



LET  
US  
PRAY

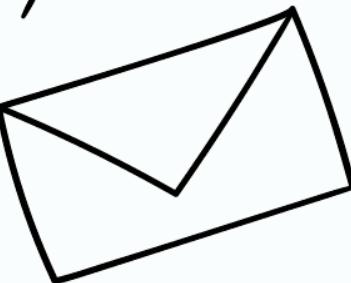
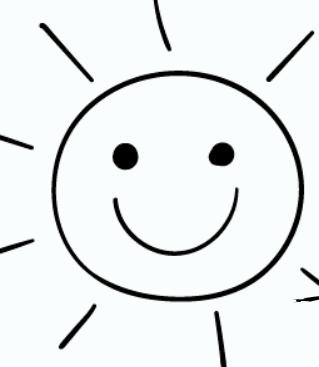
KIDZ  
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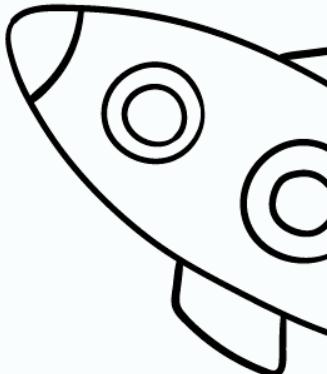
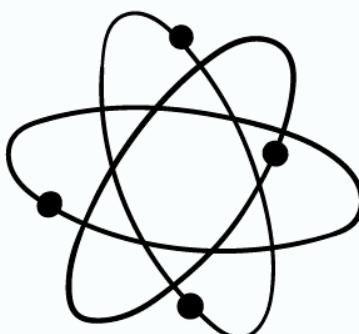
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**THIS PRAYER JOURNAL BELONGS TO**



5 6



# WHAT IS FASTING?

Fasting is giving up something for a period of time so that you can focus more on prayer!

In the Bible, people typically fasted from eating food. Instead of eating, people would devote time to praying. When people fasted, amazing things would happen!

## CHECK THIS OUT:

EVEN JESUS FASTED. IN FACT BEFORE HE STARTED HIS MINISTRY, JESUS FASTED AND PRAYED FOR FORTY DAYS! LUKE 5:14 SAYS THAT AFTER HE FASTED, "JESUS RETURNED TO GALILEE, FILLED WITH THE HOLY SPIRIT'S POWER."

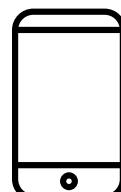
## WHAT CAN YOU FAST?

WHAT IS SOMETHING YOU COULD GIVE UP FOR THE NEXT 21 DAYS?

TALK IT OVER WITH YOUR FAMILY.  
HERE ARE SOME IDEAS!

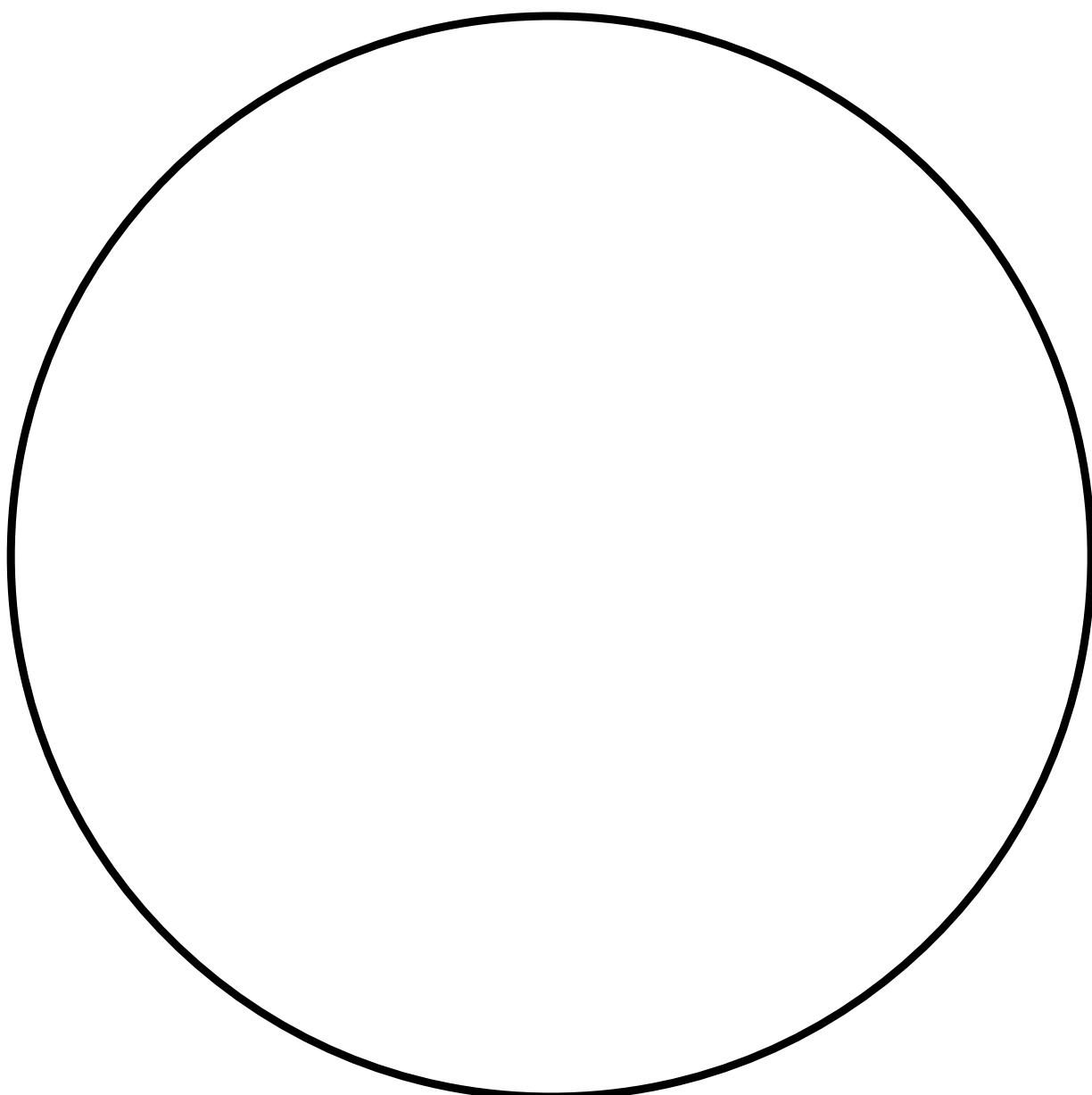


**SUGAR TV/MOVIES YOUTUBE  
SODA VIDEO GAMES ICE CREAM  
CANDY TABLET/PHONE DESSERTS**



# **WHAT ARE YOU PRAYING FOR?**

**FILL UP THIS CIRCLE WITH THE THINGS YOU ARE PRAYING FOR  
PERSONALLY OVER THE NEXT 21 DAYS.**



# DAY

1

**"In peace I will lie down and sleep, for you alone, O Lord, will keep me safe."**

**Psalm 4:8**

## **THINK**

Have you ever had a hard time sleeping? Maybe you had a bad dream or you felt scared? God gives us His peace and His peace is so good that it not only helps us sleep but His word says He even keeps us safe as we rest.

## **ANSWER**

Why do you think God wants us to have His peace?

## **PRAY**

God, thank you so much for your peace. Thank you for helping us feel safe and caring about our rest. You alone Lord will keep me safe!

**TODAY, WE ARE PRAYING FOR PEACE...**

Fill this space with your personal prayer

# DAY



"Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again."

I Thessalonians 5:23

## THINK

The Bible tells us that we are made of body, soul, and spirit!

## ANSWER

Since God made your body, soul, and spirit, what is something you love about yourself!

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## PRAY

God, Thank you for making my body, soul and spirit! Thank you for giving me a spirit that worships and loves you! I pray for wholeness and protection over my body, soul, and spirit!

## TODAY, WE ARE PRAYING FOR OUR SOULS...

Fill this space with your personal prayer

# DAY

# 3

**"So let us not get tired of doing what is good. At just the right time we will reap a harvest of blessings if we don't give up."**

**Galatians 6:9**

## THINK

What's something you love to do? Maybe you play sports or love to dance. Both those things take patience in learning a new skill! Even in our daily life and in the things we love we must not give up when it gets hard. God will help us through all of our hard things!

## ANSWER

Do you give up when things get hard? What's something you could do to help you not give up?

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## PRAY

God, thank you for giving me the strength to not give up when things get hard. Holy spirit remind me to ask you when I need help and need hope.

## TODAY, WE ARE PRAYING FOR PERSEVERANCE...

Fill this space with your personal prayer

# DAY

# 4

**Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry,"**

**James 1:19**

## **THINK**

If you have a brother or sister you probably have gotten angry at them for taking your toys or something you love. The Bible says that we must be slow to get angry and even slow to speak.

## **ANSWER**

Who in your family is really good at staying calm and showing self control?

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## **PRAY**

God, thank you for your reminder to be more like you in frustrating times. Would you help me to be quick to listen, slow to speak and slow to anger when I am upset.

**TODAY, WE ARE PRAYING FOR SELF CONTROL...**

Fill this space with your personal prayer

# DAY

# 5

**"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life."**

**John 3:16**

## THINK

Jesus loves you so much that He gave His life for you! All throughout scripture God talks about His great love for us. Did you know that the word Love is used over 600 times in the Bible!

## ANSWER

What do you love about God?

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## PRAY

God, thank you for loving me. Would you fill me with your love so I can love others around me like you do. Would you help me love myself and who you created me to be.

## **TODAY, WE ARE PRAYING FOR LOVE...**

Fill this space with your personal prayer

**I AM  
CHOSEN  
I AM A  
CHILD OF  
GOD  
& GOD IS  
PLEASSED  
WITH ME**

"I am a child of God; my heavenly Father loves me."  
Psalms 82:6

# DAY 6

"Trust in the Lord with all your heart; do not depend on your own understanding.

Seek his will in all you do, and he will show you which path to take."

Proverbs 3:5-6

## THINK

Life is full of making many decisions. What will I eat today, what will I wear, do I want to play outside today? We will even face bigger decisions that affect our life. It's important that we seek God's direction and ask Him to help us in our decisions and to say on the path He has planned for us!

## ANSWER

What's a big decision you have to make today or this week?

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## PRAY

God, thank you for creating a path for me. When I have to make big decisions would you help guide me to choose the best decision that honors you.

## TODAY, WE ARE PRAYING FOR PEACE...

Fill this space with your personal prayer

# DAY

# 7

## Read Ephesians 6:10-18 with an adult

The armor God gives you has a great purpose! It is meant to PROTECT you from any obstacles from the devil that come your way. Each part of the armor of God is meant to combat different things:

**Helmet of Salvation-** Protects your mind from bad thoughts and helps us remember our salvation in Jesus.

**Breastplate of Righteousness-** Faith in Jesus makes us right with God and guards our hearts.

**Belt of Truth-** To stand against the lies of the enemy.

**Gospel of peace as sandals-** For our feet, we can always be ready to talk about Jesus and share the gospel of peace.

**Shield of Faith-** Protects you from attacks from the enemy and to obey God through our faith in Him.

**Sword of the Spirit-** The word of God that guides us in truth and cuts down the lies of the enemy.

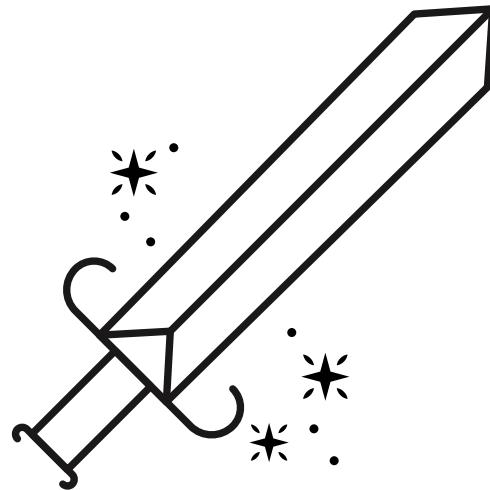
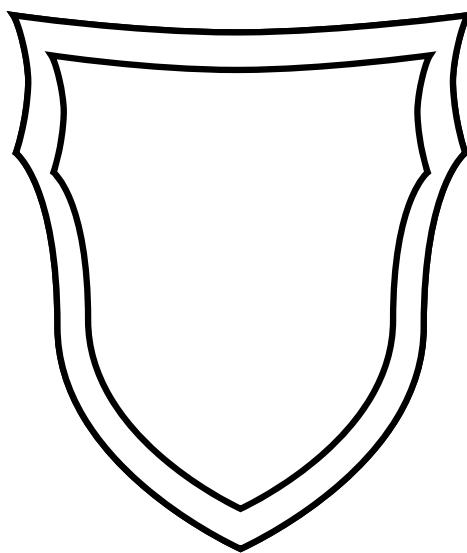
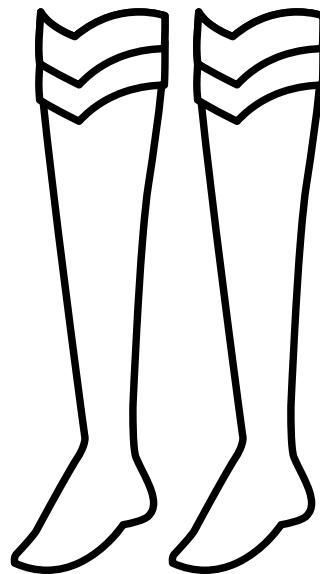
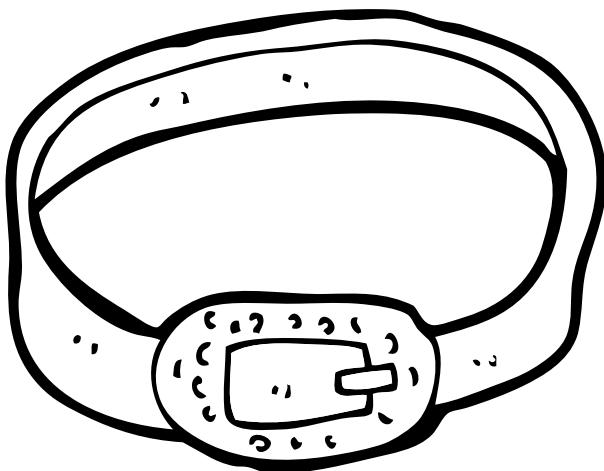
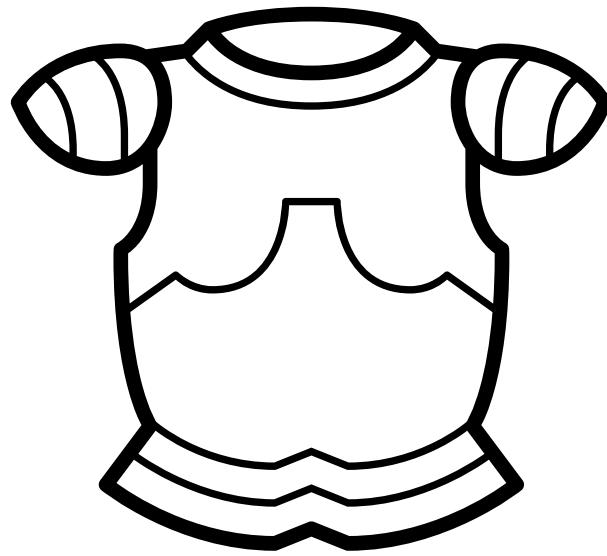
"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

## TODAY, WE ARE PRAYING FOR PROTECTION...

Fill this space with your personal prayer

Color your personal Armor of God.

# YOUR ARMOR OF GOD



# PRAYERS FOR OUR CHURCH

**LIFE GROUPS**

**PASTORS**

**CREW**

**SENIORS**

**ALTAR MINISTRY**

**CHURCH FAMILIES**

**ANOINTING OF OUR CHURCH**

**SEPTEMBER 10-16**

**MEMORY VERSE: "I URGE YOU, FIRST OF ALL, TO PRAY FOR ALL PEOPLE. ASK GOD TO HELP THEM; INTERCEDE ON THEIR BEHALF AND GIVE THANKS FOR THEM."**

**1 TIMOTHY 2:1**

# **I AM THANKING GOD FOR..**



**I PONDER ALL  
YOUR GREAT  
WORKS AND THINK  
ABOUT WHAT YOU  
HAVE DONE."**  
**-PSALM 143:5**

**BUT JESUS SAID,  
"LET THE LITTLE  
CHILDREN COME TO  
ME. DO NOT STOP  
THEM! FOR THE  
KINGDOM OF  
HEAVEN BELONGS  
TO THOSE WHO ARE  
LIKE THESE  
CHILDREN."**

**MATTHEW 19:14**

**“DONT WORRY  
ABOUT  
ANYTHING.  
INSTEAD,**

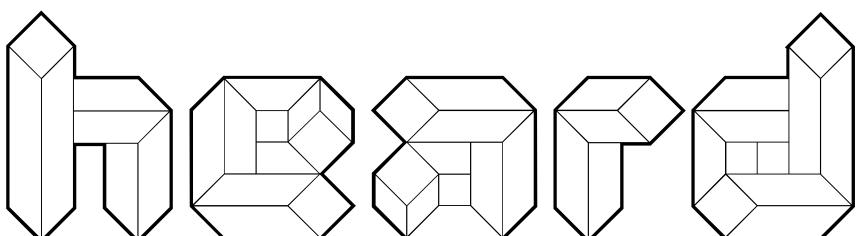
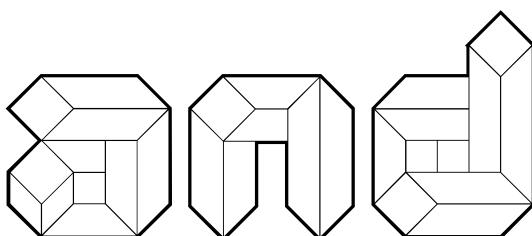
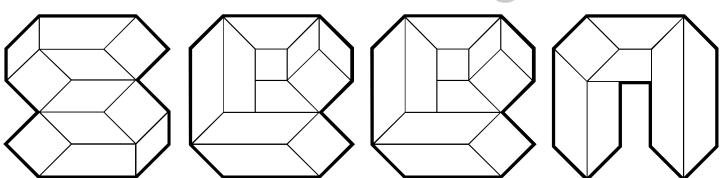
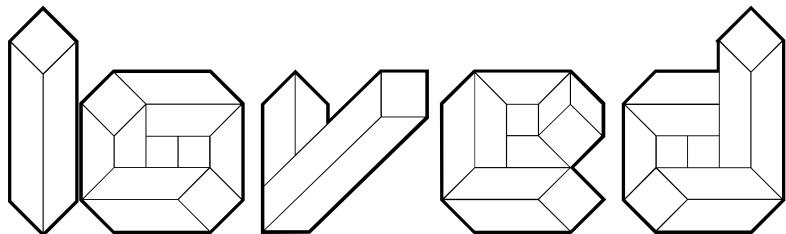
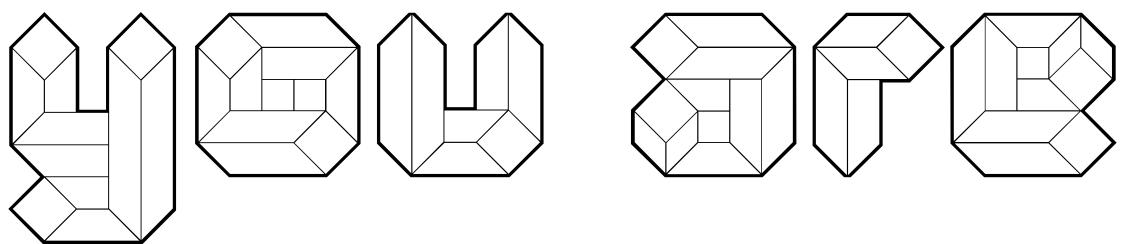
**PRAY  
ABOUT  
EVERYTHING.”**

**PHILIPPIANS**

**4:6**

"CAST YOUR  
CARES ON  
JESUS,  
BECAUSE  
HE CARES  
FOR YOU."

1 PETER 5:7



# THE ABC OF BECOMING A CHRISTIAN

Follow this prayer format:

**ADMIT** to God that you are a sinner. The first people God created chose to sin and disobey God. Ever since then, all people have chosen to sin and disobey. (Romans 3:23)

Tell God that you messed up and you are sorry for doing your own thing.

**BELIEVE** that Jesus is God's Son and receive God's gift of forgiveness from sin. You must believe that only Jesus can save you, and you cannot save yourself from your sin problem.

Your faith or your trust is only in Jesus and what He did for you through his life, death, and resurrection!

**CONFESS** your faith in Jesus Christ as Savior and Lord. Tell God and tell others what you believe! If Jesus is your Savior, you are trusting only in Him to save you. You are born again into a new life and look forward to being with God forever. (Romans 10:9-10,13)



Written by:  
Pastor Bella Edwards

KIDZ  
LIFE