

# FIXED ON GOD



You will keep perfect peace, all who trust in you,  
all whose thoughts are fixed on you.

Isaiah 26:3

21 DAYS OF  
PRAYER & FASTING



## INTRODUCTION

Friends, guess what? The Creator of the universe wants to spend time with YOU! How can you be friends with Almighty God? One of the best ways is through prayer. Praying is having a conversation with God - you talk to Him and He talks to you! It is super simple to do but sometimes we make it hard. We start paying attention to other things or people and do not make time for God. Other times we may think talking to God is boring but take a good look around creation, God made it all! IF we really want to know our Creator, we will discover He is not the least bit boring!

- What time is best for you to chat with God? Is it when you wake up? Before or after a meal? Bedtime?

Write the best time here: \_\_\_\_\_

- Next, what place is best for you to focus on God? Bedroom? Prayer tent with blankets or sheets? Outdoors in a quiet spot?

Write the best place here: \_\_\_\_\_

What will you talk about when you meet 1-1 with God? This 21 day prayer and fasting guide can help you!

I look forward to celebrating praises, wins and answered prayers with you, friends!

Fixed on God,

*Georgia*, Director of WestKids

## INSIDE THE GUIDE:

## WEEK 1 - THE LORD'S PRAYER

1. Daily Bible readings - with suggestions of how to communicate with God. Consider translations for children: NIRV or NLT. Kudos to the following teachers, Donna Cranford, Kaye Hendricks & John Wolters who wrote the helpful tips.
2. Weekly prayer journal - a space to write down how you feel about God, what is on your mind and ways you are thankful. When God answers prayers, jot them down too.
3. Weekly calendar for fasting:
  - Fasting is the act of going without something.
  - Christians fast to give up something they like so they can spend time with God, whom they love! Special time is set aside to connect with God by disconnecting from activities and/or food.
  - Kids may fast by giving up for a day or more...
    - A favorite TV show
    - Free time on computer / video games / phone time
    - Dessert / Sweets
    - Add your own idea: \_\_\_\_\_
  - With your parent's help, pick dates and draw a picture of the activity or sweets that you will give up on those days.

Ideas for enjoying your special time with your BFF = God!

- Listen to worship music. (suggestions: Orange Kids, Elevate Kids, Kids on the Move, Scripture Lullabies)
- Take a walk and talk to God about whatever comes to mind.
- Take a few slow, deep breaths and then be still like a rock. Listen to God speak into your thoughts.



**OUR FATHER**  
IN HEAVEN, HALLOWED  
BE YOUR NAME.



**YOUR KINGDOM COME,**  
**YOUR WILL BE DONE,**  
ON EARTH AS IN HEAVEN.



**GIVE US TODAY OUR**  
**DAILY BREAD.**



**FORGIVE US** OUR SINS,  
AS WE FORGIVE THOSE  
WHO SIN AGAINST US.

**LEAD US**  
**NOT INTO**  
**TEMPTATION,**  
**BUT DELIVER US**  
**FROM EVIL.**

*From KidsPrayer.com*



**FOR THE KINGDOM,**  
THE POWER AND  
THE GLORY ARE YOURS.  
NOW AND FOREVER. AMEN

**MATTHEW 6:9-13**

### **Day 1 - “Our Father in heaven...”**

What are some of the special names you call your dad or another important man in your life (ex. daddy, pops, hero, friend, coach)? God loves you so much that he wants you to call him “Daddy” and he calls you his “child”! That’s amazing! Spend some time thinking about your special relationship with God and thanking Him for it!

### **Day 2 - “...hallowed be Your Name...”**

We can learn about who God is by learning about His names. Here are 3 names of God you can call Him as you pray:

- Creator...God made everything, including YOU, and continues to keep it in motion (sun, moon, stars, seasons, your body, etc)
- Provider...God provides for everything you need in every situation
- Shepherd...God watches over you and you can follow His voice

### **Day 3 - “...Your Kingdom come, Your will be done on earth as it is in heaven...”**

God wants us to pray faithfully for those who don’t know Him yet. Make a list of family, friends, neighbors, etc...that don’t know Jesus personally and pray for them. Also pray for specific ways you can be Jesus to them in your words and actions today.

### **Day 4 - “...Give us this day our daily bread...”**

Reflect on the words of this song: “My God is so BIG, so STRONG and so MIGHTY, there’s NOTHING my God cannot do! (2x) The mountains are His, the rivers are His, the stars are His handiwork too. My God is so BIG, so STRONG and so MIGHTY, there’s

NOTHING my God cannot do, FOR YOU!” Now believe and act on the truth of these words.

### **Day 5 - “...Forgive us our debts as we forgive our debtors...”**

Asking for forgiveness is often hard to do but it’s part of growing in our relationship with God. Is there someone you need to go to and ask for forgiveness because you said or did something that was hurtful or disobedient? Be specific when talking with them (ex: “I’m sorry for not obeying you, mom, when you asked me to get ready for bed. Please forgive me.”).

### **Day 6 - “...And do not lead us into temptation but deliver us from the evil one...”**

Pick one of the following truths to focus on as you pray today:

- God loves me! Ephesians 2:4 But God loves us deeply. He is full of mercy.
- Jesus died for me! Romans 5:8 But here is how God has shown his love for us. While we were still sinners, Christ (Jesus) died for us.
- I am never alone! Psalm 91:15 He will call out to me (God), and I will answer him. I will be with him in times of trouble. I will save him and honor him.

### **Day 7 - “...For Yours is the Kingdom and the Power and the Glory forever.”**

What superpowers do your favorite Superheroes have? God is our ultimate Superhero! He is ALL POWERFUL! Thank God for his awesome power and victory over all things!

## WEEK 1 - JOURNAL

God, I love you because...

I need forgiveness for...

I want to pray for... (prayer for others)

Lord, please help me...(prayer for self)

Thank you for...

## WEEK 1 - FASTING

JESUS fasted and prayed for spiritual strength to fight off temptations!  
*40 days and 40 nights he fasted and became very hungry. Matt 4:2*

DIRECTIONS		WEDNESDAY AUGUST 19	
Pick a day or several and draw a picture of the activity or food you will give up for time with Jesus.			
SUNDAY AUGUST 16		THURSDAY AUGUST 20	
MONDAY AUGUST 17		FRIDAY AUGUST 21	
TUESDAY AUGUST 18		SATURDAY AUGUST 22	

## WEEK 2 - ATTRIBUTES OF GOD

# GOD IS...





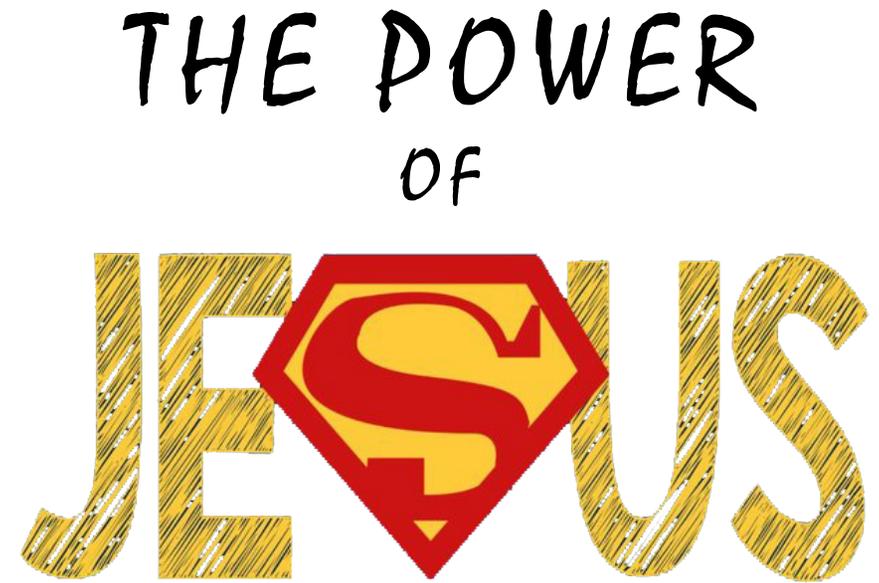


## WEEK 2 - FASTING

Jesus' disciples fasted to seek the Holy Spirit's guidance.  
*The prophets and teachers fasted and prayed. They placed their hands on Barnabas and Saul. Then they sent them off. Acts 13:3*

DIRECTIONS	WEDNESDAY AUGUST 26
Pick a day or several and draw a picture of the activity or food you will give up for time with Jesus.	
SUNDAY AUGUST 23	THURSDAY AUGUST 27
MONDAY AUGUST 24	FRIDAY AUGUST 28
TUESDAY AUGUST 25	SATURDAY AUGUST 29

## WEEK 3 - POWER OF JESUS







## WEEK 3 - JOURNAL

God, I love you because...

I need forgiveness for...

I want to pray for... (prayer for others)

Lord, please help me...(prayer for self)

Thank you for...

## WEEK 3 - FASTING

Fast for God not for others.

*Only your Father, who can't be seen, will know it. Your Father will reward you, because he sees what you do secretly. Matthew 6:18*

DIRECTIONS		WEDNESDAY SEPTEMBER 2	
Pick a day or several and draw a picture of the activity or food you will give up for time with Jesus.			
SUNDAY AUGUST 30		THURSDAY SEPTEMBER 3	
MONDAY AUGUST 31		FRIDAY SEPTEMBER 4	
TUESDAY SEPTEMBER 1		SATURDAY SEPTEMBER 5	

## 5 Finger Prayer



4) The **ring finger** is the weakest. Pray for the sick, poor, and those most in need.

5) The **pinkie finger** is the smallest. Pray for **yourself** and your own needs.

3) The **middle finger** is the tallest. Pray for **leaders** in government, business, and the church.

2) The **pointer finger** is used to give directions. Pray for **teachers**, coaches, therapists, doctors, and first responders.

1) Your **thumb** is closest to your heart, so pray for those closest to you - your **family and friends**.

# DEAR GOD,

Thank you for allowing me to go to school. My favorite thing about school is \_\_\_\_\_.

Please help my teacher, \_\_\_\_\_,  
have a great school year.

Please help my friend \_\_\_\_\_  
do well in school.

This year at school, I want to \_\_\_\_\_.  
Please help me to do that.

Please keep me safe when I'm \_\_\_\_\_.

You are so awesome because you \_\_\_\_\_.

**IN JESUS' NAME,  
AMEN.**