

21 DAYS OF PRAYER & FASTING



Day 1: Put God First

Big Idea:

God is first in my heart!

Devotional:

When you wake up in the morning, what's the first thing you do? Do you rush to play with your toys, or do you take a moment to talk to God? Putting God first means we choose to spend time with Him before anything else. You can talk to God just like you talk to your best friend. When we make Him the most important thing in your life, He can help us do anything. God is bigger and stronger than anything else, so He deserves to be first in our hearts!

Memory Verse:

"But seek first His kingdom and His righteousness, and all these things will be given to you as well." (Matthew 6:33)

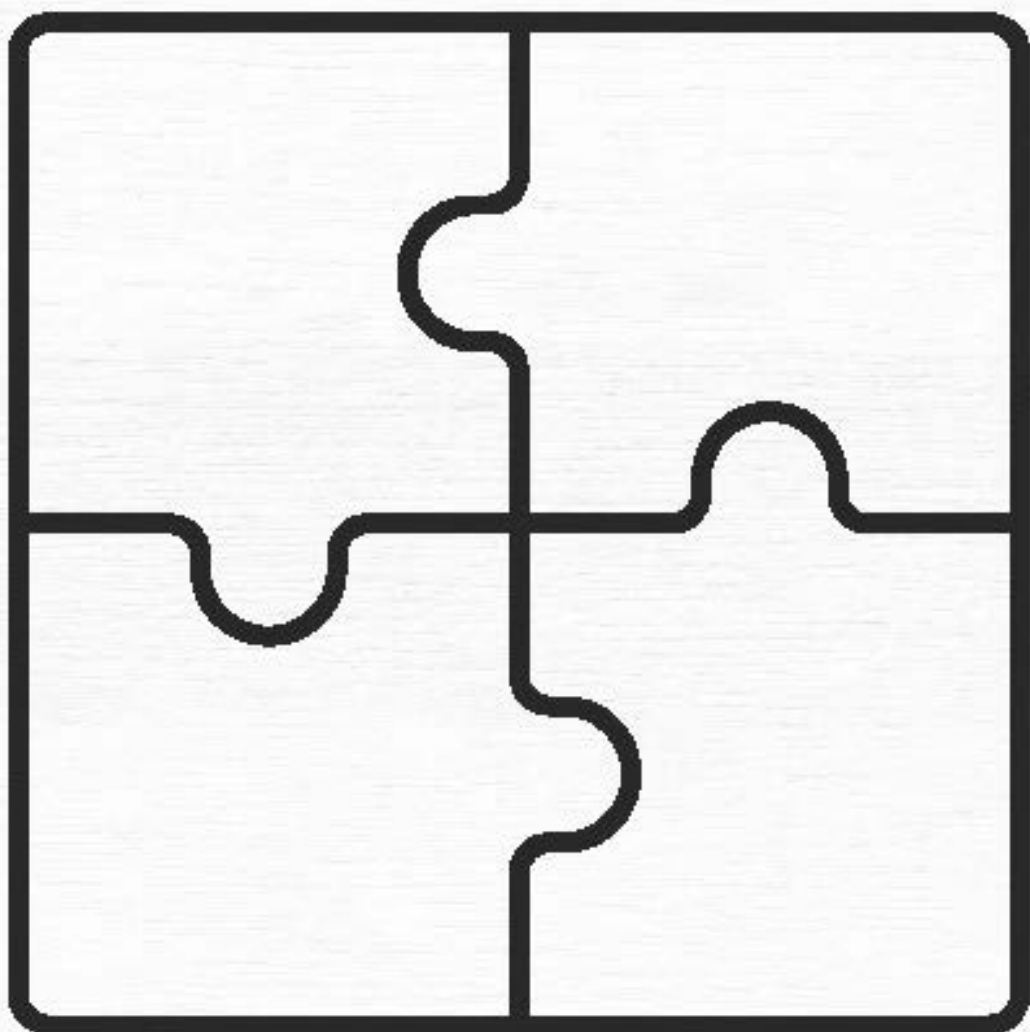
Prayer:

"God, I want to put You first today. Please help me to focus on You before anything else and trust that You will take care of the rest. Thank You for being the Most High in my life. In Jesus' name, Amen."

Day 1: Put God First

Activity:

God First Puzzle: Draw a puzzle of your life. Fill each piece with something important to you, like school, family, or playtime. Show how you can put God first in each part.



Day 2: God is Good!

Big Idea:

I will thank God always!

Devotional:

Sometimes, it's easy to focus on what we don't have, but God wants us to focus on what we do have! Being grateful means saying thank you for the little things and the big things. We can choose to be grateful for everything in our life. Gratitude helps us see how good God is, even when things aren't perfect. When we focus on Him and all the things he has given us, we realize just how much God loves us and how good He is to us every day.

Memory Verse:

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.
(1 Thessalonians 5:16-18)

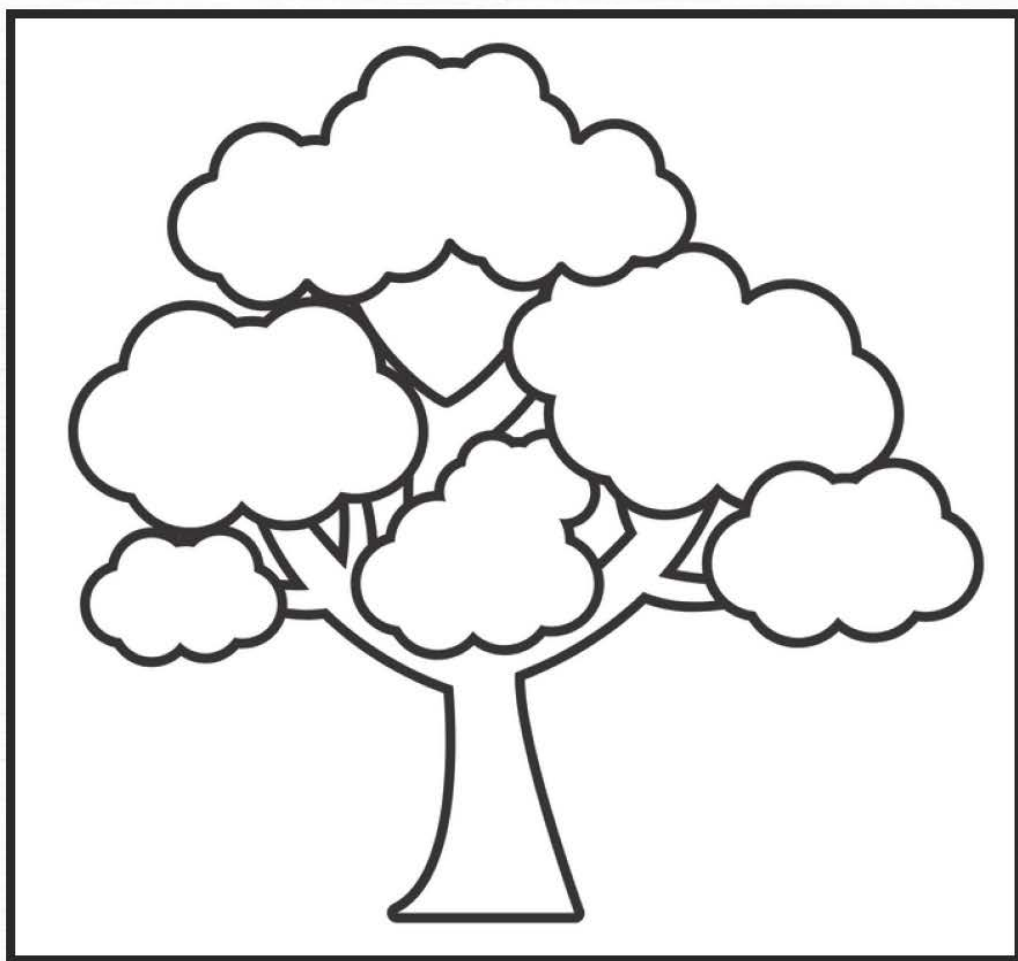
Prayer:

God, thank You for all the good things You've given me. Help me to always remember to be thankful. I am grateful for my family, my friends, and everything You provide. In Jesus' name, Amen.

Day 2: God is Good!

Activity:

Gratitude Tree: On each of the leaves found on the Gratitude tree, write some BIG and small things you are grateful for.



Day 3: Living in the Overflow

Big Idea:

God wants to fill me up with love!

Devotional:

What Does It Mean to Overflow?

Imagine filling a cup with juice, and it spills over the top!

God wants to fill you with love, joy, and peace until it overflows so you can share it with others.

Sometimes we feel empty, but God helps fill us up again.

The Holy Spirit is like a super helper, giving us what we need to be kind, loving, and brave.

God wants you to overflow with His love and share it with everyone around you!

Memory Verse:

"Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." (John 7:38)

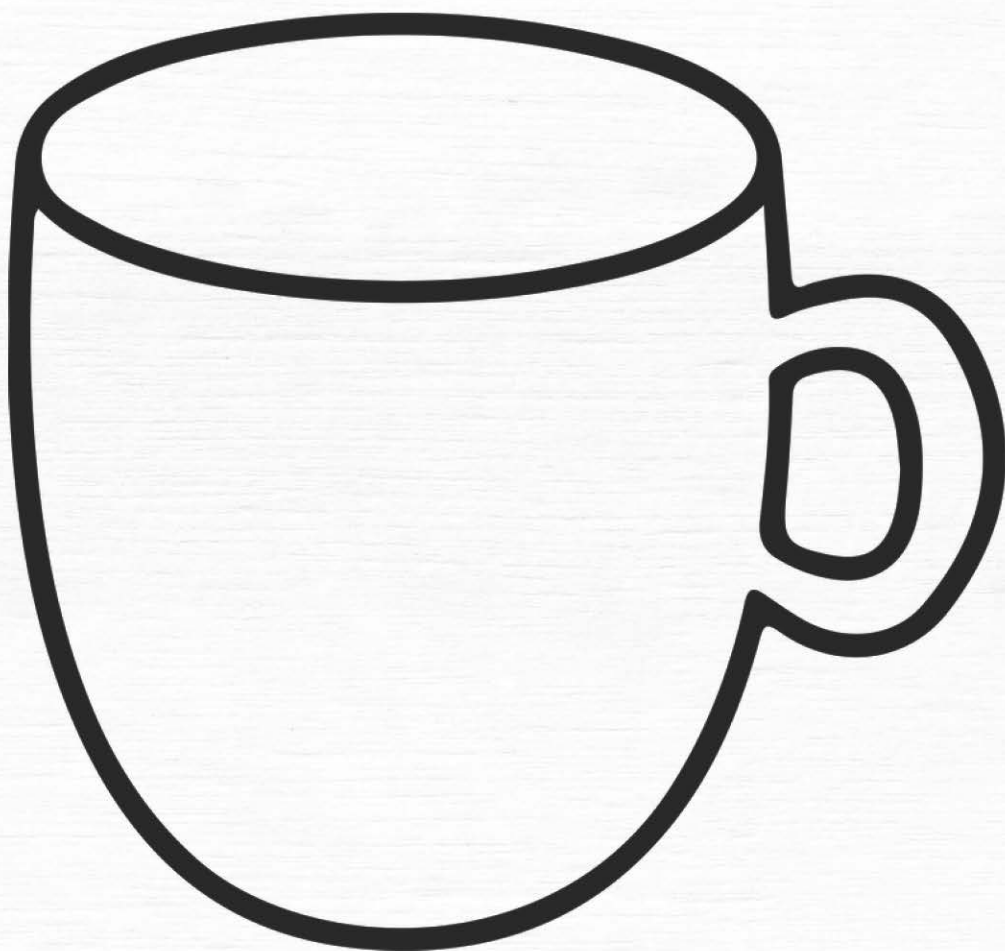
Prayer:

Dear God, Thank You for loving me so much! Please fill me with Your joy, peace, and hope so I can overflow with Your love. Help me share Your kindness with my friends and family. Thank You for always being with me. In Jesus' name, Amen.

Day 3: Living in the Overflow

Activity:

A Cup of Love: God's love for you is so big, it never runs out! He wants to fill you with things like love, peace, and strength—enough to share with others. Draw a cup and fill it with pictures or words of what God can fill you with, like love, joy, or courage.



Day 4: God Always Keeps His Promises!

Big Idea:

God always keeps His promises!

Devotional:

God has always been faithful, even before you were born. Just like your parents promised to take care of you, God made promises to His people long ago—and He always keeps them! God is someone that does what He says He is going to do. God has good promises for you too, He loves you, cares for you and so much more! You can trust that God will always be there for you, no matter what happens. Just like a good friend, He'll never let you down.

Memory Verse:

"Because of the Lord's great love we are not consumed,
for His compassions never fail. They are new every
morning; great is Your faithfulness." (Lamentations 3:22-
23)

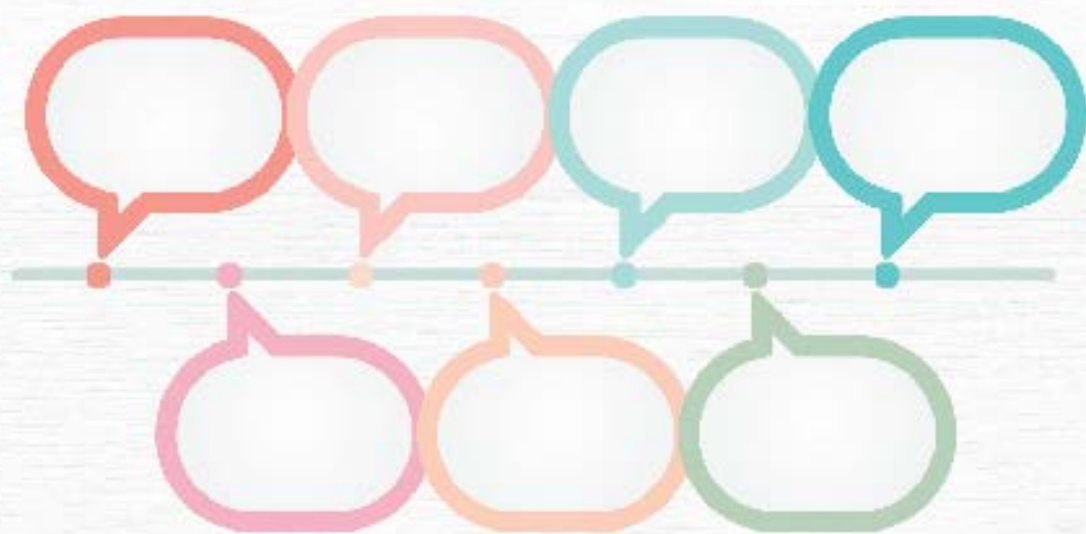
Prayer:

"God, thank You for always being faithful to me. I know I can trust You no matter what. Help me remember Your faithfulness every day. In Jesus' name, Amen."

Day 4: God Always Keeps His Promises!

Activity:

God's Faithfulness Timeline: Draw pictures of times when God has helped you, like when you were sick and got better, or when He helped you feel better after a hard day at school. Then, share your pictures and talk about how God has been faithful to you!



Day 5: God's Word is My Anchor!

Big Idea:

God's word is our anchor!

Devotional:

Have you ever felt wobbly like a boat in a storm? Boats need an anchor, and you need God's Word, which is the Bible, to keep you steady! The Bible helps you stay close to God and strong, no matter what's happening. Psalm 62:6 says, "He alone is my rock and salvation; I will not be shaken." Think of the Bible like a flashlight that shows you the way. When you read it, you'll feel strong and ready to face anything!

Memory Verse:

"He alone is my rock and salvation; I will not be shaken."
(Psalm 62:6)

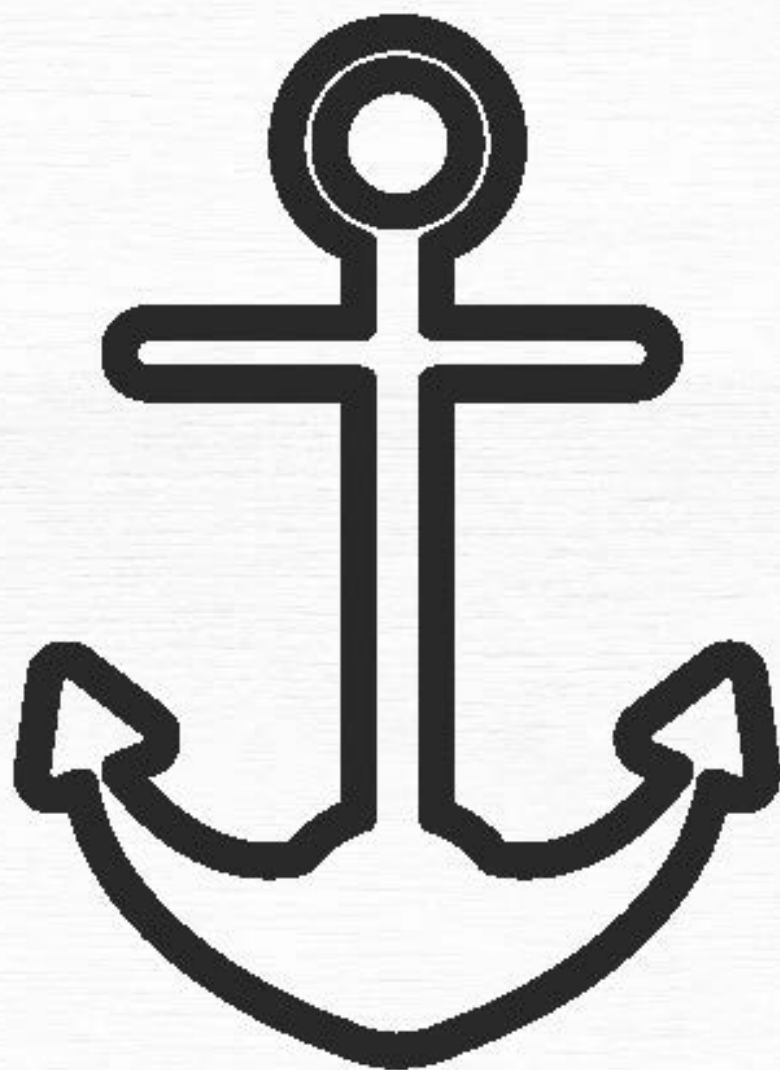
Prayer:

Dear God, Thank You for the Bible. Please help me understand Your Word and use it to guide me. Let it be like an anchor, keeping me steady no matter what happens. Teach me to always see its importance and help my heart and mind always want to read it. In Jesus' name, Amen.

Day 5: The Bible is My Anchor!

Activity:

Anchored Reminder: Let's anchor ourselves to the Bible by completing this fun color page!



Day 6: Look At My Fruit

Big Idea:

God helps me grow the fruit of the spirit in my life!

Devotional:

The fruit of the Spirit is like the good things that grow on a tree. Just like a tree grows apples, bananas, oranges, the Holy Spirit helps you grow love, joy, peace, and all the other fruits in your life. If you're feeling upset, you can ask God to help you show peace. If you're feeling sad, you can ask Him for joy! Just like a tree doesn't grow fruit overnight, it takes time for these good things to grow in your life, but with God's help, they can grow!

Memory Verse:

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control." (Galatians 5:22-23)

Prayer:

"God, thank You for helping me grow the fruit of the Spirit in my life. Help me show love when I feel mad, joy when I'm sad, and peace when things are crazy. In Jesus' name, Amen."



Day 6: Look At My Fruit



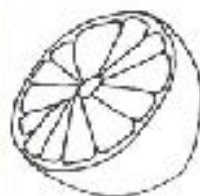
Directions: Fill in the blanks for each fruit of the Spirit.

"But the fruit of the Spirit is

love, joy, p_ace,



p_tie_c_, kin_n_s_,



goo_n_s_,



fai_h_u_n_s_,

gen_l_n_s_, and



sel_-con_r_l."



Galatians 5:22-23



Day 7: Holy Spirit: God's Powerful Helper!

Big Idea:

The Holy Spirit is my powerful helper.

Devotional:

Did you know you have a helper with you every day? The Holy Spirit is like a superpower God gives us to help us make good choices, feel brave, and love others well. The Holy Spirit is with you every day. In John 14:16, Jesus says, "I will ask the Father, and He will give you another Helper to be with you forever." The Holy Spirit is always with you, ready to help you through His gifts. All you have to do is ask!

Memory Verse:

"I will ask the Father, and he will give you another Helper. He will give you this Helper to be with you forever." (John 14:16)

Prayer:

God, thank You for sending the Holy Spirit to help us. Teach us to listen to Him and follow His guidance. Show us how to live with courage, kindness, and love every day. In Jesus' name, Amen.

Day 7: Holy Spirit: God's Powerful Helper!

Color and trace the gifts of Holy Spirit to learn how He can help you!



Day 8: Trusting God

Big Idea:

I will trust God!

Devotional:

Surrender is like letting go of your favorite toy to share with a friend. You might feel worried, but you trust that sharing is good, and your friend will be happy too. Surrendering to God is when you let go of the things that might scare you and trust that God knows what's best for you. You might be afraid or unsure, but God is always good, and He takes care of you. Anytime that you feel like you don't know what to do, pray and ask God for help and let Him guide your steps.

Memory Verse:

"Submit yourselves, then, to God. Resist the devil, and he will flee from you." (James 4:7)

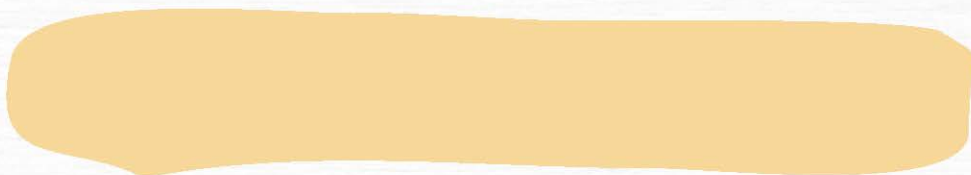
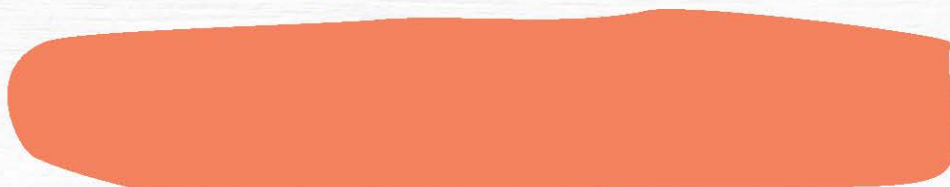
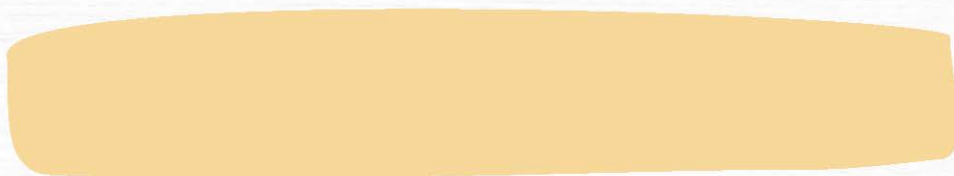
Prayer:

"God, I choose to surrender my worries and fears to You. Help me trust You with everything in my life. In Jesus' name, Amen."

Day 8: Trusting God

Activity:

Lists of Trust: In the space below write or draw all the things you will trust God with.



Day 9: Faith in God, People, and Miracles

Big Idea:

I have faith in God, people, and miracles!

Devotional:

Did you know that your life can show how much God loves you? When you're kind, forgiving, and trust others, you're sharing God's love. By trusting God, we learn to have faith in the people around us, too. Psalm 27:13 reminds us, "I remain confident of this: I will see the goodness of the Lord in the land of the living." This means that God is always at work, and we can trust Him to do good things now and in others.

Memory Verse:

"I truly believe I will live to see the Lord's goodness. Wait for the Lord's help. Be strong and brave and wait for the Lord's help." (Psalm 27:13-14)

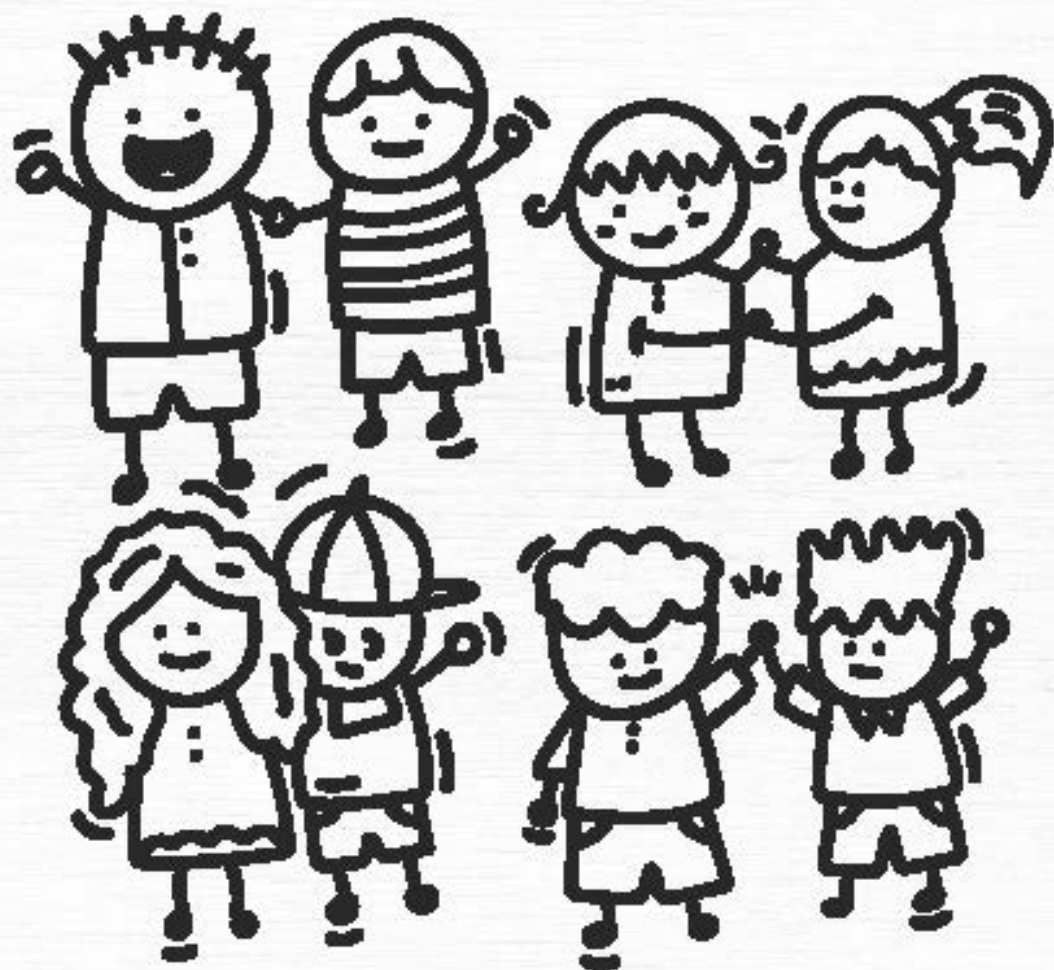
Prayer:

"Dear God, thank You for giving us faith in You and in others. Help us to trust You more and to see Your goodness in the people around us. Give us strength to be brave and show Your love to others. In Jesus' name, Amen."

Day 9: Faith in God, People, and Miracles

Activity:

Faith in People: Having faith in others helps us have good friendships. Let's bring these friendships to life by coloring and trusting God!



Day 10: Take up Your Space!

Big Idea:

I will take up my space!

Devotional:

God has given you a special mission! In the beginning, He made humans to take care of the earth. In Genesis 1:26, God says, "Let them have dominion over the fish in the sea, the birds in the air, and every living thing on the earth." Having dominion means using your gifts to make the world better. Sometimes fear can hold us back, but God made you to be bold and confident. Whether it's showing kindness, helping someone, or standing up for what's right, trust God to guide you. He'll help you make a difference!

Memory Verse:

"Then God said, 'Let us make man in our image...and let them have dominion.'" (Genesis 1:26)

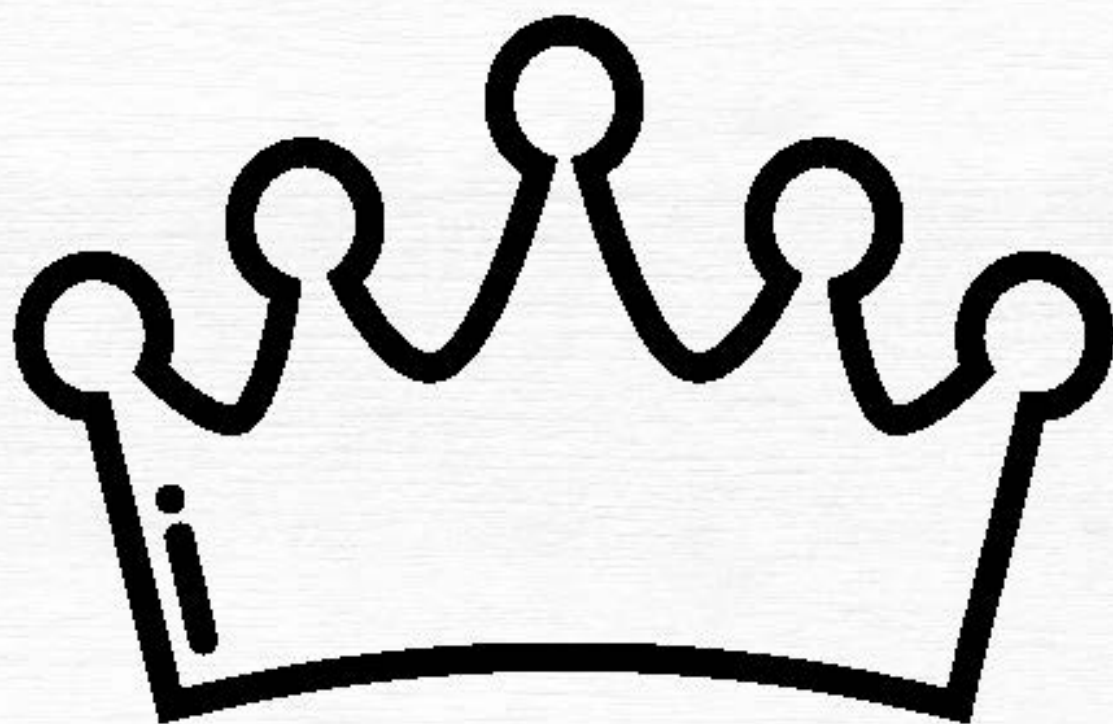
Prayer:

Dear God, thank You for making me special and giving me a part to play in Your plan. Help me to be brave and step into the amazing role You've created for me. Show me how to use my talents to help others and take care of the world around me. Thank You for being with me every step of the way. In Jesus' name, Amen.

Day 10: Take up Your Space!

Activity:

Step into Your Dominion!: Inside the crown, write or draw one way you can use your gifts to make the world better. It could be helping a friend, caring for the environment, or praying for someone. Once you're done, hang it somewhere you can see it every day!



Day 11: God's Plan

Big Idea:

I will trust God's plan for me!

Devotional:

It's easy to worry when things don't go the way we expect, right? But trusting God means believing that He has a good plan for you, even when things don't seem perfect. Just like how your parents provide for you and take care of you, God is always there, looking after you. Trusting God is like holding His hand, knowing He will guide you through every situation, even the tough ones.

Memory Verse:

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." (Proverbs 3:5-6)

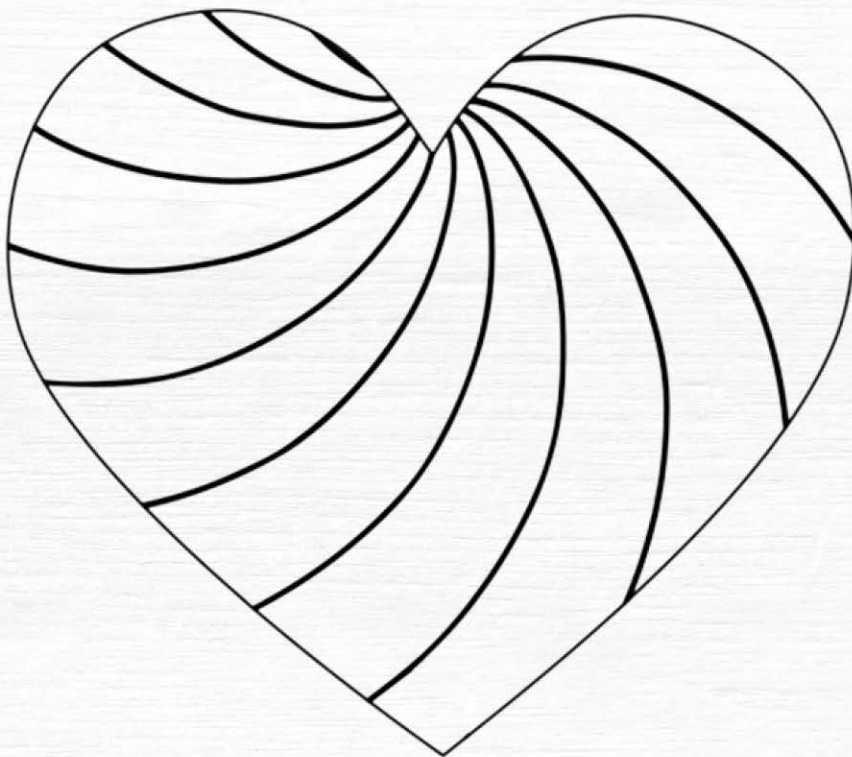
Prayer:

"God, thank You for always being there to guide me. Help me to trust You with everything in my life. I know You have a good plan for me. I trust You with my heart. In Jesus' name, Amen."

Day 11: God's Plan

Activity:

Trust the Lord: Color the words "Trust in the Lord" brightly to remind yourself of God's faithfulness. As you color the picture, think about how trusting God helps us grow stronger in faith. Say a prayer asking God to help you trust Him more as you color.



Trust in the Lord with all
your heart.

Day 12: God's Perfect Art

Big Idea:

I am God's masterpiece!

Devotional:

You are like a special artwork made by God! Imagine you're a masterpiece painted by the best artist in the world. The world might try to tell you that you need to be like someone else, but God says you are perfectly made just the way He wanted. You are His child, and He loves you so much! Just like a superhero has its own special powers, you have a unique purpose and identity in God's plan.

Memory Verse:

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." (1 Peter 2:9)

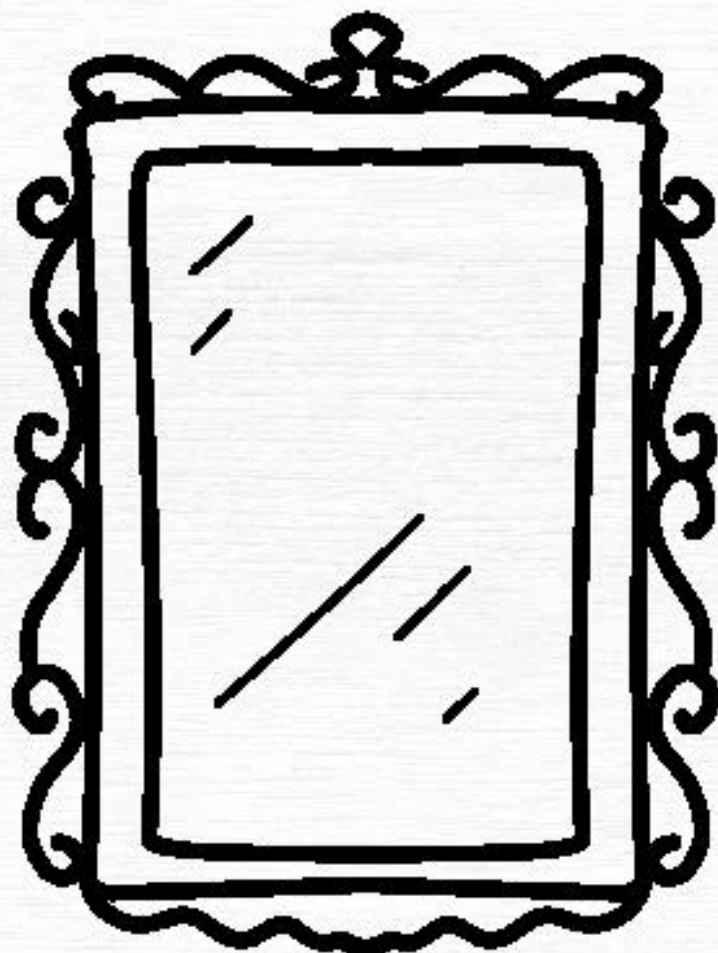
Prayer:

"God, thank You for making me special and unique. Help me remember that I am Your child, and You have a great plan for my life. In Jesus' name, Amen."

Day 12: God's Perfect Art

Activity:

Masterpiece in the Mirror: Look at the mirror below and draw a picture of yourself inside it. Around your picture, write words God says about you, like "Loved," "Chosen," "Strong," and "Brave." When you're done, share your picture and the words with someone you know. Use today's memory verse to help you remember who God says you are!



Day 13: Nothing is impossible for God!

Big Idea:

Nothing is too hard for God!

Devotional:

Have you ever tried something that felt super hard, like climbing a tall tree or learning a new skill? Life can feel impossible, but nothing is too hard for God! He made the stars, oceans, and animals and can do anything—even calm storms and move mountains. Matthew 19:26 says, “With people, this is impossible. But with God, all things are possible.” God doesn’t just do big things; He helps in your everyday life too, like being brave or facing a test. You don’t have to be strong on your own—God’s strength is always there to help you!

Memory Verse:

“But he said to me, ‘My grace is all you need. My power is strongest when you are weak.’” (2 Corinthians 12:9)

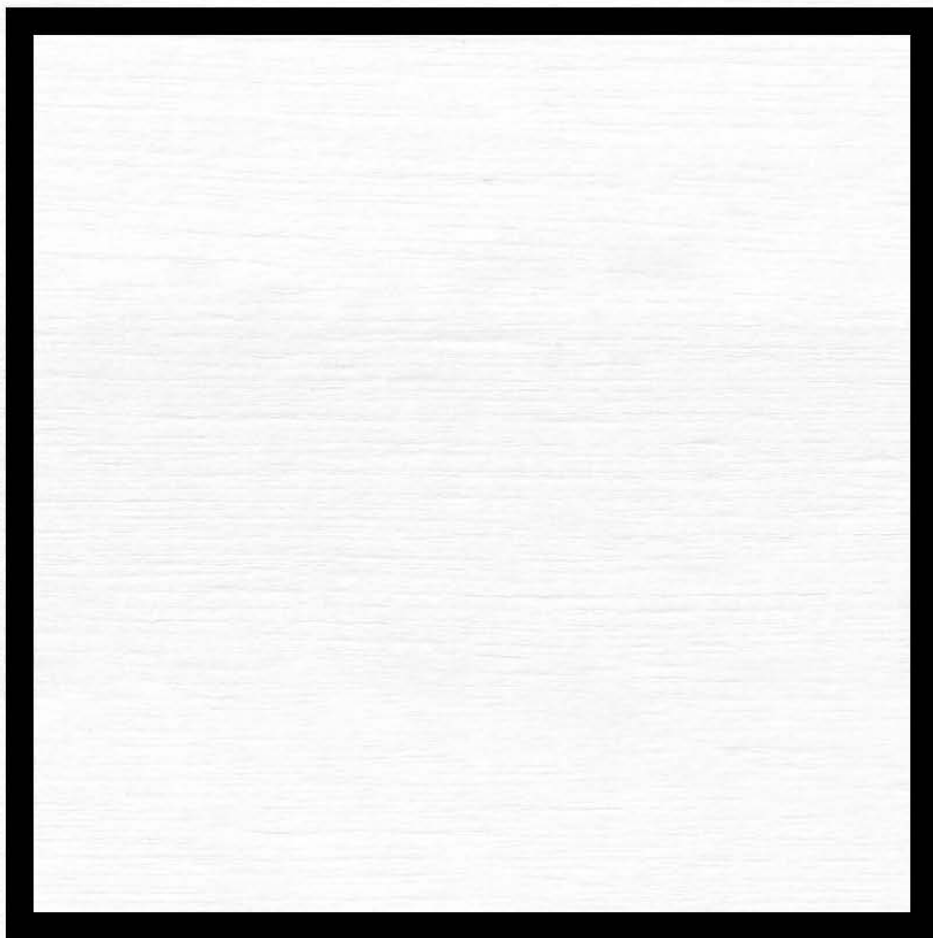
Prayer:

Dear God, Thank You for being so strong and powerful! I know I don’t have to do everything on my own because You are always there to help me. Please give me strength when I’m feeling weak and help me trust You with the hard stuff. I know nothing is impossible for You! In Jesus’ name, Amen.

Day 13: Nothing is impossible for God!

Activity:

Draw a picture of something you think is impossible to do (like lifting a giant boulder or climbing a huge mountain). Then, draw yourself with God's help doing that very thing! Remember: with God, anything is possible.



Day 14: Patience

Big Idea:

I will wait on God!

Devotional:

Have you ever had to wait for something, like waiting for your birthday or Christmas? Waiting can feel really hard sometimes, especially when you want something NOW! But patience is important because it helps us trust God's timing.

When we're patient, we show others that we believe God knows when the best time is for things to happen. Even when things take longer than we want, God is working behind the scenes to help us!

Memory Verse:

"Be joyful in hope, patient in affliction, faithful in prayer."
(Romans 12:12)

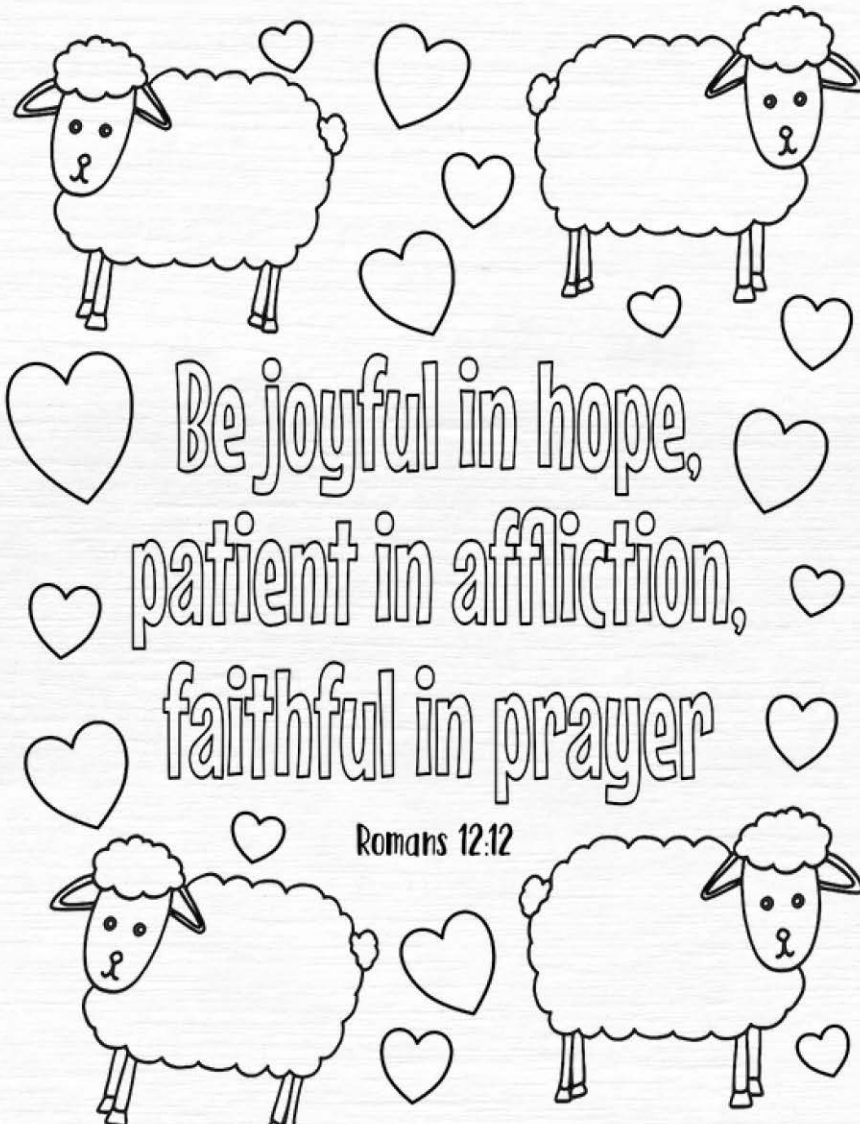
Prayer:

"God, thank You for teaching me to be patient. Please help me to trust You and wait for Your perfect timing in everything. I know You're always working for my good, and I'm thankful for Your patience with me. In Jesus' name, Amen."

Day 14: Patience

Activity:

Coloring in Patience: Color the verse "Be joyful in hope, patient in affliction, faithful in prayer." Think about how you can live out these words, and pray for God's help as you color.



Day 15: God gives Strength!

Big Idea:

God gives me strength!

Devotional:

Sometimes we feel tired or worn out, just like when you've been busy with school, activities or a busy day with your family. But God promises that He will give us new strength, just like how an eagle soars high into the sky. When you trust God, He gives you the strength to keep going, even when life feels hard. By placing your faith in Him, He gives you the energy to keep moving forward!

Memory Verse:

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (Isaiah 40:31)

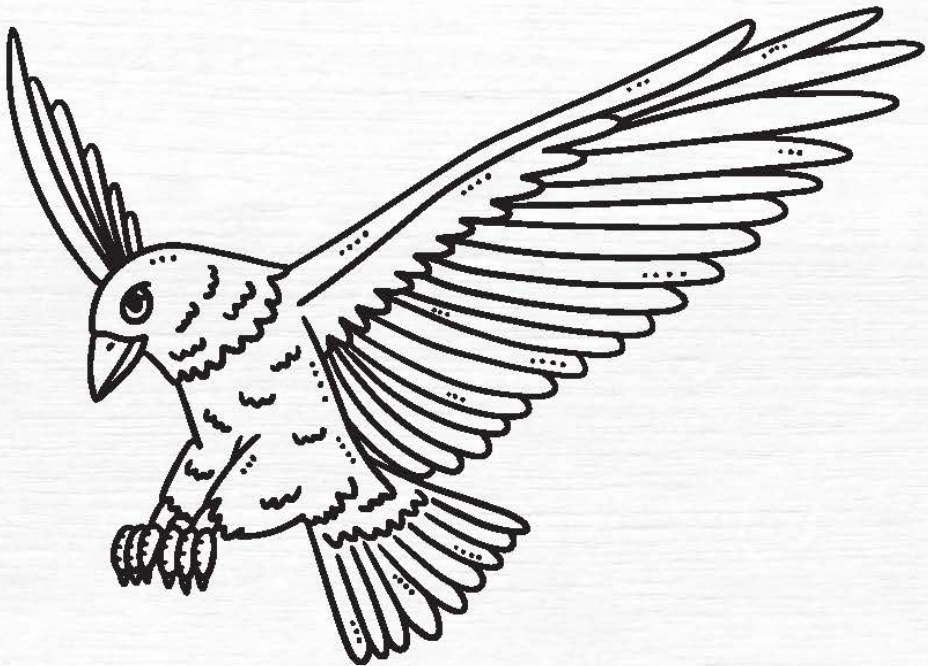
Prayer:

"Dear God, thank You for giving me strength. When I feel tired or weak, I know You will help me. Please renew my strength so I can keep doing the good things You have planned for me. In Jesus' name, Amen."

Day 15: God gives Strength!

Activity:

Fly Like A Eagle: Imagine that you are a strong Eagle! Practice "soaring" by pretending to be an eagle with your arms stretched out, running around, with the renewed strength of God! Start by warming your imagination by coloring the Eagle below.



Day 16: God Leads me!

Big Idea:

God speaks to me and shows me the way!

Devotional:

Have you ever felt like you don't know which way to go? It can feel confusing with so many choices in life! But guess what? God is here to help you! He has the best plan for your life, and when you pray and listen to Him, He'll show you the way. It's like having a GPS for your heart! When we ask God for wisdom and direction, He speaks to us through the Bible and in our hearts. God will always help you make the right choice if you trust Him.

Memory Verse:

"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to Him, and He will make your paths straight." (Proverbs 3:5-6)

Prayer:

"Dear God, thank You for always guiding me. I want to follow Your plan for my life! Help me to listen to Your voice and know which way to go. Show me the right path. I trust You! In Jesus' name, Amen."

Day 16: God Leads me!

Activity:

God's GPS! Imagine you're driving a car, but instead of a map, you have God's voice guiding you! Close your eyes and pretend you're in the car with God. Ask Him to show you which way to turn (left or right) at the next corner! Then, talk to God about a decision you need help with and ask Him to guide you.



Day 17: God's Protection

Big Idea:

God protects me at all times!

Devotional:

God is like the best superhero ever! Just like a superhero protects people, God protects you. When you're scared or worried, God is your shield, keeping you safe. He also provides for you, like how your parents give you food, clothes, and love. You can trust that God will give you what you need because He is always watching over you.

Memory Verse:

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty." (Psalm 91:1)

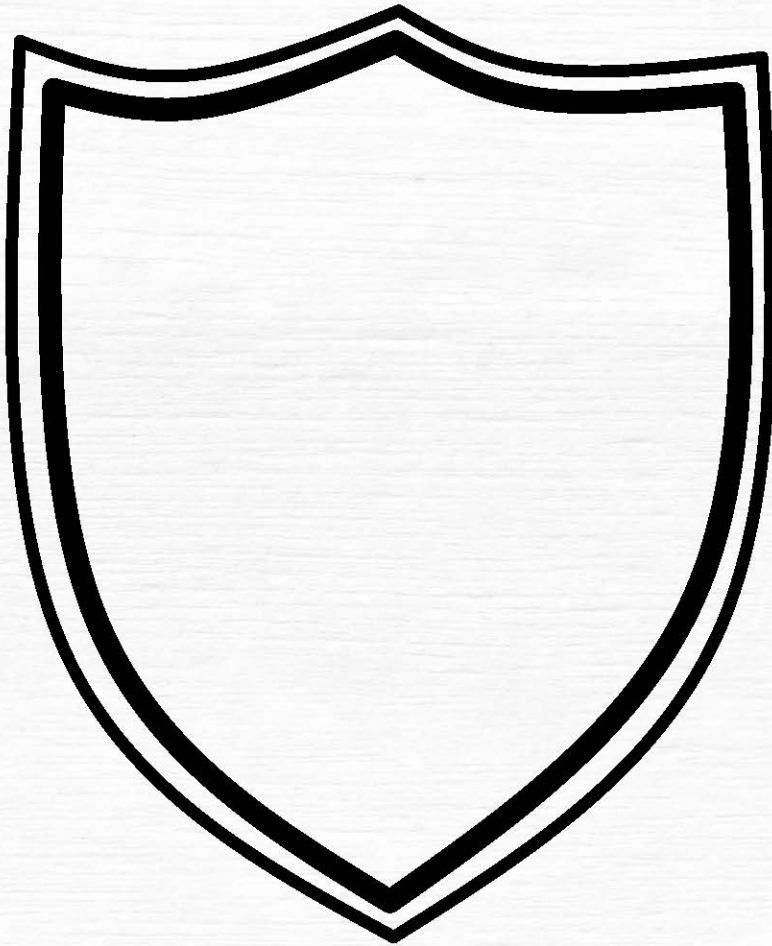
Prayer:

"God, thank You for protecting me every day. Help me trust that You are always keeping me safe. In Jesus' name, Amen."

Day 17: God's Protection

Activity:

Shield of Protection: On the shields, write or draw ways that God protects you (e.g., "God protects me when I'm scared," "God helps me when I need a friend"). Then share with someone you know.



Day 18: I Will Worship

Big Idea:

I will worship God only!

Devotional:

What's your favorite song to sing or dance to? Singing is one way to worship God, but worship is about showing Him love with your whole life. Psalm 100:1 says, "Shout for joy to the Lord, all the earth." We can worship God no matter how we feel because He is always good. Worship is like saying, "God, You are amazing!" It brings us closer to Him and fills our hearts with joy.

Memory Verse:

"Shout for joy to the Lord, all the earth." (Psalm 100:1)

Prayer:

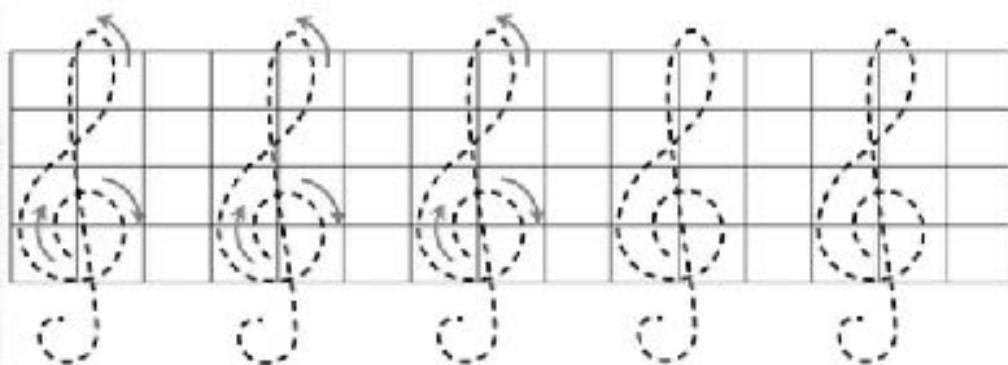
Dear God, Thank You for loving me and being so good. I want to worship You with my whole heart. Even when I'm feeling down, help me remember that You deserve my praise. I love You! In Jesus' name, Amen.

Day 18: I Will Worship

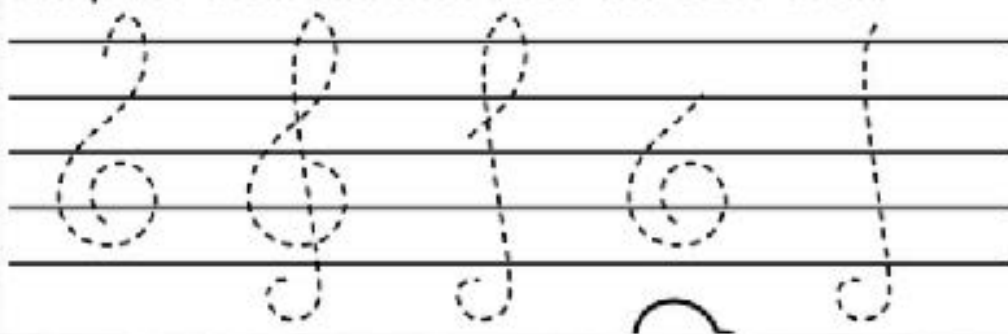
Activity:

Praise Pattern: Take some time to trace the music note to remind us that praise and worship is what brings us closer to God!

Trace the Treble Clef



These Treble clefs have parts missing.
Complete them and then trace and color them.



Day 19: The Power of Your Words

Big Idea:

Your words have power!

Devotional:

Did you know the things you say can make a big difference? Proverbs 18:21 says, "The tongue has the power of life and death." That means your words can help someone feel happy, loved, or brave—or they can hurt. When you choose to speak kind and truthful words, you're spreading God's love!

Memory Verse:

What you say can mean life or death. Those who love to talk will be rewarded for what they say. (Proverbs 18:21)

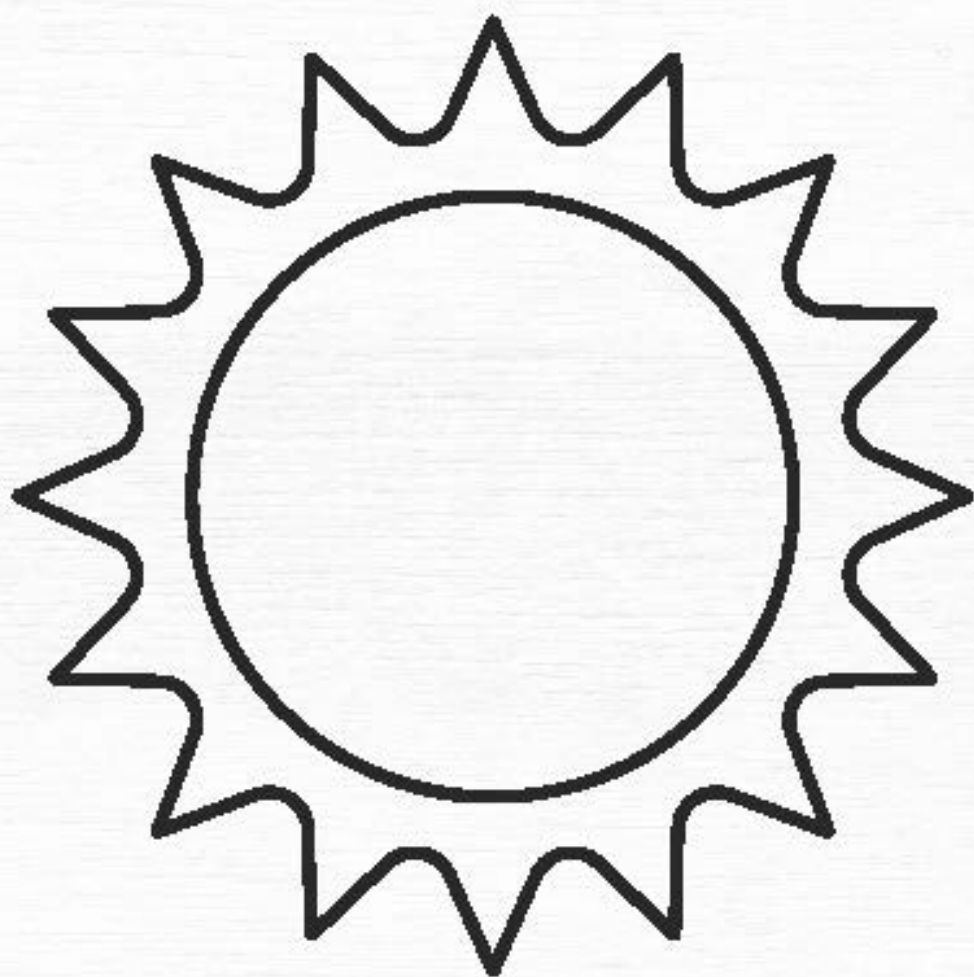
Prayer:

Dear God, thank You for giving us the power to speak kind and loving words. Help us to choose words that bring life and joy to others. Teach us to speak Your truth over ourselves and others every day. In Jesus' name, Amen.

Day 19: The Power of Your Words

Activity:

I Am A light: Inside the sun, write words that bring light to others, like "I love you," "You're awesome," or "God loves you."



Day 20: God Never Fails!

Big Idea:

God fights my battles - and He always wins!

Devotional:

Life can sometimes feel like a battle, but don't worry—God is your strongest defender! When things feel tough, prayer is like having a superhero power. Jesus has already won the victory for you! You don't have to fight battles alone; God gives you His Word and prayer to help you win against anything that comes your way.

Memory Verse:

"Put on the full armor of God, so that you can take your stand against the devil's schemes." (Ephesians 6:11)

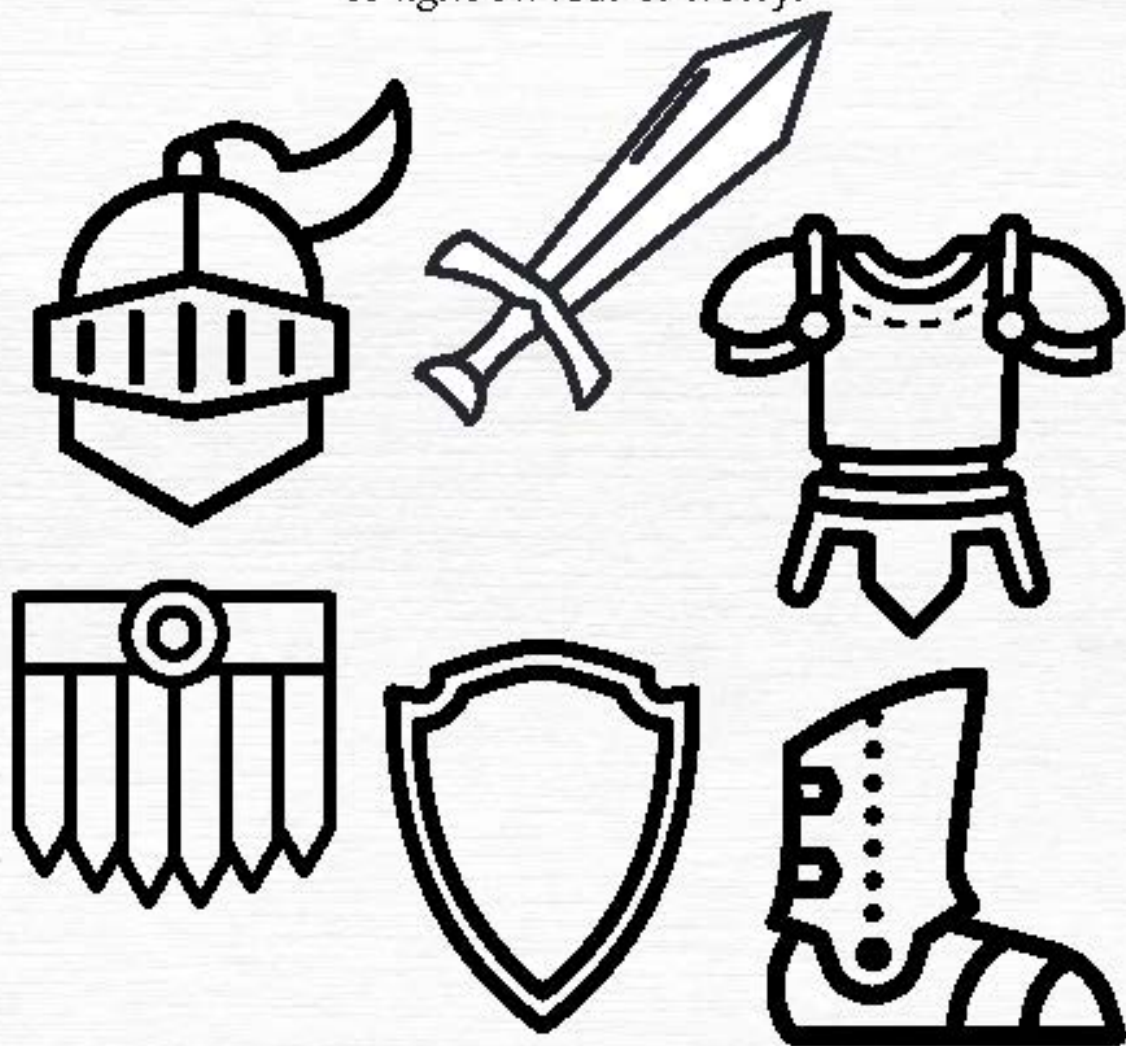
Prayer:

"Lord, thank You for giving me the armor to protect me. Help me remember to pray and read Your Word when I'm facing challenges. In Jesus' name, Amen."

Day 20: God Never Fails!

Activity:

Armor of God Coloring Sheet: Give kids a coloring sheet with the Armor of God on it. As they color, explain how each piece of armor helps protect them, like a superhero suit! Talk about how they can use prayer and God's Word to fight off fear or worry.



Day 21: God's Love Should Be Shared!

Big Idea:

I will share about God's love with others!

Devotional:

Imagine you're on an exciting treasure hunt, searching for hidden treasure. Just like you would want to share that treasure with your friends, God wants you to share the treasure of His love with others! God calls you to spread His message, telling everyone about Jesus. When we believe in Jesus, we become part of His family. And just like a family, we help one another, share our love, and invite others in! God wants to bring more people into His kingdom, and you can be part of that by telling others what Jesus has done for you.

Memory Verse:

"For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace, and joy in the Holy Spirit." (Romans 14:17-18)

Prayer:

"Dear God, thank You for saving me and inviting me to be part of Your kingdom. Help me to tell others about Your love and how You've changed my life. I pray that those who don't know You yet will come to know You and follow You. In Jesus' name, Amen."

Day 21: God's Love Should Be Shared!

Activity:

Share the News: Write a letter to someone you don't know, sharing something special about Jesus, like how He loves us. Decorate it, then give it to someone or ask an adult to mail it. It's a great way to share Jesus' love!



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