

RHYTHMS OF RENEWAL
21 DAYS
of Prayer & Fasting
KIDSGUIDE

A new year is a great time to start fresh.

Life can feel loud and busy—even for kids. School, activities, screens, and schedules can make it hard to slow down and listen to God. That’s why our church is taking **21 Days of Prayer & Fasting** together.

Prayer means talking and listening to God. Fasting means taking a break from something so we can focus on God.

Kids do **not** fast from food. Instead, kids can fast from distractions like screens, games, treats, or other activities.

When we fast, we are saying, “God, I want You to be first.”

There is no rush and no pressure. God loves spending time with you.

What Does Fasting Look Like for Kids?

Kids can choose to fast from:

- Video games or apps
- TV or YouTube
- Social media
- Sweets or snacks
- A favorite toy or activity

When we fast, we use that time to pray, read the Bible, listen to God, or be kind to others.

Daily Time With God Guide

Each day includes:

- A short **Bible** verse
- A simple **prayer**
- One thing to **think** about or **do**

Day 1 - God Is With Me

Scripture: Psalm 46:10

Prayer: God, thank You for being with me. Help me slow down and notice You today.

Do: Sit quietly for 60 seconds. What do you notice?

Day 2 - Trusting God

Scripture: Proverbs 3:5

Prayer: God, help me trust You today.

Do: Tell God one thing you need help with.

Day 3 - Thank You, God

Scripture: Psalm 107:1

Prayer: God, thank You for loving me and taking care of me.

Do: Name three things you're thankful for.

Day 4 - Saying Yes to God

Scripture: Luke 22:42

Prayer: God, help me obey You even when it's hard.

Do: Choose to do the right thing today.

Day 5 - Listening to God

Scripture: 1 Samuel 3:10

Prayer: God, help me listen to You.

Do: Sit quietly for one minute.

Day 6 - God Gives Me Strength

Scripture: Isaiah 40:31

Prayer: God, thank You for giving me strength.

Do: Ask God for help when you feel tired.

Day 7 - Rest Day

Scripture: Matthew 11:28

Prayer: Jesus, thank You for caring about me.

Do: Do something calm and restful today.

Day 8 - God Forgives Me

Scripture: 1 John 1:9

Prayer: God, thank You for forgiving me.

Do: Say sorry to God quietly.

Day 9 - Changing My Thoughts

Scripture: Romans 12:2

Prayer: God, help me think like You.

Do: Replace a negative thought with truth.

Day 10 - God Gives Peace

Scripture: Philippians 4:7

Prayer: God, help me feel Your peace.

Do: Take a deep breath and pray.

Day 11 - God Leads Me

Scripture: Psalm 25:4

Prayer: God, show me the right way.

Do: Ask God for help with a choice.

Day 12 - Be Brave

Scripture: Joshua 1:9

Prayer: God, help me be brave.

Do: Do something kind even if it feels hard.

Day 13 - Loving Others

Scripture: John 13:34

Prayer: God, help me love like Jesus.

Do: Show love to someone today.

Day 14 - Being Kind

Scripture: Colossians 3:12

Prayer: God, help me be kind.

Do: Say something encouraging.

Day 15 - God Is Faithful

Scripture: Lamentations 3:23

Prayer: God, thank You for always being faithful.

Do: Remember a time God helped you.

Day 16 - Being Humble

Scripture: Micah 6:8

Prayer: God, help me be humble.

Do: Help someone without being asked.

Day 17 - Hope

Scripture: Romans 15:13

Prayer: God, fill me with hope.

Do: Talk about something you're hopeful for.

Day 18 - Don't Give Up

Scripture: Hebrews 12:1

Prayer: God, help me keep going.

Do: Finish something you started.

Day 19 - Being Generous

Scripture: Acts 20:35

Prayer: God, help me be generous.

Do: Share something today.

Day 20 - We're Better Together

Scripture: Hebrews 10:24

Prayer: God, thank You for my church family.

Do: Pray for someone else.

Day 21 - God Has Done Great

Things

Scripture: Psalm 126:3

Prayer: God, thank You for these 21 days.

Do: Talk about what you learned.

God loves when we spend time with Him. Keep your rhythm going!