

TASTE *and* SEE



14 DAYS OF PRAYER AND FASTING



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Taste and See That the Lord is Good!

HAVE YOU EVER TASTED SOMETHING SO **DELICIOUS** THAT YOU JUST HAD TO TELL EVERYONE ABOUT IT?

MAYBE IT WAS THE *SWEETEST STRAWBERRY*, THE *CREAMIEST ICE CREAM*, OR *CHOCOLATE CHIP COOKIES* HOT OUT OF THE OVEN.

WHEN SOMETHING TASTES THAT GOOD, YOU WANT **MORE**, RIGHT?

In Psalm 34:8, God invites us to do something amazing! He says...

“Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!”

GOD IS TELLING US TO EXPERIENCE HIM WITH **ALL** OF OUR SENSES—NOT JUST TO HEAR ABOUT HIM OR READ ABOUT HIM, BUT TO REALLY **EXPERIENCE** HOW GOOD HE IS!

Over the next 14 days, you're going to discover God in new and exciting ways.

You'll **TASTE** His
GOODNESS
SEE His **BEAUTY**
HEAR His **VOICE**
& **FEEL** His **LOVE**

Just like tasting your favorite
food makes you want **MORE**,
experiencing God will make
you hungry to know Him better!

What is Prayer and Fasting?

PRAYER is talking to
 and listening to God!

FASTING means choosing to give
up something for a little while
so you can focus more on God.

YOU MIGHT SKIP A SNACK...
TURN OFF YOUR FAVORITE SHOW...
OR TAKE A BREAK FROM A TOY OR GAME!
WHEN YOU FEEL LIKE YOU WANT THAT
THING, USE THAT TIME TO **PRAY** INSTEAD!

What Am I Praying For?

IT'S UP TO YOU! YOU COULD PRAY FOR A FRIEND, A FAMILY MEMBER, OR FOR SOMETHING YOU NEED GOD'S HELP WITH.

What Will I Fast From?

REMEMBER, YOU'RE GIVING SOMETHING UP AND REPLACING IT WITH PRAYER! TALK TO YOUR PARENTS ABOUT WHAT'S RIGHT FOR YOU.

HERE ARE SOME IDEAS:

- VIDEO GAMES OR APPS
- TV SHOWS OR MOVIES
- SODA OR JUICE
- CANDY OR SWEETS
- A FAVORITE SNACK
- SOCIAL MEDIA OR TEXTING
- TOYS OR GAMES
- SPORTS OR ACTIVITIES

How to use this guide...

EACH DAY HAS A BIBLE VERSE, A PRAYER, AND A FUN ACTIVITY. MAKE SURE TO COMPLETE EACH ACTIVITY —THIS SHOWS YOU'RE REALLY EXPERIENCING GOD! READY? LET'S DO THIS!

DAY 1

Taste God's GOODNESS!

PSALM 34:8 (NLT)

"TASTE AND SEE THAT THE LORD IS GOOD. OH, THE JOYS OF THOSE WHO TAKE REFUGE IN HIM!"

PRAYER

DEAR GOD, THANK YOU FOR INVITING ME TO TASTE AND SEE HOW GOOD YOU ARE. HELP ME DISCOVER MORE ABOUT YOU EVERY DAY. OPEN MY EYES TO SEE YOUR GOODNESS ALL AROUND ME. IN JESUS' NAME, AMEN.

ACTIVITY

EAT YOUR FAVORITE FRUIT SLOWLY. AS YOU TASTE IT, THANK GOD FOR EACH GOOD THING HE'S MADE FOR YOU TO ENJOY. *WRITE DOWN THREE GOOD THINGS GOD HAS GIVEN YOU.*





DAY 2



**See God's
BEAUTY!**

PSALM 19:1 (NLT)

"THE HEAVENS PROCLAIM THE GLORY OF GOD. THE
SKIES DISPLAY HIS CRAFTSMANSHIP."

PRAYER

HEAVENLY FATHER, HELP ME SEE YOUR BEAUTY IN
EVERYTHING YOU'VE MADE. THANK YOU
FOR PAINTING THE SKY AND CREATING SUCH A
WONDERFUL WORLD. OPEN MY EYES TO NOTICE
YOU TODAY. IN JESUS' NAME, AMEN.

ACTIVITY

GO OUTSIDE AND LOOK AT THE SKY. DRAW A
PICTURE OF SOMETHING BEAUTIFUL GOD
MADE. *WRITE ONE SENTENCE THANKING HIM FOR
BEING SUCH A CREATIVE GOD.*



DAY 3

Hear God's VOICE!

JOHN 10:27 (NLT)

"MY SHEEP LISTEN TO MY VOICE; I KNOW THEM,
AND THEY FOLLOW ME."

PRAYER

GOD, WHEN I FEEL WORRIED OR SCARED, REMIND
ME THAT YOUR PEACE IS ALWAYS AVAILABLE.
FILL MY HEART WITH YOUR CALM AND COMFORT
TODAY. THANK YOU FOR PROTECTING MY MIND
AND HEART. IN JESUS' NAME, AMEN.

ACTIVITY

SIT QUIETLY FOR THREE MINUTES WITH NO MUSIC
OR SCREENS. LISTEN FOR GOD'S VOICE IN
YOUR HEART. WRITE DOWN ONE THING YOU FEEL
HE'S SAYING TO YOU.



DAY 4

Feel God's PEACE!

PHILIPPIANS 4:7 (NLT)

"THEN YOU WILL EXPERIENCE GOD'S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS."

PRAYER

GOD, WHEN I FEEL WORRIED OR SCARED, REMIND ME THAT YOUR PEACE IS ALWAYS AVAILABLE. FILL MY HEART WITH YOUR CALM AND COMFORT TODAY. THANK YOU FOR PROTECTING MY MIND AND HEART. IN JESUS' NAME, AMEN.

ACTIVITY

THINK OF SOMETHING THAT WORRIES YOU. TAKE THREE DEEP BREATHS AND ASK GOD FOR HIS PEACE. DRAW A PICTURE OF HOW GOD'S PEACE FEELS TO YOU (MAYBE A CALM OCEAN, A COZY BLANKET, OR WHATEVER PEACE LOOKS LIKE TO YOU).



DAY 5

Touch God's CREATION!

GENESIS 1:31 (NLT)

"THEN GOD LOOKED OVER ALL HE HAD MADE, AND HE SAW THAT IT WAS VERY GOOD!"

PRAYER

CREATOR GOD, THANK YOU FOR MAKING A WORLD FULL OF THINGS I CAN TOUCH AND EXPLORE. HELP ME REMEMBER THAT EVERYTHING YOU MADE SHOWS ME HOW AMAZING YOU ARE. IN JESUS' NAME, AMEN.

ACTIVITY

GO OUTSIDE AND COLLECT THREE THINGS FROM NATURE (A LEAF, ROCK, FLOWER, ETC.). DRAW OR TRACE THEM AND WRITE ONE THING YOU LOVE ABOUT EACH ONE. THANK GOD FOR BEING SUCH A DETAILED AND CREATIVE MAKER.





DAY 6

Experience God's LOVE!

1 JOHN 4:19 (NLT)

"WE LOVE EACH OTHER BECAUSE HE LOVED US
FIRST."

PRAYER

DEAR GOD, THANK YOU FOR LOVING ME BEFORE I
EVEN KNEW YOU. HELP ME FEEL YOUR
LOVE DEEP IN MY HEART TODAY. SHOW ME HOW TO
SHARE YOUR LOVE WITH OTHERS. IN JESUS'
NAME, AMEN.

ACTIVITY

GIVE SOMEONE A HUG OR DO SOMETHING KIND
FOR THEM. AS YOU DO, REMEMBER THAT
GOD'S LOVE FLOWS THROUGH YOU TO OTHERS.
WRITE ABOUT WHO YOU SHOWED LOVE TO AND
HOW IT MADE YOU FEEL.



DAY 7

Smell God's SWEETNESS!

2 CORINTHIANS 2:15 (NLT)

"OUR LIVES ARE A CHRIST-LIKE FRAGRANCE RISING
UP TO GOD."

PRAYER

HEAVENLY FATHER, JUST LIKE GOOD SMELLS MAKE
ME HAPPY, HELP MY LIFE BE SWEET TO
YOU. LET MY WORDS AND ACTIONS BE PLEASING TO
YOU TODAY. IN JESUS' NAME, AMEN.

ACTIVITY

SMELL SOMETHING YOU LOVE—FLOWERS,
COOKIES BAKING, OR FRESH BREAD. THANK GOD
THAT HE MADE OUR SENSES TO ENJOY GOOD
THINGS. WRITE DOWN WHAT YOU SMELLED AND
DRAW A PICTURE OF IT. ASK GOD TO MAKE YOUR
LIFE SWEET LIKE A GOOD SMELL TO HIM.



DAY 8

Know God's JOY!

NEHEMIAH 8:10 (NLT)

"DON'T BE DEJECTED AND SAD, FOR THE JOY OF
THE LORD IS YOUR STRENGTH!"

PRAYER

GOD, FILL ME WITH YOUR JOY TODAY! WHEN
THINGS ARE HARD, REMIND ME THAT YOUR JOY
MAKES ME STRONG. THANK YOU THAT I CAN BE
HAPPY BECAUSE YOU ARE WITH ME. IN
JESUS' NAME, AMEN.

ACTIVITY

DO SOMETHING THAT MAKES YOU LAUGH AND
FEEL JOYFUL. THANK GOD FOR GIVING YOU JOY.
DRAW A PICTURE OF YOURSELF EXPERIENCING
GOD'S JOY. WRITE ONE SENTENCE ABOUT
WHAT MADE YOU JOYFUL.



DAY 9

Taste God's WORD!

PSALM 119:103 (NLT)

"HOW SWEET YOUR WORDS TASTE TO ME; THEY
ARE SWEETER THAN HONEY."

PRAYER

DEAR GOD, HELP ME TO LOVE READING YOUR
WORD. MAKE THE BIBLE COME ALIVE TO ME
LIKE MY FAVORITE TREAT. THANK YOU FOR GIVING
ME THE BIBLE TO LEARN ABOUT YOU. IN
JESUS' NAME, AMEN.

ACTIVITY

TASTE A SPOONFUL OF HONEY. REMEMBER THAT
GOD'S WORD IS EVEN SWEETER! READ YOUR
FAVORITE BIBLE VERSE THREE TIMES. WRITE THE
VERSE BELOW AND DRAW A PICTURE TO GO
WITH IT!



DAY 10

Feel God's STRENGTH!

ISAIAH 40:31 (NLT)

"BUT THOSE WHO TRUST IN THE LORD WILL FIND NEW STRENGTH. THEY WILL SOAR HIGH ON WINGS LIKE EAGLES. THEY WILL RUN AND NOT GROW WEARY. THEY WILL WALK AND NOT FAINT."

PRAYER

STRONG GOD, WHEN I FEEL WEAK OR TIRED, REMIND ME THAT YOU GIVE ME STRENGTH. HELP ME TRUST IN YOU AND FEEL YOUR POWER HELPING ME TODAY. IN JESUS' NAME, AMEN.

ACTIVITY

DO TEN JUMPING JACKS OR RUN IN PLACE. NOTICE HOW YOUR BODY FEELS STRONG. THANK GOD THAT HE GIVES YOU EVEN GREATER STRENGTH IN YOUR HEART AND SPIRIT. WRITE ABOUT A TIME WHEN YOU NEEDED GOD'S STRENGTH, OR DRAW YOURSELF WITH EAGLE WINGS SOARING HIGH.



DAY 11

Experience God's COMFORT!

2 CORINTHIANS 1:3-4 (NLT)

"ALL PRAISE TO GOD, THE FATHER OF OUR LORD JESUS CHRIST. GOD IS OUR MERCIFUL FATHER AND THE SOURCE OF ALL COMFORT. HE COMFORTS US IN ALL OUR TROUBLES SO THAT WE CAN COMFORT OTHERS."

PRAYER

COMFORTING GOD, THANK YOU FOR BEING CLOSE TO ME WHEN I'M SAD OR HURT. WRAP ME IN YOUR COMFORT LIKE A WARM BLANKET. HELP ME COMFORT OTHERS THE WAY YOU COMFORT ME. IN JESUS' NAME, AMEN.

ACTIVITY

WRAP YOURSELF IN YOUR FAVORITE BLANKET OR HUG A STUFFED ANIMAL. THINK ABOUT HOW GOD'S COMFORT FEELS EVEN BETTER. WRITE A NOTE OR DRAW A PICTURE FOR SOMEONE WHO NEEDS GOD'S COMFORT. (YOU CAN GIVE IT TO THEM OR KEEP IT HERE.)



DAY 12

**See God's
LIGHT!**

MATTHEW 5:14 (NLT)

"YOU ARE THE LIGHT OF THE WORLD—LIKE A CITY ON A HILLTOP THAT CANNOT BE HIDDEN."

PRAYER

GOD OF LIGHT, THANK YOU FOR MAKING ME SHINE WITH YOUR LIGHT. HELP ME BRIGHTEN THE WORLD AROUND ME BY SHOWING OTHERS YOUR LOVE. LET MY LIGHT SHINE FOR YOU TODAY. IN JESUS' NAME, AMEN.

ACTIVITY

TURN OFF ALL THE LIGHTS IN A ROOM, THEN TURN ON A FLASHLIGHT. WATCH HOW IT PUSHES AWAY THE DARKNESS. ASK GOD TO HELP YOU BE A LIGHT THAT SHOWS OTHERS THE WAY TO HIM. DRAW YOURSELF AS A BRIGHT LIGHT SHINING FOR JESUS. WRITE ONE WAY YOU CAN SHINE FOR HIM THIS WEEK.



DAY 13

**Know God's
FAITHFULNESS!**

LAMENTATIONS 3:22-23 (NLT)

"THE FAITHFUL LOVE OF THE LORD NEVER ENDS!
HIS MERCIES NEVER CEASE. GREAT IS HIS
FAITHFULNESS; HIS MERCIES BEGIN AFRESH EACH
MORNING."

PRAYER

FAITHFUL GOD, THANK YOU FOR BEING WITH ME
EVERY SINGLE DAY. YOUR LOVE NEVER RUNS
OUT. HELP ME TRUST YOU NO MATTER WHAT
HAPPENS. IN JESUS' NAME, AMEN.

ACTIVITY

WATCH THE SUNRISE OR LOOK AT A MORNING SKY.
REMEMBER THAT GOD'S FAITHFULNESS IS
NEW EVERY MORNING. LIST THREE WAYS GOD HAS
BEEN FAITHFUL TO YOU. DRAW A
SUNRISE TO REMIND YOU OF GOD'S FRESH
MERCIES.



DAY 14

Experience God's PRESENCE!

PSALM 16:11 (NLT)

"YOU WILL SHOW ME THE WAY OF LIFE, GRANTING ME THE JOY OF YOUR PRESENCE AND THE PLEASURES OF LIVING WITH YOU FOREVER."

PRAYER

DEAR GOD, I'M SO THANKFUL YOU ARE ALWAYS WITH ME. HELP ME FEEL YOUR PRESENCE RIGHT NOW. FILL ME WITH JOY BECAUSE YOU ARE NEAR. THANK YOU FOR NEVER LEAVING ME.
IN JESUS' NAME, AMEN.

ACTIVITY

SIT QUIETLY AND IMAGINE JESUS SITTING RIGHT NEXT TO YOU. TALK TO HIM LIKE A FRIEND. THANK HIM FOR ALWAYS BEING PRESENT WITH YOU. DRAW A PICTURE OF YOU AND JESUS TOGETHER. WRITE ONE THING YOU WANT TO TELL HIM.

