



MIDYEAR PRAYER, FASTING, AND CONSECRATION

The **CROSS**

AND WHAT IT MEANS FOR FALLEN HUMANITY



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Midyear Prayer, Fasting & Consecration
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#ENfast2025

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*This family devotional is designed to be used by parents with children from the ages two to twelve.

Fasting 101

Connect

All of us have needs and wants. Needs are things that we cannot live without. Wants are things we would like to have. What are some of your needs? What are some of your wants? There are many things we need and want. But sometimes, we focus so much on our needs and wants that we put aside our relationship with God. Fasting lets us focus more on God by setting aside our needs and wants.

What is fasting?

Fasting is stopping an activity (usually eating) for a period of time to know and hear God more. We replace eating or using our gadgets with time with God. This means praying, worshipping, and reading the Bible. These activities strengthen our relationship with God.

When our parents speak to us, we should pay attention and listen to them. Fasting helps us pay attention and listen to God. It helps us put aside distractions. We say to God, “I am going to listen to You because You are my Father. I trust You!”

Jesus gave us an example of fasting in Matthew 4. Jesus knew that He would need strength and power for His ministry. He prepared by fasting for forty days in the desert. During this time, He was tempted by Satan. His response to that temptation is the truth we can hold on to for strength when we fast:

But [Jesus] answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” MATTHEW 4:4

Fasting is usually keeping yourself from eating and drinking as you devote more time to God. But you can also fast from different media (TV, video games) and technology (gadgets, internet) if you cannot fast from food. The important thing is to keep your focus away from the things the world offers to spend more time with God.

BEFORE FASTING

1. Pray

Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your specific prayer requests for your family, friends, church, and nation.

2. Commit

Pray about the kind of fast that you will do and commit to it ahead of time. Ask God for grace to help you follow through with your decision. Also, ask your parents and maybe even your doctor if you are allowed to do a specific type of food fast.

3. Act

If you will be fasting from food, start eating smaller portions a few days before you fast. Avoid sugary and fatty foods. Ask someone to be your prayer partner throughout the fast.

WHILE FASTING

1. Focus

Set aside time to read God's word and pray. This devotional will help you as you fast. Just be ready to listen to God's voice and do what the Holy Spirit is telling you.

2. Pray

If you can, join at least one prayer meeting in your church. Pray for your family, church, pastors, nation, campuses, and missions throughout the week.

3. Fill Up

If you're fasting from food, during your mealtimes, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Keep in mind that you may find yourself becoming physically weak, tired, impatient, or irritated. If you're doing a different type of fast, read the Bible and pray during the time you would normally do what you are fasting from (for example, browsing through social media or playing video games).

AFTER FASTING

1. Eat

If you fasted from food, reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day. It may be tempting, but try not to eat junk food and sweets right away. If you've finished a different type of fast, remember what God revealed to you as you spent time with Him. Take what you learned from the fast into your everyday life.

2. Pray

Don't stop praying! Trust that God will keep His promises and knows what He's doing. Don't stop believing in and listening to God all year. Be in faith and expect God to answer your prayers!

Our Plan

Day 1

FASTING OPTIONS

Social media fast

Gadget fast

Skip one meal

Other: _____

Prayer Meeting(s) to Attend: _____

FAMILY MEMBERS

Write down the names of the parents and kids who will do this type of fast for today.

Day 2

FASTING OPTIONS

Social media fast

Gadget fast

Skip one meal

Other: _____

Prayer Meeting(s) to Attend: _____

FAMILY MEMBERS

Write down the names of the parents and kids who will do this type of fast for today.

Day 3

FASTING OPTIONS

Social media fast

Gadget fast

Skip one meal

Other: _____

Prayer Meeting(s) to Attend: _____

FAMILY MEMBERS

Write down the names of the parents and kids who will do this type of fast for today.

**WE ARE THANKFUL TO
GOD FOR . . .**

How did God answer our prayers in 2025 so far?

FOR THE REST OF 2025, WE ARE SEEKING GOD AND TRUSTING HIM IN THESE AREAS . . .

What are our prayer requests for the year?

My Family (e.g., good health for parents and siblings)

My School (e.g., good grades)

My Friends (e.g., for friends to know Jesus)

Others (e.g., for more people to know Christ)

Pray in Pairs

Each family member will pray with a relative or friend. Write down the prayer partner's name after each family member's name.

Family Member	Prayer Partner

“Again, here is what I tell you. Suppose two of you on earth agree about anything you ask for. My Father in heaven will do it for you.” MATTHEW 18:19 (NIRV)

Introduction:

The King and Saviour

CONNECT

How can you tell that a man is a king? Is it by looking at his family, clothes, words, and actions, or the way people behave around him? What if all these things were taken from him—would he still be a king? Take a moment to think about this and discuss it with your family.



Now, let's consider Jesus. He is the King of kings, but His life didn't always look like that at first glance. He didn't wear a crown or sit on a throne like the kings we might imagine. So, what was it that made Him our King? Was it the way He spoke with authority, the miracles He performed, or His perfect love and sacrifice for us? Discuss what makes someone a true king and how Jesus showed His kingship in a way that no earthly ruler ever could.

READ THE WORD

¹⁵He is the image of the invisible God, the firstborn of all creation. ¹⁶For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. ¹⁷And he is before all things, and in him all things hold together. ¹⁸And he is the head of the body, the

church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. ¹⁹For in him all the fullness of God was pleased to dwell, ²⁰and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross. COLOSSIANS 1:15–20

Jesus, the Son of the living God, is the King of kings. But He is more than that. *He is the image of the invisible God.* Everything has been created through Him and for Him, and He holds all things together. That means nothing is outside His authority and nothing happens outside His power. He is *the head of the body*—of all of us who believe in Him. He is our King, and He is also our Saviour. By His sacrifice on the cross, we are saved and reconciled to God. As our Saviour, He served us by laying down His life for us on the cross.

HUDDLE

Parents to Kid/s 2–6 years old

- ◆ Who is our King?
- ◆ How did Jesus show His love for you?
- ◆ Do you love Jesus?

7–12 years old

- ◆ Who is Jesus to you? How do you relate to Him?
- ◆ How would you serve Jesus as your King?
- ◆ Do you appreciate what Jesus did for you on the cross?

Kid/s to Parents

- ◆ What does it mean that Jesus is both King and Saviour?
- ◆ How can we, as a family, show our worship and devotion to Him?

Jesus willingly went to great lengths in order to save us. In our world today, no king would do this for his subjects. In fact, most kings would expect to be served and respected. But Jesus totally went the opposite way. His journey to live among us and eventually to the cross was filled with pain, suffering, and humility. In exchange, we now have His love, peace, and eternal hope.

May we come to Him in complete worship and devotion.



PRAY

Dear Jesus, You are the King of all things, yet You humbled Yourself to save us. Thank You for loving us so much that You gave Your life for us. Help us follow You and show our love and devotion to You. In Your name we pray, amen.

DISCOVER

Did you know that back in Jesus' time, the Roman emperors were considered gods? They set up temples and worshipped the emperors, whether they were alive or not.

But Jesus, the true King, came to serve and not be served. The Jewish people who were expecting a warrior king to defeat the Romans could not grasp the humility and sacrifice Jesus showed. But His victory on the cross over death proved that He is indeed the King of kings!¹

1 "Roman Religion Gallery," BBC History, last modified February 17, 2011, https://www.bbc.co.uk/history/ancient/romans/roman_religion_gallery_06.shtml?utm_source=chatgpt.com.

Day 1:

The Work

CONNECT

Gather around and get ready to share stories with each other. Participants will take turns sharing a story about conversations they had with someone outside the household that left them feeling good. It could be about anything—a new movie you're excited about, acing a quiz, or receiving great news. The possibilities are endless.



As you share your story, be sure to include these details:

- ◆ What was the topic of the conversation?
- ◆ Why did this conversation make you feel good?
- ◆ Who did you talk to, and where did the conversation take place?

Once everyone has shared, take a moment to reflect on the people you had these conversations with. Were they friends, family members, classmates, neighbours, coworkers, or someone else?

Humans are social creatures, so talking to others comes naturally to us. We talk about things that make us happy, sad, excited, or even angry. When we share stories, we're also sharing our thoughts and feelings. This helps us connect with others and feel closer to them.

READ THE WORD

¹³That very day two of them were going to a village named Emmaus, about seven miles from Jerusalem, ¹⁴and they were talking with each other about all these things that had happened. ¹⁵While they were talking and discussing together, Jesus himself drew near and went with them. ¹⁶But their eyes were kept from recognising him. ¹⁷And he said to them, "What is this conversation that you are holding with each other as you walk?" And they stood still, looking sad. ¹⁸Then one of them, named Cleopas, answered him, "Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?" ¹⁹And he said to them, "What things?" And they said to him, "Concerning Jesus of Nazareth, a man who was a prophet mighty in deed and word before God and all the people, ²⁰and how our chief priests and rulers delivered him up to be condemned to death, and crucified him. ²¹But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things happened. ²²Moreover, some women of our company amazed us. They were at the tomb early in the morning, ²³and when they did not find his body, they came back saying that they had even seen a vision of angels, who said that he was alive. ²⁴Some of those who were with us went to the tomb and found it just as the women had said, but him they did not see." ²⁵And he said to them, "O foolish ones, and slow of heart to believe all that the prophets have spoken! ²⁶Was it not necessary that the Christ should suffer these things and enter into his glory?" ²⁷And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself.

²⁸So they drew near to the village to which they were going. He acted as if he were going farther, ²⁹but they urged him strongly, saying, "Stay with us, for it is toward evening and the day is now far spent." So he went in to stay with them.

³⁰When he was at table with them, he took the bread and blessed and broke it and gave it to them. ³¹And their eyes were opened, and they recognised him. And he vanished from their sight. ³²They said to each other, “Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?” ³³And they rose that same hour and returned to Jerusalem. And they found the eleven and those who were with them gathered together, ³⁴saying, “The Lord has risen indeed, and has appeared to Simon!” ³⁵Then they told what had happened on the road, and how he was known to them in the breaking of the bread. LUKE 24:13–35

This story begins with two disciples walking seven miles to go to a village called Emmaus. This means they had to walk for about two hours to get there. On the way, they met and spoke with a man, not knowing it was Jesus they were talking to. Jesus reminded them that He was meant to suffer and be crucified before He could enter into His glory—rising from the dead. He loves us so much that His suffering meant our salvation from sin and His resurrection was to show that He made a way for us to have eternal life. Just after Jesus left, the two disciples realised who was with them and that indeed He had resurrected. Immediately, they decided to walk back to Jerusalem to share this important message to Jesus’ other disciples. It didn’t matter that they had to walk two hours again late at night.



HUDDLE

Parents to Kid/s 2–6 years old

- ◆ What is the message of the cross?

7–12 years old

- ◆ Who do you want to share the message of the gospel with?
- ◆ Do you need help in knowing what to tell others about Jesus?

Kid/s to Parents

- ◆ How do you present the gospel to other people?
- ◆ How can we make it easier to talk to others about the cross?

... ²⁵of which I became a minister according to the stewardship from God that was given to me for you, to make the word of God fully known, ²⁶the mystery hidden for ages and generations but now revealed to his saints.

COLOSSIANS 1:25–26

During Jesus' time, there were no smartphones, TVs, radios, or anything that would make spreading such wonderful news easy. Not everyone had access to the Scriptures too. The followers of Jesus travelled far and wide walking, riding boats for days, weeks, or even months just to preach the gospel. Today, we have technologies and spaces, like churches, to gather together. As followers of Jesus, we have the same good news that the two disciples received. Jesus' message of love and salvation needs to be spread far and wide. As His followers, we have been entrusted to proclaim His message to people who don't know Him.

Are you willing to tell the people around you about this message?

PRAY

Dear God, thank You for reminding us of how much You love us that You sent Jesus to save us from our sins. The gift of salvation and the promise of eternal life are the greatest gifts we can ever have. Give us the courage and opportunities to share Your message to our friends, family, classmates, and neighbours who don't know You yet. In Jesus' name, amen.

DISCOVER

Are you familiar with the Great Commission? After Jesus was resurrected, He met with His disciples and gave them instructions:

“Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” MATTHEW 28:19–20

A “commission” means a command or duty, so “Great Commission” also means a “Great Command.” Jesus’ message of love and salvation is so special that His Great Command for us is to share this message to other people. He’s not just asking us to do so; He’s commanding us to. In fact, there are over twenty verses in the Bible that talk about proclaiming or preaching the good news. See if you can find even just five verses.

Day 2:

The Message

CONNECT

Today, we will play Bible charades!

Prepare the following materials:

- ◆ A bowl or box
- ◆ Pieces of paper, enough to write words or phrases
- ◆ Pens or markers
- ◆ Costumes or props for that extra bit of excitement (optional)

Using a pen or marker, write some Bible events or stories on each piece of paper. Here are some samples:

- ◆ The creation story
- ◆ Noah's ark
- ◆ Baby Moses floats on the Nile River
- ◆ David fights Goliath
- ◆ Jesus walks on water



You can add more pieces of paper so that you can play as many rounds as you want. Roll the pieces of paper and put them all in a bowl or box.

You may divide the players into two teams. If there are not enough people for two teams, each player can take turns being the actor and the other family members can guess. One player from the team will pick a card and act out what's on the card without speaking, while

the teammates try to guess the correct answer within one minute. Feel free to use props or costumes to make it more fun. Pick a different team member to be the actor for the next round.

Were you focused and excited to act out the words or phrases as creatively as you could? Did you pay close attention to all the hints so you could guess correctly? The chances of your team being able to guess the correct answer rested on your ability to act out or reflect what was written on the paper.

God chose to save us and make Himself known through His Son, Jesus. Because of this, we can experience hope that only He brings. What does the Bible say about this hope?

READ THE WORD

²⁷To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. ²⁸Him we proclaim, warning everyone and teaching everyone with all wisdom . . .

COLOSSIANS 1:27–28

It is amazing that God has chosen to make Himself known to us, His people. Here, Paul writes that God revealed the glorious riches of this mystery, which is Christ in us, *the hope of glory*. This means that even when we pass away from this earth, we can hope in Jesus knowing that we will be raised back to life and be with Him forever. Doing so will help us stand firm on His word, even though we may experience challenges, which are only temporary. God desires that everyone knows and embraces the hope found in Christ Jesus, who is within us.

Events in our world today, whether global or personal, can bring us a sense of hopelessness, lack of control, and sometimes even despair. But Jesus is in us. He, who has given His life for us, is

in charge and He is faithful. We put our hope in Him, not in our government, in our finances, or in any other thing we may have.

HUDDLE

Parents to Kid/s

2–6 years old

- ◆ What are some of the things you hope for?
- ◆ In what ways can you share the truth about Jesus with your friends?

7–12 years old

- ◆ How does knowing we have hope in Jesus affect our actions?
- ◆ Why are we called to share Jesus' hope with everyone?

Kid/s to Parents

- ◆ Why is having hope in Jesus important?
- ◆ Please share a situation in which you experienced Jesus' hope. Perhaps you had a moment where you didn't get what you were hoping for, but you have the peace of God in your heart.

What are you hoping for? It may be better grades, better relationships, better health, or a better job. Whatever it is you are looking forward to, attaining it will not always mean a better life. Most people tend to want more. But when we have our hope in Jesus, He becomes our anchor and our strength. The better things in life may or may not come, but having Jesus is more than enough.



Take time to dwell on this thought this week. Learn to make this truth real in your life. Through your life, may others see what having Jesus means.

PRAY

Dear God, thank You for the hope You provide us. May we always remember that, no matter what happens, You remain faithful and love us unconditionally. Please help us trust You in everything we do. We love You, Lord. In Jesus' name, amen.

DISCOVER

Did you know that the methods of sending messages have come a long way? Can you imagine a time when the only way you could send a message to someone far away was through a pen and paper?

Here's a look at how sending messages far away has developed^{2 3}:

- ◆ Postal system - 600 BCE
- ◆ Pigeon post - AD 1
- ◆ Smoke signals - 1500s
- ◆ Electric telegraph and telephone - 1800s
- ◆ Text messaging - 1992
- ◆ Video messaging - 1996
- ◆ Social media platforms - 2000s



Today, everybody is just a click away. What reason do we have for not sharing the good news we have in Jesus?

2 Tracy O'Clair, "A Journey Through Time: The Evolution of Communications," LinkedIn, August 2023, <https://www.linkedin.com/pulse/journey-through-time-evolution-communications-tracy-o-clair>.

3 Kailun Zhang, "Then and now: communication through the ages," The Queen's University Journal, October 2015, <https://www.queensjournal.ca/then-and-now-communication-through-the-ages>.

Day 3:

The Goal

CONNECT

Look for an engaging, child-friendly video online that explains how plants or trees grow—from a tiny seed to a full-grown plant or tree. Watch it together. Have a table discussion and talk about the essential elements needed for growth, such as sunlight, water, soil, and air.



For families with young children, consider planting a real seed together so that kids can observe the growth process firsthand. Keep in mind that it may take several days or even weeks to see noticeable changes. To keep kids engaged, you can take daily pictures, track progress in a journal, or choose fast-growing plants like beans or sunflowers for quicker results.

Growing things takes time and effort. But you will have satisfaction when you reach your goal and see that your plant is fully grown.

READ THE WORD

Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ. COLOSSIANS 1:28

As followers of Christ, it is not enough that we know God's word and what it teaches us. The most important thing to consider is the outcome of our lives. How has the word of God transformed us? Are we living the same lives we used to live or has there been a change in our hearts? Have we stopped doing the things we used to enjoy doing? The more we know Jesus, the more we obey and become more like Him, being models of peace, humility, kindness, self-control, and other characteristics Jesus has shown us.

God's goal for us is to be mature in Christ, to act and speak like Him, and to have hearts that are turned towards Him and others. This way, our lives can be used by God to lead more people to know Him.



HUDDLE

Parents to Kid/s 2–6 years old

- ◆ How can you grow in Christ every day?

7–12 years old

- ◆ What does a mature follower of Jesus look like?
- ◆ How do you want to be known? When people hear your name, what is the one thing you want them to remember about you? Do your words, actions, and character reflect Jesus?

Kid/s to Parents

- ◆ How have you matured as a follower of God?
- ◆ How can our family grow together in Christ?

How can we grow and mature as followers of Christ? The apostle Paul writes:

... rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

COLOSSIANS 2:7

We can become rooted in Christ by reading His word every day, praying, and being with other believers. When we do, we can make decisions that please God—like being kind even when others are not, forgiving even when the hurt goes deep, and being thankful in everything.

How else can you demonstrate maturity in Christ?

PRAY

Dear Jesus, thank You for helping us grow in our walk with You. We want to have strong roots in our faith so that we can love You and others more. Please help us to read Your word, pray, and follow You every day. Thank You for making us more like You. Amen.

DISCOVER

Did you know?

Bamboo is one of the fastest-growing plants in the world! Some types of bamboo can grow nearly three feet (91 cm) in just one day! But before it grows tall, it first spends years developing strong roots underground.



Strong plants need strong roots. Similarly, our growth in Christ may not always be visible right away. But as we stay rooted in Him, we will grow stronger in faith and become more like Jesus!

Conclusion:

The Power

CONNECT

Pick some household appliances and assign one to each child or family member. Ask them to do some research on how their assigned appliance works. Share your findings with your family.

Today, we have amazing gadgets and machines that help us with our housework. But each of these machines need power in order to be able to do its function. No matter how advanced the technology may be, without power, the machine is useless.

We have learned that as followers of Jesus, we have a wonderful message to share to as many people as possible. How do we get it done?



READ THE WORD

For this I toil, struggling with all his energy that he powerfully works within me. COLOSSIANS 1:29

In his letter to the Colossians, Paul writes that he's working really hard and doing his best to do the job God gave him. But he also knows it's not his own strength that makes it all happen. In fact, it's Jesus helping him with His power. The word "power" here means the amazing strength and energy that God gives to help us do what He wants us to do. Paul wanted to help the people grow strong in

their faith and live for God. Paul knew it wasn't always easy, but he trusted that Jesus would give him the strength he needed.

HUDDLE

Parents to Kid/s

2–6 years old

- ◆ Who gives us the strength to do good things?
- ◆ Can you think of something Jesus has helped you do?

7–12 years old

- ◆ Why do you think Paul needed Jesus' strength to do his work?
- ◆ What's something hard you've done that you think Jesus helped you with?
- ◆ How can we ask Jesus for His help when we need it?

Kid/s to Parents

- ◆ Has Jesus ever helped you do something you thought you couldn't do? Share the story with your family.
- ◆ Why does Jesus give us His power to help us?

God has a mandate for us—to tell others about Jesus and what He did for us. Our goal is to share this message with as many people as possible. God has given us the power to carry out this task. Sometimes, it is not easy to do. People may not believe what we say or they may even say things against us. Though it may seem daunting and scary, God



has given us the power to carry out this task. Just like Paul, we too can do big and difficult things when we trust and follow Jesus.

Now, think about who you can share this message with. Pray and ask God for an opportunity to do so.

PRAY

Dear God, thank You for always being with us and giving us Your strength. Please help us trust You when things feel hard and to remember that You are helping us every step of the way. We love You and want to live our lives for You. In Jesus' name, amen!

DISCOVER

Did you know that Paul wrote the book of Colossians:

- ◆ In AD 60–61, a time when there were letters instead of cell phones
- ◆ While he was in prison
- ◆ Even when he had never been to that city yet

Paul wanted to strengthen the Colossian church because there were false teachers claiming that Jesus is not God. In this letter, he shares with them about how Jesus rules above all things, is greater than all things, and is able to provide what is needed to carry out what He has told us to do.⁴

Paul mirrored this truth in his life. Imagine teaching and encouraging others about Jesus while he sits in a prison cell. May we embrace the truth of God's power in our lives and may we live in a way that demonstrates this clearly so others may know Him too!



⁴ Charles R. Swindoll, Inc., “Colossians,” Insight for Living, The Bible-Teaching Ministry of Pastor Chuck Swindoll, accessed February 27, 2025, <https://insight.org/resources/bible/the-pauline-epistles/colossians>.



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