



Prayer & Fasting for the family

January 4 - 24

Where to Begin...

What is fasting?

Fasting is when we choose to go without something—usually food—for a set time so we can focus more on Jesus. It's not just "skipping a meal." It's creating space in our hearts and minds to pray, worship, and read God's Word without distractions.

Throughout Scripture, God's people fasted. When we fast, we're telling Jesus, "You are more important than anything else." It helps our spirit grow stronger, our mind become clearer, and our heart become more open to what God wants to say.

Tips to Make Your Fast Meaningful

Start Small: Especially if this is your family's first time fasting, begin with short or simpler fasts throughout the 21 days.

Model the Fast: As your child's spiritual leader and disciple maker, model the Fast. They are more likely to engage when they see parents leading by example.

Be Patient and Flexible: Remember that fasting can be challenging for children and adults alike, it is a sacrifice. If someone struggles, be compassionate and offer support, keep the conversation open.

Why fast as a family?

01

Spiritual Growth

Families who fast together can grow their faith, reflect on their values, and teach spiritual disciplines.

02

Strengthen the Family

Fasting together can create a shared experience that foster unity and connection.

03

Intentional Time for Reflection

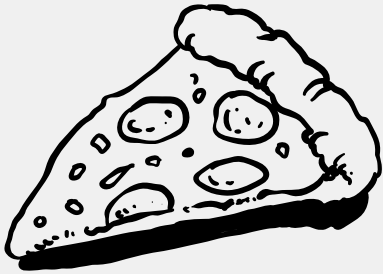
Fasting helps families pause the distractions of everyday life and focus on purpose, prayer, and values.

04

Teaching Gratitude

Fasting helps us understand the meaning of sacrifice, deepens our gratitude for the blessings we have, and sharpens our awareness of how God is moving around us.

Practical Ways to Fast:



Food Fasting

For a time, give up certain foods like sugar or caffeine or try the Daniel Fast. What you choose should be a sacrifice. Giving up broccoli, for example isn't a sacrifice for most people.



Technology Fast

Fast from screen time for a certain period of time where the family disconnects from electronics and uses that time for Bible reading, prayer, worship, or family time. This could also include fasting from social media or other online platforms.



Fast from Activities/Distractions

You can choose to give up things like going out or watching TV and use that time to pray, read the Bible and spend time together. You could fast complaining or saying negative things and instead write down things you're thankful for in a journal.

Connecting your family to the fast:

We want to encourage your family during this time and help you feel confident as the spiritual leaders in your home. Before 21 Days of Prayer & Fasting begin, take time to talk together about why you're fasting. Share what each person is focusing on in prayer—both individual requests and things you're praying for as a whole family. You can also talk about what we're believing for as a church during this season.

It can be fun to plan a celebration for the end of the 21 days, like a special outing or favorite restaurant. Having something to look forward to helps keep kids motivated and excited.

Throughout the 21 days, check in with each other and talk about how prayer and fasting are going—celebrate the victories and be honest about the challenges. Great moments for conversations might be in the car on the way to school, at bedtime, or around the dinner table. Give everyone a chance to share their thoughts, then pray together as a family and for one another.

If you have younger kids, you might want to answer the questions first to help spark the conversation. The goal is to get your family talking to God and about God every day and to create a space where your kids feel comfortable asking questions. It's okay if you don't know all the answers—this is a great opportunity to build a Deuteronomy 6:6–9 culture in your home, where God's Word becomes part of your everyday rhythms and conversations.

These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

Deuteronomy 6:6–9, NIV

Week 1

**LEARNING TO HEAR
GOD'S VOICE**

Day 1: God Still Speaks

John 10:27

“My sheep listen to my voice; I know them, and they follow me.”

Devotional

God still talks to us today! He doesn't shout—He speaks quietly to our hearts. Life can get busy and loud, and sometimes we forget to slow down and listen. But Jesus knows you by name, and He loves when you come close and listen for Him.

Stillness Moment

Sit quietly for one minute. No talking, no music. Whisper, “Jesus, I’m listening.”

Prayer

Jesus, help me hear Your voice today. Thank You for loving me. Amen.

Day 2: The Whisper

1 Kings 19:11–12

“...after the fire, a sound of a gentle blowing.”

Devotional:

Elijah thought God would speak in big, loud ways—like through an earthquake or a huge fire. But God spoke in a soft whisper instead. God doesn't shout to get your attention; He invites you to come closer. When everything feels busy or crazy, remember that God is near. His whisper shows He's right beside you.

Stillness Practice

Find a quiet spot for one minute. Ask, “God, what are You whispering to me today?”

Prayer

Holy Spirit, help me hear Your gentle voice.
Thank You for being close. Amen.

Day 3: Be Still

Psalm 46:10

“Stop striving and
know that I am God...”

Devotional

Being still isn't doing nothing—it's trusting God. You don't have to fix every problem or figure everything out. God is in control, and He wants your heart to rest in Him. When you stop rushing and breathe, you make space to hear His peace inside you.

Stillness Practice

Take three deep breaths. With each breath out, imagine giving one of your worries to God.

Prayer

God, help me be still and trust You. You are in control, and I'm safe with You. Amen.

Day 4: The Word Speaks

Hebrews 4:12

“For the word of God
is living and active...”

Devotional

The Bible isn't just an old book—it's alive! God uses His Word to talk to you today. When you read a verse, it can teach you, encourage you, or show you something you need to change. If you want to hear God, opening your Bible is one of the best places to start.

Stillness Practice

Read one short verse slowly. Notice what word or sentence stands out. Write it down and share it with one another

Prayer

Lord, help me understand Your Word. Speak to me as I read the Bible today. Amen.

Day 5: Tuning out the Noise

Mark 1:35

“...Jesus got up... and went away to a secluded place, and prayed there...”

Devotional

Even Jesus needed quiet time! He chose to get away from noise and people so He could talk with His Father. You can do the same. When you take a break from screens, talking, and busy things, your heart becomes quieter—and you can hear God more clearly.

Stillness Practice

Find a quiet place and sit still for two minutes. Tell Jesus one thing on your mind.

Prayer

Father, help me find quiet moments with You. Meet me when I stop and listen. Amen.

Day 6: The Voice of Peace

Philippians 4:6–7

“...the peace of God... will guard your hearts and minds...”

Devotional

God never speaks with fear or panic. When His voice is leading you, you will feel peace—even if things around you are stressful. Worry tries to shout, but God’s peace is like a calm whisper that helps your heart rest.

Stillness Practice

When you feel worried, put your hand on your chest and take a slow breath. Ask, “Jesus, give me Your peace.”

Prayer

Jesus, fill me with Your peace. Quiet every worry in my heart. Amen.

Day 7: Obedience Opens Ears

James 1:22–25

“...be doers of the word, and not just hearers...”

Devotional

Sometimes we stop hearing God because we stopped doing what He already told us. When you obey God, your heart becomes more open to Him. You don't need a new message—just follow what He already said. Every time you obey, it gets easier to hear His voice again.

Stillness Practice

Ask, “God, is there something You’ve asked me to do that I haven’t done yet?” Talk as a family about what you think should be your next step. Then help one another to take that step today.

Prayer

Lord, help me obey You quickly and joyfully. I want to hear Your voice clearly. Amen.

Week 1 Check-In

Theme: Learning to Hear God's Voice

Activity: "Quiet Challenge"

Have kids sit in a circle.

Tell them you're going to turn off all sound for 20 seconds.

After 20 seconds ask:

- "What did you hear that you didn't notice before?"
- "Was it hard or easy to be still?"

This helps them remember that hearing God often starts with quieter hearts.

Conversation Starters

1. Which day this week was your favorite and why?
2. Did you try the "stillness practice" any day? What happened?
3. What is one place in your life that feels noisy? (school, siblings, sports, screens, etc.)
4. Which devotional helped you understand how God speaks?
5. If God whispered something to you this week, what do you think it was? (No pressure—accept "I'm not sure" as an answer.)

Reflection Moment

Have kids close their eyes for 10 seconds.

Ask quietly:

- "What's one thing you want Jesus to help you hear better this coming week?"

Let a few share if they want.

Week 2

**NOTICING GOD'S
PRESENCE AND
LEADING**

Day 8: The Spirits Leading

Romans 8:14–16

“...led by the Spirit of God...
the Spirit... testifies... we are
children of God.”

Devotional

The Holy Spirit doesn't push or force you—He gently guides you. Sometimes He leads you with peace, sometimes with a nudge to do something kind or honest. He leads you like a loving Father leads a child. If you're ever unsure what to do, you can pause and ask Him.

Stillness Practice

Before doing something important today, pray, “Holy Spirit, lead me.”

Prayer

Holy Spirit, thank You for guiding me. Help me follow You with a happy heart. Amen.

Day 9: Recognizing His Presence

Exodus 33:14–15

“My presence shall go with you, and I will give you rest...”

Devotional

Moses didn't want to go anywhere without God. He knew God's presence was more important than anything else. God is with you at school, at home, when you're happy, and when you're sad. Sometimes you feel His presence as peace, comfort, or a strong sense that He's near.

Stillness Practice

Pause three times today—morning, noon, night—and say, “God, You are here with me.”

Prayer

Lord, I want to stay close to You. Help me notice Your presence today. Amen.

Day 10: Hearing Through Worship

Psalm 95:1–7

“Come, let us shout joyfully
to the Lord...”

Devotional

Worship isn't just singing—it's focusing your heart on God. When you worship, everything else gets quieter, and it becomes easier to hear God's voice. He often speaks during songs because your heart is turned toward Him.

Stillness Practice

Listen to one worship song. Instead of singing, ask, “God, what do You want me to hear?”

Prayer

God, speak to me when I worship. Help my heart focus on You. Amen.

Day 11: When God Seems Silent

Psalm 13:1–6

“How long, Lord? Will You
forget me forever?...”

Devotional

Sometimes it feels like God is quiet. David felt that way too and told God how he felt. But God had not left him—and He hasn't left you. When God seems silent, it doesn't mean He's far away. It means He wants you to trust what He already said in His Word.

Stillness Practice

Write down one promise from the Bible that helps you. Read it whenever you feel like God is quiet.

Prayer

God, help me trust You even when You feel quiet. You are always with me. Amen.

Day 12: The Voice of Conviction

John 16:7–13 “...the Spirit of truth... will guide you into all the truth...”

Devotional

Conviction isn't about making you feel bad—it's God's way of helping you get back on track. The Holy Spirit doesn't want to shame you; He wants to guide you. When He points out something that's not right, it's not to embarrass you, but to show you a better way to live. Those little nudges in your heart are a sign that God is close and cares about you so much that He doesn't want you to drift away from Him.

Stillness Practice

Ask, “Holy Spirit, is there something I need to change?” Listen quietly.

Prayer

Holy Spirit, thank You for helping me grow. Show me what needs to change in my heart. Amen.

Day 13: Through Wise Counsel

Proverbs 11:14 “...in an abundance of counselors there is victory.”

Devotional

God often speaks through wise people—like parents, pastors, or leaders who love Him. They help you make good choices, avoid mistakes, and follow God’s ways. You don’t have to figure everything out alone; God gives you people who help you hear Him.

Stillness Practice

Think of one wise person you trust. Ask them to pray with you about something.

Prayer

Lord, thank You for people who help me hear You. Surround me with godly friends and leaders. Amen.

Day 14: Dreams and Vision

Joel 2:28–29 “...your old men
will dream dreams, your
young men will see visions...”

Devotional

God is creative in the ways He speaks. Sometimes He uses dreams or pictures in your mind to help you understand something. These should always match the Bible, but God can use them to get your attention or show you something important.

Stillness Practice

If you have a meaningful dream, write it down and pray, “God, show me what this means.”

Prayer

Lord, help me understand the ways You speak.
Make my heart ready to listen. Amen.

Week 2 Check-In



Theme: Noticing God's Presence and Leading

Activity: "Where Did You See God?"

Have each kid draw or name one place they noticed God this week:

- at home
- at school
- in nature
- during prayer
- during worship
- through a person

Then let them explain in a sentence or two.

Conversation Starters

1. Did anything this week remind you that God is with you?
2. Did you feel the Holy Spirit leading you to do something kind or brave?
3. Was there a moment this week when God felt quiet? What did you do?
4. Did you have any dreams or pictures come to mind that you think might have been from God?
5. Which devotional taught you something new?

Reflection Moment

Say: "God speaks in lots of creative ways. Take a deep breath and ask Him to show you one way He wants you to notice Him next week."

Let kids share one word:

"Peace" ... "Worship" ... "Nature" ... "Kindness" ... etc.

Week 3

**LIVING A LIFESTYLE
OF LISTENING**

Day 15: Through Creation

Romans 1:20 "...His eternal power and divine nature... understood by what has been made..."

Devotional

God shows us things about Himself through nature. A sunset shows His beauty. The stars show His power. The mountains show His strength. When you look at creation, you can remember that the God who made everything also made you and loves you.

Stillness Practice

Look outside today and find one thing that reminds you of God. Thank Him for it.

Prayer

God, thank You for showing Yourself through creation. Open my eyes to see You everywhere. Amen.

Day 16: The Voice of Compassion

Matthew 9:35–36 “...He felt compassion for them...”

Devotional

When Jesus saw people hurting, He didn't ignore them—He felt love and care for them. Sometimes God speaks to you by giving you compassion for someone who needs help or kindness. When you feel that nudge to love someone, it might be God leading you.

Stillness Practice

Ask God to show you one person you can be kind to today. Then go do it!

Prayer

Jesus, help me love people the way You do. Make my heart full of compassion. Amen

Day 17: Listening Before Speaking

James 1:19–20 “...everyone must be quick to hear, slow to speak...”

Devotional

Listening shows wisdom and kindness. If you talk too quickly, you might not say the right thing. But when you pause and listen to God first, He helps you say things that bring peace, not anger. Listening gives God space to guide your heart.

Stillness Practice

Before you respond to someone today, take a breath and silently pray, “Holy Spirit, help me answer the right way.”

Prayer

Lord, help me listen more than I talk. Give me wisdom to speak with love. Amen

Day 18: Trusting God's Timing

Ecclesiastes 3:1, 11 "There is an appointed time for everything..."

Devotional

You may want things to happen fast, but God works on the perfect timetable. His timing is never late and never early. Waiting isn't easy, but God uses waiting to grow your faith. He's preparing things you can't see yet.

Stillness Practice

Think of one thing you're waiting for. Tell God, "I trust Your timing."

Prayer

God, help me be patient and trust You. Your timing is always best. Amen.

Day 19: Discernment vs. Distraction

1 John 4:1–3 “...test the spirits to see whether they are from God...”

Devotional

Not everything you hear—at school, online, or in your mind—comes from God. Discernment means checking if something sounds like Jesus. God’s voice always agrees with the Bible and brings peace, truth, and goodness. If something feels wrong or confusing, take it to God.

Stillness Practice

Before believing something you hear, ask, “Does this sound like Jesus?”

Prayer

Holy Spirit, help me know what’s true. Make Your voice louder in my heart than every distraction. Amen.

Day 20: The Reward of Obedience

20

Deuteronomy 28:1–2 “...all these blessings will come to you... if you obey the Lord your God.”

Devotional

God blesses obedience. When you say yes to what God asks—even when it’s not easy—your life grows stronger, happier, and more full of His goodness. Every step of obedience helps you become more like Jesus.

Stillness Practice

Think of one time you obeyed God. Thank Him for how He blessed you.

Prayer

Father, help me obey You with a happy heart. Thank You for the blessings that come from following You. Amen.

Day 21: A Lifestyle of Listening

isaiah 30:21 "...‘This is the way,
walk in it,’ whenever you
turn..."

21

Devotional

Listening to God isn't just for 21 Days of Prayer & Fasting—it's for every day of your life! God wants to guide you at school, at home, with friends, and anywhere you go. The more you practice listening, the easier it becomes to recognize His voice.

Stillness Practice

Thank God for everything He's spoken to you during these 21 days. Ask Him to help you keep listening daily.

Prayer

Lord, help me hear Your voice every day. I want my whole life to be a conversation with You. Amen.

Week 3 You Did It!

Theme: Living a Lifestyle of Listening

Activity: “Listening Landmarks”

- Give each child a sticky note or small card. Ask:
- “Write or draw one thing you learned about listening to God during these 21 days.”
- Stick them all on a poster or wall titled: “We Learned to Listen to God!”
- This becomes a visual celebration.

Conversation Starters

1. What was something God showed you in the last few days?
2. Which devotional from all 21 days stood out the most to you and why?
3. How has listening to God become easier for you?
4. What is one thing you want to keep doing every day—now that the 21 days are over?

Celebration Moment

“You did it! You spent 21 days practicing how to hear God. That’s a big deal! Let’s celebrate what God has done.”

Choose one celebration option:

- Applause moment: Everyone cheers for what God did.
- Gratitude circle: Each kid shares one thing they’re thankful God said or did.
- Prayer of blessing: Parent prays over them to keep listening in their daily lives.

Reflection

- Close with this simple question:

“What’s one way you want to stay close to Jesus this year?”