

CHURCHWIDE FAST

KIDS PRAYER GUIDE





ACTION KIDS

At Action Church we make it a priority to seek God first in prayer. We do this collectively as a church in January through a Church Wide Fast. Along with the rest of the church we believe it is important to teach our kids to do the same. We want to teach them how to faithfully seek God first and trust in His power alone to create a lasting impact in our lives, our church, and our world.

Fasting is choosing to stop doing an activity to enjoy God's presence. When fasting, we decide not to do activities such as eating a meal, using our gadgets, playing games, watching movies, or any other action for a period of time. But we replace these activities with intentional time with God, such as praying, reading the Bible, and worshipping Him. While most people stop eating food, it is best to talk with your parents and guardians about the things you will fast so they can guide you.

When we fast and pray, we talk to God and listen to Him. We check our actions and repent of sin. We align ourselves with God's heart by seeking His answers to our questions, praying for His provisions, and asking God for breakthroughs in our lives. Fasting shows our dependence on God. It shows that God is more important than what sustains our physical bodies.

DAY 1 • JANUARY 8

FOCUS:

What is Fasting?

VERSE:

This is what the Lord says: "When I bring Israel home again from captivity and restore their fortunes, Jerusalem will be rebuilt on its ruins, and the palace reconstructed as before. There will be joy and songs of thanksgiving, and I will multiply my people, not diminish them; I will honor them, not despise them. Their children will prosper as they did long ago. I will establish them as a nation before me, and I will punish anyone who hurts them. They will have their own ruler again, and he will come from their own people. I will invite him to approach me," says the Lord, "for who would dare to come unless invited? You will be my people, and I will be your God."

JEREMIAH 30:18-22 NLT

KIDS ACTIVITY:

Talk to your parents or guardians about the things you intend to fast so they can guide you well. Then, write down the activities or things that you commit to fast each day this week. Keep in mind that you will replace these activities with intentional time with God through praying, reading the Bible, and worship.

DAY 1 • JANUARY 8

FASTING OPTIONS:

- Watching Movies/TV
- Playing _____
- Tech _____
- Food _____
- Other _____

PRAYER TIME

Use these points below to help guide you as you pray.

- Ask God to reveal some things in your life that you are putting above spending time with Him. Use those things to help decide what you will fast from this week.
- Ask God to open your heart as he reveals what he wants to teach you this week while you are fasting.
- Is there anything in your life that you need to ask God's forgiveness for going into this week?

Write down an "I Will" statement that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will pray for healing for [cite a person's name] every night for the next 7 days.

I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL:

DAY 2 · JANUARY 9

FOCUS:

Gratitude

VERSE:

“There will be joy and songs of thanksgiving.”

JEREMIAH 30:19a

KIDS ACTIVITY

Gratitude is when you feel thankful for the things in your life. It's taking a moment to reflect on how blessed you are when something good happens, whether it's small or big. In the space below, draw or make a list of the things you are thankful to God for from 2023.

My Gratitude List:

DAY 2 · JANUARY 9

FASTING OPTIONS:

- Watching Movies/TV
- Playing _____
- Tech _____
- Food _____
- Other _____

PRAYER TIME

Use these points below to help guide you as you pray.

- Pray that you would be a person who is filled with joy and praises for who God is and what he has done for you.
- Give God thanks for all the things you were able to add to your gratitude list.
- Commit to live a life of gratitude towards God and invite the Holy Spirit to guide you daily in doing so.

Write down an “I Will” statement that you plan to do as a result of what you’ve learned from God’s Word or feel like he is speaking to you.

Examples:

I will pray for healing for [cite a person’s name] every night for the next 7 days.

I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL:

DAY 3 · JANUARY 10

FOCUS:

Multiply

VERSE:

"...and I will multiply my people, not diminish them;"

JEREMIAH 30:19

KIDS ACTIVITY

Jesus has given us all an important job to spread the Good News of Jesus to everyone. All of us are called to love and serve one another and to share the Gospel. This might be to people far away, or people close to us! Who can you tell about Him? How can you tell them about Him? Don't forget, the Holy Spirit helps us when we feel nervous about sharing the Gospel.

There are so many ways we can communicate God's love. We can tell people about God and we can also live as His people by demonstrating genuine care for one another. Everyone, everywhere is our mission field!

Who can you tell about Him?

How can you tell about Him?

DAY 3 · JANUARY 10

FASTING OPTIONS:

- Watching Movies/TV
- Playing _____
- Tech _____
- Food _____
- Other _____

PRAYER TIME

Use these points below to help guide you as you pray.

- Pray for our Action Kids leaders as they lead in our kids' environment. Pray that they would care for us with a heart like Jesus, and not grow weary in doing so.
- Commit this year to praying for the people you listed. Look for new people and ways to reach others this year.
- Invite the Holy Spirit to empower you with courage, gifts and abilities to reach people for Jesus.

Write down an "I Will" statement that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will pray for healing for [cite a person's name] every night for the next 7 days.

I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL:

DAY 4 · JANUARY 11

FOCUS:

People of Honor

VERSE:

"I will honor them, not despise them..."

JEREMIAH 30:19

KIDS ACTIVITY

Being a person of honor means being recognized not only for what you achieve but for who you are. When you honor someone you lift them up and treat them special and important. The Bible says we are to honor everyone -not just those we feel "deserve" to be honored. Below draw or list some ways we can honor others in different situations.

What are some ways we can show honor at home?

What are some ways we can show honor at church?

What are some ways we can show honor at school or at the park?

DAY 4 · JANUARY 11

FASTING OPTIONS:

- Watching Movies/TV
- Playing _____
- Tech _____
- Food _____
- Other _____

PRAYER TIME

Use these points below to help guide you as you pray.

- Pray that God would reveal ways for you to live as a person of honor.
- Pray that our church would be known by the way we honor God, honor people, and honor the Word of God.
- Give God thanks that His Word was given to us as a gift to teach us how to live a life that is honoring to him.

Write down an “I Will” statement that you plan to do as a result of what you’ve learned from God’s Word or feel like he is speaking to you.

Examples:

I will pray for healing for [cite a person’s name] every night for the next 7 days.

I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL:

DAY 5 • JANUARY 12

FOCUS:

Restored, Blessed, Protected

VERSE:

"Their children will prosper as they did long ago. I will establish them as a nation before me, and I will punish anyone who hurts them..."

JEREMIAH 30:20

KIDS ACTIVITY

One way to help us be people who are restored, blessed and protected is to put on the Armor of God. The Bible says that when we trust in Jesus, we have the strength to fight against anything. This special armor helps us to do that. We get the Belt of Truth that helps us to know right and wrong. The Breastplate of Righteousness protects our hearts and reminds us that we belong to God. The Shoes of Peace helps us to be brave in sharing the love of Jesus with others. The Shield of Faith helps us to fight off the attacks of the enemy and reminds us that we have Jesus on our side. The Helmet of Salvation reminds us that Jesus has forgiven us and we have the hope of heaven some day. The Sword of Truth is our weapon, not to hurt people, but to fight off sin. The Truth is God's word, the Bible, and it tells us how to live.

Look at the picture below to identify the different pieces of armor and then find them in the word search!



ARMOR OF GOD WORD SEARCH

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

ARMOR
 BELT
 BREASTPLATE
 EPHESIANS

HELMET
 POWERFUL
 SHIELD
 SHOES

STRONG
 SWORD

DAY 5 • JANUARY 12

FASTING OPTIONS:

- Watching Movies/TV
- Playing _____
- Tech _____
- Food _____
- Other _____

PRAYER TIME

Use these points below to help guide you as you pray.

- Ask God to reveal some things in your life that you are putting above spending time with him. Use those things to help
- decide what you will fast from this week.
- Ask God to open your heart as he reveals what he wants to teach you this week while you are fasting.
- Is there anything in your life that you need to ask God's forgiveness for going into this week?

Write down an "I Will" statement that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will pray for healing for [cite a person's name] every night for the next 7 days.

I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL:

DAY 6 · JANUARY 13

FOCUS:

Because of Jesus

VERSE:

“They will have their own ruler again, and he will come from their own people. I will invite him to approach me,” says the Lord, “for who would dare to come unless invited?”

JEREMIAH 30:21

KIDS ACTIVITY

Because of Jesus we have access to pray and have direct communication with God. We can talk with God to get His direction for our lives. God is so good and will help us when we are happy, sad, sick or even when we're in trouble. God will give us wisdom, strength and understanding if we only ask Him. Use the prayer list below to write or draw things you can pray for under each topic.

My Prayer List

The Community You Live In:

Action Church & Church Leaders:

Family & Friends:

Yourself:

DAY 6 · JANUARY 13

FASTING OPTIONS:

- Watching Movies/TV
- Playing _____
- Tech _____
- Food _____
- Other _____

PRAYER TIME

Use these points below to help guide you as you pray.

- Pray for the things you listed in the categories of your prayer list
- Give God thanks for the following:
 - Your community
 - Action Church
 - Family and friends
 - The things he has done for you

Write down an “I Will” statement that you plan to do as a result of what you’ve learned from God’s Word or feel like he is speaking to you.

Examples:

I will pray for healing for [cite a person’s name] every night for the next 7 days.

I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL:

DAY 7 • JANUARY 14

FOCUS:

Sunday Services

VERSE:

Preschool:

"The people were amazed at his teaching."

MATTHEW 7:28

Kids Theater:

"Suppose you can be trusted with something very little. Then you can also be trusted with something very large."

LUKE 16:10a

KIDS ACTIVITY

We invite you to join us at 6pm for Encounter at one of our three locations. All kids, ages 6 weeks - 5th grade, are welcome to join us in Action Kids. Each week we want kids leaving church knowing God loves them, we believe in them, and church can be fun! Also, don't forget to join us at our Winter Park location tonight at 6pm. In the space below draw a picture or write what you learned about at church today.

Draw a picture or write what you learned about church this morning:

DAY 7 • JANUARY 14

FASTING OPTIONS:

- Watching Movies/TV
- Playing _____
- Tech _____
- Food _____
- Other _____

PRAYER TIME

Use these points below to help guide you as you pray.

- Pray that God would show you practical ways to apply what you learned in church this morning.
- Pray for your leaders in Action Kids

Write down an “I Will” statement that you plan to do as a result of what you’ve learned from God’s Word or feel like he is speaking to you.

Examples:

I will pray for healing for [cite a person’s name] every night for the next 7 days.

I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL:

