

21 Days of Prayer and Fasting *with Kids*

John 17

Introduction *This is a supplement to our church's guide to fasting and prayer found [HERE](#).*

Seeking the Lord through prayer may be something you usually do early in the morning before little footsteps echo through your halls. This may seem like a natural time to focus on your own relationship with God. And fasting... surely we don't expect children to fast?!

Consider this, though: Discipleship is all about living life together in worship. As The Summit Church, we exist to create a movement of *disciple-making disciples* in RDU and around the world. Where better to begin that work than in your own home? If there are children in your home, we urge you to include them in age-appropriate ways throughout this 21-day period. Certainly, there will be times of prayer you spend on your own, but don't miss this opportunity to model the inner life of a believer to the young in your care.

Resources To Support You

- Summit Kids will be teaching kids about prayer every weekend January 7 – February 4. If you are responsible for kids who attend our services, ask them about what they did on your drive home or during lunch.
- January 7 all families with kids will receive a 21 Days of Prayer & Fasting BINGO card that is meant to make praying together a fun family activity. This card can also be downloaded [HERE](#).
- Every campus will be distributing magnets for parents and all caregivers with "31 Days of Prayer for Your Child." This perpetual calendar provides a Bible verse and prompt for daily prayer for the kids in our care.
- Summit Kids has our very own "Lord's Prayer" video [available on YouTube](#). This song sets the words of Matthew 6:9-13 to a catchy tune that will help kids quickly memorize the model prayer Jesus taught to his disciples.
- [Any Time, Any Place, Any Prayer](#) by Laura Wifler is a great book for helping young kids learn what prayer is.
- For kids with different needs, check out this ["What is Prayer?"](#) Adapted Book.

How to Include Kids in 21 Days of Prayer and Fasting

How to PRAY

- In Summit Kids, we use the acronym WITH to teach kids how they can pray. You will see this model throughout the rest of this guide.
 - **Wow** is praise, celebrating *who God is*.
 - **I'm sorry** is confession, telling God when we make wrong choices and asking for forgiveness. God wants to hear from us and is faithful to forgive those who trust him.
 - **Thank You** is thanking God for *what he does*. All gifts come from God.
 - **Help** is asking God for what we need. Whether we are scared, sad, curious, confused, or excited, we can ask God for help.
- Pray with kids in the times of day that you are normally with them: during meals, at bedtime, or even in the car! You can set aside a special time of prayer during these 21 days, but you don't have to add to your schedule to have an impact.
- Give kids a chance to pray in their own words and encourage them to say whatever they want. Remind them that God created them, he knows everything about them, and he wants to hear from them because he loves them.
- Remember that the age and development of a child is a major factor in their participation. For a very young child, a one-sentence prayer is perfect. Praying over kids out loud is also a great option.

How to FAST

We don't want to ask more of a child than he or she is ready to give, but we do want to be intentional about bringing our kids into the conversation. Building habits of grace into the lives of our kids can be a joyfully difficult task—and we believe it's worth it! Consider explaining to your kids that your family will be fasting from an item or activity, and instead, praying together as a family during some or all of that time. It won't be perfect, but your intentional effort to show our spiritual need through fasting can be an amazing experience for your family. Here are some practical ideas for how that could work in your home:

- **Sweets and Treats**
This one is of our top recommendations because it foregoes something that kids love, but that doesn't completely ruin daily routines. Take a break from candy and dessert for a week, and instead, pray together as a family when you would normally enjoy that sweetness!
- **Toy Time**
Guide your kids to pick one toy (or video game) that they will refrain from playing with or using for two weeks. Tell them that when they feel the urge to play with that particular item, instead, they should come to you, and together, you can sit still for a second and tell God that we love him even more than our things.
- **Delayed Mealtime**
Instead of forcing our kids to miss a mealtime, what if you pushed lunch or dinner back an hour? When hunger starts to set in, join together as a family and tell God that you need him even more than our bodies need food.

As you follow the 21 Days Prayer and Fasting Guide, you can use the prompts below when praying with kids.

WE TALK *WITH* GOD THROUGH PRAYER
WOW * I'M SORRY * THANK YOU * HELP

Week 1: Praying for Yourself, Friends, and Family

Day 1 *Read John 17:1 Discuss: What did Jesus call God when he prayed?*

Praise God because he is a loving father to you.

How have you sinned? Ask God to forgive you and show you mercy.

Thank God for the gift of Jesus.

Ask God to help you bring glory to him with your life.

Day 2 *Read John 17:1 Discuss: Jesus said, "the hour has come." What did he mean?*

Praise God because he has good plans that do not fail.

How are you not following Jesus? Tell God.

Thank God that Jesus died to save you.

Ask God to help you follow Jesus as a disciple.

Day 3 *Read John 17:1 Discuss: What did Jesus ask God the father to do?*

Praise God because he deserves glory more than everyone else.

When do you think more about yourself than God? Tell him.

Thank God that he uses you to show others what he is like.

Ask God to help you do whatever he wants from you.

Day 4 *Read John 17:2 Discuss: What does it mean for Jesus to have authority?*

Praise God because nothing can stop him.

Tell God about what scares you or makes it hard for you to trust him.

Thank God that he has a plan for you.

Ask God to help you trust him and live in faith.

Day 5 *Read John 17:2-3 Discuss: What does it mean for God to give us eternal life?*

Praise God because he is the only true God.

Are you ever afraid to share the good news? Tell him about it.

Thank God that we can be saved through Jesus.

Who do you know that doesn't follow Jesus? Ask God to save them. If you can't think of anyone, ask God to help you meet someone you can tell about him!

Day 6 *Read John 17:3 Discuss: Why did God the father send Jesus to earth?*

Praise God because he is a loving and generous father.

Is it hard to believe that Jesus died for you? Tell God about it.

Thank God for the people who help you know about him.

Ask God to help you tell others about him.

Day 7 *Read John 17:4 Discuss: What did Jesus do on earth to bring God glory?*

Praise God for the work of Jesus.

Do you try hard to be good all on your own instead of trusting in Jesus? Tell God.

Thank God for making a way for you to be saved through Jesus.

Ask God to help you believe in Jesus with all your heart.

Week 2: Praying for Our Church

Day 8 *Read John 17:6 Discuss: How is the church a family?*

Praise God because he is so kind.

Thank God for your brothers and sisters in The Summit Church.

Ask God to make us people who find joy in worship.

Day 9 *Read John 17:6 Discuss: What is grace? (God giving us more than we deserve.)*

Praise God because he is gracious.

Thank God for bringing people into The Summit Church to teach, love, and encourage.

Ask God to make us loving family members to one another.

Day 10 *Read John 17:8 Discuss: How can we know God's words?*

Praise God for being a truth-teller.

Thank God for the people who have taught you the gospel.

Ask God to help you grow brave in making disciples.

Day 11 *Read John 17:9 Discuss: Why is it important to pray for other people?*

Praise God because he loves the same no matter what.

Thank God for all of the people he has called to be his in our church.

Ask God to make us faithful in prayer.

Day 12 *Read John 17:11 Discuss: What does it mean for God to "keep us"?*

Praise God for his faithfulness.

Thank God for our pastors and staff.

Ask God to make us faithful members of his Church.

Day 13 *Read John 17:11 Discuss: What does it mean for the church to be in unity?*

Praise God for making the Church with many different types of people.

Thank God for the ways he made us all unique.

Ask God to help us love above all else.

Day 14 *Read John 17:13 Discuss: What does it mean to have joy like Jesus?*

Praise God for being a God of joy.

Who shows you joy that comes from God? Thank him for that person.

Ask God to make our services filled with joy.

Week 3: Praying for Our World

Day 15 *Read John 17:14 Discuss: Why does the world hate God?*

Praise God for being unlike anyone else.

Thank God for people from our church who have moved to share the Gospel.

Ask God to protect our brothers and sisters who share his love far from home.

Day 16 *Read John 17:15 Discuss: Who is the evil one?*

Praise God for being more powerful than any evil.

Thank God that we can trust him to keep us safe.

Ask God to give you faith and courage to say no to sin.

Day 17 *Read John 17:17 Discuss: What does it mean for God to sanctify us?*

Praise God because he is holy.

Thank God for making us more holy through Jesus.

Ask God to grow more pastors and teachers who will preach his Word.

Day 18 *Read John 17:18 Discuss: What does it mean to be sent?*

Praise God for letting us know him and help others to know him.

Thank God for using our church to spread the good news.

Ask God to send many more people from The Summit Church to tell the world.

Day 19 *Read John 17:20 Discuss: How can we tell others about Jesus?*

Praise God because he knows every person who knows him and needs to know him.

Thank God that our church is reaching so many people for him.

Ask God to help many more people around the world know him.

Day 20 *Read John 17:21 Discuss: How can unity in the church bring others to Jesus?*

Praise God because he is always loving.

Thank God for the love he has shown us through Jesus.

Ask God to help all of us act lovingly toward others.

Day 21 *Read John 17:24–26 Discuss: How can we learn about God by reading about Jesus?*

Praise God that he loves and calls people from all over the world.

Thank God that he showed his love to people through Jesus.

Ask God to fill his Church with love for him and one another.