



# Prayer + Fasting

January 26-31, 2025

## + Power Prayer

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

One of the most powerful things we can do for our kids is pray for them. Set aside time this week to connect with God through prayer and fasting. What do you hope to see Him 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.

## + Fasting Challenge

### Kids Activity: Give Up & Fill Up

When we teach our kids to fast, we don't want them to focus only on what they're *giving up*, but also on how God will *fill them up*. Use this fasting idea to help create a deeper focus on God in your family.

**Supplies:** 2 disposable cups per person, markers, slips of paper or large craft sticks, a list of items to *give up* (sugary treats or beverages, screen time, or a specific toy), and a list of things to *fill you up* (memorizing a Bible verse, writing or drawing a prayer, listening to worship songs and singing aloud).

**Step 1:** Write each list item onto individual slips of paper or craft sticks. Each person will then write "give up" on one of their cups and "fill up" on the other. Fill each cup with the corresponding category items.

**Step 2:** Set a time each day to draw an item from both cups, then practice *giving up* and *filling up* together!

