

BREAKTHROUGH

21 Days of
PRAYER and **FASTING**
FOR TWEENS



CITY TWEENS



"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' is to not do something – usually eating and/or drinking – for a period of time.

Why do Christians fast?

- We fast because Jesus did and He is our example.
- We fast to show our trust in God and to show Him we know we need Him for everything.
- We fast to change our focus off of ourselves and our needs and to put it on God.

How can kids fast?

- It's not really good for kids to skip eating altogether because your body is still growing.
- You can fast by skipping a snack time and spending that time praying.
- You can also fast from other things than food.
- You could fast from video games or T.V. and use that time to pray.
- Talk to your parents about the best way for you to fast during our 21 days of prayer and fasting.

Your parents may be reading the adult *Breakthrough 21 Days of Prayer Guide*. This guide is for you to use to help you think about what God is doing in your life and what you can pray about while you fast.

Each day as you pray:

- Begin by thanking God for all He has done for you: creating you, forgiving you, providing for you, etc.
- Ask God to forgive you for the things you have done wrong.
- Ask God to help others: missionaries, your family, your friends.
- Then use the suggested prayer guide each day.

Day 1: Breaking Through Barriers

"But forget all that — it is nothing compared to what I am going to do. 19 For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland. Isaiah 43:18-19

Maybe you had something that was very hard for you last year. God says to forget all about it because He has a plan for you to make something new happen this year. He may not take the hard thing away, but He will give you strength to handle it and to see how He can use it to help you grow.

Prayer:

1. Ask God to show you His plan for your life.
2. Ask God to help you trust Him to do something new in 2026.
3. Ask God to help you see the new thing that He is doing.

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 may feel like you are walking in a storm. It may feel like life is blowing strong winds in your face. Remember that in Jesus, you have an anchor that holds you safe from the wind. Trust God to keep you safe.

Prayer:

- Tell God about the storm in your life. It could be friends being mean to you, school work that is too hard, family not getting along, or a sickness.
- 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.

Day 3: Strength When Life Pushes You Down

"We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." 2 Corinthians 4:8-9

In this passage, Paul reminds us that no matter how hard life gets, God will never abandon us or allow us to be destroyed. You can trust God to always be with you and help you fight every battle.

Prayer:

- Thank God for always being with you.
- Ask God to show you how to fight your battles with Him leading the way.

Day 4: Breakthrough by Learning from Older People

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

A generation is a group of people born around the same time, or the average time it takes for children to become adults and have their own children, typically 20 to 30 years. Your grandparents are a different generation from your parents and your parents are a different generation from you.

God is telling your parents and grandparents to make sure that you know about Him, and it is your job to make sure that people your age and younger than you know about God so everyone can have a breakthrough in understanding and loving God.

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.

Day 5: When We Move at God's Speed, It Changes Everything.

"The least of you will become a thousand, the smallest a mighty nation. I am the LORD; in its time I will do this swiftly." Isaiah 60:22

Sometimes it can feel like God is moving slowly in answering our prayers, but God tells us that when He is ready, it will happen quickly. What have you been waiting on for a long time? Maybe it's for someone you love to get well or to become a Christian. Keep praying and trust that God's timing is always perfect.

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.

Day 6: Beyond Your Biggest Dreams

"Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think." Ephesians 3:20

Infinite means without limit, or never ending. This word is used in math for numbers that are so big or so small that you cannot measure them; they never end. Just think about that. You cannot measure God's power to help you do great works for Him. He will help you do more than you could ever imagine or think, if you trust Him.

Prayer:

- Tell God about a big dream or idea that you have that seems impossible to do.
- 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.

Day 7: Peace That Guards and Guides

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6,7

We all worry about things. You might worry about making a team, or about your parents arguing, or about how you look. God tells us not to worry about anything, but to pray about everything. As you start praying everyday, God will give you peace that doesn't make sense to anyone else because you are trusting Him.

Prayer:

- Tell God about the thing you are worried about.
- Tell Him thank you for being with you all the time, even when things seem hard.
- Ask God to help you trust Him so that you can have peace.

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 happens when we overcome a challenge or difficulty. It's like when you have been trying really hard to learn how to do a new thing and all of a sudden it makes sense and you can do it. That is a breakthrough. Breakthroughs never happen without hard work and planning. In 2026 you can have a breakthrough with God if you make a plan to spend time praying and reading God's Word. If you need help making your plan, you can ask your parents or one of your City Tweens leaders for help.

Prayer:

- Tell God that you want to have a breakthrough this year.
- Ask Him to help you make a plan that you will stick to.
- Ask God to help your plan succeed so that 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

Restoration means to make something like it was new again or to return something to its original form. When we don't follow God's plans or do things His way, we start to fall apart. God says that if we seek Him and turn back to Him, He will make us new again. Maybe you feel like you failed Him in 2025. The good news is that you get to start new in 2026! He will restore you!

Prayer:

- Tell God about the how you did not follow Him in 2025.
- Ask God to forgive you.
- Ask God to help you follow His ways in 2026 so that He can restore you.

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 in God leads to answered prayers. This verse tells us that we must sincerely seek God. That means to seek Him honestly without pretending or doing it for other people to see. When you believe in God and make sure to spend time with Him everyday, you can move heaven with your prayers.

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 that you really care about today.

Day 11: Standing in God's Unshakeable Kingdom

"Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe." Hebrews 12:28

God's kingdom cannot be shaken because He built it to last forever. All things that humans build can and will be shaken or broken. Because we know that God has built His kingdom for us, we should always be thankful for everything He has done. You will have problems and hard things happen in your life, but you can be sure that because you are a part of God's kingdom, you cannot be shaken.

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.

Day 12: Your Identity is Safe Forever

"...for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light." 1 Peter 2:9

Isn't it cool to know that you are chosen by God! He has made you a royal priest, His own possession. You can never lose that. He loves you and cares for you. Because of this, we should tell other people about God's goodness so that they can be in the light too.

Prayer:

- Thank God for choosing you to be a part of His kingdom.
- Thank Him that no one can ever take that away from you.
- Ask God to give you courage to tell other people about how wonderful He is.

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 tells us in this verse that if we have faith in Him, nothing is impossible. When you pray, believe with your whole heart that God is able to do what you are asking. Ask Him to help you know what He wants as you pray. Trust Him to do amazing things for you and using you.

Prayer:

- Tell God that you believe He is able to do anything.
- Ask Him to show you what He wants to do.
- Ask Him to move a mountain (problem) and believe that He will do it.

Day 14: Beauty in God's Timing

"He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end."
Ecclesiastes 3:11

God designed you to want to live forever and to want to find Him. This verse reminds us that we cannot begin to understand (fathom) what God has done, is doing, or will do for us. You can know that God will make everything, even the hard things, beautiful in His time. Trust Him!

Prayer:

- Thank God for helping you find Him and for giving you eternal life.
- Ask God to help you see your life as beautiful, even when it is hard

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. When the Holy Spirit enters your life, He gives you these gifts so that your life will be full.

Prayer:

- Thank Jesus for coming to give 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.

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

We are not always good at keeping our promises or doing what we say we will do. Humans like to change their minds. This verse reminds us that God is not like us. He always keeps His promises and does what He says He will do. You can always trust God!

Prayer:

- Thank God for always keeping His promises.
- Ask God to help you keep your promises and do what you say you will do.
- Ask God to help you trust Him.

Day 17: Courage to Do What God Has Planned for You

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

God has a special plan for your life. He has designed you to do good works for Him. The good news is that God has promised that you do not have to do it alone. In this verse, God had told Joshua to help His people move into His promised land. Joshua was not sure he could do it, but God knew He could, if Joshua would trust Him. What is God asking you to do that might seem too hard? Don't worry. When God asks you to do something, He always gives you the strength to do it.

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.

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 or 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, 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 when you need it.
- Ask God to help you put your hope in Him and not in yourself.
- Ask God to give you courage to fly like an eagle for Him.

Day 19: Victory Already Won

"But thanks be to God! He gives us the victory through our Lord Jesus Christ." 1 Corinthians 15:57

One of the greatest things about being a Christian is that we already know the end of the story. God has already won. We have the victory because Jesus died for our sins. Nothing that happens in life can really hurt us, because we know that we are going to live forever with God in heaven. When it feels like life is too hard, remember, you have already won the battle. The Holy Spirit is living in you to help you live like 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 so that they can be a winner too.

Day 20: Surrounded with Favor

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

Favor means to show gracious kindness. God puts His favor all around you like a shield. You are protected on all sides by God's gracious kindness. Because His favor is all around you, you will have blessings that do not make sense. He will guide you and help you make the right choices.

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.

Day 21: Breakthrough Like Flood Waters

"So David went to Baal-perazim and defeated the Philistines there. 'The LORD did it!' David exclaimed. 'He burst through my enemies like a raging flood!' So he named that place Baal-perazim (which means 'the Lord who bursts through')."²
Samuel 5:20

David was a great king for Israel. When he went into battle he knew God was with him. Just like David saw God "burst through...like a raging flood," God wants to do that for you too. When you have a challenge in your life, if you choose to follow God's way, He will create a breakthrough for you. The key is to follow God's way everyday so that you are ready for every challenge 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 continue to pray and read God's Word everyday so that you are ready for every challenge.

