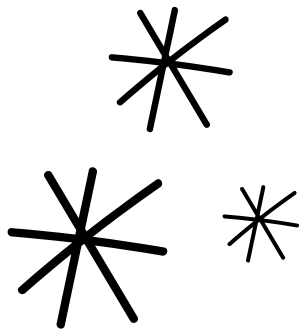


**KIDS
EDITION**

21 Days Prayer & Fasting

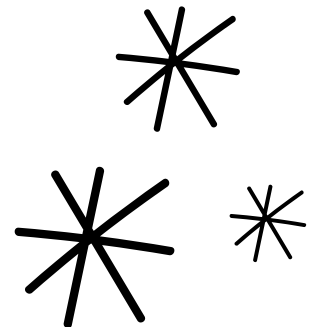
2024

Join Us! January 7th - 28th



WHY WE FAST

1. Grow in self control
2. Obedience; listen and obey what's best from God
3. Worship & Sacrifice: fasting is sacrifice that turns our hearts towards God not ourselves.



HOW TO FAST

You can choose to give something up each day or for the whole 21 days that is something comfortable or entertaining. When we give something up we also want to fill that space with something good and from God. Here are some ideas for you.



GIVE UP

- Electronics
- Sweets
- Snacks between meals
- TV or Music
- Juice/Pop
- Donate toys/clothes
- Pantry Food for the Market



FILL UP

- Pray for your neighbour
- Encouragement Card for a friend
- Give up your turn to go first
- Do an extra chore to serve your family

GIVE UP

SWEETS AND SUGARY FOODS 2 days

TV AND TABLET 1 day

ALL DEVICES AND SOCIAL MEDIA 1 day

SUGARY DRINKS (juice and soda) 2 days

ARGUING AND COMPLAINING 2 days

TOYS 1 day

_____YOU CHOOSE 1 day

GIVE UP

SWEETS AND SUGARY FOODS 2 days

TV AND TABLET 1 day

ALL DEVICES AND SOCIAL MEDIA 1 day

SUGARY DRINKS (juice and soda) 2 days

ARGUING AND COMPLAINING 2 days

TOYS 1 day

_____YOU CHOOSE 1 day

FILL UP

.....
Memorize 1 Corinthians 10:31 "So whether you eat or drink or
whatever you do, do it all for the glory of God."
.....

Memorize Joshua 1:9 "Have I not commanded you? Be
strong and courageous. Do not be terrified; do not be
discouraged, for the Lord your God will be with you
wherever you go."
.....

Read Matthew 5:1-16 "Sermon on the Mount, Part 1"
.....

Read Matthew 6:1-18 "Sermon on the Mount, Part 2"
.....

Write or Draw a prayer to God. What can you thank God for?
What do you think God wants to tell you today?
.....

Pray: Ask God to speak to you and show you how you can
grow closer to Him this week. Thank Him for everything He
has given you. Tell him you're sorry for sinning.
Spend two minutes praying.
.....

Sing: Listen to your favourite worship song and sing it or
read the words.

FILL UP

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Memorize 1 Corinthians 10:31 "So whether you eat or drink or
whatever you do, do it all for the glory of God."
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.....

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read the words.

21 DAYS OF FASTING PRESCHOOL EDITION

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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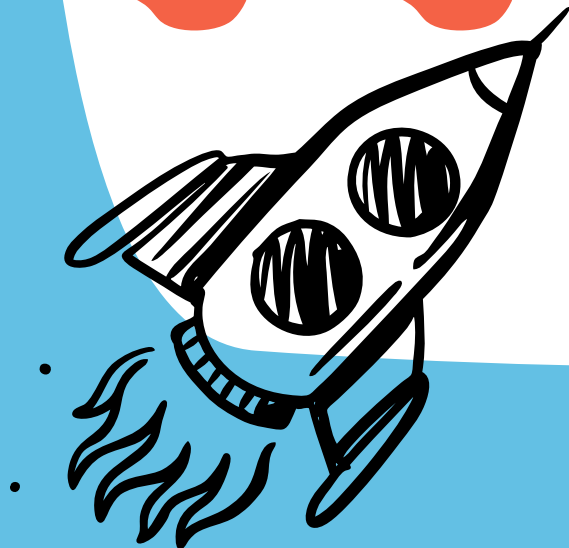
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21 DAYS OF FASTING PRESCHOOL EDITION

WHY WE FAST

1. Grow in self control
2. Obedience; listen and obey what's best from God
3. Worship & Sacrifice: fasting is sacrifice that turns our hearts towards God not ourselves.

21 DAYS OF FASTING

HOW WE FAST

You can encourage your preschooler to give something up each day or for the whole 21 days that is something comfortable or entertaining. When we give something up we also want to fill that space with something good and from God. Here is a prayer activity to help fill up your preschooler with faith!

