

 *Action Church Tulsa*

21 *DAYS of*
PRAYER &
FASTING

January 10 - 30, 2022

Family Resource Guide, 2022

During this 21-day period, you will use this age-appropriate resource to teach your child about Prayer & Fasting. Each day, your child will take one slip from the “give up” cup to fast from. Then your child will take a slip from the “fill up” cup to complete. We hope and pray this resource will allow your child to give up something for God to get closer to Him.

Why Fasting?

Fasting is one of the oldest and most prevalent spiritual practices in the Bible. Great leaders in the Bible fasted routinely, including Moses, David, Jeremiah, Isaiah, John the Baptist, Jesus and the disciples. Jesus expects that we will fast regularly.

In Matthew 6:16, Jesus addresses fasting specifically when he tells the disciples, “When you fast...”. Notice Jesus says “when” not “if”. Jesus assumes that we will fast. Though fasting is assumed, it is not required. We don’t have to fast, we get to fast. Like all intentional spiritual practices, fasting should not be legalistic – we are not earning approval from God through fasting.

The goal of fasting...

is to draw nearer to God. allows us to create space in our minds and hearts for more of God’s presence. helps us focus on God instead of our comforts and conveniences. reminds us that God provides every good and perfect gift. helps us open our heart to hear from God, no matter our age. The important thing is for your child to recognize the value behind personal sacrifice. By setting aside special times to disconnect from some of the extracurricular activities and treats they enjoy on a regular basis, they learn how to connect to God in a closer way.

Preschool - High School Prayer & Fasting

1. Print out pages 4-7.
2. Cut out each give up slip and place in the give up cup.
3. Cut out each fill up slip and place in the fill up cup.
4. Pull 1 slip from the give up cup to see what you are going to fast from that day.
5. Pull 1 slip from the fill up cup to see how you are going to draw near to God for the day.

*Blank give up and fill up slips are available for families at the end of this resource. Use the slips to create customized options to give up and fill up. Consider allowing your children to decide a few things they can give up and a few things they can do to fill up.

May this time of prayer and fasting draw your family closer to God and to each other.

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| giveup desserts & candy | fillup | Dear God, You made us to be able to do a lot of things, like be a good friend, learn new things, and love our families. But there are some things we can't do. Jesus is SO awesome, and He can do anything! Action Idea: Identify something God can do that you can't and thank Him for it. |
| giveup tv, movies, & videos | fillup | Dear God, Thank You so much that you love everyone. You love us all: family, friends and neighbors. Will you please help us to love our families, our friends, our neighbors? Please help us to love EVERYONE just like you do. Action Idea: Do something today to show love to someone in your life. |
| giveup sodas & special drinks (only drink water) | fillup | Dear God, with You all things are possible. Thank You SO much for the most amazing gift: Jesus! You gave us Jesus to be our friend forever and Jesus can do anything! Will you please help us to trust you. Thank You that we can talk to You about anything, and You are always there to help. Action Idea: talk to someone in your family about Jesus. Don't be afraid to ask questions! |
| giveup chips & crackers | fillup | Dear God, we want to love everyone the way Jesus loves everyone. Sometimes it's hard when they do something wrong or hurt our feelings. Please help us to forgive others and love them anyway—the same way You forgive us and love us. Your love is so big, God! Help us love big too. Action Idea: Forgive someone who hurts you. |
| giveup 1 snack for the day | fillup | Dear God, it feels good to have friends. We want everyone to know that Jesus loves them and that He wants to be their friend forever. We want to love people like Jesus and be their friend too. Help us to be a good friend. Action Idea: Help a friend today |
| giveup 10 min of free play time | fillup | Dear God, thank You for sending Jesus to be our friend forever. Thank You that He wants us to follow Him so He can show us the best way to live. Please help us to follow You. Action Idea: Read about Jesus in the Bible - try Luke 2:41-52 |
| giveup desserts & candy | fillup | Dear God, thank You for loving us no matter what. Thank you for sending Jesus to be our friend forever— even when we do something wrong. It is such awesome news to know that ANYONE can follow Jesus and be His friend. I pray that we will all follow Jesus so we can be with You forever and learn to do what is right. Action Idea: Apologize to someone you've hurt |
| giveup tv, movies, & videos | fillup | Dear God, we want to show and tell others about Jesus so they will know He wants to be their friend forever. And help us remember to tell people the GOOD NEWS that Jesus is alive! We want everyone to know Jesus because He is the best! Action Idea: Tell a friend about how Jesus is your friend. |
| giveup video games | fillup | Dear God, thank You for the true stories in the Bible. Thank You for teaching us that we can trust Your plan, even when we're sad. Please help us trust you when something makes us sad. We know we can always trust Your plan. Action Idea: Read about Daniel and the Lion's Den. Daniel 6 |

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| giveup video games | fillup Dear God, sometimes we think we know what the best plans are. But help us remember that no matter how good we think our plans are, Your plans are always best. Help us to trust Your plan and stick with it, even when it's hard. Action Idea: Read about Abraham and Isaac. Genesis 22:1-19 |
| giveup sodas & special drinks (only drink water) | fillup Dear God, thank You for the Bible. Thank You for loving us and teaching us the way to go. I pray You will help us understand and remember Your words and follow what You say. Action Idea: Read your favorite bible story with your family |
| giveup chips & crackers | fillup Dear God, thank You that we can talk to You anytime, anywhere, about anything. Thank You that we can talk to you when we are at home, or at school, or at the grocery store or in the car! You are the best, God, and we love You very much! Action Idea: Take 1 minute to be quiet and pray about anything |
| giveup 1 snack for the day | fillup Dear God, thank You for loving us all the time. No matter where we go, what we're doing, or how we feel, You love us. Your love is SO big! I pray we always remember that You love us all the time. Action Idea: Take time to talk about the way/s you know God loves you with a parent/guardian |
| giveup 10 min of free play time | fillup Dear God, we want to do what You say, because Your way is perfect. Sometimes it's hard, though. Will You please help us do things that may seem hard? Each of us can do what You say even when it's hard with Your help. Action Item: Share 1 thing that's hard that you need God's help to do. |
| giveup desserts & candy | fillup Dear God, thank You for promising to always be with us. It means a lot, because You always keep Your promises. It makes me feel so good inside to know You are always with us! You're with us wherever we go. You're the best, and we love You, God! Action Item: Take time to pray and thank God for things He's |
| giveup tv, movies, & videos | fillup Dear God, thank You for keeping Your promises. There is no one like You. You are so loving and kind and amazing and powerful, and we just want to thank You for all You do for us. |
| giveup video games | fillup Dear God, there is no one else like You. You made everything. You know everything. And You can do anything— like being able to always be with me. Only You can do that! Thank You for being with me all the time. Action Idea: Take time to think about how God is with you ALL the time. |
| giveup sodas & special drinks (only drink water) | fillup Dear God, thank You for always being with me and hearing us when we talk to You. Thank You for loving us and having the power to give us what we need. Teach us to know the difference between what we need and what we want. Action Idea: Share 1 need and 1 want with a parent/guardian. |
| giveup chips & crackers | fillup Dear God, You are SO good! Thank you for all of the clothes and toys You give us. I pray we will always take time to thank you for what You give us and for the people who help us like our parents and teachers. Action Idea: Thank someone who is generous to me |

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| giveup 1 snack for the day | fillup Dear God, thank You for making people to help one another. Thank You for making so many wonderful people to help our friends when they get hurt. I pray we will look for people who need help, and choose to help them. Action Item: Help someone in need today. |
| giveup 10 min of free play time | fillup Dear God, we love getting and giving gifts. But God, we know the very best, most special gift we will ever get comes from You, and that gift is your Son, Jesus. Thank You for loving us so much that You gave us Jesus to be our friend forever. Action Idea: Tell a |
| giveup | fillup |

