snack, dessert, screen time, or a favorite activity. When you miss what you gave up, let it remind you to pray and think about God.

What will you fast from during these 21 days to help you grow closer to God?

JANUARY 1

Chapter 17

Lord, Teach Us to Pray

The Prayer of the Disciples

Luke 11:1

It happened that while [a] Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, “Lord, teach us to pray just as John also taught his disciples.”

Summary

The disciples were right next to Jesus when He healed people, cared for others, and showed His strong power. The disciples also got to see that Jesus’ incredible power started with His prayer life. What? Jesus prayed? Yes, He did! When the disciples got a chance to ask Jesus anything they wanted they said, “Lord, teach us how to pray.” So, Jesus taught the disciples how to pray.

Application

Maybe when you think about prayer, you are not sure how to or maybe you think God might not hear you. Here’s what you need to know...God cannot wait for you to talk to Him. In Luke 11:2-4, Jesus actually teaches the disciples how to pray. He is not saying they have to pray just like that every time. Jesus gives them a guide on how to pray. Sometimes it can be hard to know how to pray or even what to pray for. Here is an easy example to follow, just like Jesus shares with the disciples.

- P** Praise...start by praising God for how awesome He is...
- R** Repent...this is where we ask for forgiveness. We can say “God, I am sorry for.....please forgive me.
- A** Ask....Ask God to help with something that is on your mind...maybe help with a math test or help to make a new friend...
- Y** Thank You. Take a minute and say Thank You to God for something He has done for you. Right now, you are breathing! Thank God for that good air!

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 2

Chapter 1

Give Me Success Today

The Prayer of Eliezer

Genesis 24:12

Then he prayed, “LORD, God of my master Abraham, make me successful today, and show kindness to my master Abraham.

Summary

Eliezer was Abraham’s chief servant, the man he trusted above all others, especially when it came to completing important jobs. Finding a wife for Abraham’s son Isaac was an extremely important job, and a difficult one. To succeed, he would have to travel 450 miles north to Abraham’s homeland, find a woman he didn’t know, and convince her to go back with him to people she didn’t know. When he arrived, he went to the well, a meeting place for desert communities. He then prayed for success. Before he even finished, God answered his prayer. Rachel, a beautiful, unmarried, relative of Abraham, came to the well to get water. When she offered Eliezer water, he knew she was the one. When Eliezer met Rachel’s family, he told them of how God answered his prayer. Eliezer witnessed God working, and they all praised the Lord together.

Application

At first glance, this prayer may seem selfish—“make *me* successful.” But why did Eliezer want to be successful? He wanted to serve Abraham and God faithfully. He really wanted Abraham, and ultimately his son, Isaac, to succeed. Eliezer was actually more concerned with them than he was with himself. He was also very specific. He couldn’t just take any girl back. It had to be a specific one. Eliezer asked God to do something only God could do, and God was eager to do it. He was already answering the prayer before it was even finished! Eliezer was successful, and he was successful for God.

The story of Eliezer shows how God’s plans for one person can have enormous impact. After all, Isaac was the son of promise. And Eliezer was able to experience God’s purposes first-hand in new ways. How can you be successful for God? Is there some way you wanted to succeed, but haven’t prayed for yet? Ask God today. You may be surprised at God’s answer and God’s timing.

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 3

Chapter 2

Bless Me

The Prayer of Jacob

Genesis 32:26

Then he said, “Let me go, for the dawn is breaking.” But he said, “I will not let you go unless you bless me.”

Summary

Jacob was the younger twin son of Isaac and Rebekah. He tricked his brother Esau out of his birthright and tricked their father into giving him the blessing, something that should have also gone to Esau. He then stayed in another country because he was afraid of his brother. Years later, as he was finally returning home with his family, he heard Esau was coming. Jacob was afraid his brother still wanted revenge. Rather than try tricks, he tried gifts. He sent his flocks and family ahead of him. The night before he would finally see his brother, Jacob was alone, and God appeared to him. They wrestled, and Jacob’s hip was injured. But Jacob still refused to let go unless God blessed him. Jacob was still trying to get something. What he got, though, was a new relationship with God and a new heart. He would now be called Israel, meaning “prince of God.” As he approached his brother with humility, Esau forgave him, and a broken relationship was restored. Rather than lose his life, Jacob had a new one, a life characterized by following God.

Application

Jacob had a history of knowing what he wanted and how to get it. He tricked his brother and father because he wanted the worldly wealth and position that came with the birthright and blessing. But what did he expect to get when he asked God to bless him? There’s nothing necessarily wrong with money or possessions. But they are not the full and highest blessing of God. Jacob’s new relationship with God was worth so much more than money or power. God’s ultimate blessing is eternal life, which can only come through Jesus Christ – the Promised One ultimately descended from Jacob. When we ask for God’s blessing, we often ask to be blessed in school, or sports, or music, or art, or something like that. God will bless those areas, but He really wants to bless us spiritually. And when we ask for that blessing, he will provide it. In what ways can you ask God to bless you spiritually today?

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 4

Chapter 3

Go With Us

The Prayer of Moses

Exodus 33:15

Then he said to Him, “If Your presence does not go with us, do not lead us up from here.

Summary

Not long after God delivered his people from Egypt, they turned away from him. While Moses was on the mountain getting the 10 Commandments from God, the people started worshipping false gods in shape of calves that they made from gold. Leading the entire nation of Israel was not easy. Moses was frustrated and confused. When he saw the sin of the people, he smashed the stone tablets that had God’s Law written on them. He met with God regularly, in the tent of meeting, and after the golden calves, he asked God to go with them. Even Moses needed guidance, direction, and help. Only with God could he lead the people, and only with God could the people enter the Promised Land.

Application

Have you ever felt directionless? Have you felt completely stalled out, not knowing how you would get moving again? That was Moses. After all God had done, after everything the people had seen from Moses, the nation of Israel seemed no better off than it did in Egypt, no closer to following God than it did when Moses first approached Pharaoh. The people of Israel crafted the golden calves themselves. We can do things on our own, but we won’t accomplish anything for God unless he goes with us, and he wants to go with us. When you are feeling discouraged, lost, or confused, ask God to go with you. He’ll point you in the right direction and accompany you along the way. You may be surprised at where you end up and what you do while getting there. It will be exactly where God wants you.

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 5

Chapter 4

Give Me a Sign

The Prayer of Gideon

Judges 6:17

So Gideon said to Him, “If now I have found favor in Your sight, then show me a sign that it is You who speak with me.

Summary

The story of Gideon takes place during one of the darkest periods in the Old Testament. Everyone did what was right in his own eyes. Usually, this meant they were not following God. Israel’s enemies attacked them constantly. The people had no leader. The threat was so great that everyday activities had to be done in secret, like preparing grain for bread. Gideon was doing this in a pit, which was not the right place. But he didn’t want his grain to be taken. Then an angel of the Lord appeared to him and called him to deliver God’s people from the Midianites. Gideon just wanted to eat; he was not thinking about fighting. He didn’t believe he could do it. The job seemed far too big for him, as he was the least in his family. Gideon needed to be certain, so he prayed for a sign, for confirmation. God gave him the sign, and Gideon went on to defeat the enemies of God and free Israel.

Application

Occasionally, God calls us to do things that seem impossible, unreasonable, and even ridiculous. He may set tasks for us to accomplish for his church and for his kingdom. But because these tasks seem so big, it is natural for us to wonder if they are really from God, and not just something we dreamed up ourselves. We are only human, after all. It can be hard to wrap our minds around God’s plan, especially in very hard situations. It is in these very circumstances that we should pray for a sign – something a little extra that supports what God wants from us, what he is already doing in our lives, and what he has already said in the Bible. Like Gideon, this can help us labor for God with certainty and focus.

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JANUARY 6

Chapter 5

Remember Me

The Prayer of Hannah

1 Samuel 1:11

She made a vow and said, “O Lord of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a son, then I will give him to the Lord all the days of his life, and a razor shall never come on his head.”

Summary

In ancient cultures, like Israel, having children was very important. Children carried on the family name and were seen as a sign of God’s blessing. Not having children was devastating. Hannah’s husband loved her, and gave her all the material possessions she needed, but she still felt overlooked and forgotten. She asked God for a son, not just for herself, but for Israel. She fasted and prayed this prayer repeatedly. God heard her prayer and gave her a son, whom she named Samuel. As she promised, she gave Samuel back to God to serve in the tabernacle when he was old enough. Samuel became a great leader in Israel, even anointing King David.

Application

What do you want? Why do you want it? Hannah’s prayer was persistent and earnest, but it was not selfish. Yes, she wanted the chance to have a child and be a mother, but she also wanted a chance to give back to God. When we ask for something, we should always be ready to give it back to God. We should ask for things that align with God’s will. He gives us everything, and he wants us to use it for his purposes. Just as importantly, he gives in his time, not ours. Waiting is hard, and it may feel like we’ve been forgotten. Like Hannah, as we wait for God, we can grow spiritually, especially in our prayer life. God remembered Hannah. He remembers us, too.

[illegible][illegible]

JANUARY 7

Chapter 6

I Have Sinned

The Prayer of David

2 Samuel 12:13

Then David said to Nathan, “I have sinned against the Lord.” And Nathan said to David, “The Lord also has taken away your sin; you shall not die.

Summary

David was called a man after God’s own heart. But not even he was perfect. He coveted another man’s wife. Her name was Bathsheba. He then used his power as king to ensure that her husband Uriah would die in battle. Then he made Bathsheba his wife. Who would know? God knew, and he sent the prophet Nathan to help David repent of this sin. Nathan told him a story of a rich man with large flocks who took the only lamb a poor man had. David rightly condemned the rich man. Nathan then told David he was that rich man! David immediately repented, recognizing that ultimately, he sinned against God by breaking his law. There would be consequences for him, but David would live and remain on the throne. Most importantly, his relationship with God was restored.

Application

At some point, you did something wrong. I have done something wrong, as have your pastor and your parents. We have all sinned. Only Jesus, God’s son, lived a sinless life. Our sin causes pain and hurt to us and people around us. But the most important impact of sin is that it damages our relationship with God. As believers, we are always his children, but God wants an interrupted, unimpeded relationship with us. That fellowship is like nothing else in the world. Our sin prevents that from happening. We must be like David. Confess our sins. Just he did with David, God has taken them away. He is ready to restore us. If there is unconfessed sin in your life, take it to God right now. Don’t let it hinder you any longer. Just pray that simple prayer that David prayed.

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 8

Chapter 7

Enlarge My Territory

The Prayer of Jabez

1 Chronicles 4:10

Now Jabez called on the God of Israel, saying, “Oh that You would bless me indeed and enlarge my border, and that Your hand might be with me, and that You would keep me from harm that it may not pain me!” And God granted him what he requested.

Summary

Jabez was very honorable. Honorable means that he always tried to do the right thing. The name Jabez means pain. It probably made Jabez sad to know that his name had a sad meaning. Jabez prayed that God would bless him. Jabez asked God to enlarge his territory. That means that he wanted to be successful in life so that he would have more opportunities to bring glory to God. Jabez prayed that God’s hand would be with him. Jabez knew that he could not be successful on his own. He wanted God to put his hand on him and help him make good decisions and keep him safe. Jabez asked God to keep him from harm so that he would be free from pain. Jabez’s name means pain and I don’t think he liked that because he wanted God to keep him away from any more pain. Finally, Jabez was done praying. God heard his prayer and answered it. Jabez was blessed and God watched over him and kept him from pain. God is good and he answered Jabez’s prayer. God can answer your prayers too!

Family Activity

Think of someone you know who could use some encouragement! Write a note or color/draw a picture and drop it in the mail! What a fun surprise for your friend!

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 9

Chapter 8

Give Me Wisdom

The Prayer of Solomon

2 Chronicles 1:10

Give me now wisdom and knowledge, that I may go out and come in before this people, for who can rule this great people of Yours?”

Summary

Solomon was David’s son; his mother was Bathsheba. Solomon became king of Israel when David died. Early in his reign, God said he would give him whatever he asked for. Solomon did not ask for wealth, power, or revenge. He asked for wisdom. Being king was not easy. He would need more than possessions; just having enough stuff would not be enough. God gave him wisdom, and much more. The prayer for wisdom reflected Solomon’s heart. Because of that, God increased Solomon’s wealth and prestige. Israel itself reached its largest size and became influential throughout the Middle East. Under Solomon, Israel became an even greater nation than it had been under David. According to the Bible, Solomon became the wisest and wealthiest man who ever lived!

Application

If God asked you what he asked Solomon, how would you respond? If I’m honest, I would at least be tempted to ask for worldly things – money, a big house, a nice truck. Maybe I would ask for something to help others. In a sense, that is what Solomon did, but he did not ask for something that could only be used once or that may expire, or that was only useful occasionally. Wisdom is something we all need all the time. We face countless decisions every day, many of them very important and many which impact other people. Do you want to help someone, but aren’t sure how? Are you a member of a team, club, or group that depends on you? Maybe you are dealing with a hard family situation. Ask God for wisdom. He wants to give you wisdom just like he gave to Solomon, and like Solomon, you too can do great things for God using the wisdom He has given you.

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 10

Chapter 9

Answer Me

The Prayer of Elijah

1 Kings 18:37

Answer me, O Lord, answer me, that this people may know that You, O Lord, are God, and that You have turned their heart back again.”

Summary

Elijah was a prophet to the Northern Kingdom of Israel. It was regularly ruled by wicked kings who worshipped false gods and ignored God’s commandments. Elijah’s job was not easy. He frequently confronted bad kings and urged them to repent. In this story, Elijah arranged a contest between the true God and a false god named Baal, who was worshipped by King Ahab. Elijah built an altar to God; Baal’s priests also built an altar. Each side would ask for fire to come down, and whoever’s sacrifice was burned up would win. Baal’s priests prayed for hours. They begged and pleaded. Nothing. Elijah drenched his sacrifice with water. He even filled a trench around the altar with water. Then he prayed, and God answered immediately with fire! The sacrifice was burned up completely, and all the water vaporized. The false gods showed themselves to be exactly what they were – absolutely nothing. But God showed himself to be exactly who he is – the only true God of Israel and of all the world.

Application

Elijah stood alone for God; Baal had 450 prophets. This contest looked completely lopsided, unfair, and hopeless – and it was, but not for the reasons some may think at first. The contest was lopsided, unfair, and hopeless for the followers of the false god. Things are never hopeless for the follower of the true God. Elijah was in a difficult situation. King Ahab did not like him at all. He frequently sought to kill him. There were not many followers of the true God left in Israel. Elijah needed a miracle; he asked for a miracle; he got a miracle.

Most likely, you and I will not be in this exact situation. We won’t need fire to come down and burn a sacrifice. We probably won’t confront 450 false prophets at one time by ourselves. But we will be in situations where we need to take a stand for God, where we need to confront falsehood. We may need a miracle, but we may just need the right words or the right attitude. Ask God to answer you in these situations. Through you, people can know he is God and that he is turning people’s hearts to him.

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 11

Chapter 10

Rescue Me

The Prayer of Hezekiah

2 Kings 19:19

Now, O Lord our God, I pray, deliver us from his hand that all the kingdoms of the earth may know that You alone, O Lord, are God.”

Summary

King Hezekiah was the king of Judah and he was being threatened by the King of Assyria, Sennacherib. Sennacherib’s army was very large and very intimidating. In order to make Hezekiah shake in his boots Sennacherib sent a letter letting him know that he defeated a bunch of other armies and was coming for him! Hezekiah could either let his people be defeated or taken away to become slaves. Hezekiah chose a different way. He chose to bring his big problem to God. In fact, Hezekiah took the letter he received from Sennacherib, rolled it out (because it was written on a scroll), and prayed asking God to deliver them. God answered Hezekiah’s prayers and rescued the people of Judah from Sennacherib’s army.

Application

Hezekiah faced a big problem. Sennacherib was either going to destroy Hezekiah and his people, or make them his slaves. One other important thing to remember is that Sennacherib not only threatened Hezekiah, but he also made fun of God. Hezekiah knew that he could not take on this big problem by himself. So, he brought the letter that Sennacherib threatened him with straight to God (Literally!). Guess what?! God rescued Hezekiah from Sennacherib’s army!

The next time we face a problem, or even a really big problem, we should take it straight to God in prayer! God is a big God and He can help us tackle our problems no matter how big they are.

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 12

Chapter 11

Help Us

The Prayer of Asa

2 Chronicles 14:11

Then Asa called to the Lord his God and said, “Lord, there is no one besides You to help in the battle between the powerful and those who have no strength; so help us, O Lord our God, for we trust in You, and in Your name have come against this multitude. O Lord, You are our God; let not man prevail against You.”

Summary

Asa was the best. Seriously, everybody loved him. For over ten years King Asa led Judah to be a strong and God-loving people. Asa helped make the cities and army strong. Asa also made sure his people knew God and did what God wanted them to do. One day Asa was threatened by the leader, Zerah, who was leading an army of one million Ethiopians and three hundred chariots! Asa turned immediately to God in prayer. He prayed and said, “God there is no one like you! We need you and will trust that you are the only one who can help us. God, you are our God and mere humans will not defeat you.” God heard Asa’s cry for help and He shut down the Ethiopian army right in front of Asa. Also, God let them take all of the food, supplies, and animals that the evil armies left behind.

Application

Asa had everything going for him and yet he still faced a really big problem that even he didn’t know how to fix. Asa knew that he couldn’t face the big army that was coming for his people by himself. So, King Asa prayed and asked God to show how mighty He is. Asa asked God for help and God helped him. God destroyed the Ethiopian army and gave Asa’s people more than they asked for.

Sometimes we need to ask for help even if we think we can do it all by ourselves. No matter how good we are or how strong we think we are, we need God’s help, always. The next time you face a problem and need help from God, don’t wait! Sometimes the best way to pray is, “God, I need your help.” How can you use this prayer in your life?

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 13

Chapter 12

Show Me Favor

The Prayer of Nehemiah

Nehemiah 1:11

O Lord, I beseech You, may Your ear be attentive to the prayer of Your servant and the prayer of Your servants who delight to revere Your name, and make Your servant successful today and grant him compassion before this man.”

Now I was the cupbearer to the king.

Summary

Nehemiah was a cupbearer to King Artaxerxes. Nehemiah would eat or drink anything before the king did in case it was poison. It was a serious job, but Nehemiah wanted to be with his people in Jerusalem. His people in Jerusalem were going to be destroyed because their city was weak. Nehemiah wanted to go back to Jerusalem to rebuild the city and make it strong, so it wouldn't be attacked by enemies. But Nehemiah needed permission from the king to go and get the supplies to rebuild Jerusalem. Nehemiah needed to leave from his cupbearer job to go back home to Jerusalem for three years. That's a lot of time off work! Nehemiah trusted in God and so he brought his wish to God in prayer. God answered Nehemiah's prayer and the king gave him the time off and the building supplies!

Application

God can change the hearts of those in authority over us. You probably do not need to take time off work or rebuild a city, but you can ask God to help with a teacher or coach. Maybe you are afraid to talk to a teacher or coach. Instead of worrying about it, you could ask God to help with the conversation between you and your teacher or coach. No matter how big or small, we can pray and ask God to help us with the people in authority over us.

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JANUARY 14

Chapter 13

Strengthen My Hands

The Prayer of Nehemiah

Nehemiah 6:9

For all of them were trying to frighten us, thinking, “They will become discouraged with the work and it will not be done.” But now, O God, strengthen my hands.

Summary

Nehemiah had been working on the Jerusalem walls for weeks and he was tired. Rebuilding the walls of Jerusalem was not an easy task but he continued to work hard each day. Sanballat and his friends who were enemies of Nehemiah made fun of his efforts to rebuild the walls. They not only made fun of Nehemiah, but they tried to intimidate him and his workers with a surprise attack. Nehemiah didn't lose his focus. He kept working for God to rebuild the walls of the city. Even after all of the distractions and threats, Nehemiah prayed that God would give him strength. Nehemiah could have prayed for his enemies to be defeated, but he prayed for strength to continue working on the walls. And you guessed it, God answered his prayer.

Application

Have you ever faced something difficult with a friend at school or maybe your sibling is giving you a hard time? Instead of praying that God just removes the problem, be like Nehemiah who asks God to give him strength to help face the problem. God can give you enough strength today for whatever challenge you are facing.

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JANUARY 15

Chapter 14

Send Me

Isaiah's Response to God's Call

Isaiah 6:8

Then I heard the voice of the Lord, saying, "Whom shall I send, and who will go for Us?" Then I said, "Here am I. Send me!"

Summary

Do you use a pencil? Ever make a mistake? How do you fix it? That's right, you use an eraser. Have you ever done something or said something bad to someone that you wish you could take back? Wouldn't it be nice if you could erase it and make it go away? Today's Bible verse is about a man named Isaiah. He lived a long time ago—way before Jesus lived on Earth. One day, God appeared to Isaiah. Isaiah said: "I am ruined. For I am a man of unclean lips and I live among a people of unclean lips and my eyes have seen the King, the Lord Almighty." Isaiah had made a lot of mistakes and he was afraid when God appeared to him. Then a creature called a seraphim flew to him and took a hot coal from the altar and touched it to Isaiah's lips. God said, "Your sin is taken away" (like being erased). Then God asked for Isaiah to help him and Isaiah said, "Here I am, send me." And he became God's helper. Remember this happened long, long ago. Who do you know today that can erase your mistakes? That's right, Jesus! We all make mistakes and make wrong choices. How awesome is it that God loves us so much, that He forgives us? Not only does He forgive us, but He wants us to follow Him! Just like God used Isaiah, He wants to use you too. How can you say YES to God and become one of His helpers today?

Family Activity

Do an act of kindness today! Here are some ideas: Bring flowers to a neighbor, donate items to a shelter, leave a snack for the mailman or garbage man, get creative!

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 16

Chapter 15

Save Us

The Prayer of the Disciples

Matthew 8:25

And they came to Him and woke Him, saying, "Save us, Lord; we are perishing!"

Summary

The disciples and Jesus were traveling all over sharing the Good News of the Gospel with all kinds of people. They were tired from talking to so many people! So, they often got into a boat to get some rest. As they were traveling in the Sea of Galilee, a strong storm came and rocked their boat. The disciples were terrified, but Jesus was sleeping. So, the disciples went and tried to wake Jesus up. While they were waking Jesus up, they shouted, "Save us!" Jesus responded to the disciples with a question, "you of little faith, why are you so afraid?" Jesus then calmed the winds, and the waters stopped rocking the boat!

Application

If you were in a boat and the winds started rocking it back and forth, would you be scared? Let's be honest, we all would be. We would probably yell for help just like the disciples did. Sometimes we go through a 'storm' in our lives and life can seem very scary. Maybe we must change schools and we don't know anyone yet. There are also times when we hear about things going on in our world, like wars, and we are afraid. There is only one place to turn, and that is Jesus. He will always be with us in the scary storms we go through in life. We can always trust Him and feel safe because He is with us. So, when you feel scared and ask Jesus to help...you are exactly right!

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 17

Chapter 16

Have Mercy on Us

The Prayer of the Blind Men

Matthew 9:27

As Jesus went on from there, two blind men followed Him, crying out, “Have mercy on us, Son of David!”

Summary

Two men who had been born blind and could not see. They heard Jesus was coming near to them, so they followed Jesus inside a house. They asked Jesus to “have mercy...” That is a way of asking for someone to be kind even though they don’t have to be kind. Jesus asks the two blind men if they believe that He can heal them. They both responded to Jesus’ question with a big, YES! Jesus then heals them. The two blind men can see for the first time in their lives!

Application

There are times when we ask God to make someone feel better. Maybe it’s a parent or a friend who is sick. God can say yes, no, or wait. It’s hard to hear the word “no” or the word “wait.” We want our family members or friends to be better now, right? When we pray for someone to be healed, we should remind ourselves of these very important words that are true:

1. God can heal anyone!
2. Sometimes He uses medicine and sometimes He heals without medicine.
3. There are times when we ask and God says “No” to our healing prayer because He has a bigger plan that we can’t see. Instead, God gives us the strength to keep going and trust Him more!
4. Sometimes God answers our prayers for healing long after we pray. We all want God to answer our prayers right now! But, sometimes He tells us to wait. Don’t worry! He helps us as we wait too.
5. One day all of God’s children will be completely healed in heaven! Yep! We will never be sick again...heaven is going to be amazing.
6. Just like the blind men...we can’t be afraid to ask God to heal us or someone we love.

[illegible][illegible]

JANUARY 18

Chapter 18

Lord, Help Me

The Prayer of a Worried Mother

Matthew 15:25

But she came and began to bow down before Him, saying, “Lord, help me!”

Summary

Jesus was taking some time to rest from all of the time he was spending with people. A woman then comes up to Jesus asking Him to help her with her daughter who was having a really hard time. This woman’s daughter needed Jesus to help her. Jesus says, “No” to the mother when she asks the first time. So, the mother does what most moms do...she doesn’t give up. She knows her daughter needs Jesus and so she says, “Lord, help me.” Jesus hears the worried mom and heals her daughter. Wow! This mom had big faith and trust that Jesus could help her daughter, and He did!

Application

When you have something difficult you are dealing with, you need to bring it to God, right? You bet! But, what about when God doesn’t help us at first? Should we quit? No way! Prayer, which is talking with God, is about trusting God with your problems and not giving up. When we lean against a tree, we trust that it will hold us up...we must also trust that God will answer our prayers. Just like leaning against a tree, we should lean against God, and know He will help us!

Jesus I am thankful for:

Jesus today I prayed for:

JANUARY 19

Chapter 19

Increase Our Faith

The Prayer of Disciples

Luke 17:5

The apostles said to the Lord, “Increase our faith!”

Summary

Jesus was sitting with the disciples helping them understand how to forgive other people when they wrong them. Sometimes it can be hard to forgive someone else when they hurt you. Jesus tells the disciples they should forgive anyone, no matter how many times they hurt you. The disciples heard this and felt like they needed Jesus’ help to do this, so they said, “Jesus, please give us more faith.”

Application

Have you ever had a chore to do that seemed so hard that your eyes got big, and you worried you couldn’t do it? That’s exactly how the disciples felt when Jesus said they had to forgive people all the time. The next time you have something really big to deal with (big soccer game, forgiving someone who hurt you, or anything else) just ask God to give you more faith. Faith is believing what we cannot see. It’s okay if you feel like you can’t do it, that’s a great way to remember how much we need God in our lives. Pray and ask God to grow your trust in Him!

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JANUARY 20

Chapter 20

God, Have Mercy on Me, a Sinner

The Prayer of the Tax Collector

Luke 18:13

But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, ‘God, be merciful to me, the sinner!’

Summary

Jesus told a story about two people. One was a Pharisee, who thought he was better than other people. The other was a tax collector, who knew he made mistakes and admitted that. Jesus said that the Pharisee talked about all of the wonderful things he did and how much he did for God. The tax collector beat his chest kind of like a gorilla and said, “God, be kind to me because I know I am a sinner and make many mistakes.” Jesus shares with the disciples that this story is all about humbling yourself. Jesus even says that those people who walk around with their noses in the air will fall flat on their faces. The people (like the tax collector) who know they need Jesus and are not afraid to talk about it, are doing exactly what God wants.

Application

Have you ever thought you were all that? Maybe you got the part in the musical, scored the winning goal, or got a good score on a test and you think you’re better than everyone else. It happens. But, God wants us to act like the tax collector, not the pharisee. Learn to pray like the tax collector who was not thinking about himself or all that he could do. He prayed knowing he needed God more than anything and that he couldn’t “do enough” good things to have a relationship with God. The tax collector knew he made mistakes and that he needed God’s help. So he said it! “God, be kind to me, I’m a sinner.”

This image shows a blank 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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JANUARY 21

Chapter 21

Father, Forgive Them

The Prayer of Jesus

Luke 23:34

But Jesus was saying, "Father, forgive them; for they do not know what they are doing." And they cast lots, dividing up His garments among themselves.

"Jesus said, Father, forgive them, for they don't know what they are doing. And the soldiers gambled for their clothes by throwing dice."

Today's Bible verse talks about Jesus and how He prayed to His Father to forgive the men who were hurting Him! Even in all His pain, Jesus' was thinking about forgiving those who counted themselves among His enemies. He asked the Father to forgive the robbers on the cross who mocked and made fun of Him. He asked the Father to forgive the Roman soldiers who had spit on Him, beat Him, whipped Him, put a crown of thorns on His head, and nailed Him to the cross. Jesus asked for forgiveness for the angry mob that hated Him and called for His crucifixion.

God loves you and me so much that He sent His one and only perfect Son Jesus to die on the cross, take the punishment for our sins, so that we could have a relationship with Him today and be with Him for eternity in Heaven! WOW! That is amazing! Jesus wants to be our friend and have a relationship with you and me! No matter what we are facing or have faced or are going to face, Jesus is here for us and He promises that He will never leave us! Thank You Jesus! Everything Jesus went through on the cross was unthinkable and yet He still looked to His Father and said Forgive them! Jesus' prayer to His Father should be a constant reminder to us that we need to forgive others and love others despite what is happening around us. Is there someone or something in your life that you need to forgive or let go of? Let Jesus help you forgive today, if you do, get ready! Your friendship with Jesus will be better than ever!

Family Activity

Put your aprons on and make sure you have all the ingredients needed! Today bake some cookies or bread and surprise someone with a special treat! Put a note on them and let them know Jesus loves them!

Jesus I am thankful for:

Jesus today I prayed for:

Adapted from:

- *Dave Early, The 21 Most Effective Prayers in the Bible. Prayer Shop Publishing, Terra Haute, IN.*
- *www.ministry-to-children.com (Chapter 14)*

