

21 DAY FAST

21 DAYS OF LEARNING TO PRAY LIKE JESUS



ct**kids**

How to Use

Hi CT Kids and family! Before you dive into your 21 days of prayer, take a few minutes to read through the steps below!

1

Read! Read the Bible verse for the day!
This verse is the key to learning how to pray like Jesus!

2

Pray! Follow the prayer guide, but you are not limited to this prayer!
God is the best teacher. Ask Him how you should pray!

3

Do! Each day there will be an activity that you can do to help you remember what you learned!

Day 1 | January 2

GOD SPEAKS

read

One day when the crowds were being baptized, Jesus himself was baptized. As he was praying, the heavens opened, and the Holy Spirit, in bodily form, descended on him like a dove. And a voice from heaven said, "You are my dearly loved Son, and you bring me great joy."

Luke 3:21-22

pray

When Jesus was baptized he prayed to God and God answered.

Thank you God that you hear and answer prayer!

do

Draw a picture of a prayer that God has answered in your life!

Hi Friend!

We are excited to share with you the 21 Day Fast Devotional! We believe that you are called to draw near to Jesus and hear His voice. God's heart is for you and you have the blessing of walking with Him from a young age. Jesus said in Matthew 19:14, ***"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."*** Our prayer is that this devotional would be used by Him to build and grow you!

We are praying for you as you draw near to Jesus!

Note to Parents:

Whether your child is two or twelve, sowing seeds of faith is what you are called to do! With your guidance your child can learn that it is important to spend time with God. They may need your help at first; they are learning to quiet their heart and seek God. Continue to persevere as you disciple your child's heart and believe God to move! It takes time for seeds to take root and become a mighty tree!

DAY 1

Day 1 | January 2

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DAY 2

Day 2 | January 3

ALONE WITH GOD

read

Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

Mark 1:35

pray

Jesus took the time to get alone with God and pray.

Lord, help me to spend time alone with you to pray everyday.

do

Find a silent place at home to have a conversation with God. You can tell Him anything! What you're happy about, what makes you sad - anything!

DAY
3

Day 3 | January 4

LEARNING TO PRAY

read

Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, “Lord, teach us to pray, just as John taught his disciples.”

Luke 11:1

pray

Jesus' followers wanted to learn how to pray.

Thank you Lord that you teach us how to pray!

do

Make your own prayer journal! Grab a stack of 5 sheets of colored paper and fold them in half. Ask an adult to staple them together. Then write your name on the top sheet and decorate however you'd like! Each day you can write down a prayer request for yourself or someone you know!

DAY
4

Day 4 | January 5

KEEP ASKING!

read

One day Jesus told his disciples a story to show that they should always pray and never give up.

Luke 18:1

pray

Jesus taught his followers that should keep praying even if we don't see God answer right away!

God, please help me to be patient as I wait for you to answer my prayers.

do

Make a prayer jar! Use notecards (or piece of paper) to write prayers you are praying for. Put them in the jar and pray over them each day.

DAY
5

Day 5 | January 6

WHO IS GOD?

read

One day Jesus left the crowds to pray alone. Only his disciples were with him, and he asked them, "Who do people say I am?"

Luke 9:18

pray

Jesus asked His followers who they thought He really was.

Jesus, show me who you really are! I want to know you!

do

Trace your hand on a piece of paper and write five things you know about God.

DAY
6

Day 6 | January 7

ASK AND RECEIVE

read

And so I tell you, keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.

Luke 11:9

pray

Jesus tells His followers to ask God for the things they need. Ask God for what you need right now and thank Him for all that He has done.

do

Set a timer for one minute! Take that one minute to thank God for how amazing He is.

DAY
7

Day 7 | January 8

FORGIVE YOUR ENEMIES

read

Jesus said, "Father, forgive them, for they don't know what they are doing."

Luke 23:34a

pray

Jesus prayed for God to forgive the people that hurt Him.

Ask God to forgive any person that has hurt you.

Jesus, I choose to forgive _____ for _____. Heal my heart and give me Your love for them.

do

On a piece of paper write down some things that people have done that hurt you. Pray and forgive them and then rip that piece of paper into pieces!

DAY
8

Day 8 | January 9

PRAYING FOR TRUST

read

But I have pleaded in prayer for you, Simon, that your faith should not fail. So when you have repented and turned to me again, strengthen your brothers.”

Luke 22:32

pray

Jesus prayed for His friend Simon. Ask God to help your friends and family to trust Him more.

God, help _____ to trust you more!

do

Find four items that represent four family members or friends.

Example: A stuffed toy that represents my little brother.

Every time you see those items you can pray for that family member or friend!

DAY
9

Day 9 | January 10

GOD'S PLAN

read

“Abba, Father,” he cried out, “everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine.”

Mark 14: 36

pray

Jesus put God's plan first before His plans. Ask God to help you to choose His plans instead of your own!

God, help me to choose your plans instead of mine!

do

Find the verse Jeremiah 29: 11 in your Bible. Write the verse on a sheet of paper. Then, cut out each word. Mix them up, then try to put them in the right order to help you memorize it!

DAY
10

Day 10 | January 11

GOD CHANGES ME

read

About eight days later Jesus took Peter, John, and James up on a mountain to pray. And as he was praying, the appearance of his face was transformed, and his clothes became dazzling white.

Luke 9:28-29

pray

When Jesus was praying, He was transformed. Ask God to change your heart, your mind and to fill you up with His Spirit!

Holy Spirit, I need you to transform me! Change my heart and my mind and fill me!

do

Ask an adult to play some worship music! Then as God how He see you and draw a picture of what He shows you.

DAY
11

Day 11 | January 12

PRIVATE, NOT PROUD

read

But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

Matthew 6:6

pray

Jesus reminds us that praying is about talking and listening to God, and not bragging about how well we pray. Ask God to keep your mind and heart on Him when you pray.

God, help me to focus only on you when I pray!

do

Write a prayer on a small piece of paper and hide it in your pillow case. Pray for that prayer every time you go to sleep!

DAY
12

Day 12 | January 13

SIMPLE PRAYERS

read

“When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don’t be like them, for your Father knows exactly what you need even before you ask him!

Matthew 6:7-8

pray

Jesus taught that prayers can be simple. Thank God that He knows what you need and loves to provide for you!

God, thank you that you know exactly what I need and that you always provide for me.

do

Think about some people, places and things that you can pray for. On a small piece of paper, write one word or draw a picture that will remind you to pray for those things.

DAY
13

Day 13 | January 14

REMEMBER GOD

read

Pray like this: Our Father in heaven, may your name be kept holy.
Matthew 6:9

pray

When we pray, Jesus said to start by remembering who God is. It reminds us He is powerful and in control. Ask God to remind you how great, powerful and loving He is!

Father, please continue to remind me how great, powerful and loving You are.

do

With the help of an adult, put $\frac{1}{4}$ cup of baking soda in a small cup. Then, pour in $\frac{1}{4}$ cup of vinegar. Watch what happens and let it remind you of God's power!

DAY
14

Day 14 | January 15

THE RIGHT WAY TO LIVE

read

Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

Matthew 26:41

pray

God tells us the right way to live when we pray. Ask God to show you any things you do or say that make His heart sad and ask Him to help you not to do those things anymore.

do

Take four minutes to pray by yourself:

1 minute to say thanks

1 minute to ask for forgiveness

1 minute to pray for others

1 minute to pray for yourself

DAY
15

Day 15 | January 16

GIVE THANKS

read

He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this in remembrance of me."

Luke 22:19

pray

Jesus taught that it is important to give thanks to God and to remember that Jesus sacrificed himself for us. Ask God to remind you of the things He's done for you and thank Him!

Lord, remind me of all the things you have done for me!

do

Write a letter or draw a picture for someone in your family to thank them for something they have done for you.

DAY
16

Day 16 | January 17

WANT WHAT THE FATHER WANTS

read

Don't you realize that I could ask my Father for thousands of angels to protect us, and he would send them instantly? But if I did, how would the Scriptures be fulfilled that describe what must happen now?"

Matt 26:53-54

pray

The most important thing to Jesus was doing what God the Father wanted. Ask God to help you want the same things He wants. God knows what is best and wants what is best for you!

God, change my heart and give me the desire for the things You want for me!

do

Ask a parent to tell you a time that God's plan was better than their plan.

DAY
17

Day 17 | January 18

JESUS' POWERFUL NAME

read

Yes, ask me for anything in my name, and I will do it!

John 14:14

pray

Jesus' name is so powerful. Thank Jesus that His name is powerful and we can pray powerful prayers and see miracles happen when we believe in Him.

Thank you Jesus for your power!

do

Blow up a balloon. Then, see how far you can move it using your own breath. Now try it using a blow dryer to see how much further it goes.

DAY
18

Day 18 | January 19

GIVING GOD THE CREDIT

read

After saying all these things, Jesus looked up to heaven and said, "Father, the hour has come. Glorify your Son so he can give glory back to you.

John 17:1

pray

Jesus prayed that His good actions would show people God's great love. Ask God to help you give Him the credit when people compliment you.

God, I want You to get the credit whenever I do anything good!
Remind me if I ever forget to give You the credit.

do

Practice in the mirror giving God the credit when people say good things about you. Example: "Thank you. God helped me."

DAY
19

Day 19 | January 20

GOD'S TRUTH

read

Make them holy by your truth; teach them your word, which is truth.

John 17:17

pray

Jesus prayed that God would teach his followers what is true.
Ask God to show you what is true, right and good.

Father, show me what is true, right and good.

do

Make a paper chain using paper strips and glue. On each strip, write things God says is true about the Bible, true about God, or true about you.

DAY
20

Day 20 | January 21

PRAYERS FOR OTHERS

read

"I am praying not only for these disciples but also for all who will ever believe in me through their message..."

John 17:20

pray

Jesus prayed for other people. Ask God to show you someone to pray for and pray that God would show His love, mercy and goodness to them today.

Jesus, I pray for _____. Please show them your love, mercy and goodness today.

do

Grab five sticky notes! Write the names of five people you will pray for on each sticky note and a prayer for them! Place them around your home and pray for those people each time you see the sticky notes.

DAY
21

Day 21 | January 22

COMMON PRAYER

read

“...For where two or three gather together as my followers, I am there among them.”

Matthew 18:20

pray

Jesus taught that He is with us when we pray together.

With another person, find something in common that you are both praying for and pray together.

do

Find at least one friend and make musical instruments together. Creating something by yourself might be good, but creating with others can be amazing!