

21 Days of Prayer and Fasting Resources for Families

For the past several years, our church has set aside 21 days for Prayer and Fasting. During this time, we seek God, pray big prayers, pray for people to come to Christ and ask God for breakthroughs for ourselves and others. We've seen God do some amazing things during those 21 days.

We believe God wants to work in the hearts of kids through prayer and fasting just like He does for adults. And we've found that kids will respond and grow spiritually when we teach them and give them opportunity to participate. If kids are going to be lifelong followers of Jesus, they must experience Him in a real and personal way. A time of prayer and fasting is a great way for kids to encounter Jesus' presence.

For kids, fasting from all food is obviously not encouraged, but kids can fast from certain kinds of food such as ice cream, candy and other favorites. Other ways for kids to fast can include video games, TV, iPads, etc.

TALKING TO YOUR KIDS ABOUT PRAYER

Understand: Prayer is simply talking to God, like we would talk to a friend. God is always listening and longs for us to talk with him through prayer. When we pray, we grow closer to God. Prayer isn't just a way to ask God for what we need or want. It's important to first, thank God for all the good things He's given us; His love, His son, our salvation, our family and every little thing that blesses our life.

Practice: There is no right or wrong way to pray. And in fact, the more honest you are in prayer, the better. God wants to talk to the real you. You can do this by saying quick prayers throughout the day as you think of things to be thankful for or to ask him about. Or you can spend time lingering in prayer – start with thanksgiving, then ask God about the concerns of others and finally, share your own needs. It's important to be quiet and listen for what God has to say back. This can seem uncomfortable at first and you may never actually hear God's voice. But don't worry, as you wait for him to respond, He'll speak to your heart and you'll know when it's Him.

TALKING TO YOUR KIDS ABOUT FASTING

Understand: Fasting is the sacrifice of something (usually food or drink) for a period of time (a meal, a day, a week, etc) in order to focus more on God. Fasting can also mean unplugging from technology to clear the clutter in our minds. When we give up something we enjoy, sometimes it can be hard. But it's our opportunity to become closer to God through prayer and reliance on him. Jesus gave us an example of fasting in Matthew 4. As he prepared for public ministry, Jesus spent 40 days fasting in the desert where he was tempted by Satan. His response to that temptation is the truth we can hold onto for strength when we fast ourselves, "People do not live by bread alone, but by every word that comes from the mouth of God." Matthew 4:4 NLT

Practice: Fasting is not only about food or drinks, though that's a good place to start. You can also fast media and technology as an opportunity to spend more time with God or simply get your focus off the things of the world and onto good things. Choose something to give up daily for a week. Maybe treats/sugar or TV time after school. It's not about how much or how little you give up, but your willingness to alter your life in an effort to grow in faith. Once you begin the practice of fasting, consider taking it a step further and completely unplugging every now and then. You'll be amazed at how God meets you when you sacrifice worldly things to focus on him.

Talking to your kids about prayer and fasting tips from Gather and Grow Ministries. A ministry that provides resources for families to nurture kid's faith.

Prayer Fasting

Practicing Prayer and Fasting

- Help your child see that fasting allows you to spend extra time with God. On the other side are fasting ideas to share with your child.

Planning Prayer and Fasting

- Set aside a special time and place each day with no distractions where you can pray with and for your children.
- Attend the Saturday family friendly prayer gatherings at Freedom Church in Valley Park at 9:00 - January 13, 20 and 27th.
- Look for creative ideas to participate together. Pinterest has some great family prayer ideas, as well as, faith family blogs.

Praying and Fasting

- What do you want to see God do in your child's life? Ask Him for these things.

Kids FASHIONING



Sweets



Gadgets

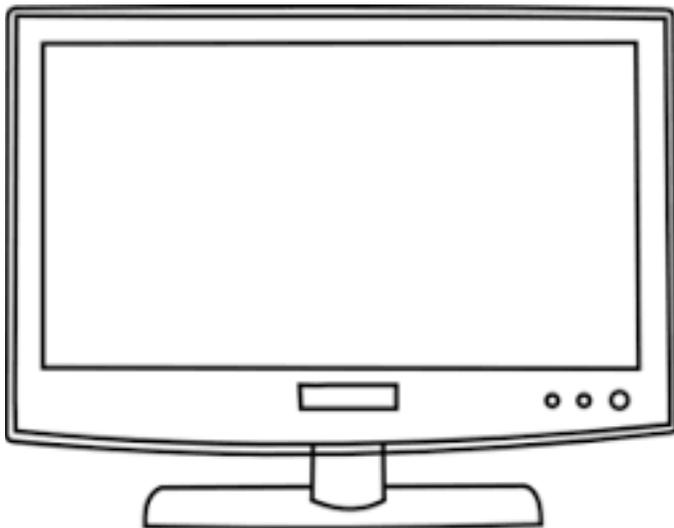
Video Games



Favorite Food



TV



Soda

