






21 days of prayer & fasting





Fasting cuts out distractions so we can focus on God! It is so important to model the principle of staying in God's Word, prayer and fasting to our kids - and it's actually quite simple to introduce different ways they can participate!

EXPLAINING PRAYER & FASTING



An easy way to explain the benefits of prayer and fasting to kids is to compare it to cleaning out old toys that might no longer work, or that they might have outgrown, to make room for new ones. *“As we clean out our bodies, or change the amount of time we spend on electronics, and make time to connect closer to God and His Word, we make room to receive new gifts from Him, and get closer to Him”.*

MAKE DIFFERENT CHOICES

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- For a period of time, choose healthy foods for snacking. Instead of cookies, choose carrots. Instead of soda, choose water. Instead of fast food, choose nutritious meals.
 - Abstain from sweets.
 - Lead kids to not eat sugar-based foods (*candy, cake, pastries, etc.*) for a designated time.
 - A digital fast.
 - As a family, decide to reduce time and energy spent watching TV, playing video games, using the computer or phone, and instead choosing to spend time praying, reading their Bible or serving others.

DAY 1	Earnest Seeking Matt. 7:7; Psalm 63:1
DAY 2	Recentering & Alignment to God's Word 2 Cor. 4:1-3
DAY 3	Clear Vision Habakkuk 2:2-3, Pro. 29:18
DAY 4	Repentance 2 Chron. 7:14; Acts 3:19
DAY 5	Unity 1 Corin. 1:10, Psalms 133:1
DAY 6	Next Generation Psalms 78:4-6; Acts 2:17
DAY 7	Stewardship & Legacy Proverbs 13:22, Matthew 25:14-30
DAY 8	Armor of God Eph. 6:10-12, Eph. 6:13-8
DAY 9	My Church and Leadership Hebrews 10:24-25, John 10:10
DAY 10	Family John 15:12-17, Psalm 127: 3-5
DAY 11	Forgiveness Matthew 6:14-15, Eph. 4:32
DAY 12	Love Like Christ 1 Cor. 13:4-8, Mark 12:30-31
DAY 13	Discernment & Wisdom 1 Kings 3:9, Romans 12:2
DAY 14	Signs, Wonders, Miracles Mark 16:17-18; Heb. 2:4
DAY 15	Freedom Galatians 5:1, 2 Cor. 3:17
DAY 16	Evangelism 1 Peter 3:15, Matt. 28:19-20
DAY 17	Obedience 1 Samuel 15:22, Luke 11:28
DAY 18	Peace (Shalom) Phil. 4:7, Numbers 6:24-26
DAY 19	Generosity 2 Cor. 9:6-9, Luke 21:3-4
DAY 20	My City Jer 29:7, Proverbs 11:11
DAY 21	Unceasing Prayer Eph 6:18, 1 Thes. 5:16-18

What is Prayer & Fasting?

Color as you read along!

Fasting is when you go without something for a little while. (Icon: clock)

Prayer is how we talk to God. (Icon: speech bubbles)

God wants to have a relationship with YOU! (Icon: stick figures labeled GOD and YOU with a heart between them)

But focusing on Him can be tough when there are a lot of distractions (Icons: smartphone with thumbs up, TV with 'A COOL SHOW' on screen, star)

During 21 Days of Prayer and Fasting, we cut out distractions so that we can focus on God. God wants to focus on you, too! Because he loves you so much. (Icon: target)

S.O.A.P. (Icon: hand with prayer fingers)

Each day, head to @theheartbeatkids instagram to watch a devotional on our prayer focus. Use the SOAP method after watching the video and reading the scripture at home!