



BREAKTHROUGH

A 21 Day Devotional for Kids

21 DAYS OF PRAYER AND FASTING FOR KIDS



"Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path." — Proverbs 4:25-26

What Is Fasting?

To fast means to stop doing something for a short time. Many adults fast by not eating certain foods for a little while.

Why Do Christians Fast?

- We fast because Jesus fasted, and we want to be like Him.
- We fast to show God we trust Him and need Him.
- We fast so we can stop thinking about ourselves and think more about God.



How Can Kids Fast?

Kids should not skip all food because you are still growing. But you *can* fast in other ways:



- Skip a snack and use that time to pray.
- Take a break from video games or TV.
- Use that extra time to pray and read God's Word.

Ask your parents what is best for you during the 21 Days of Prayer and Fasting.

Your parents may be reading the adult prayer guide. This guide is made just for you to help you pray and see what God is doing in your life.



Each day when you pray:

- Thank God for all He has done for you.
 - Ask God to forgive you when you have done wrong.
 - Pray for others—your family, friends, missionaries.
 - Then use the day's devotional to help you pray more.
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DAY 1: Breaking Through Barriers

“But forget all that — it is nothing compared to what I am going to do. For I am about to do something new...” — Isaiah 43:18-19

Sometimes last year may have been hard. God says you don't have to stay stuck in the past. He can help you start fresh and do something new this year. Even if the hard thing doesn't go away, God gives you His strength to handle it.

Prayer:

- Ask God to show you His plan for your life.
 - Ask God to help you trust Him to do something new in 2026.
 - Ask God to help you see the new thing that He is doing.
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DAY 2: Hope That Holds Through Every Storm

“This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.”—Hebrews 6:19

Some days feel stormy. Things may go wrong or feel scary. But Jesus is like a strong anchor that keeps you safe. You can always trust Him to hold you steady.

Prayer:

- Tell God about the storm in your life.
 - Ask God to help you trust Him to keep you safe.
 - Ask God to show you how He is going to use the storm to help you tell people about Him.
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DAY 3: Strength When Life Pushes You Down

"We are pressed on every side by troubles, but we are not crushed...We get knocked down, but we are not destroyed."—2 Corinthians 4:8-9

Life can feel hard sometimes. But even when you get knocked down, God is always with you. He never leaves you, and He gives you strength to keep going.

Prayer:

- Thank God for always being with you.
 - Ask God to show you how to fight your battles with Him leading the way.
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DAY 4: Breakthrough by Learning from Older People

"One generation commends your works to another; they tell of your mighty acts."— Psalm 145:4

Your parents and grandparents have learned many things about God. God wants them to teach you so you can grow strong in your faith. And God wants you to help teach kids younger than you too.

Prayer:

- Thank God for your parents and grandparents.
 - Ask God to help them be good examples for you.
 - Ask God to help you have a good attitude when they are trying to teach you lessons.
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DAY 5: When We Move at God's Speed, It Changes Everything

"I am the LORD; in its time I will do this swiftly." — Isaiah 60:22

Sometimes we think God is taking too long. But when the right time comes, God can answer a prayer very fast. Keep trusting Him even while you wait.

Prayer:

- Tell God that you want to trust Him to answer your prayers at the right time.
 - Ask God to help you trust Him and believe that He will do what is best.
 - Tell God again about the thing you are waiting for Him to do.
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DAY 6: Beyond Your Biggest Dreams

**"God... is able... to accomplish infinitely more than we might ask or think."
— Ephesians 3:20**

Infinitely means never ending. God's power never ends. He can help you do things you never thought were possible. When God gives you a big dream, He also gives you the power to do it.

Prayer:

- Tell God about a big dream or idea you have.
 - Ask God to help you do it for Him.
 - Ask God to help you never give up when He gives you a big dream for Him.
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DAY 7: Peace That Guards and Guides

“Don’t worry about anything; instead, pray about everything...” —
Philippians 4:6-7

Everyone worries sometimes. But God says we can pray instead of worry. When you pray, God gives you a special peace that protects your heart and mind.

Prayer:

- Tell God about the thing you are worried about.
 - Tell Him thank you for being with you all the time.
 - Ask God to help you trust Him so that you can have peace.
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DAY 8: Plan for Your Breakthrough

“May he grant your heart’s desires and make all your plans succeed. May we shout for joy when we hear of your victory and raise a victory banner in the name of our God. May the LORD answer all your prayers.”— Psalm 20:4-5

A breakthrough is when something finally gets better or makes sense. Breakthroughs take time and work. You can have a breakthrough with God if you make a plan to pray and read His Word every day.

Prayer:

- Tell God you want to have a breakthrough this year.
- Ask Him to help you make a plan you will stick to.
- Ask God to help your plan succeed so you can raise a victory banner at the end of 2026

DAY 9: Restoration of Lost Time

“Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.”— 2 Chronicles 7:14

When we don't follow God, life gets messy. But when we turn back to Him, He makes us new again. If last year was hard, God can help you start fresh this year.

Prayer:

- Tell God how you did not follow Him in 2025.
 - Ask God to forgive you.
 - Ask God to help you follow His ways in 2026 so He can restore you.
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DAY 10: Faith That Moves Heaven

“And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.” — Hebrews 11:6

Faith means believing in God even when you can't see everything. When you seek God with your whole heart, He hears you and answers. Your prayers matter to God!

Prayer:

- Ask God to show you new things about Him today.
 - Ask God to help you seek Him honestly with your whole heart.
 - Tell God about something you really care about today.
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DAY 11: Standing in God's Unshakeable Kingdom

“...we are receiving a Kingdom that is unshakable...” — Hebrews 12:28

God's Kingdom lasts forever. Even when life is shaky or scary, God's Kingdom is not. Because you belong to Him, you don't have to be afraid.

Prayer:

- Thank God that you are part of His kingdom.
 - Tell Him how great and wonderful He is.
 - Ask God to help you trust Him even when life gets hard.
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DAY 12: Your Identity Is Safe Forever

“...you are a chosen people... God's very own possession.” — 1 Peter 2:9

You are special to God. He chose you, loves you, and will never stop loving you. Because of this, you can show others how good God is.

Prayer:

- Thank God for choosing you.
 - Thank Him that no one can take that away from you.
 - Ask God to give you courage to tell others about Him.
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DAY 13: Mountain-moving Authority

"Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them." — Mark 11:23

Jesus says that with faith, nothing is impossible. When you pray, believe that God can do big things. Ask Him to help you pray for what He wants too.

Prayer:

- Tell God you believe He can do anything.
 - Ask Him to show you what He wants to do.
 - Ask Him to move a mountain (a problem) and believe He will do it.
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DAY 14: Beauty in God's Timing

"He has made everything beautiful in its time..." — Ecclesiastes 3:11

We don't always understand God's plans. But God promises to make everything beautiful at the right time. Even hard things can become beautiful when God works in them.

Prayer:

- Thank God for helping you find Him and giving you eternal life.
 - Ask God to help you see your life as beautiful, even when it is hard.
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DAY 15: Living a Full Life

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."— John 10:10"

The enemy in this verse is Satan. He wants to destroy your life. But Jesus promises you that He came so that your life can be full of great things: joy, peace, patience, goodness. Jesus gives you these gifts so that your life will be full.

Prayer:

- Thank Jesus for giving you a full life.
 - Ask the Holy Spirit to help you show His gifts in your life.
 - Ask God to protect you from Satan's attacks.
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DAY 16: Standing on His Promises

"God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill?"— Numbers 23:19

People sometimes break promises, but God never does. Everything God says is true. You can always trust Him to keep His word.

Prayer:

- Thank God for always keeping His promises.
 - Ask God to help you keep your promises.
 - Ask God to help you trust Him.
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DAY 17: Courage to Do What God Has Planned for You

"...the LORD your God will be with you wherever you go." — Joshua 1:9

God has a special plan for your life. You don't have to be afraid because God goes with you. He gives you strength to do the things He asks you to do.

Prayer:

- Thank God for making a special plan for your life.
 - Ask God to help you discover His plan.
 - Ask God to help you not be afraid to do what He asks you to do.
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DAY 18: Ready to Fly

"But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." — Isaiah 40:31

Sometimes we can get tired. We feel like we don't have enough strength to do what God asks us to do. The good news is that when we put our hope in God, he gives us new strength. It is strength so great that we can soar like eagles! He gives us the energy to run and never get too tired to finish the job. When you are feeling like giving up, remember that you don't need enough strength on your own. You just need to hope in God and He will give you the strength.

Prayer:

- Thank God for giving you new strength.
 - Ask God to help you put your hope in Him.
 - Ask God to give you courage to fly like an eagle for Him.
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DAY 19: Victory Already Won

“But thanks be to God! He gives us the victory...” — 1 Corinthians 15:57

Jesus has already won the battle over sin and death. Because of Jesus, you can live with peace and joy. Even when life gets hard, you can remember—you have already won through Jesus.

Prayer:

- Thank Jesus for dying for you.
 - Thank God for winning the battle for you.
 - Ask God to help you tell someone about Jesus today.
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DAY 20: Surrounded with Favor

“Surely, LORD, you bless the righteous; you surround them with your favor as with a shield.” — Psalm 5:12

God’s favor is His kindness and protection all around you. He helps you, guides you, and blesses you even when it doesn’t make sense. You are never alone.

Prayer:

- Thank God for surrounding you with His favor.
 - Ask God to help you follow His guidance.
 - Ask God to open your eyes to His path for you.
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DAY 21: Breakthrough Like Flood Waters

“The Lord did it!... He burst through my enemies like a raging flood!” — 2 Samuel 5:20

God helped King David win a big battle. God wants to help you with your battles too. When you follow God's ways every day, He prepares you for the challenges you face. God can break through anything in your life!

Prayer:

- Thank God for creating breakthroughs for you.
- Ask God to help you follow His ways.
- Ask the Holy Spirit to help you keep praying and reading God's Word every day.