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21 DAY PRAYER & FASTING  
DEVOTIONAL & JOURNAL

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THIS JOURNAL BELONGS TO:

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# HEY PARENTS!!

For the next 21 days, RSC and RSKidz will be focusing on prayer and fasting. I hope you have prayed and considered your own, personal participation as we embark on this journey together. It is our hope that you will take the coming 21 days and make prayer and fasting a regular part of your life and family's routine. While there are some areas of this journey we can keep between us and God, you are encouraged to not make this 21 days a secret from your family. Take time to share and participate together.

This journal is designed to help your child to engage in prayer and fasting at home. This is intentional! Our prayer is that you will learn and grow together spiritually as a family!

Encourage your child to pick a comfy spot to do their devotions each day. If they'd like, feel free to join them. Each day your child will be given a Daily Challenge. Make this a fun time to do together. As an added bonus, they will have a Weekend Challenge your whole family can do together.

Know you and your family are being prayed for as you embark on this journey together!

# HEY KIDS!!

You are about to embark on an exciting 21 days of fasting and prayer! Are you ready? Did you know God is so excited for this time you are going to have together? Well, He is! He can't wait!

God desires we would draw closer to Him during these next 21 days. We want you to know prayer and fasting can be fun and enjoyable.

This prayer journal is all yours. You can write, doodle and scribble all you want! Each day you will find some verses to read in your Bible (have your parents help you, if you need it). Then you'll find some questions to answer to help you better understand what you just read. To end your time there are some Daily Challenges. Do your best to accomplish these each day! As an added bonus, you will find a Weekend Challenge at the end of the week. Get your whole family to participate with you!

So, grab your Bible, find a comfy prayer spot and begin your 21 day journey!

Week 1  
Day 1

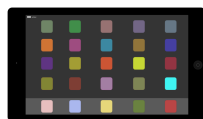
# Read

## Mark 1:29-39

1. When a battery runs low, we can put it on a charger to give it more “juice.” Spending time with His Father got Jesus fired up. How do you “recharge” when you’re tired from a big day at school?
2. God wants to hear from you! We’re going to practice praying with a pen. WOW! We write down things that are important and we want to remember. Let’s give it a try. What is a busy day like for you? Tell God about it. What questions do you have for God?

## DAILY CHALLENGE

If you haven’t already done so, choose the things you will fast for the next 21 days. Use the calendar provided in this journal to help you stay on track.



Week 1  
Day 2

# Read

## Luke 6:12-16

1. Jesus took time to listen to His Father. In Matthew 6:9, Jesus used this prayer to help teach His disciples to pray. It begins: "Our Father..." To sigh the word "Father," put the thumb of your right hand against your forehead. Wiggle your finger a little. Use this sign to help you remember to talk and listen to your Father in heaven!
2. Prayer means talking and listening to God. Picture yourself in front of your heavenly Father. What would you ask? What would He say to you? Write down your thoughts on a computer or on paper, or try and take a walk and talk to God!

### DAILY CHALLENGE



Start a prayer request journal. Decorate it just the way you like it. Record your requests each day and take some time to pray for them. Don't forget to go back and record how your prayers were answered.

Week 1  
Day 3

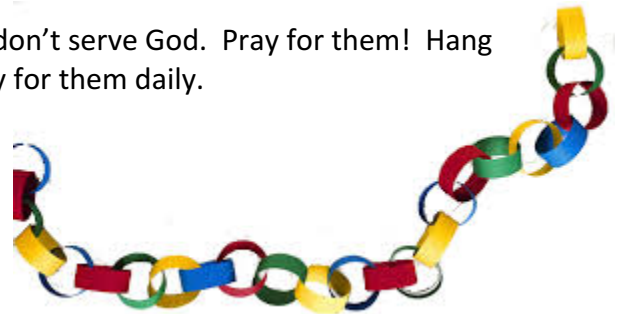
# Read

## Luke 11:1-13

1. Cassie had a new puppy. She complained to her Mom after asking her dog to roll over, "He never does what I tell him." Imagine how God feels when He asks you to do something and you don't. Finish this sentence: "God, when it comes to wanting what you want, sometimes I..."
2. Do you remember to pray and thank God before you eat? At school? At a restaurant? Why not practice praying right now?

### DAILY CHALLENGE

Make a paper chain with names of those you know who don't serve God. Pray for them! Hang the chain somewhere in your room to remind you to pray for them daily.





Week 1  
Day 5

# Read

## John 5:16-23

Sarah plopped down next to Cassie on the school bus. “Amy thinks she’s better than me. She’s always putting everyone down, and now she’s picking on me!” Sarah sighed. Cassie said, “You must hate her...” Cassie shook her head and said, “I wanted to, but it’s wrong to hate others. It was hard, but I forgave her.”

Have you ever felt like you couldn’t forgive someone? (Parents, how about an example of the need to forgive within your own family?) How does it feel before you forgive someone? How about after? Remember, when we don’t forgive others, God can’t forgive us! Who do you need to forgive or ask for forgiveness?

### WEEKEND CHALLENGE

Try making an “Adoration Alphabet” with your family. Choose a word or phrase to describe God, using the letters of the alphabet. Write them down on a large sheet of paper.



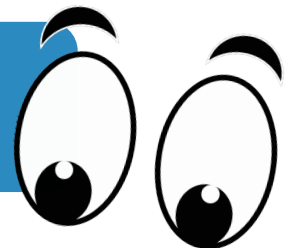
Week 2  
Day 1

Read

Luke 10:38-42

1. Jesus loves kids! When can a kid spend time with God? At home? At school?
2. What can our family do together to spend time with God?

**DAILY CHALLENGE**



Martha was distracted from spending time with Jesus. Write down some things that distract you from Jesus. Choose one of them to give up for the next 24 hours.



Week 2

Day 3

# Read

## Matthew 6:5-13

1. What does it mean to pray? (Talk with God just like a friend.) When can you pray? Where can you pray?
2. God talks to us through His special book, the Bible. Can you read yet? Do you have your own Bible? When can you and your family read the Bible together?

### DAILY CHALLENGE

Write a note to someone, telling them you have been keeping them in your prayers.



Week 2

Day 4

Read

## 2 Corinthians 4:7-18

1. What have you liked most about the time on this prayer and fasting journey so far?
2. Would you like to keep on having times like these after these 21 days are over?

### DAILY CHALLENGE

Do you every worry? Write prayer requests on Worry Warts, pray and then toss those warts in the trash!



Week 2  
Day 5

Read

# Philippians 3:10-16

1. Do you like to run? Paul said we should run hard for God. What does he mean?
  
  
  
  
  
  
  
  
  
  
2. You are a winner with Jesus! How can you let someone else know they are a winner with Jesus?

## WEEKEND CHALLENGE

Write down a list of family and friends who don't serve God. Pray for them with your family!



1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_  
4 \_\_\_\_\_  
5 \_\_\_\_\_  
6 \_\_\_\_\_  
7 \_\_\_\_\_  
8 \_\_\_\_\_  
9 \_\_\_\_\_



**Week 3**  
**Day 2**

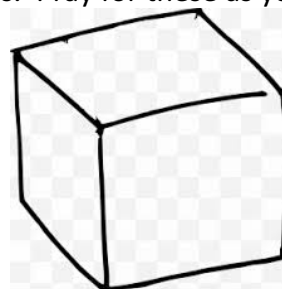
# Read

## Psalm 34

1. David was a praying man! This helped his relationship grow even stronger with God each day. List some of the ways David praised God in the verses you read today.
  
  
  
  
  
  
  
  
  
  
2. Write out some of your own praises to God!

## DAILY CHALLENGE

Make a paper cube and write requests on different sides. Pray for these as you roll the cube like a die. (Hint: Google it for some instructions!)



**Week 3**  
**Day 3**

# Read

## Romans 8:26-27

1. Sometimes praying can be hard! Sometimes we just don't know what to say. Have you ever had a situation where you didn't know how to pray for someone or a situation in your life?
2. God says He gives us a Helper when we pray...who does verse 26 say that Helper is? What does this Helper do?

### DAILY CHALLENGE

Pray for the Pastors and leadership at your church today!  
Talk with your parents about some ways you can pray for them.  
Let them know at church that you were praying for them this week.



Week 3  
Day 4

# Read

## 1 John 5:14-15

1. God hears us! We can be confident He is always listening. How does verse 14 say we should pray?
2. What does "His will" mean? Ask your parents if you are unsure.

### DAILY CHALLENGE

Try praying about events you heard about on the news.  
(Ask your parents for help.)



Week 3  
Day 5

# YOU MADE IT!!

Whew! What a great 21 days we've had! God loves when we spend time with Him!

1. Look back over your journal. What are three things you've learned during these 21 days?

1.

2.

3.

2. How would you like to keep spending time with God in 2020?

## WEEKEND CHALLENGE

Take a stack of sticky notes. On each note, write a prayer or praise to God. Put them on your wall or in a place you will see them every day!




# RSKidz Fasting Calendar

Please use this calendar as a guide. Pray and ask God what he would have you to fast. This is only to help!

## 2020 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 	6 	7 	8 	9 	10 	11 
12 	13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 	25 
26	27	28	29	30	31	

 Sweets or Candy

 Soda or Sugary Drink

 Phone or Tablet

 Specific food or a meal

 TV

 Video Games or games on phone

**IMPORTANT NOTE**

21 Day Fast will end with corporate worship and prayer on 1/25 @ 6 PM

