

21 days

of prayer and fasting

river valley kids

21 days

of prayer and fasting

What is fasting?

Giving up something we love and typically use every day. When people fast, they take the time they would have spent doing the thing they love and dedicate it to special times of prayer and Bible reading.

What can I fast?

Candy
Sweets
Dessert
Soda
Fast Food
Television
Video games
Using the computer & phone

How should I pray?

Thank God for his love and for providing for you.
Say you are sorry and ask God to forgive your mistakes.
Ask God for what you need.
Praise God for what he has given you and what he has done for you.

What should I pray for?

Your heart (trusting God & forgiving others)
Your home (pastors, leaders, your church)
Your world (missionaries, unreached people groups, hurting people)

Memory Verse

“Jesus said, ‘This is how you should pray:
‘Father, may your name be kept holy. May your Kingdom come soon. Give us each day the food we need, and forgive us our sins, as we forgive those who sin against us. And don’t let us yield to temptation.’”
Luke 11:2-4

We do not recommend that children skip meals or drastically reduce their food intake.

how to pray and fast

1. Pick a time and place.

Pick a time and place - whether it's first thing in the morning, at lunch or in the evening - and keep it every day!

2. Listen before you speak.

When you sit down to pray, be silent for a few minutes (or longer) and let God speak to you.

When God speaks to you, it usually isn't a voice that you hear, but a feeling or thought that comes to mind. It's something you wouldn't normally think of or feel.

3. Focus on God.

Pray for your needs and how you want God to move in your life. Spend time praying that others would put their trust in Jesus and invite Him to live in their hearts, just like you did!

4. Ask for anything.

God wants us to ask Him for what we want and need. Don't be afraid to pray and ask Him for ANYTHING!

week 1

our hearts

john 4:21-24

week 1

DAY	DATE	FOCUS & TOPIC
Day 1	Jan 9	Surrender: I will allow God to be in control of my life.
Day 2	Jan 10	Inspiration: I will encourage others to follow Jesus.
Day 3	Jan 11	Transformation: I will allow God to change me to be more like Him.
Day 4	Jan 12	Authenticity: I will use my special talents that God gave me.
Day 5	Jan 13	Sacrificial Love: I will show others God's love through my words and actions.
Day 6	Jan 14	Courage: I will have the courage to tell others about God.
Day 7	Jan 15	Obedience: I will be obedient to what God wants me to do.

john 4:21-24

day 1

SURRENDER

*I will allow God to be in
control of my life.*

Luke 9:23-25

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 2

INSPIRATION

*I will encourage others to
follow Jesus.*

Luke 17:5-6

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 3

TRANSFORMATION

I will allow God to change me to be more like Him.

John 7:37-38

reflect

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kids

parents

day 4

AUTHENTICITY

I will use my special talents that God gave me.

John 8:31

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 5

SACRIFICIAL LOVE

*I will show others God's love through
my words and actions.*

John 15:11-17

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 6

COURAGE

*I will have the courage to tell
others about God.*

Acts 6:8

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 7

notes

OBEDIENCE

*I will be obedient to what
God wants me to do.*

Acts 13:22

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

week 2

our home

1 Corinthians 13:9-13

week 2

DAY	DATE	FOCUS & TOPIC
Day 8	Jan 16	Worship & Creative Team: I will pray for my worship leaders.
Day 9	Jan 17	Being God's Witnesses: I will speak the truth about God to those around me.
Day 10	Jan 18	Next Generation: I will pray for my friends and siblings.
Day 11	Jan 19	Holiness: I will be like Jesus in everything I say and do.
Day 12	Jan 20	Pastors: I will pray for my pastors.
Day 13	Jan 21	Deacons, Elders, Leaders: I will pray for my River Valley Kids leaders and teachers.
Day 14	Jan 22	Humility: I will help people who are in need.

1 Corinthians 13:9-13

day8

WORSHIP & CREATIVE TEAM

I will pray for my worship leaders.

Acts 16:25-26

reflect

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kids

parents

day9

BEING GOD'S WITNESSES

I will speak the truth about God to those around me.

Acts 22:14-15

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 10

NEXT GENERATION

I will pray for my friends and siblings.

Romans 8:27-30

reflect

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kids

parents

day 11

HOLINESS

I will be like Jesus in everything I say and do.

Romans 12:1-2

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 12

PASTORS

I will pray for my pastors.

1 Corinthians 3:5-11

reflect

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kids

parents

day 13

DEACONS, ELDERS, LEADERS

I will pray for my River Valley Kids leaders and teachers.

1 Corinthians 11:1

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 14

notes

HUMILITY

*I will help people who are in
need.*

2 Corinthians 4:5-7

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

week 3

our world

2 Corinthians 3:16-18

week 3

DAY	DATE	FOCUS & TOPIC
Day 15	Jan 23	Generosity: I will give to others.
Day 16	Jan 24	Our Heart is Global: I will love people around the world.
Day 17	Jan 25	Unreached People Groups: I will pray for Unreached People Groups.
Day 18	Jan 26	Unity: I will get along with others and treat them well.
Day 19	Jan 27	Persecuted Churches: I will pray for people who are treated badly because they follow Jesus.
Day 20	Jan 28	River Valley's 500 Missionaries: I will pray for the River Valley Missionaries.
Day 21	Jan 29	Presence of God: I will spend time with God.

2 Corinthians 3:16-18

day 15

GENEROSITY

I will give to others.

Galatians 6:7-10

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 16

OUR HEART IS GLOBAL

I will love people around the world.

Philippians 2:5-11

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 17

UNREACHED PEOPLE GROUPS

I will pray for Unreached People Groups.

1 Timothy 2:1-7

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 18

UNITY

*I will get along with others
and treat them well.*

Hebrews 10:23-25

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 19

PERSECUTED CHURCHES

*I will pray for people who are treated badly
because they follow Jesus.*

1 Peter 4:12-14

reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

kids

parents

day 20

RIVER VALLEY'S 500 MISSIONARIES

I will pray for the River Valley Missionaries.

Jude 20-25

reflect

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kids

parents

day 21

notes

PRESENCE OF GOD

I will spend time with God.

Revelation 7:9-17

reflect

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kids

parents

STAMP

*Each day you participate in 21 Days of Prayer & Fasting and come to church, you can get a stamp!
Get a bonus stamp if an adult participates with you!
Bring this book to the Fuel Depot to redeem prizes with your stamps.*

CONGRATULATIONS!
you finished

21 days

of prayer and fasting

**What's something new you learned during
the 21 Days of Prayer and Fasting?**

Did you have any prayers answered?



river valley kids