

# PRAYER + FASTING

January 10-14, 2022

## + Power Prayer

**Let's start everything we do in prayer!**

One of the greatest things we can do is pray for our kids. Set aside time this week to connect with God through prayer and fasting in this fresh new way. What do you want to see God do in and through the lives of your kids? Begin your prayer and fasting week by giving your family dreams to the Lord.

### + CHAT Prayer

**Use this easy acronym to frame your daily prayer time**

**C**onfess your sins recognizing that Jesus took your punishment

**H**onor God for who He is: perfect, Holy, good, loving, etc.

**A**sk God for what you need

**T**hank God for all that He has provided

### + Prayer Activity

**Kids Activity:** Prayer Pail & Sticks

**Supplies:** Large craft sticks, a bucket (or empty tin can, Mason jar, etc.), scrap paper, markers, stickers, scissors, double sided tape.

**Step 1.** Cut out a strip of card stock, add "Prayer Pail" with stickers or a pen, and attach to the front of your bucket. Decorate the back as well with some stickers or verses on prayer.

**Step 2.** Write the names of friends, family and any other people or things you want to be praying for on the craft sticks and place in your bucket.

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## + Fasting

### Giving up so that we can fill up

We don't just want kids to focus on what they are GIVING UP, but on what God can do to FILL them up. Use this fasting idea to set aside items for a day and create more time to focus on God.

### + Challenge on Fasting

**Kids Activity:** Give Up & Fill Up

#### Supplies:

2 paper/plastic Solo cups per kid, markers, slips of paper or large craft sticks, ideas for the GIVE UP (Sugary treats or beverages, screen time, or a specific toy).

**Step 1.** Kids get two cups: one that says "GIVE UP" and one that says "FILL UP." Each cup will have slips of paper or large craft sticks with ideas the kids helped to contribute.

**Step 2.** Draw a slip of paper or craft stick from each cup; one cup gives suggestion for an area to give up for one day (screen time, junk food, etc.) and one cup would be something they could do to allow God to fill them up (read Scripture, memorize a verse, pray, sing and worship, etc.).

**Ideas for Fill Up:** Memorize a verse like, 1 Corinthians 10:31. Write or draw a prayer. Listen to worship songs and sing aloud or read the words.