

WCC *Life*



21 DAYS OF

JESUS

IN

# Prayer & Fasting FOR YOUR KIDS

THE GREATEST THING WE CAN DO FOR OUR CHILDREN IS PRAY FOR THEM. JOIN US AS WE SET ASIDE THIS TIME TO CONNECT WITH GOD IN THIS FRESH, NEW WAY. WE ARE BELIEVING WITH YOU FOR BREAKTHROUGHS FOR YOUR FAMILY.

## PRAYER

### PRACTICING PRAYER & FASTING

- Help your child see that Fasting allows you to spend extra time with God. On the other side are Fasting Ideas to Share with your child.

### PLANNING PRAYER & FASTING

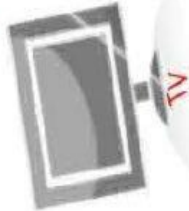
- Set aside a Special time and place each day with no distractions where you can pray with and for your children.

### PRAYING & FASTING WITH PURPOSE

- What do you want to see God do in your child's life? Ask Him for these things.

## Fasting

Encourage your children to Fast something that is truly a sacrifice for them. Here are a few ideas...



Each day, p		participate in the		suggested fast		or write in		other options.	
DAY 1	Fast sugars, desserts, and candy OTHER:	DAY 2	Fast computer (except for school) and video games OTHER:	DAY 3	Fast TV and movies OTHER:	DAY 4	Fast sugars, desserts, and candy OTHER:	DAY 5	Fast computer (except for school) and video games OTHER:
DAY 8	Fast sugars, desserts, and candy OTHER:	DAY 9	Fast computer (except for school) and video games OTHER:	DAY 10	Fast TV and movies OTHER:	DAY 11	Fast sugars, desserts, and candy OTHER:	DAY 12	Fast computer (except for school) and video games OTHER:
DAY 15	Fast sugars, desserts, and candy OTHER:	DAY 16	Fast computer (except for school) and video games OTHER:	DAY 17	Fast TV and movies OTHER:	DAY 18	Fast sugars, desserts, and candy OTHER:	DAY 19	Fast sugars, desserts, candy, TV, movies, computers (except for school) and video games OTHER:
DAY 22	Fast sugars, desserts, and candy OTHER:	DAY 23	Fast computer (except for school) and video games OTHER:	DAY 24	Fast TV and movies OTHER:	DAY 25	Fast sugars, desserts, and candy OTHER:	DAY 26	Fast computer (except for school) and video games OTHER:
DAY 29	Fast sugars, desserts, and candy OTHER:	DAY 30	Fast computer (except for school) and video games OTHER:	DAY 31	Fast TV and movies OTHER:	DAY 32	Fast sugars, desserts, and candy OTHER:	DAY 33	Fast computer (except for school) and video games OTHER:

# LIFESTYLE PRAYER

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. (Mark 1:35)*

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## Here's what we see:

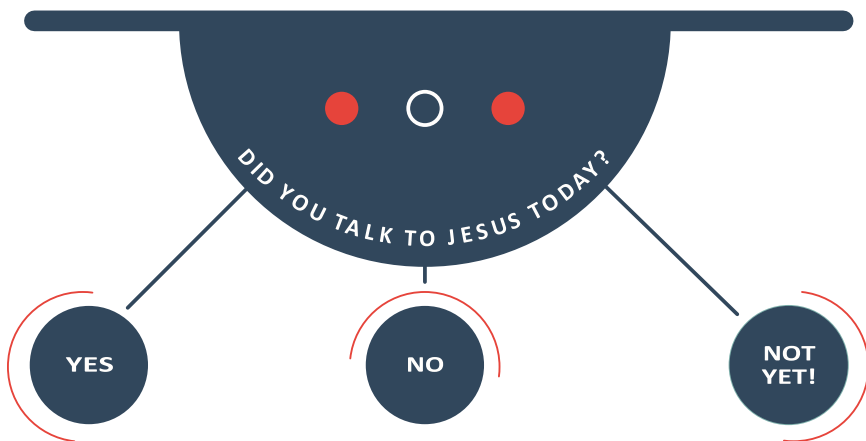
He prayed every day.

He prayed in a certain place. He

prayed with a plan.

## 1.TIME

We see that Jesus had a certain time that He prayed every day. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had a specific time that He always knew was His prayer time. We should do the same.



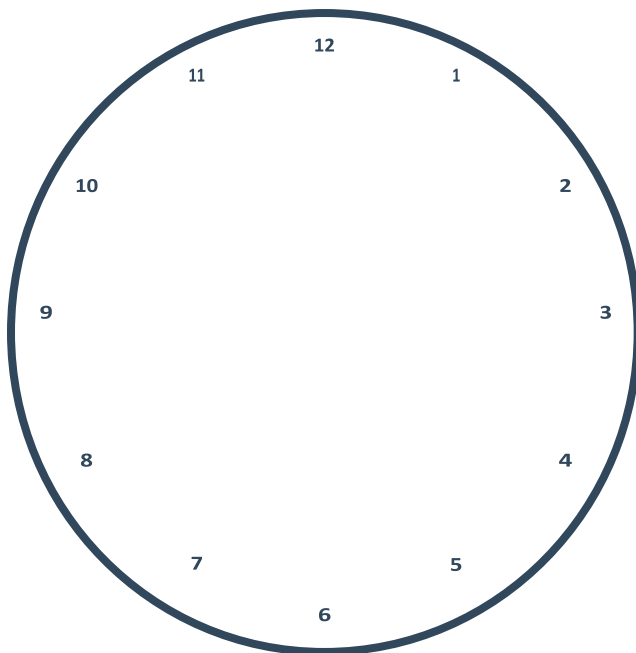
When will your prayer time be? Use a pencil to circle your answer or answers!

**WHEN I WAKE UP**

**IN THE AFTERNOON**

**BEFORE I GO TO SLEEP**

# USE A PENCIL AND FILL IN THE TIME THAT YOU PRAYED TODAY!



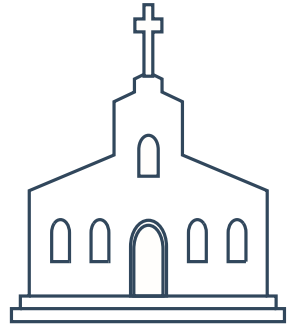
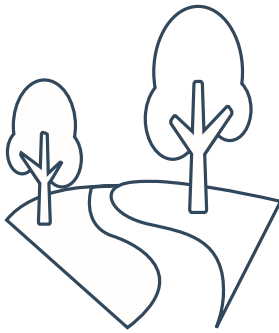
## 2.PLACE

We see that Jesus had a certain place that He would go to pray. We need to have a place that doesn't have any distractions, noises, or things that would keep us from focusing on Jesus.

My favorite place to pray is:

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# COLOR IN THE PLACE BELOW WHERE YOU LIKE TO PRAY TO JESUS.



## 3. PLAN

We also see in the Bible that whenever Jesus prayed, He always had a plan. He had things on His heart that He wanted to pray for, and knew how He wanted to pray for them.

**WRITE DOWN OR DRAW A PICTURE  
BELOW OF THE  
PEOPLE AND THINGS YOU CAN PRAY FOR  
TODAY!**

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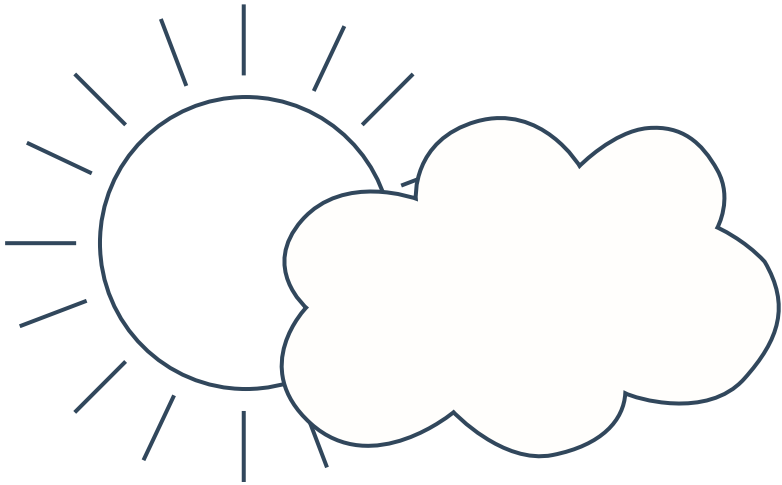
## **THE LORD'S PRAYER**

*One day Jesus was praying in a certain place. When He finished, one of his disciples said to him "Lord teach us to pray..." (Luke 11:1)*

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"Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen." (Matthew 6:9-13)

# **“OUR FATHER IN HEAVEN...”**



**Connect with God. He is your loving  
father.**

**LIST SOME THINGS  
YOU COULD SAY  
TO START YOUR PRAYER WITH GOD.**

Examples: “Dear God...”, “Hi Dad!”, “Good Morning  
Lord!”, “Hey Papa!”

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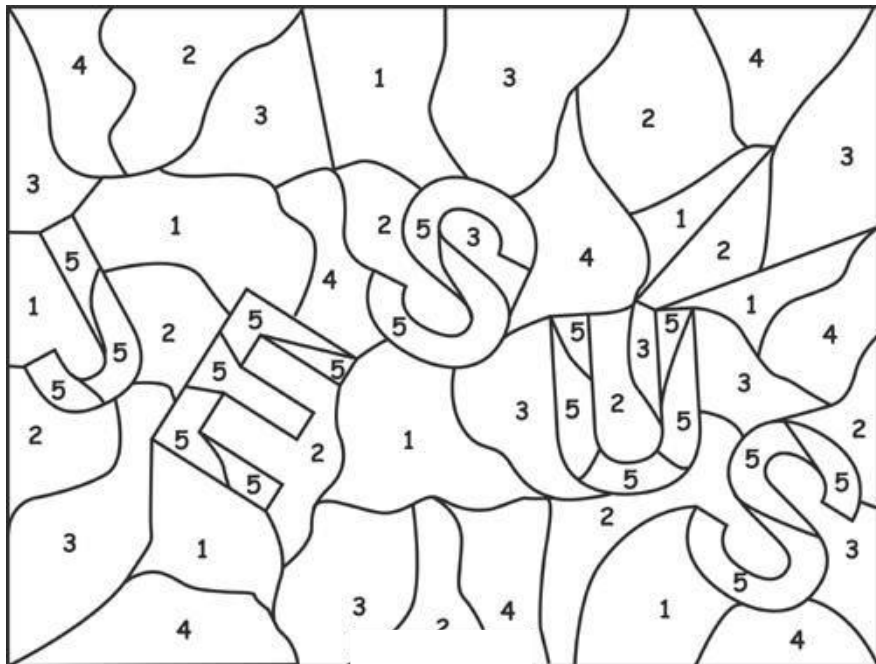
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**“...HALLOWED BE YOUR NAME...”**



1 – Red

2 – Green

3 – Orange

4 – Yellow

5 - Green

**Worship His name.**

*God's name is a place of protection - good people can run there and be safe. (Proverbs 18:10 MSG)*

## **MATCH WHO HE IS WITH WHAT HE CAN DO!**

**HEALER** God is on my side and will fight for me.

**FRIEND** God is in charge and wants the best for me.

**PEACE** I will choose joy because God is my joy.

**FORGIVENESS** He is my hope for every situation.

**LOVE** He forgives me for anything I have done and will do.

**HOPE** Jesus loves me the most.

**JOY** He brings me peace no matter what I go through.

**KING** He is always with me.

**PROTECTOR** God heals all our diseases.

**“...YOUR KINGDOM COME, YOUR WILL BE  
DONE. ON EARTH AS IT IS IN**



**Pray for what He wants (Pray His agenda first).**

*He will always give you all you need from day to  
day if you will make the Kingdom of God  
your primary concern.*

*(Luke 12:31 TLB)*

## THE BEST THING WE COULD EVER WANT IS WHAT GOD WANTS.

He will take care of everything else we need!

List below and pray through the things God  
wants for the world and for you.

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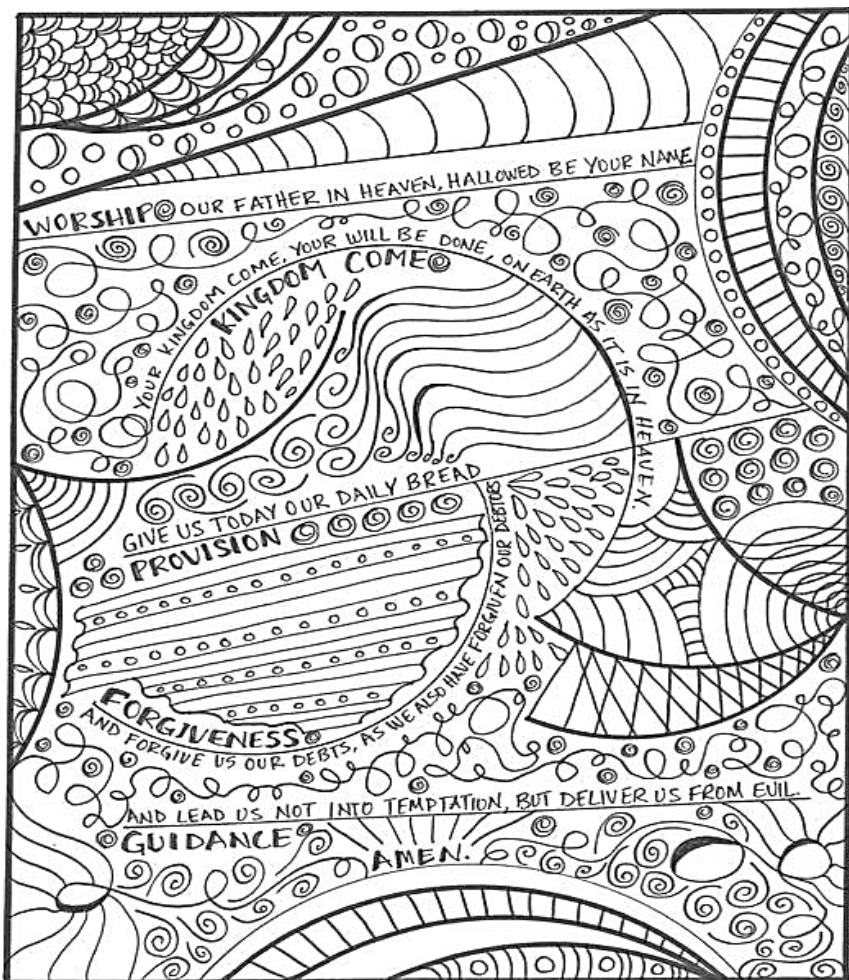
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**“...GIVE US THIS DAY OUR DAILY BREAD...”**



**Ask God for what you want and need, and then trust Him to provide for you. *I look up to the mountains—does my help come from there?***

*My help comes from the Lord, who made heaven and earth!*

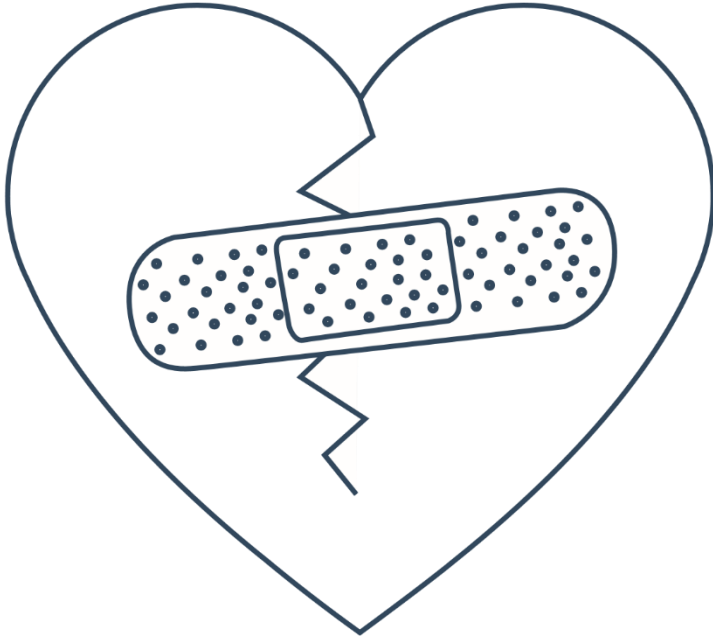
*(Psalms 121:1-2 NLT)*

## WHAT ARE YOU TRUSTING GOD FOR?

Write some of your answers below.

[illegible]

**“...AND FORGIVE US OUR DEBTS, AS WE  
FORGIVE OUR DEBTORS...”**



**Make sure your heart is right with God and with  
people.**

*If we confess our sins, He is faithful and just and will  
forgive us our sins and purify us from all  
unrighteousness.*

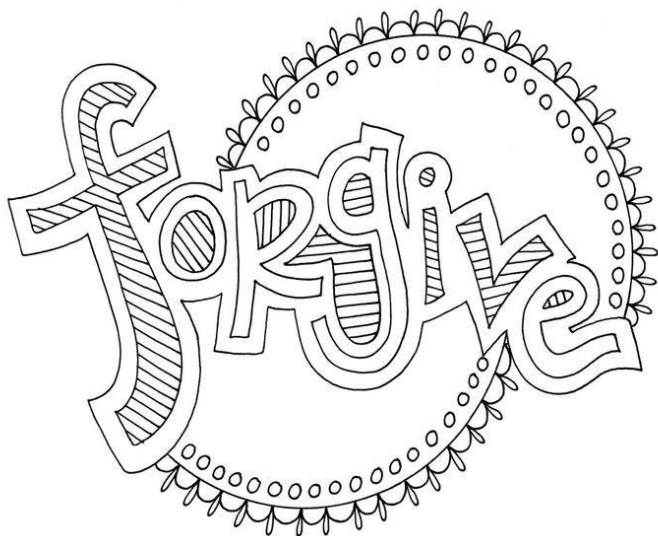
*(1 John 1:9)*

# ASK JESUS TO LOOK INSIDE YOUR HEART:

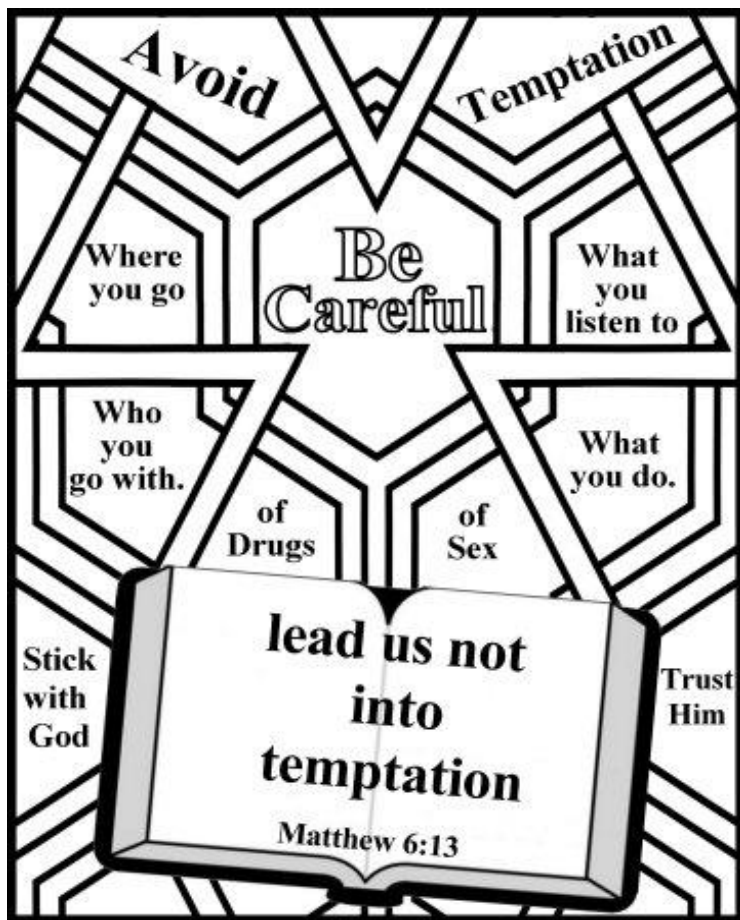
1. What do you need to ask for forgiveness about?
2. What do you need to forgive someone for?

Once you have prayed, color in the sentences below.

Just as Christ  
forgives us,  
we are to  
forgive.



**“...AND DO NOT LEAD US INTO  
TEMPTATION, BUT DELIVER US FROM  
THE EVIL ONE...”**



Replace any lie the enemy has told you with the truth of God's Word.

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:12)*



I CAN DO ALL THINGS

through  
christ

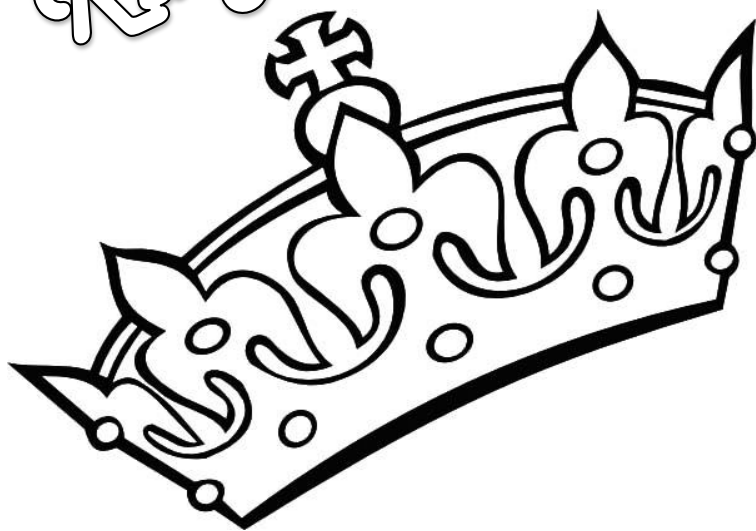
WHO STRENGTHENS ME.

PHILIPPIANS 4:13

**“...FOR YOURS IS THE KINGDOM AND THE  
POWER AND THE GLORY FOREVER.**

**AMEN.”**

JESUS  
King of Kings



God can do anything (believe it)!

*Ah, Sovereign Lord, You have made the heavens and the  
earth by Your great power and outstretched arm.  
Nothing is too hard for You. (Jeremiah 32:17)*

## ASK GOD TO LEAD YOU EVERY DAY.

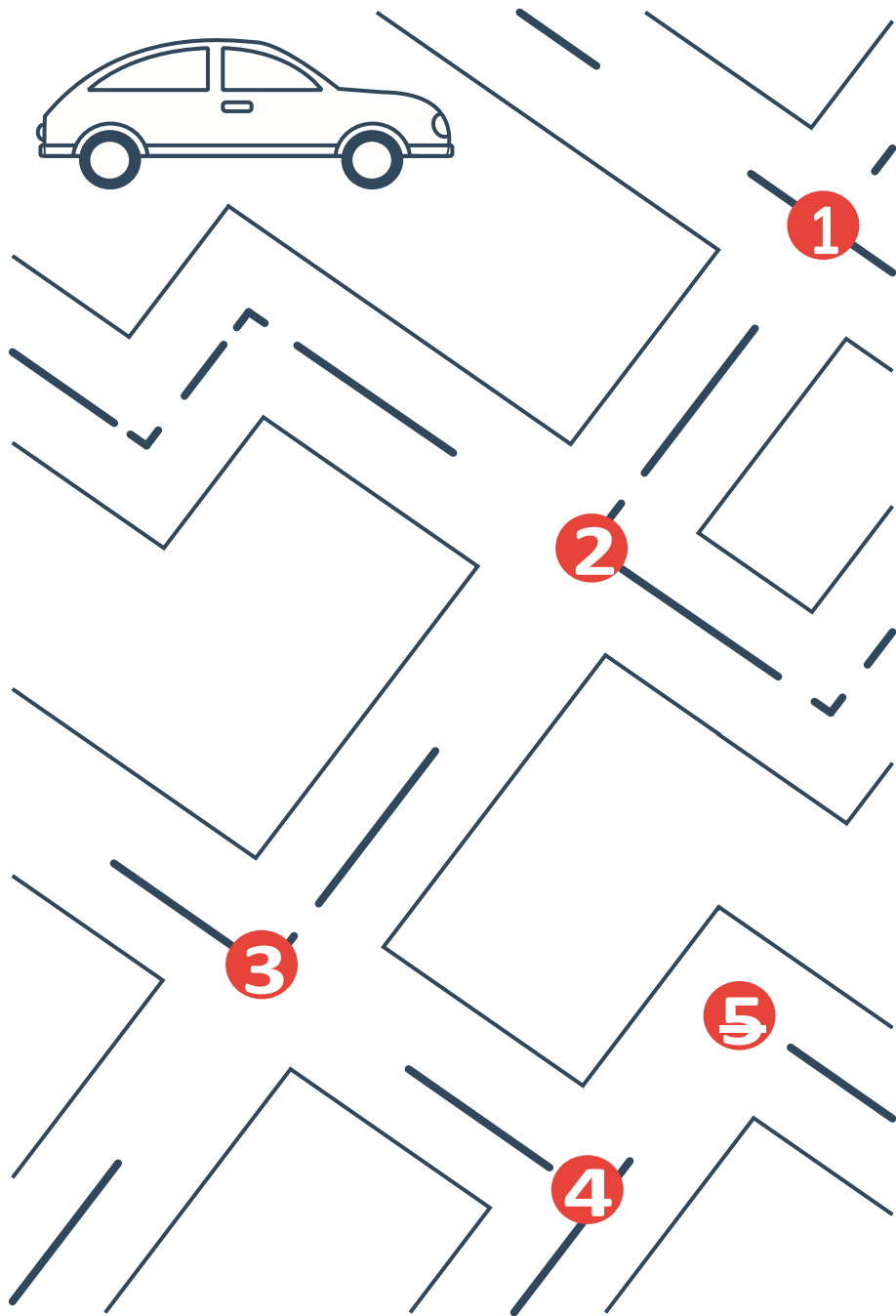
Have you ever been lost and not known where you were going?

It's not a fun feeling. The easiest way to avoid this is to ask for directions from someone with a map. Jesus has the map to life and has the best plan for our life.

**Follow the numbers 1-5 and color in the road map on the next page as you ask Jesus to lead you today!**

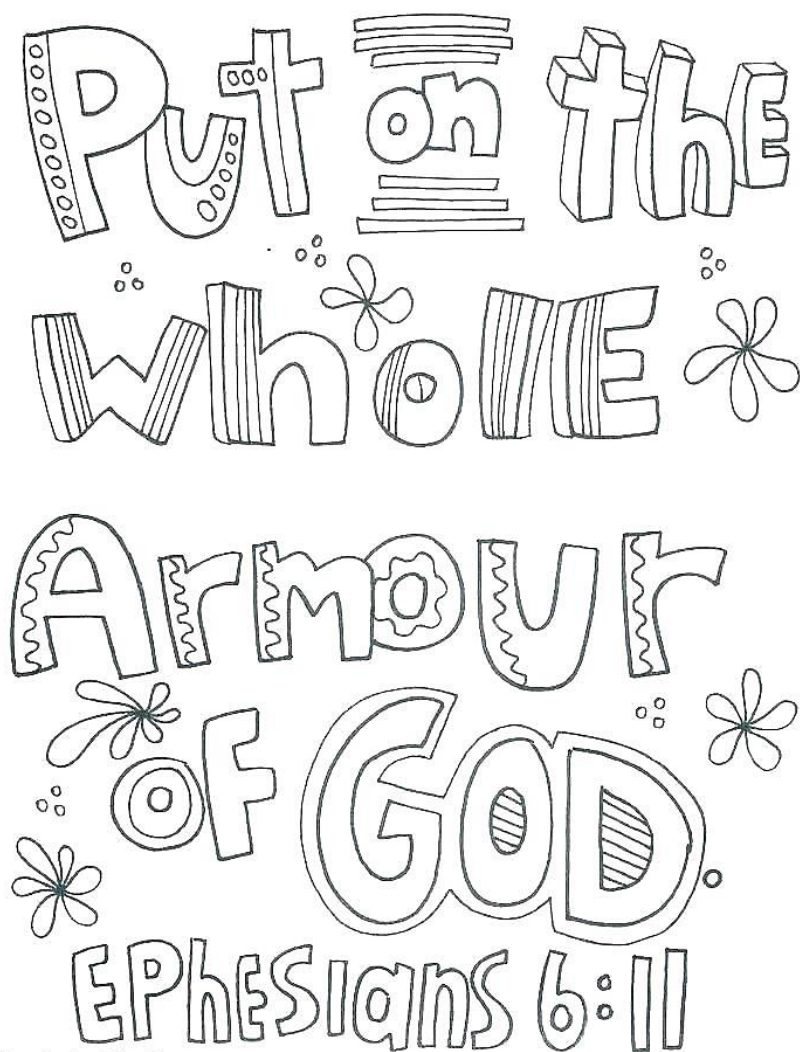
1. Thank You, Jesus, for the plan you have for me!
2. Today I choose your plan for my life, because I know it's the best plan there is!
3. Lead me. Give me words to say. Help me think good thoughts.
4. Help me to be kind to people, be wise, and make good choices.
5. Jesus, please make me more like You every day. In Jesus' name. Amen.

*(Proverbs 3: 5-7; Psalm 131:1-3, Isaiah 30:21)*



## PRAYERS FOR WHEN I NEED HELP

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armour!



# PRAYING THROUGH THE ARMOR OF GOD...



# ARMOUR OF GOD PRAYER

**Lord, Today I put on the full armor of God. I am protected.**

I put on the **belt of truth** to speak and walk honestly.

I will put into **place the breastplate** to do what is morally right.

I will strap onto my feet and be ready with the **Gospel of peace.**

On my arm I will carry the **shield of faith** and block the attacks from the evil one. I know God is with me.

On my head I will wear the **helmet of salvation.**  
Jesus loves me and I belong to Him!

With my shield in one hand, I will carry the **sword of the Spirit** with me in the other. It is the Word of God.

I will pray on all occasions, everywhere, for anything.  
I will be alert and never stop praying daily for those around me.

In Jesus' name, Amen.



RIGHT  
EOUS  
NESS

TRUTH



FAITH

SALVA  
TION



WORD  
OF  
GOD

GOSPEL  
OF  
PEACE



Cut the squares out and stick the picture back to back on the Armour of God words. Carry these in your pocket or bag as a reminder of the amazing weapons God has given