

21 Days of Prayer  
and Fasting for  
Children

# DIG DEEP Kingdom Kids



---

## *Bible Verse*

---

*One day Jesus was praying in a certain place. He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1)*

## Connecting to Prayer, Connecting to God

Welcome to our Dig Deep Kingdom Kids Newsletter. As parents dive into their own prayer and fasting during the month of January, we know that children may start asking you questions. What is fasting? How do you pray? We thought it might be helpful to give some ideas for you and your child to connect during this time. We suggest starting small and have children participate in an age-appropriate way. We hope this helps as you move into the Dig Deep Series as a family!



## Prayer Time

Take a little time with your child this month to focus on who they think they can pray for during the Dig Deep Series. Explain the importance and healing power that prayer has. Use the attached activity form to help your child bring their thoughts and time with God to life. We have also included some other activities to help your child to Dig Deep during this time.

## Fasting for Children

If you would like to start introducing fasting to your child, we have provided some ideas and ways to explain fasting on a child level. Always keep in your heart that these are baby steps in cultivating disciples. Help children to think about fasting as merely a change in their intake of what they are fasting.

### Talking Points:

- One of the easiest ways to explain fasting to children 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 toys. Fasting is like this because as we clean our bodies and take time to connect with God and His Word, we open our hearts to better receive His plan for us.
- Remind children that fasting is a discipline not a punishment. Avoid words like “give up” or “can’t have”. This will help create a positive view on fasting.

## Age-Appropriate Fasting Ideas



### Screen Time

### Sweets

### Juice and Soda

## Prayer and Fasting Calendar

Attached you will find a Prayer and Fasting Calendar! This is a simple, yet fun, tool to help your child keep track of their time during the Dig Deep Series. Once your child has completed prayer time, prayer activities, or tried to fast you can add a sticker to the box or color in the box. Have fun and please share stories/wins with us! 😊



Have questions? We are here to help! Connect with Laura Taylor, Director of Children’s Ministry at [Laura@ephratacommunity.church](mailto:Laura@ephratacommunity.church) or 717-733-4071.

# Prayer and Fasting Calendar

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21

**Write down or draw a picture below of the people and things you can pray for this month!**



---

---

---

---

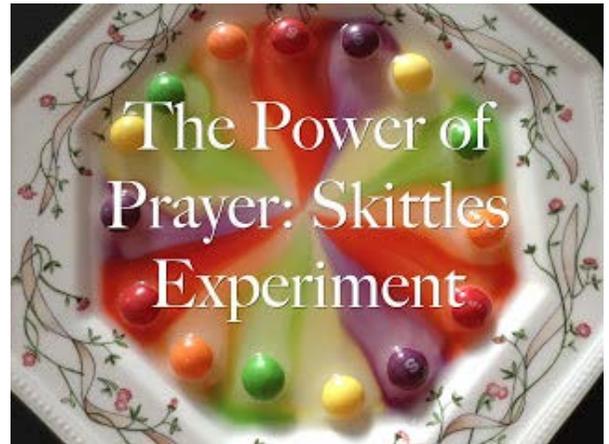
---

---

# Family Prayer Activities

## 1. The Power of Prayer: Skittles Experiment

- During this experiment children can see the power of what we are asking God to do when we pray to him.
- <http://flamecreativekids.blogspot.com/2016/10/the-power-of-prayer-skittles-experiment-37.html>



## 2. Lego Blessing Tower

- Gather some Legos or blocks with your child. Have enough for anyone who's playing to have enough to build a tower.
- Have your child count their blessings one by one and create a tower
- See how many blessings you each have and explain how important it is to be thankful to God for all your blessings.
- By praying we help to give blessings to others!



## 3. Fizzy Fun Activity

- This activity is to show how excited Jesus gets when we pray to Him!
- <http://antidotesformom.blogspot.com/2013/07/childrens-ministry-jesus-gets-excited.html>



## Prayers To Say Together

### **Morning Prayer**

Lord, in the morning I start each day,  
By taking a moment to bow and pray.  
Beginning with thanks, I then give praise for  
all your kind and loving ways.  
Today if sunshine turns to rain,  
If a dark cloud brings some pain,  
I won't doubt or hide in fear  
For you, my God, are always near.  
I will travel where you lead;  
I will help my friends in need.  
Where you send me, I will go;  
With your help, I'll learn and grow.  
Hold my family in your hands,  
As we follow your commands.  
And I will keep you close in sight  
Until I crawl in bed tonight.

Amen.

### **Meal Prayer**

Round this table, here to pray  
First, we thank you for the day  
For our family and our friends  
Gifts of grace that heaven lends  
Living water, daily bread  
Countless blessings our God sends  
Thank you, Jesus, for them all  
For the great ones and the small  
When we're happy, when we're sad  
On the good days and the bad  
We are grateful, we are glad

Amen.



### **Bed Time Prayer**

God, my friend, it is time for bed.  
Time to rest my sleepy head.  
I pray to you before I do.  
Please guide me down the path that's true.

God, my friend, please bless my mother,  
All your children--sisters, brothers.  
Oh! And then there's daddy, too--  
He says I am his gift from you.

God, my friend, it is time to sleep.  
I thank you for a soul unique,  
And thank you for another day,  
To run and jump and laugh and play!

God, my friend, it is time to go,  
But before I do I hope you know,  
I am thankful for my blessing, too,  
And God, my friend, I love you.

Amen.

### **Everyday Prayer**

He wakes me up; He makes me sleep.  
Provides for me the food I eat.  
When I cry, I call on Him,  
Because I know with Him I win.  
Even through the hardest day,  
I trust in Him in every way.  
He's the One who sees me through,  
Jesus lives, I know it's true.  
With loving-kindness, He smiles on me.  
Because He died, I am free.  
Lord, for all, I thank you so,  
I know you'll never let me go!

Amen.

# The Lord's Prayer

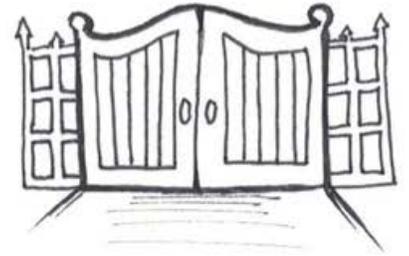
Our \_\_\_\_\_ in heaven,



hallowed be your \_\_\_\_\_,

your <sup>kingdom</sup> kingdom come,

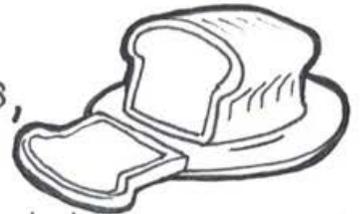
your \_\_\_\_\_ be done,



On earth as it is in \_\_\_\_\_.

Give us today our \_\_\_\_\_.

And \_\_\_\_\_ us our debts,



as we also have \_\_\_\_\_ our debtors.

And lead us not into \_\_\_\_\_,

but \_\_\_\_\_ us from the evil one.



# Amen.



# 5 Finger Prayer

4) The ring finger is the weakest. Pray for the sick, poor, and those most in need.

5) The pinkie finger is the smallest. Pray for yourself and your own needs.

3) The middle finger is the tallest. Pray for leaders in government, business, and the church.

2) The pointer finger is used to give directions. Pray for teachers, coaches, therapists, doctors, and first responders.

1) Your thumb is closest to your heart, so pray for those closest to you - your family and friends.



## Final Reflection



Have your child use the below space to color a picture of an answered prayer or a wonderful moment that they had with God during the Dig Deep 21 days of Prayer and Fasting! Take some time as a family to reflect on both your child's experience and yours.