



DEAR KIDSCOAST KIDS,

We are about to embark on an exciting adventure! For the next **21 days** our entire church is coming together to pray and fast. Kidscoast wants to help you understand it better by providing you and your family things to do and discuss together every day. But first, let's learn more about prayer and fasting.

PRAYER

Maybe you've never thought of prayer as an adventure, but talking with God is one of the most exciting, most life-changing things we can do! Think about it: when you talk to God you are talking to the one who created EVERYTHING! The moon, the sun, the stars, the ocean and YOU! Prayer is your way to connect with the God who made you, who loves you, and who wants a relationship with you! The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! Praying and talking with Jesus should be the best part of our day!

Did you know that you can pray:

- Before the day begins
- Before you go to school
- Before you hang out with friends
- Before practice
- Before you play a big game
- Before you go to bed
- When something bad happens
- When something good happens

In every situation – **PRAY FIRST!**





FASTING

Fasting is another way of saying you are giving up something to help better connect with God. One thing people choose to fast is food. We do not recommend that you skip meals, but you can choose to not eat specific items such as sweets, red meats, fried foods or even introducing a form of the Daniel Fast in a safe and healthy way.

Another great way to fast is by reducing some of the time and energy spent watching TV, playing video games, using the computer or phone, and instead choosing to spend time praying, reading the Bible or serving others. When you set aside special times to disconnect from some of the extra-curricular activities and treats you enjoy on a regular basis, you can learn how to connect to God in a closer way.

HOW DO I USE THE PRAYER & FASTING CALENDAR?



Each day, pick a time to gather together as a family to read the suggested activity and then talk about it. You can do this first thing each morning, around the dinner table in the evening or in the car when everyone is together. It's up to you! No matter when you choose to do it, remember to take time to pray and ask what God is trying to teach you. Once you finished that day, put your sticker on it to show that it was completed.

I am praying for you and so excited to see what God does in your life in the coming days!

Your Kidscoast Ministry Leader



DEAR KIDSCOAST PARENTS,

The next **21 days** could change your family forever. I know how hard it can be to try to manage all of the things. Relationships, finances, jobs, extracurriculars, homework, attitudes, hearts. You may be holding this in your hand thinking that the last thing you need is ANOTHER thing to do... but this is not just another thing to DO. **This is an invitation to a new way to LIVE.**

In the busyness of our world and all of its demands, we often leave very little time to connect with God. He alone is our source of hope, strength, joy, and love. Sure, we can get by on our own for a bit, but why settle for just getting by when God invites us to live an extraordinary, abundant life?

For the next **21 days**, you and your family are invited to press pause on pushing through, and to instead pursue God first. The Kidscoast Prayer Calendar contains things to read and talk about so that your family can embark on this prayer journey together.

If you normally don't pray out loud with or in front of your kids, it might feel awkward at first, but I ask you to keep doing it! I know that we all want our children to have incredible prayer lives, and one of the best ways we can help to make that happen is to show them how. My prayer for your family is that you are marked by the power and presence of God!



WHY SHOULD WE DO 21 DAYS OF PRAYER AND FASTING?

It is so important for parents to model to our kids the principles of prayer, fasting, and staying in God's Word. It's actually quite easy to introduce different ways our kids can participate. The best way to encourage kids to do these things is to keep it fun and simple.

HOW DO I TEACH MY KIDS TO PRAY?

An easy way to teach kids to pray is based on the concept of P.R.A.Y. It is a simple analogy. P – praise, R – repent, A – ask, Y – yield. Using those simple words helps kids remember we start our prayers with praise, then we ask for forgiveness. Once we have covered those two things, we can ask God for our needs and the needs of others. Finally, we end the prayer by yielding ourselves to God's plans for our lives and what He wants to say to us. It is important that kids know that they can pray to God any time, anywhere, and about anything.

HOW DO I EXPLAIN FASTING TO A CHILD?

An easy way to explain the benefits of prayer and fasting to kids is to compare it to cleaning out old toys that might no longer work, or that they might have outgrown, to make room for new ones. As we clean out our bodies and make time to connect closer to God and His Word, we make room to receive new gifts from Him.



HOW DO I USE THE PRAYER & FASTING CALENDAR?

Each day, read the suggested activity and then talk about it. Keep it short and focus on one main point. Kids need repetition and the more you can focus on one thing, the more likely they are to remember exactly what you want them to learn. Every scripture reference has tons of things we can learn from it, but focus on just one thing each day. This will help make sure your child has an understanding of a particular concept. Once you finished that day, put your sticker on it to show that it was completed.

I anxiously await to see how God moves in our church and in our homes as we join together and purposefully seek Him. It is truly my joy to partner with you as you lead your kids in their relationship with Jesus.

Your Kidscoast Ministry Leader



KIDSCOAST ~
21 DAYS OF
PRAYER AND
FASTING

BEE-ATTITUDES



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Directions: Each day, pick a time to gather together as a family to read the suggested Bible verse and then talk about it. Once you finished that day's activity, put a sticker on that date to show that it was completed.

DAY 1

Learn about the **Beatitudes** in **Matthew 5:1-12**

Talk about it: Spend some time reading over the Beatitudes. List them as you read about them, then talk about each one with your family. Pray and ask God to help your family live out the Beatitudes.

DAY 2

Read: **Deuteronomy 31:6**

Talk about it: Think about a time when you overcame a fear. Talk about it with your family.

DAY 3

Read: **John 16:33**

Talk about it: We can take heart, or in other words be courageous, because God has promised us that even though trouble will come our way He has already conquered the world! How does knowing this give you courage to face hard times?

DAY 4

Read: **Matthew 6:31-33**

Talk about it: Verse 33 says to "seek first." How can you seek God first every day?

DAY 5

Read: **Ephesians 2:10**

Talk about it: What are some unique qualities God has given you? Talk about them with your family.

DAY 6

Read: **1 Chronicles 16:8-12**

Talk about it: This passage reminds us to tell of all God has done. Who is someone in your life that needs to hear about the goodness and faithfulness of God in your life? How can you share this good news with them this week? Make a plan and follow through!

DAY 7

Read: **Philippians 4:4-9**

Talk about it: What is the difference between joy and happiness? How does that answer apply to these verses?

DAY 8

Read: **Isaiah 40:31**

Talk about it: Waiting often feels like the opposite of moving forward. However, waiting on God (expecting hopefully for Him to move on our behalf) gives us strength and endurance to live well. What are you waiting on God for? Talk about the answer with your family.

DAY 9

Read: **Galatians 5:22-23**

Talk about it: How has the fruit of the Spirit in others shown you more about God? How can living a life that shows the fruit of the Spirit in action make us live differently?

DAY 10

Read: **Matthew 7:7-12**

Talk about it: What doors are you praying for God to open?

DAY 11

Read: **Matthew 25:14-30**

Read this story in your Bible or using the Bible app on your phone!

Talk about it: What are the gifts that you believe God has given you? How can you use the gifts God has given you to glorify Him?

DAY 12

Read: **Hebrews 11**

Read this chapter in your Bible or using the Bible app on your phone!

Talk about it: Which one of these examples of faith stands out to you the most and why? Share your answer with your family.

DAY 13

Read: **Matthew 11:28-30**

Talk about it: What are some ways you find rest? Make time this week to enter in to rest and enjoy time in God's presence.

DAY 14

Read: **Philippians 4:19**

Talk about it: When have you seen God come through in a need in your life? Spend time sharing about it as a family.

DAY 15

Read: **Matthew 5:13-16**

Talk about it: What does it mean to be salt and light? How are you being salt and light?

DAY 16

Read: **Matthew 19:26**

Talk about it: What are some things in your life that seem impossible? What would it look like if you involved God in these things?

DAY 17

Read: **James 4:2-3**

Talk about it: James says that God sees our heart and knows exactly what we need, but He wants to hear it from us. Ask God for His blessing. Recognize that you need Him to give you more than you need so that you can be a blessing to others and show them the great love of Jesus.

DAY 18

Read: **Matthew 17:20**

Talk about it: Faith means to have complete trust and confidence in God. Do you have faith at least the size of a mustard seed?

Pray about it: Take some time to pray. Thank God for a few things. Then, let Him know your concerns.

DAY 19

Read: **Psalms 23**

Talk about it: This passage of scripture tells us that the Lord is our shepherd. What are some characteristics of a shepherd? Why are they needed? What are some characteristics of sheep? Do they need a shepherd? What happens to sheep if they are left alone? How do you feel knowing that the Lord is like your shepherd? Pray and thank Him for taking care of you.

DAY 20

Read: **Romans 15:13**

Talk about it: Who is someone you know who is full of hope? Talk about what it means to live a life full of God's joy and peace.

DAY 21

Read: **Matthew 22:36-40**

Talk about it: What would it look like if we lived our lives by these commandments? Talk about this with your family.