

# 21 DAYS PRAYER & FASTING

DAILY DEVOTIONALS  
AND ACTIVITIES



**PRAYER IS**  
**NOT OUR**  
**LAST**  
**RESORT.**

**IT'S OUR**  
**FIRST**  
**RESPONSE.**

# HI FRIEND!

Learning what prayer is, how to pray, and how important prayer is to your everyday life is one of the most important things you can do as a believer in Jesus. We want to pray first in every situation, good or bad. Jesus is always the answer, He is our best friend, and He is always ready to talk with us. Praying with Jesus is not only something that we need in our lives but it should be something that we want to do. The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! Praying and talking with Jesus should be the best part of our day! When you find out how to have real conversations with Jesus every day, then you will experience the presence of God, and that will change your life in the best way possible.

You can pray:

- \* Before the day begins
- \* Before you go to school
- \* Before you go with friends
- \* Before you play a big game
- \* Before you go to bed
- \* When something bad happens
- \* When something good happens
- \* In every situation – PRAY FIRST!

We pray blessings over your prayer life because prayer changes everything.

In the next pages, you will find 21 devotionals and activities divided into 3 main categories: Body, Soul, and Spirit.

Each category contains a prayer point, a verse, a QR code for you to watch a Bible story, discussion questions, a prayer, and some activities. There is nothing more powerful than praying God's word.

We hope these topics help you pray and nourish every area of your entire being, because God is interested in your full well-being.

Now may the God of peace make you holy in every way, and may your whole **spirit** and **soul** and **body** be kept blameless until our Lord Jesus Christ comes again.

1 Thessalonians 5:23

**WEEK 1:**  
**BODY**

# DAY 1: GOD-GIVEN FOOD

## GENESIS 1:29 NLT

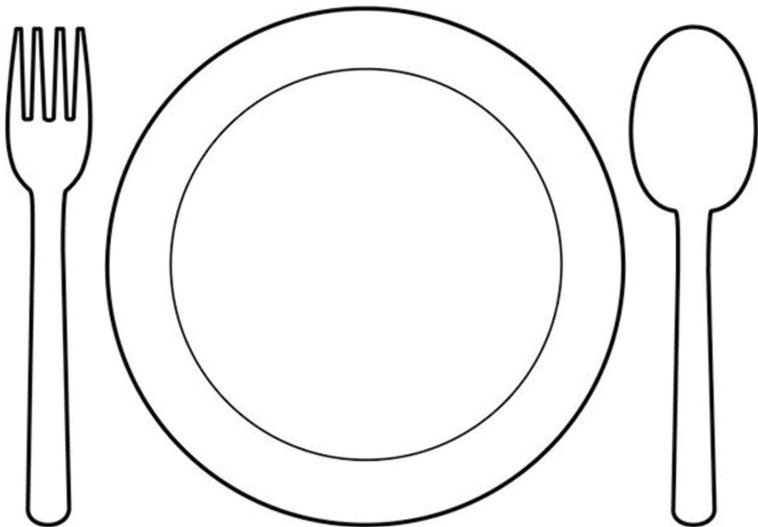
Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food."

**WATCH THE STORY:** Daniel



**REFLECT:** Why were Daniel and his friends better looking than the other men? What kind of foods are better for our bodies? What can you start doing to eat healthier this week?

**PRAY:** God, thank you for providing good foods for us to eat that are healthy for me. Help me to take care of my body by choosing to eat healthier things. I want to honor you this way too. In Jesus name I pray, Amen.



**WRITE OR DRAW SOME HEALTHY FOODS THAT YOU COULD AND SHOULD EAT**

**GOD GIVES ME  
GOOD FOOD TO EAT**



## DAY 2: STAY ACTIVE

### MARK 12:30 NLT

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

**WATCH THE STORY:** God Made People



**REFLECT:** What Did God say after he made Adam and Eve? Do all humans look the same? Why is it important to take care of our bodies? What can you do to better care for the body God gave you?

**PRAY:** God, thank you for creating me in such a unique and powerful way. I thank for the body you gave me. Help me take care of my body and to love you with all that I am in this way. In Jesus name I pray, Amen.

**DRAW OR WRITE OUT A PHYSICAL ACTIVITY THAT YOU CAN DO THIS WEEK**



I AM MADE  
IN THE IMAGE  
OF GOD



# DAY 3: TAKE TIME TO REST

## GENESIS 2:2 NLT

On the seventh day God had finished his work of creation, so he rested from all his work.

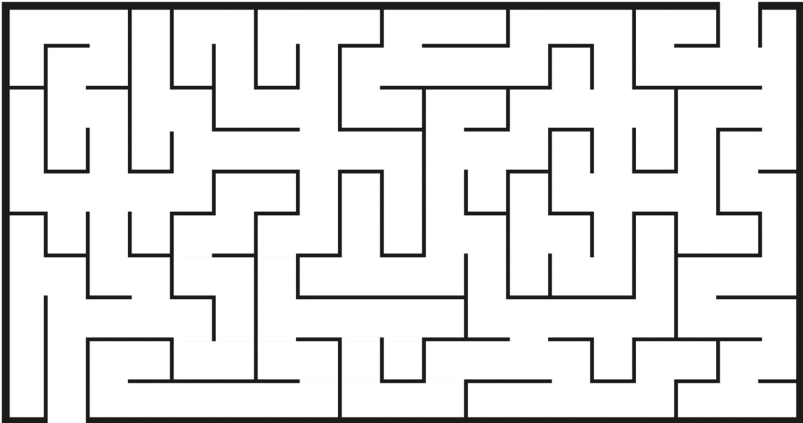
**WATCH THE STORY:** Creation



**REFLECT:** Do you get enough rest throughout your day? Why is it hard for some people to get enough rest? What can you do to make time for rest in your life? What do you enjoy doing to recharge?

**PRAY:** God, thank you for the example you have set for me. Help me to make time for rest and allow my body to recharge. I want to take care of myself this way and show you how much I care. In Jesus name I pray, Amen.

## FOLLOW THE MAZE



# TAKE TIME TO REST



# DAY 4: GOD HEALS

## PSALM 103:3 NLT

He forgives all my sins and heals all my diseases.

**WATCH THE STORY:** Jesus Heals A Man Born Blind



**REFLECT:** Has God ever healed you or someone you know from something? What is something that you or someone you know needs healing for? What should be your response to God's healing?

**PRAY:** God, I thank you for being my healer. I know you have the power and the authority to heal. I pray that your healing power come over my body and anyone else who needs it. In Jesus name I pray, Amen.

## WORD SEARCH:

Y	Q	C	O	K	S	I	G	H	T	V
T	D	K	Y	S	I	P	B	O	P	K
L	B	N	A	A	L	J	L	P	D	P
W	V	E	D	B	O	E	I	A	P	I
K	F	M	U	B	A	S	N	R	R	B
Y	W	W	R	A	M	U	D	E	O	J
C	S	U	S	T	G	S	D	N	P	B
A	R	C	C	H	R	I	S	T	H	S
H	F	U	P	H	A	R	I	S	E	E
S	G	L	O	R	Y	L	B	D	T	J
L	G	Y	V	H	S	I	Y	A	S	F

BLIND    GLORY    JESUS    MUD    PARENTS  
 PHARISEE    PROPHET    SABBATH    SIGHT    CHRIST

# GOD IS A HEALER



# DAY 5: BE PURE

## 1 THESSALONIANS 4:7 NLT

God has called us to live holy lives, not impure lives.

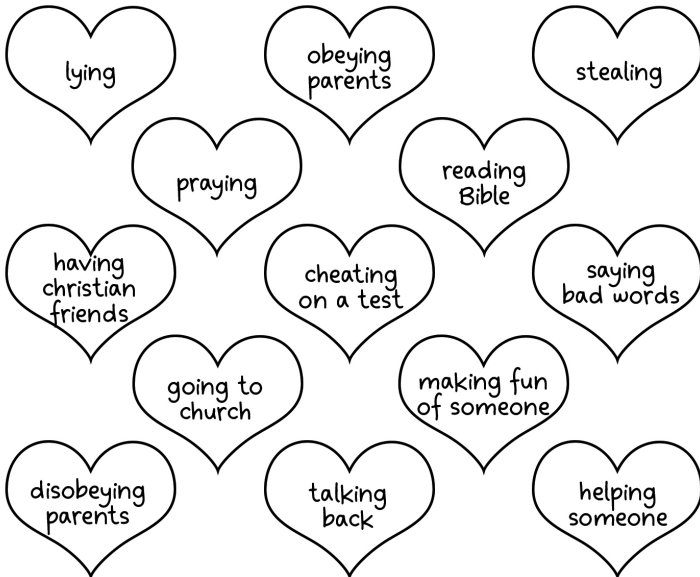
**WATCH THE STORY:** Keep my heart pure



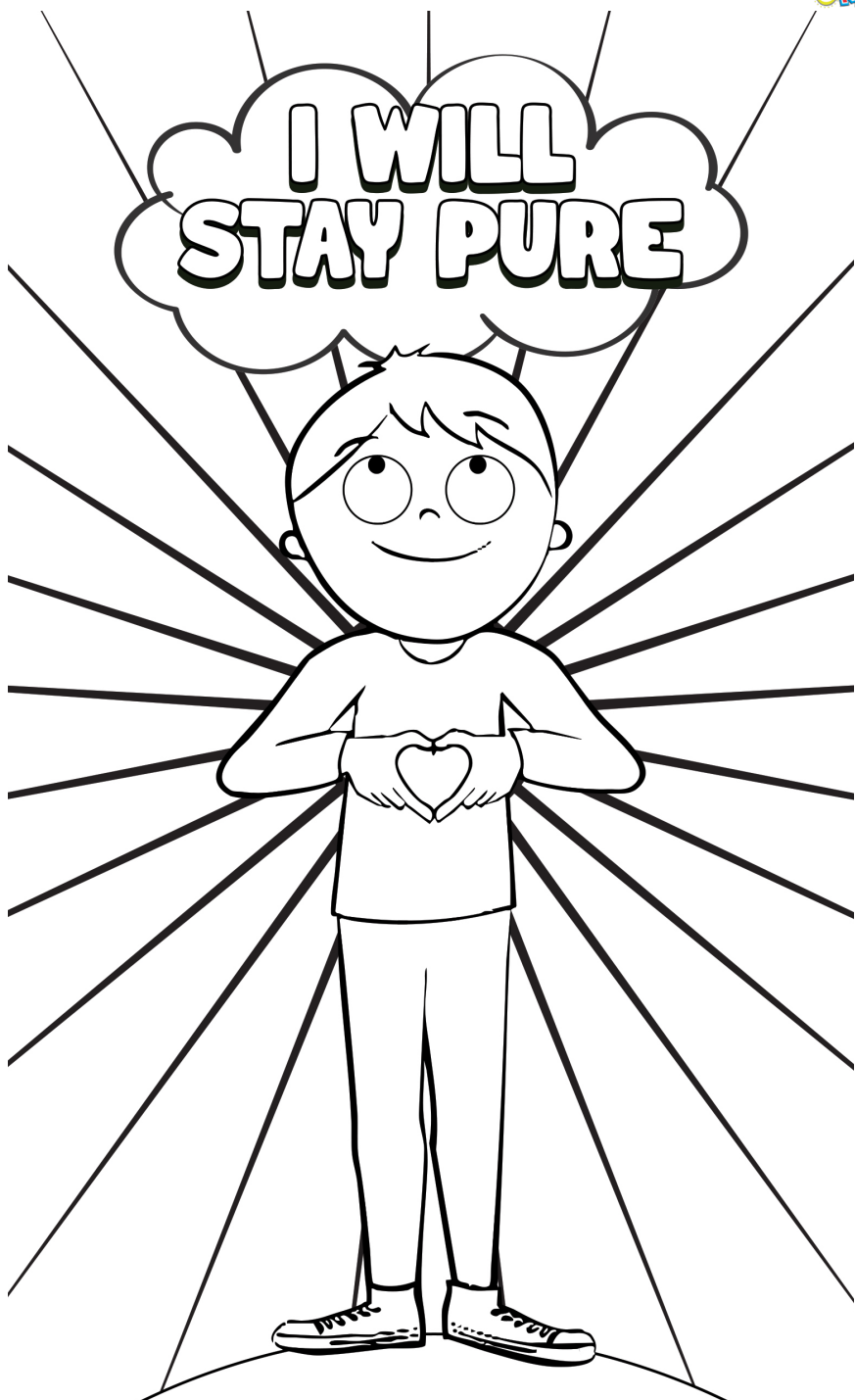
**REFLECT:** What are some things that DON'T keep our lives pure? Why does God tell us not to do certain things? Will my life be better when I do what I want or when I choose to do what God wants?

**PRAY:** God, I know that you have rules in order to keep me safe because you love me. Help me to be holy, pure, and only choose to do what you want. I know that what you have is always best for me. In Jesus name I pray, Amen.

## COLOR THE HEARTS THAT CONTAIN THINGS THAT ARE PURE



I WILL  
STAY PURE



# DAY 6: FOR THE GLORY OF GOD

## ROMANS 6:13 NLT

... So use your whole body as an instrument to do what is right for the glory of God.

**WATCH THE STORY:** Paul's Ministry



**REFLECT:** What differences can you see in Paul's actions? Now that Paul was using his life for God's glory, who did he impact? How can you show God's glory in your life? How can you do what is right?

**PRAY:** God, thank you for saving me. Help me to follow your example and be a reflection of you everywhere I go with what I say and do. I want to be an instrument of your glory and do what is right. In Jesus name I pray, Amen.

**DRAW PAUL'S  
EXPRESSION  
BEFORE HE  
MET JESUS**



**DRAW PAUL'S  
EXPRESSION  
AFTER HE  
MET JESUS**





# I WILL REFLECT GOD'S GLORY



# DAY 7: UNANSWERED PRAYERS

PSALM 13:6 NLT

I will sing to the Lord because he is good to me.

WATCH THE STORY: The Life Of Job



**REFLECT:** How do unanswered prayers make you feel? Should we give God glory only when good things happen? Why was Job able to praise God even when he had lost everything?

**PRAY:** God, thank you for all you do. I know you are good and deserve the glory at all times. Help me to wait on your answer and know that your timing is always perfect. You know what is best. In Jesus name I pray, Amen.

## FILL IN THE EMOTION



WHEN I FEEL \_\_\_\_\_  
I WILL PRAISE GOD



WHEN I FEEL \_\_\_\_\_  
I WILL PRAISE GOD



WHEN I FEEL \_\_\_\_\_  
I WILL PRAISE GOD



WHEN I FEEL \_\_\_\_\_  
I WILL PRAISE GOD

**GOD IS  
GOOD AT  
ALL TIMES**



Now may the God of peace  
make you holy in every way,  
and may your whole **spirit**  
and **soul** and **body** be kept  
blameless until our Lord  
Jesus Christ comes again.

1 Thessalonians 5:23

**WEEK 2:**  
**SOUL**

# DAY 8: WHEN IN DOUBT

## PROVERBS 3:5 NLT

Trust in the Lord with all your heart; do not depend on your own understanding.

**WATCH THE STORY:** Jesus Appears to Thomas



**REFLECT:** Why was it hard for Thomas to believe that Jesus was alive? Was Jesus mad at Thomas for his doubt or did he encourage his faith? What can you do when you are in doubt?

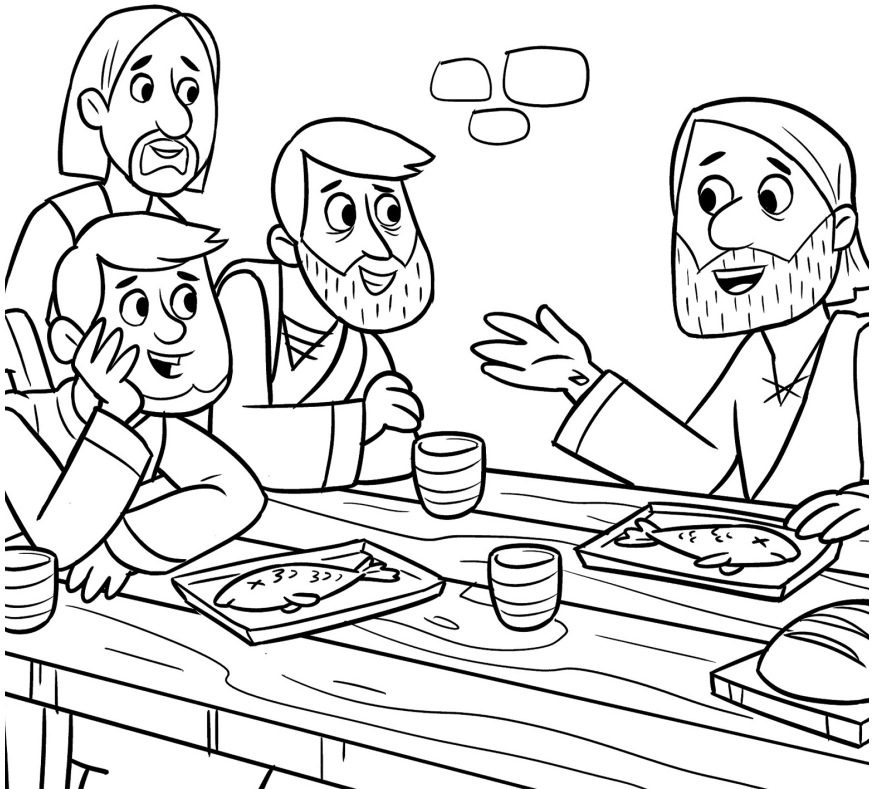
**PRAY:** God, help me with my doubts. Help me to be strong in my faith no matter what might happen in life. I know that you are good, strong, and worthy of all my devotion. Thank you for loving me. In Jesus name I pray, Amen.

N F R J A F J R N F J  
 U J N N T T H O M A S  
 X S Q T H U S T H T L  
 O B K W R M P G O H B  
 T L D I S C I P L E C  
 H T Y N J A R P Y R K  
 Y K W B E L I E V E P  
 Q E B V S Z T A D N J  
 G I D O U B T C B D M  
 Q B Q P S T W E L V E  
 F O R G I V E N E S S

## WORD SEARCH:

THOMAS  
 DOUBT  
 JESUS  
 SPIRIT  
 FATHER  
 TWIN  
 DISCIPLE  
 BELIEVE  
 PEACE  
 HOLY  
 FORGIVENESS  
 TWELVE

**WHEN I HAVE  
DOUBTS I CAN  
GO TO JESUS**



# DAY 9: THE POWER OF HONESTY

## HEBREWS 4:13 NLT

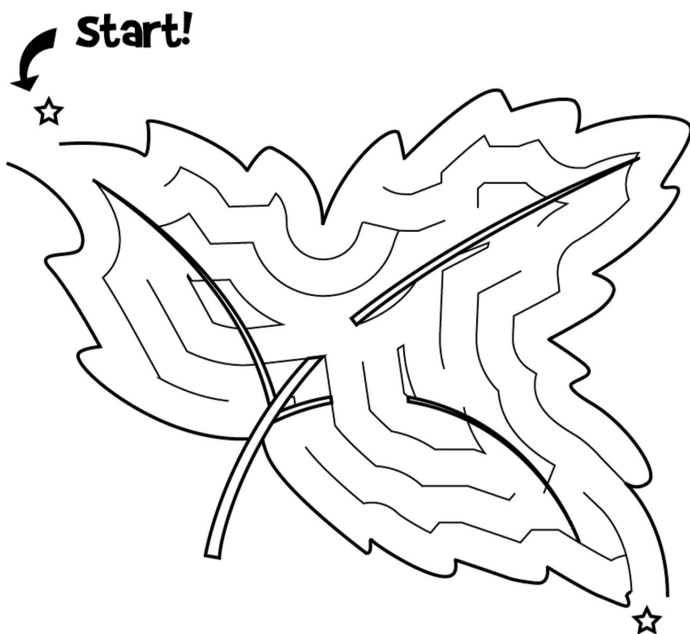
Nothing in all creation is hidden from God... and he is the one to whom we are accountable.

**WATCH THE STORY:** Adam and Eve Sin



**REFLECT:** What did Adam and Eve use to cover themselves? Why did Adam and Eve hide from God? Can we truly hide from God? What things have you tried to hide from God that you need to surrender?

**PRAY:** God, I know that you know all things and I cannot hide from you. I surrender my life and will chose to be honest with you even when it is hard. I know that when I am honest you bring healing. In Jesus name I pray, Amen.





**NOTHING IN  
ALL CREATION  
IS HIDDEN  
FROM GOD**



# DAY 10: POWER IN WHO GOD IS

## EXODUS 3:14 NLT

God replied to Moses, "I AM WHO I AM. Say this to the people of Israel: I AM has sent me to you."

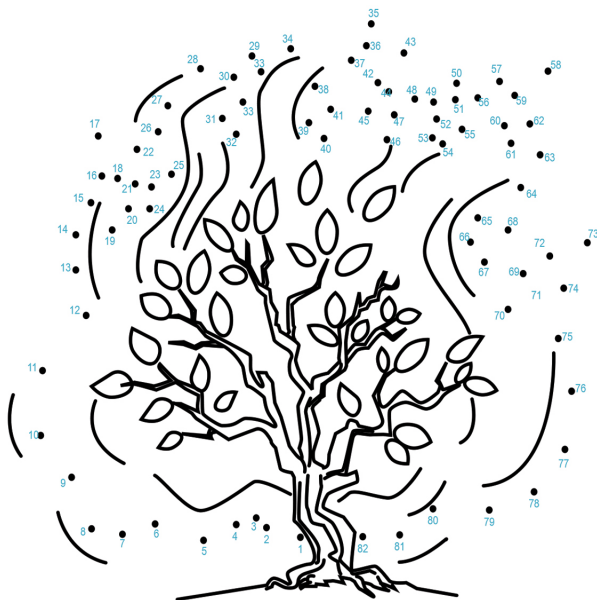
**WATCH THE STORY:** Moses And The Burning Bush



**REFLECT:** Why did Moses not feel capable of leading the Israelites? What excuses did Moses make? Have you ever felt incapable? What insecurities do you have? How can you start to believe God's power over you?

**PRAY:** God, I know you are strong and make me capable even when I feel like I am not. Remove any negative thoughts that I have about myself. Help me to trust not in my power but in yours. In Jesus name I pray, Amen.

## CONNECT THE DOTS



# GOD MAKES ME ABLE



# DAY 11: TRUE HEALING

## PROVERBS 12:24 NLT

Work hard and become a leader; be lazy and become a slave.

**WATCH THE STORY:** Jesus Heals At The Pool of Bethesda

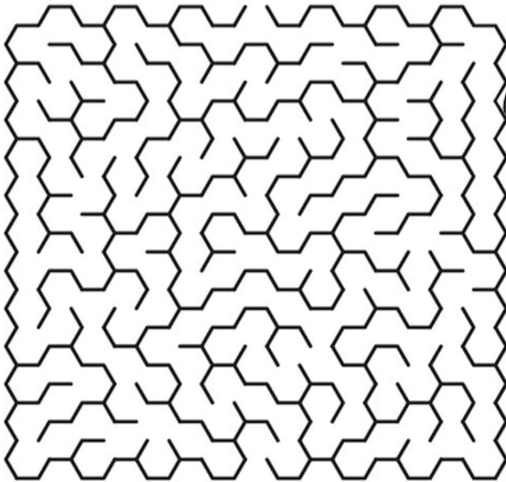


**REFLECT:** Where was the true healing power found? Why did the paralyzed man believe he couldn't be healed? Who was right in front of him? Now that he was healed, could he keep being a lazy beggar? Why not?

**PRAY:** God, I know that true power and healing only come from you. Help me to understand this even when through hard times. I want to live in freedom. Help me to not be lazy after I receive my miracle. In Jesus name I pray, Amen.

Guide Jesus to the crippled man

START



END

# HEALING IS FOUND IN JESUS



# DAY 12: WHO DO YOU LISTEN TO

## LUKE 8:18 NLT

So pay attention to how you hear. To those who listen to my teaching, more understanding will be given.

**WATCH THE STORY:** The First Sin



**REFLECT:** Why did Eve pay more attention to what the serpent said about the tree and not God? Why do you think they doubted God's word? Who do you listen to in your life? Who's words should you value?

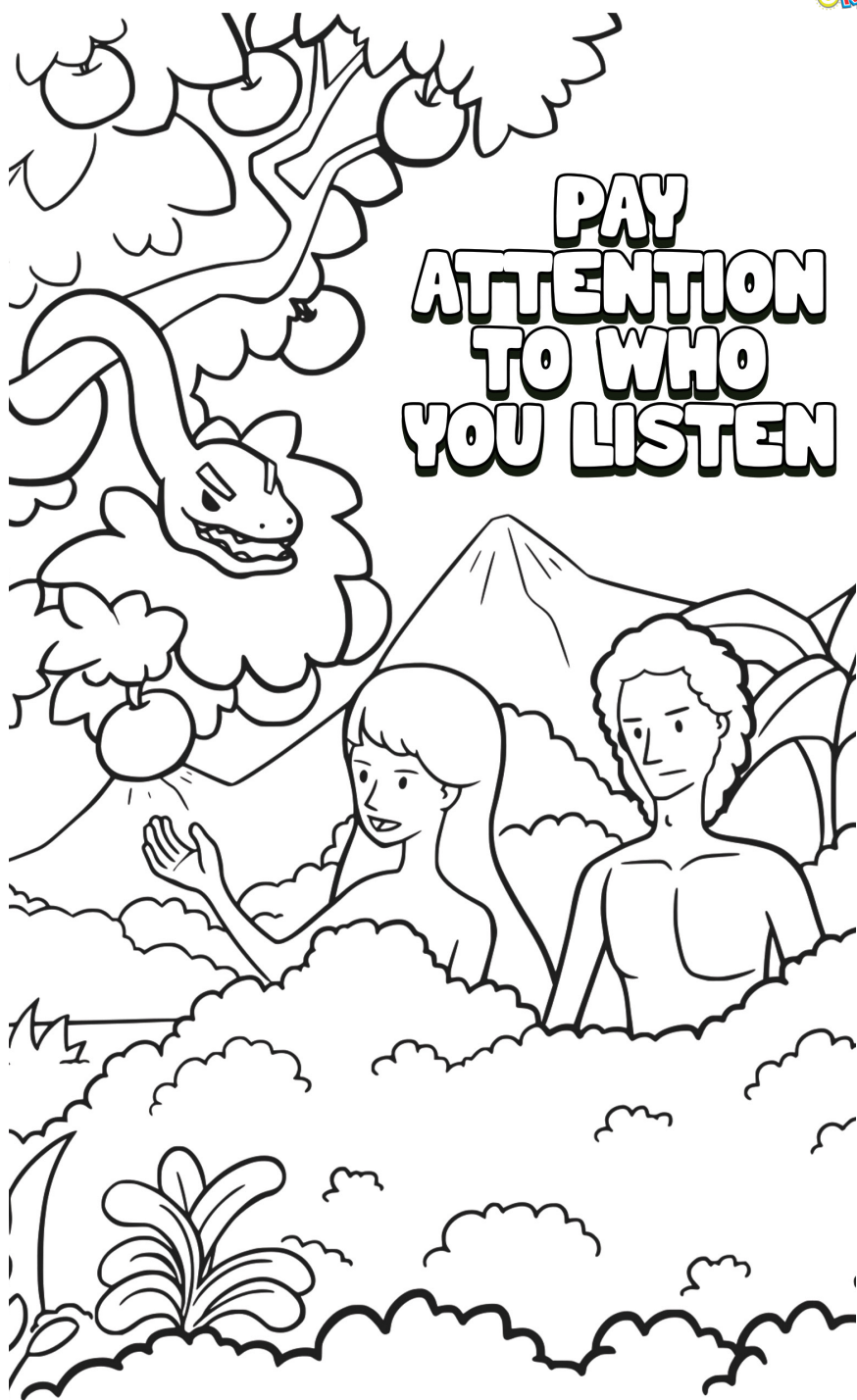
**PRAY:** God, help me to listen to your truth rather than the lies of the enemy. I do not want to be tricked. Help me to listen to your word and the words of those who love me above anything else. In Jesus name I pray, Amen.

L I T N U S L A E D E N D  
 U G A R D E N T V E R I T  
 L E R S E R T E I D I T O  
 G O O D C P N S L Q U I S  
 N S E Q U E S C F L L A N  
 E V E L E N E R I R I U R  
 L A E M O T O R S I U E R  
 S I T E N D R E T A T I E  
 K N O W L E D G E S M O T  
 T N S E D E U G V A M V E  
 L R Q D I S O B E Y E D E  
 T D E L O R E D E L I Q U  
 Z T E E F E U G A A D A M

## WORD SEARCH:

ADAM  
 EVE  
 EAT  
 EDEN  
 FRUIT  
 GARDEN  
 TREE  
 SERPENT  
 GOOD  
 EVIL  
 DISOBEYED  
 KNOWLEDGE

# PAY ATTENTION TO WHO YOU LISTEN



# DAY 13: HOW DO YOU SEE YOU

## PSALM 139:14 NLT

Thank you for making me so wonderfully complex!  
Your workmanship is marvelous—how well I know it.

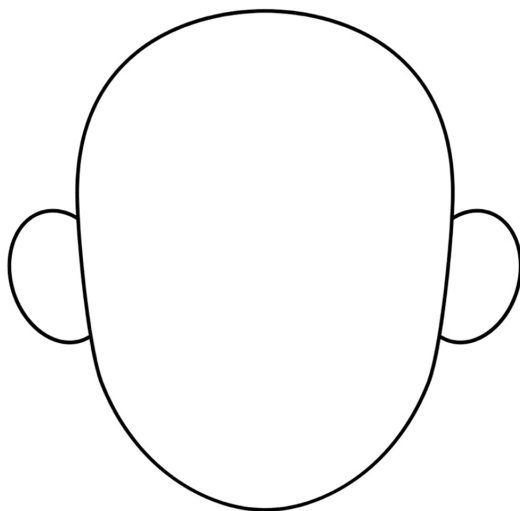
**WATCH THE STORY:** Two Brave Spies



**REFLECT:** Why did the spies see themselves like grasshoppers? What assumptions do you have about yourself that are not true? What truth has God spoken over you that you need to remember?

**PRAY:** God, help me to see myself the way you see me. Help me to not focus on my weaknesses but rather to see your power working in me. Remind me of who you say that I am. In Jesus name I pray, Amen.

## DRAW A SELF PORTRAIT OF YOURSELF





# I AM WONDERFULLY MADE



# DAY 14: WHERE IS YOUR FAITH

**LUKE 8:25 NLT**

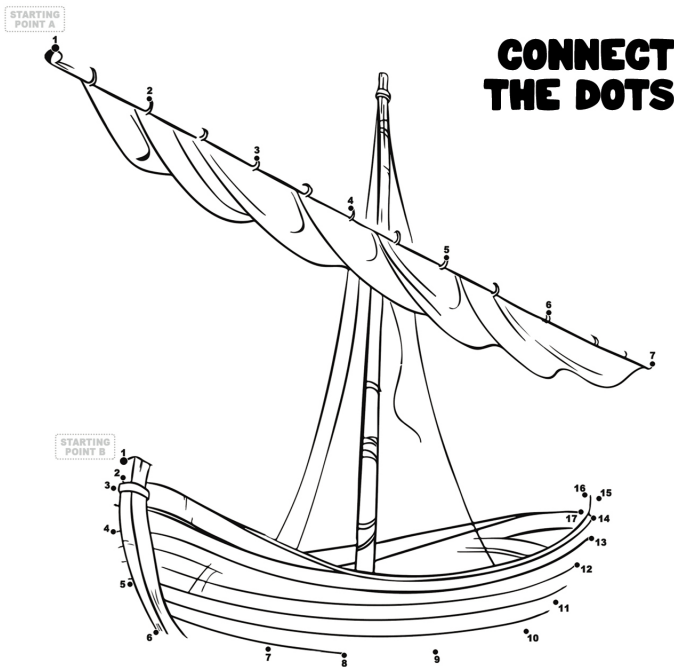
... "When he gives a command, even the wind and waves obey him!"

**WATCH THE STORY:** Jesus Calms The Storm



**REFLECT:** Why were the disciples afraid in the boat? What happened to the storm when Jesus woke up? What are you afraid of? How can you trust Jesus more even in your fear and unbelief?

**PRAY:** God, I know that you are always with me even when I go through hard times in life. I know you have everything under control. Help me to put my faith in you and trust you at all times. In Jesus name I pray, Amen.



# I CAN PUT MY FAITH IN JESUS



Now may the God of peace  
make you holy in every way,  
and may your whole **spirit**  
and **soul** and **body** be kept  
blameless until our Lord  
Jesus Christ comes again.

1 Thessalonians 5:23

**WEEK 3:**  
**SPIRIT**

# DAY 15: TALKING TO JESUS

## PSALM 145:18 NLT

The Lord is close to all who call on him, yes, to all who call on him in truth.

### WATCH THE STORY: Prayer



**REFLECT:** When can we talk to God? How can we talk to God? What can we talk to God about? What happens when we make it a habit to talk to God? How can you make more time to talk to God in your life?

**PRAY:** God, thank you for always listening to me. I do not want to be lazy. Help me to make more time in my day to talk to you. I know that there is power when I talk to you. In Jesus name I pray, Amen.

### **FILL IN THE BLANKS AND USE THIS AS A GUIDE FOR YOUR PRAYERS**

Dear God, I praise you because

\_\_\_\_\_.

I thank you for

\_\_\_\_\_.

Forgive me for

\_\_\_\_\_.

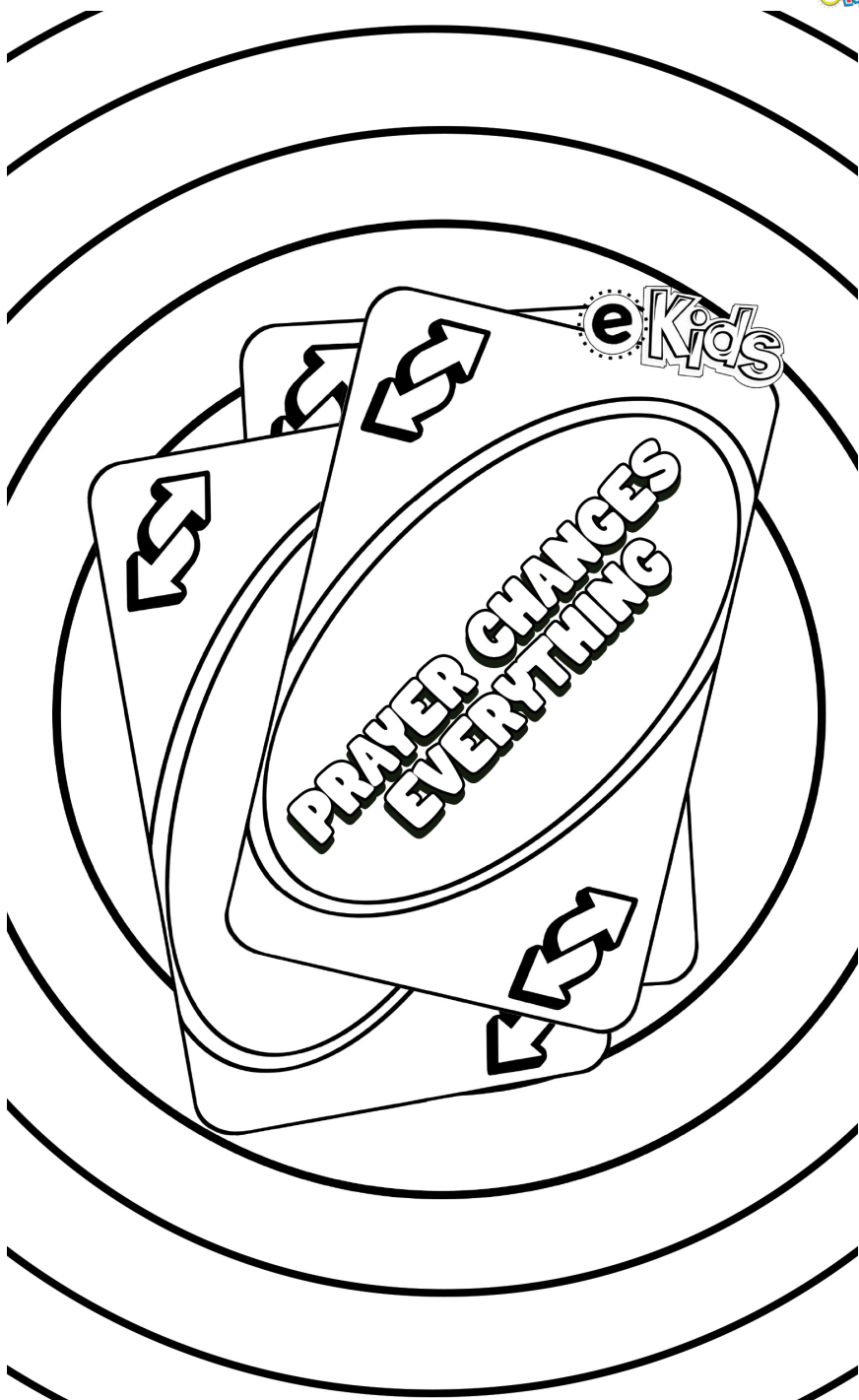
I pray over

\_\_\_\_\_.

Help me

\_\_\_\_\_.

In Jesus Name, Amen.



eKids

**PRAYER CHANGES  
EVERYTHING**

# DAY 16: MEETING WITH GOD

## EXODUS 33:11 NLT

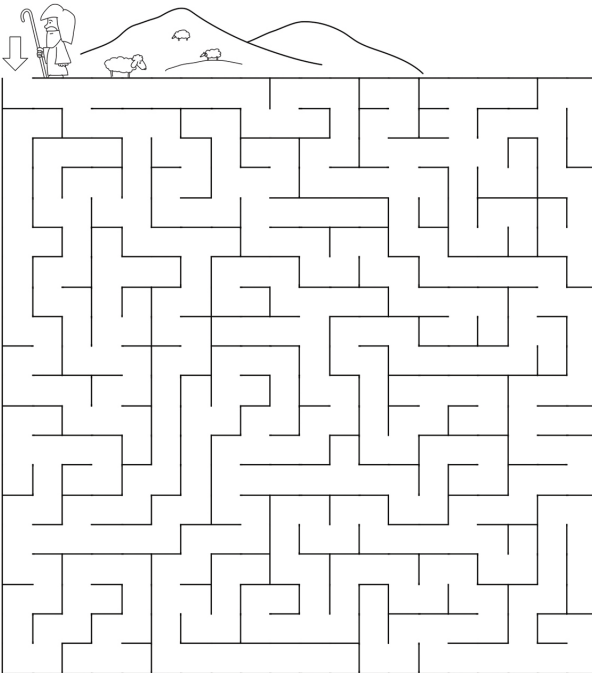
Inside the Tent of Meeting, the Lord would speak to Moses face to face, as one speaks to a friend.

**WATCH THE STORY:** Moses And The Tent of Meeting



**REFLECT:** Where would Moses go and spend time with God? Where is somewhere in your house where you can go to spend some time with God? When you spend time with God, what can happen?

**PRAY:** God, I know that you are my heavenly father and my friend. Just like Moses, I want to spend time in your presence. Help me to make time for you. I want to grow in my relationship with you. In Jesus name I pray, Amen.



**LEAD  
MOSES  
TO THE  
TENT**





# I CAN TALK TO GOD LIKE A FRIEND



# DAY 17: WHO'S WITH YOU

## JOHN 4:10 NLT

Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water."

**WATCH THE STORY:** Jesus And The Woman At The Well



**REFLECT:** Why was the woman shocked that Jesus talked to her? Did she know who Jesus was at first? What did Jesus give to this woman? Once this woman received what Jesus gave how did she respond?

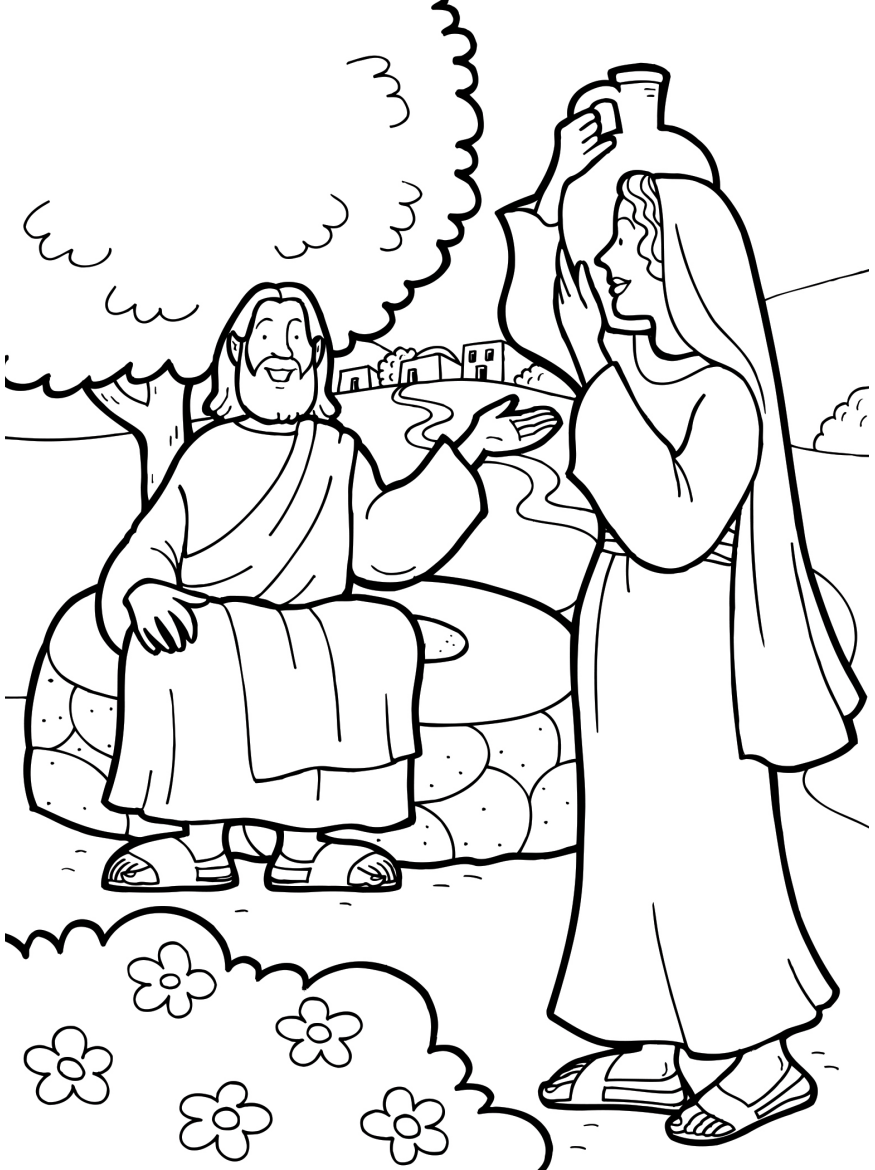
**PRAY:** God, help me to pay attention to what you are doing in my life at all times. I know you are always working. Help me to recognize even the small things you are doing so I can have a good attitude. In Jesus name I pray, Amen.

A F X V C K G I F T P U S S D  
 M Z Y M R S C V Y H R I R O Z  
 V N Q P J B C M E I O W T U E  
 R B F G Q N F U F R P O N H O  
 M P M A L I F E E S H M J C K  
 L F C H M U K Q Q T E A R H G  
 D S P R I N G H Z Y T N R X O  
 W E L L L I V I N G D R I N K  
 I M U M T U I G B D U P E B H  
 V E R K T M Z Y U V D O T E W  
 J S S A M A R I T A N N E F A  
 E S B L E H U S B A N D R P T  
 S I U D Q A H Y R K T A N K E  
 U A Q P B O K M O T O N A S R  
 S H Z U M R Y P H D E Q L Y F

## WORD SEARCH:

SAMARITAN  
 WOMAN  
 MESSIAH  
 LIVING  
 WATER  
 WELL  
 LIFE  
 ETERNAL  
 JESUS  
 GIFT  
 SPRING  
 DRINK

# JESUS IS ALWAYS NEAR



# DAY 18: TRUE WORSHIP

**MARK 12:30 NLT**

You must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

**WATCH THE STORY:** Worship



**REFLECT:** How can we show God that he is the most important thing to us? Is what you do and say showing God how much you love him? What can you do better express your love and worship to God?

**PRAY:** God, thank you for loving me. I want to show you I love you with all my heart, soul, mind, and strength. Help me to worship you and honor you with what I say and do every day of my life. In Jesus name I pray, Amen.

## FILL IN THE BLANKS WITH DRAWINGS

You must love the Lord your God

with all your \_\_\_\_\_ ,  
HEART

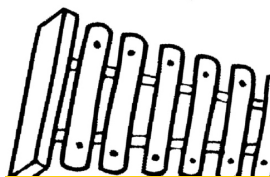
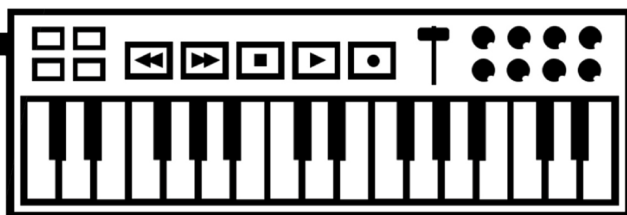
all your \_\_\_\_\_ ,  
SOUL

all your \_\_\_\_\_ ,  
MIND

and all your \_\_\_\_\_ .  
STRENGTH

eKids

I CAN  
WORSHIP  
AT ALL  
TIMES



# DAY 19: CREATOR GOD

## Genesis 1:1 NLT

In the beginning God created the heavens and the earth.

### WATCH THE STORY: Creation



**REFLECT:** What was the first thing God said to be in the beginning? On what day did God make the sun? What lit up the sky before the sun was made? Does God need physical objects in order to create things?

**PRAY:** God, thank you for this world you created. You made everything out of nothing. Help me to trust in your creative power even when I feel like a situation is impossible. I know you can do all things. In Jesus name I pray, Amen.

## DRAW WHAT WAS CREATED EACH DAY

DAY 1	DAY 2	DAY 3	DAY 4
DAY 5	DAY 6	DAY 7	

# GOD IS A CREATOR



# DAY 20: STRENGTH IN GOD

## Habakkuk 3:19 NIRV

The Lord and King gives me strength. He makes my feet like the feet of a deer. He helps me walk on the highest places.

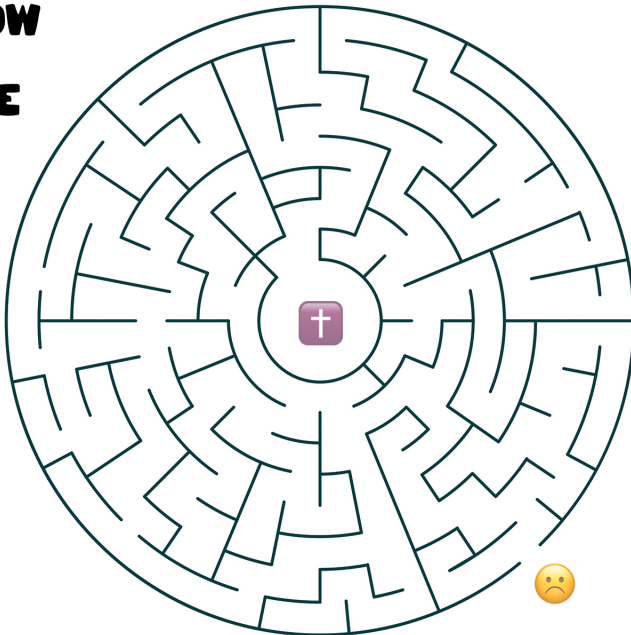
**WATCH THE STORY:** Habakkuk



**REFLECT:** What was Habakkuk worried about? How did God comfort him? What was Habakkuk's response? Who is always in control? How can you better put your strength and comfort in God?

**PRAY:** God, even when things are not going so great, help me to trust in you. I do not want to put my strength in my fears or worries. Help me to find strength and comfort in you. I trust in your promises. In Jesus name I pray, Amen.

**FOLLOW  
THE  
MAZE**





**I CAN PUT  
MY TRUST  
IN GOD**



# DAY 21: DON'T LOSE HOPE

**MARK 9:23 NLT**

Anything is possible if a person believes.

**WATCH THE STORY:** Jesus Heals A Boy



**REFLECT:** How long did this boy have this problem? Why did Jesus get upset with his disciples? Have you prayed for something that has not happened yet? How can you strengthen your faith while you wait?

**PRAY:** God, help my unbelief. I know you can do all things and I want to trust you. Help me to never give up and always have faith in you. Help me to have hope while I wait for my prayers to be answered. In Jesus name I pray, Amen.

**WRITE OR DRAW BELOW A PRAYER REQUEST THAT YOU HAVE RIGHT NOW**

**CIRCLE WHAT YOU NEED TO REMEMBER ABOUT GOD TO HELP YOU HAVE HOPE**

God is my healer    God is my helper    God is my provider  
 God is my friend    God is my protector    God is big  
 God forgives    God is powerful    God is my savior

**GOD IS  
ALWAYS  
ON TIME**



**FOR MORE  
RESOURCES  
AND  
INFORMATION  
ABOUT  
THESE 21  
DAYS OF  
PRAYER AND  
FASTING,  
VISIT OUR  
WEBSITE OR  
SCAN THIS  
QR CODE**



**PRAYER IS**  
**NOT OUR**  
**LAST**  
**RESORT.**

**IT'S OUR**  
**FIRST**  
**RESPONSE.**



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