



21 DAYS OF

PRAYER &
Fasting



The Best is Yet to Come

Volume 4

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Read Me First

WHAT IS FASTING?

- Fasting is choosing to lessen or stop how much food you eat for a specific time and purpose. Fasting and prayer go together, so remember to always pray – talk with God – while you are fasting. He will help you and show you some amazing things on your adventure with Him! Fasting without praying is simply skipping a meal or going without something, so remember to pray!
- Remember: fasting is NOT a punishment. It's a spiritual discipline, which means it's something that helps us grow in our friendship with God. Fasting should never be used to ease guilt or punish poor behavior.

WHAT DOES THE BIBLE TEACH ABOUT FASTING?

- The Bible teaches us to pray to our Heavenly Father God while we are fasting to ask Him for His will, what He wants. We can also ask Him to guide us, show us the next thing He wants us to do, and to provide what we may need.
- The Bible also teaches us to pray and read our Bibles when we are fasting because it helps us to grow stronger in our faith and trust in God.

WHAT IS THE PURPOSE OF FASTING?

- The purpose of fasting is to refocus us to depend on God instead of depending on other things that could be distractions. Fasting releases God's supernatural power! When we fast and pray, we get to team up with God in destroying the enemy and seeing breakthrough happen.

WHAT ARE SOME PRACTICAL WAYS KIDS CAN FAST?

Make different choices

- Choose healthy foods for snacking. Instead of cookies, choose carrots. Instead of soda or juice, choose water. Instead of fast food, choose healthier meals that are more nutritious.

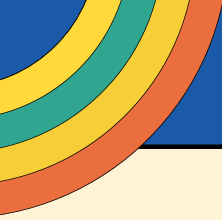
Stop eating sweets for a while

- Don't eat sugar-based foods (candy, cake, pastries) for a designated time.

Digital fast

- Fast from technology. This can look like not being on a device while traveling in the car or limiting how much you are typically on a device or watching shows.

Grow from short to more intensive fasts. Start small and build on that success!



HOW DO YOU FOCUS YOUR FAST ON GOD?

- Know why you are fasting. Is there a particular issue, need, concern or desire that you are focusing your fast around? Know what it is and ask God for help.
- Put your plan together! What kind of fast are you going to do? How long will you be fasting?
- Talk with God and ask for His help during your fast. To set yourself up for success, remove the food or object/item that you will be fasting. If it's not around, you won't think about it as much.

Fasting also helps us get ready for the blessing from God! Often in the Bible, we see that God's people fasted before they saw a miracle, a big victory, or an answer to prayer.

Moses fasted before God gave him the Ten Commandments. (Exodus 34:28)

The Israelites fasted before a big, miraculous victory (2 Chronicles 20:2-3).

Daniel fasted to know what God wanted him to do next (Daniel 9:3, 21-22).

Nehemiah fasted before rebuilding the wall around Jerusalem
(Nehemiah 1:4).

Jesus fasted during His victory over temptation from the enemy (Luke 4:2).

The first Christians fasted while making decisions and being sent out
(Acts 13:23).

Have fun on
your **PRAYER**
& **FASTING**
adventure with
GOD!



On Prayer

Matthew 6:9-15

9 "This is how you should pray:

"Our Father in heaven,
may your name be honored.

10 May your kingdom come.

May what you want to happen be done
on earth as it is done in heaven.

11 Give us today our daily bread.

12 And forgive us our sins,
just as we also have forgiven those who sin against us.

13 Keep us from sinning when we are tempted.

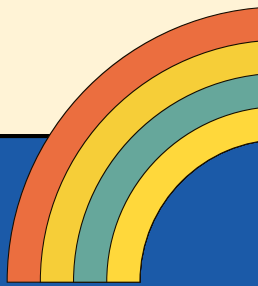
Save us from the evil one."

14 Forgive other people when they sin against you. If you do, your Father who is in heaven will also forgive you. 15 But if you do not forgive the sins of other people, your Father will not forgive your sins.

On Fasting

Matthew 6:16-19

16 "When you go without eating, do not look gloomy like those who only pretend to be holy. They make their faces look very sad. They want to show people they are fasting. What I'm about to tell you is true. They have received their complete reward. 17 But when you go without eating, put olive oil on your head. Wash your face. 18 Then others will not know that you are fasting. Only your Father, who can't be seen, will know it. Your Father will reward you, because he sees what you do secretly.



DAY

Relationship With God

1

John 15:5, NIV

I am the vine. You are the branches. If you remain joined to me, and I to you, you will bear a lot of fruit. You can't do anything without me.

It's day one! We here at HV Kids are SO PROUD OF YOU for making this choice to fast and pray with us! Our focus today is our relationship with God. Our verse for today comes from a conversation Jesus had with His disciples. He was using a grape vine as an example. If the branches aren't connected to the vine anymore, the grapes won't come and the branch can die. Jesus is the One who gives us life and when we are connected to Him in relationship, we will do the great things He has called us to. We will see the best in our lives when we are in relationship with God.

Heavenly Father, thank You for the relationship I can have with You because of what Jesus did for us on the cross. Because Jesus paid our punishment with His life, I can have life. And thank You that Jesus rose from the dead and is alive. Jesus, I always want to have a strong relationship, a strong friendship, with You. In Jesus' Name, amen!

DAY

Hearing God's Voice

2

1 John 2:3, NIV

We know that we have come to know God if we obey his commands.

We can hear God's voice in many different ways. We can hear His voice through His Word, which is the Bible, through people, a feeling on the inside, in dreams or visions and sometimes we can hear His audible voice. In 1 Samuel 3, the boy Samuel kept hearing someone say his name while he was sleeping. He thought it was the priest named Eli, so he woke him up. After the third time, Eli realized the LORD was speaking to Samuel. Eli told Samuel to tell the LORD, "Speak LORD, Your servant is listening" the next time he heard his name being called. Samuel did, and the LORD spoke. And the LORD still speaks to us today.

LORD God, thank You for speaking to Samuel when he was a boy. I know that You can speak to me, too. It doesn't matter how old or young I am, You still speak to Your people. Open my spiritual ears so I can hear what You say and obey Your commands. Thank You. Speak LORD, Your servant is listening. In Jesus' Name, amen.

DAY

3

God's Will

1 Timothy 2:3-4, NIV

3 This is good, and it pleases God our Savior. 4 He wants all people to be saved. He wants them to come to know the truth.

It can be hard to know God's will, what He wants for us and from us.

And sometimes, we can get so caught up in trying to figure out God's will that we end up frustrated. The best place to go when we don't know God's will, is His Word, the Bible. We can see if what we think God wants for us and from us lines up with what God says in His Word.

We know one thing for sure, we know it's God's will for all people be saved and come to know the truth.

Father God, I want to know Your will.

I want to know what you want for me and from me. Sometimes I try to figure that out on my own and I end up frustrated and confused. I know confusion is not from You. You are not the God of confusion. Please show me Your will in Your Word. I want to please You. In Jesus' Name, amen.

DAY

4

Praise & Thanksgiving

Psalms 100:4-5, NIV

4 Give thanks as you enter the gates of his temple. Give praise as you enter its courtyards. Give thanks to him and praise his name. 5 The Lord is good. His faithful love continues forever. It will last for all time to come.

Praise means "give thanks." When we praise God, we are giving Him the appreciation and gratitude He deserves. There's a Hebrew word that means "God be praised." It's the word "hallelujah." Whenever we say hallelujah, we are saying God be praised! Wow! Let's praise and thank God in our prayer today!

LORD God Almighty, You are worthy to be praised! Thank You that I can enter into Your presence with praise and thanksgiving. You are good! Your faithful love continues forever! In Jesus' Name, amen.

DAY

5

Growing in Faith

Colossians 2:7, NIV

Have your roots in him. Build yourselves up in him. Grow strong in what you believe, just as you were taught. Be more thankful than ever before.

Similar to how babies grow into adults, we grow in our faith, our relationship with Jesus. How do we do that? We read our Bible, God's Word! Not only read it, but read it on purpose, and obey and apply what we read to our lives. Growth is up to us. A tree won't grow strong if it doesn't have deep roots and the nutrients it needs. We need to have our roots deep in Jesus by studying His Word.

LORD Jesus, thank You for Word. Thank You that when I read it, I get the nutrients I need to grow strong in my faith, in what I believe. May the roots of my faith grow deep. I am so thankful! Please bring people into my life who want to grow in their faith, too, so we can encourage each other and grow together! In Jesus' Name, amen.

DAY

6

Purity of the Heart

Psalm 139:23-24, NIV

23 God, see what is in my heart. Know what is there. Test me. Know what I'm thinking. 24 See if there's anything in my life you don't like. Help me live in the way that is always right.

Someone who is pure of heart is someone who is genuine – honest and real. They don't have a hidden motive or want to do evil. Much like King David saw the evil going on in the world when he wrote Psalm 139, there is evil happening in our world today, too. It can be easy to try to control a situation so we get what we want, but is that really having a pure heart?

Almighty God, I want to have a pure heart. Please see what is in my heart and know what is there. Test me and know what I'm thinking. If there is anything in my life You don't like, please show me and help me remove it. I know there is evil in this world, and I don't want any part of it. Please help me live in the way this is always right, in Your way. In Jesus' Name, amen!

DAY

Moral Purity

7

Ephesians 4:21-24, NIV
21 You heard about Christ and were taught about life in him. What you learned was the truth about Jesus. 22 You were taught not to live the way you used to. You must get rid of your old way of life. That's because it has been made impure by the desire for things that lead you astray. 23 You were taught to be made new in your thinking. 24 You were taught to start living a new life. It is created to be truly good and holy, just as God is.

To be morally pure is to be without sin. It means that our thoughts, words and actions are clean and good with no bad choices. This may sound impossible, but there is hope and His Name is Jesus. Because of Jesus and His sacrifice on the cross, we are forgiven from our sins. God will help us live a morally pure life.

Let's ask Him for help now!

LORD God, I want to live my life with moral purity. Please forgive me of my sins and help me to not do them again. Help me to always tell the truth, treat others with respect and think good thoughts. Holy Spirit, please guide me in Your way. In Jesus' Name, amen.

DAY

Redemption

8

Colossians 1:12-14, NIV
12 We want you to give thanks with joy to the Father. He has made you fit to have what he will give to all his holy people. You will all receive a share in the kingdom of light. 13 He has saved us from the kingdom of darkness. He has brought us into the kingdom of the Son he loves. 14 Because of what the Son has done, we have been set free. Because of him, all our sins have been forgiven.

To redeem is to buy back or set something or someone free through payment. When sin entered the world, it caused separation between God and us, His people. The punishment or the price for sin is death. When Jesus died on the cross, He paid the price for our sins. His life was the payment for our redemption. Jesus set us free from sin! We are forgiven! But we have to receive the forgiveness, receive our redemption of what Jesus did for us.

LORD Jesus, thank You for redeeming me. Thank You for giving Your life so I could have life. Thank You for rising from the dead and proving that You are the Son of God. Thank You for saving me and bringing me into Your Kingdom. May I always follow You. I receive my forgiveness. Thank You. In Jesus' Name, amen.

DAY

9

Source of Wisdom

Proverbs 2:6, NIV

The Lord gives wisdom. Knowledge and understanding come from his mouth.

Decisions. We make them every day, and some take longer to make than others. As followers of Christ, we have an advantage because God is the source of all wisdom. Wisdom is knowing the difference between what is right and what is wrong according to God. It's knowing what is right and doing it. True wisdom isn't based on how we feel, but instead led by Holy Spirit. During those times when we don't know what to do or we feel stuck when making a decision, we can go straight to God. He loves us, wants to hear from us and wants to help us. Holy Spirit is the Spirit of wisdom (see Isaiah 11:2). Let's ask for wisdom straight from the Source!

LORD God Almighty, thank You that You are the Source of all wisdom! Thank You that I can come to You at any time and You want to hear from me. Holy Spirit, You are the Spirit of wisdom and I need You to lead me.

Please give me Your wisdom and show me the decisions to make that will honor You. During those times when I feel stuck, please give me the knowledge and understanding that only comes from You so I can move forward. Thank You and I trust Your leading. In Jesus' Name, amen!

DAY

10

Family of Faith

Joshua 24:15, NIV

But suppose you don't want to serve him. Then choose for yourselves right now whom you will serve. You can choose the gods your people served east of the Euphrates River. Or you can serve the gods of the Amorites. After all, you are living in their land. But as for me and my family, we will serve the Lord.

Now is the time to fight for our families! We cannot stay silent and have an "I don't care" attitude. Just as Joshua challenged the tribes of Israel to renew their commitment to the LORD, we are being challenged, too. If we refuse to serve the LORD, then we have to choose who we will serve. Will we serve the gods of culture? Will we serve the gods of political correctness? Will we serve the gods of this world? NO! We must stand strong like Joshua and declare, "As for me and my family, we will serve the Lord!"

Heavenly Father, I commit to serve You and You alone. I will not be bought out by the things of this world. I will not believe the lies of this worldly culture that tries to brainwash me. And I stand strong not only for myself, but for my family. I declare as Joshua declared, as for me and my family, we will serve You, LORD God Almighty! We will not retreat. We will not cower. We will serve You without compromise. In the powerful Name of Jesus I pray, amen and so be it!

DAY 11

Walking in Obedience

Deuteronomy 28:1, NIV
Make sure you obey the Lord your God completely. Be careful to obey all his commands. I'm giving them to you today. If you do these things, the Lord will honor you more than all the other nations on earth.

As Christians, obedience to God means to hear, trust, submit and surrender to God and His Word. Obedience means hearing what God says and doing what He says to do. There is a difference between obeying and having a heart or a spirit of obedience. Sometimes we do things because we "have to," but a heart of obedience has the mindset of we "get to." It's obedience with a good attitude. Today, we're going to pray for God's help to walk in obedience.

Heavenly Father, You are faithful and true. I ask You to help me walk in obedience, live a life of obedience unto You. Show me everything in my life that You have called me to do, and show me how to be obedient to You. Holy Spirit, please give me Your wisdom and instruction. I love You LORD Jesus, and I want to obey Your commands. Please show me more things in Your Word. Thank You. In Jesus' Name, amen.

DAY 12

Spirit of Truth

John 16:13a, NIV
But when the Spirit of truth comes, he will guide you into all the truth.

Holy Spirit is the Spirit of Truth. He is our Helper and He reveals the truth that we find in Scripture, in the Bible. He is our Helper, Comforter and Guide. Holy Spirit leads us into all truth. He helps us know what is true and false, right and wrong, good and evil.

Holy Spirit, thank You for guiding me and showing me the truth. As I read the Word of God, please help me have understanding. Please guide me throughout my life and give me discernment, a deep godly knowing of what You want me to do and where You want me to go. Help me see the truth. In Jesus' Name, amen.

DAY 13

Restoring What Was Lost

Job 42:10, NIV

After Job had prayed for his friends, the Lord made him successful again. He gave him twice as much as he had before.

To restore is to return something to the original form or condition, to the way it was at the beginning. What is so amazing about our God is that when He restores, He doesn't just return it back to the way it was before. He makes it even better! Job had a rough life. He lost so much. But when God restored what Job lost, He gave him twice as much as he had before!

Heavenly Father, thank You for Your kind of restoration. When You bring something back, You bring it back better than it was before. God, I've lost some things in my life. I have had disappointments. I know You can restore the joy and hope in my life again and make it better than before. In Jesus' Name, amen.

DAY 14

Waiting on God

Psalms 62:1, NIV

It is surely true that I find my rest in God. He is the God who saves me.

Waiting is not always easy. Waiting on God means we trust His timing and direction. It's an active kind of waiting, which means we aren't simply sitting there and not doing anything. We are seeking God's will by praying and reading our Bible. We can find rest when we wait on God because He is faithful.

LORD God, I am waiting on You. There are promises in Your Word I am still waiting to happen. I trust Your timing and Your direction. I know I find my rest in You while I wait. Thank You. In Jesus' Name, amen.

DAY 15

A Heart of Forgiveness

Mark 11:25, NIV

And when you stand praying, forgive anyone you have anything against. Then your Father in heaven will forgive your sins.

As Christians, we are called to be people of forgiveness. This means when someone does something to hurt us, we don't hold a grudge or look for ways to pay them back for what they did. Instead, we let it go and ask God to help us forgive them. It's in the past. If we have unforgiveness toward someone, we are actually hurting ourselves.

Forgiveness isn't easy, but it's also not impossible. We can forgive because Jesus forgave us. Today, let's pray for a heart of forgiveness.

Heavenly Father, I want to have a heart of forgiveness. Thank You for giving me the gift of forgiveness so I can give it to others. Just like I don't pay for a gift given to me, I won't make others pay to receive my forgiveness either. And I let go of any unforgiveness I have against anyone. You forgave me, Jesus, so I forgive others. Thank You. In Jesus' Name, amen.

DAY 16

True Repentance

Matthew 4:17, NIV

From that time on Jesus began to preach. "Turn away from your sins!" he said. "The kingdom of heaven has come near."

To repent is to turn away from sin and turn toward God. It's making a 180-degree change. We not only change our behavior, but we change our mindset. The only one who can help us do this is Jesus. Repentance goes beyond being sorry for doing something wrong. Repentance is realizing you were wrong and asking for forgiveness. The great news is when we come to Jesus, He forgives us!

LORD Jesus, I have done things wrong, I have sinned. I need to repent and make things right with You. I turn away from sin and I turn toward You, LORD God Almighty. You are my Savior and You are my LORD, the Leader in my life. Thank You. In Jesus' Name, amen!

DAY

17

Holy Spirit (The Helper)

John 14:25-26, NIV

25 I am telling you these things now while I am still with you. 26

But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

Holy Spirit is our Helper! He assists us and provides support. When Jesus ascended, went up, into heaven, He sent Holy Spirit, to be with us here on earth. Holy Spirit helps us through His power, guidance, peace and so much more!

Holy Spirit, thank You for being my Helper. I really need You! Thank You for being my Advocate, for standing up for me. Please keep teaching me. I want to know You more and grow in my walk with Jesus. In Jesus' Name, amen.

DAY

18

Restored Through Worship

Isaiah 61:3, NIV

He wants me to help those in Zion who are filled with sorrow. I will put beautiful crowns on their heads in place of ashes. I will anoint them with olive oil to give them joy instead of sorrow. I will give them a spirit of praise in place of a spirit of sadness. They will be like oak trees that are strong and straight. The Lord himself will plant them in the land. That will show how glorious he is.

When we worship God, we are restored. It's like new breath comes into our lungs. Like we see in this verse, instead of sadness, there is praise. Instead of sorrow, there is joy. Instead of ashes or defeat, there are beautiful crowns and honor. Instead of weakness, there is strength like that of the oak tree. When we worship the LORD, we are better than we were before.

LORD God, I worship You. I give You all the glory, honor and praise. Thank You for restoring me and making me better than I was before. Replace the sorrow and sadness with joy and praise. Please make me strong and give me new life. Thank You. In Jesus' Name, amen.

DAY 19

Peace

John 14:27, NIV I leave my peace with you. I give my peace to you. I do not give it to you as the world does. Do not let your hearts be troubled. And do not be afraid.

When we think of peace, we might think of a quiet, still pond with no ripples. We might think of no fights or wars. We might also think of a dove.

But peace is so much more than that. Peace, real peace, comes from God. It's a calmness that comes over us in the middle of a crazy situation where we don't understand how we can even have peace. Jesus promised that in this world we would have trouble, but we don't have to worry about it because He is with us and He is our peace. Today, let's pray and ask God to give us His peace.

Heavenly Father, thank You for giving me Your peace. Thank You that in the middle of life's troubles, I can have peace. Jesus, You are the Prince of Peace. So, Prince of Peace, I ask You now to reign in all Your power in my life. Thank You LORD that You give me Your peace not like the world gives, but only as You give. My heart will not be troubled, neither will I be afraid. In Jesus' Name, amen.

DAY 20

Compassion

John 3:16, NIV God so loved the world that he gave his one and only Son. Anyone who believes in him will not die but will have eternal life.

Compassion means we care about others, treat them with kindness and want to help them. Compassion is a way we show love. God has shown us compassion over and over again. The greatest act of compassion was God seeing us separated from Him. He couldn't let that happen, so He sent His one and only Son for us, to pay the price for our sins. Through Jesus' death and resurrection, rising from the dead, we have the opportunity to have eternal life and go to heaven when it's our time to go. We are forever grateful for God's compassion.

LORD God, thank You for having compassion on us and sending Jesus to save us. Like You show compassion to me, I want to show compassion to others. I want to bring Your peace, wisdom, love, forgiveness, faith and joy to people who need it. Help me to show others You and Your goodness.

Holy Spirit, You are our Comforter. Please show me how I can comfort others and tell them about You. Thank You. In Jesus' Name, amen.

DAY 21

Spiritual Strength

Isaiah 40:31, NIV

But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.

Have you ever felt tired? Have you ever felt like quitting and giving up?

This verse is a promise from the LORD. When we put our trust in Him, He promises to give us new strength. He will help us with whatever is happening in our lives.

LORD God, thank You for Your promises. When I feel weak and tired, You are my strength because I trust in You. I will be able to do everything You've called me to do because You will help me. And I believe that the best is yet to come! Thank You. In Jesus' Name, amen.



CONCLUSION

You did it! Congratulations and thank you for fasting and praying with us for these 21 days! We know God will honor you and show you even more amazing things.

It has been said that it takes twenty-one days to make something a habit and another twenty-one days to make it part of someone's everyday life. If you would like prayer to be a regular part of your daily life, go through this prayer book for another twenty-one days, and you will be able to connect with God on a whole other level.

Our prayer for you is that you would live a life of prayer, whether you use these guided prayers or something else. Remember to keep praying, keep talking with God. And while you pray, always listen. God wants to speak with you. You are so important, He wants to have a relationship, a friendship with you.

If you have not yet made the choice to follow Jesus and start your friendship with Him, we want to give you that choice right now.

Pray this prayer and tell somebody you prayed it. Also, let us know at HV Kids! It would be an honor to walk alongside you as you start your adventure with God!

Salvation Prayer:

Heavenly Father, today is my day. I admit, I tell the truth, I have sinned. I have done things wrong. Please forgive me. And I believe that when Jesus died on the cross to pay the punishment for my sins, it was for real and it was for me. Thank You for sending Your one and only Son, Jesus, for me, to save me. And I believe that Jesus didn't stay dead, but He rose from the dead and is alive. That gives me hope! So today, I choose to follow You all of the days of my life. I want to start my adventure with You today! Thank You! In Jesus' Name, I pray, amen!

Congratulations! Welcome to the family of God! We encourage you to tell somebody if you prayed the salvation prayer. This is a big deal! We look forward to seeing you grow in your friendship with God. Remember that every day with God is an adventure, so let's live God's adventures together!

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Scan here to find a location and
service time near you.



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