

Bethlehem **KIDS**

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21 DAYS OF PRAYER & FASTING IN 2021

A woman with blonde hair tied back is sitting at a table in a cafe, signing a book. She is wearing a dark t-shirt with the text "MEET THE NEW ME" on it. The background shows other people and tables in the cafe. The entire image has a dark blue overlay.

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FASTING

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"Prayer does not fit us for the greater work; prayer is the greater work."

- Oswald Chambers

Bethlehem Kids,

2020 was a crazy year for everyone that's for sure! We have all had different experiences, but everyone has been affected in some way by the changes in the world around us. When you think about 2020, how did you see God at work in your life and in the world? Is it easy to see all of the good things He did or is it hard?

As we enter 2021, a brand new year, it's a great time to refocus our attention on how faithful God is and the plan He has ahead of us. Pastor Jason is asking Bethlehem Church, that means you too, to spend some extra time intentionally focusing on God through the practice of fasting.

Maybe you've heard of fasting or maybe it's brand new to you, either way, we are excited to walk through these next 21 days together as a church family. Together, we will give up something meaningful and replace it with prayer! It could be candy, TV, or video games, you get to choose.

Remember, prayer isn't just for mealtime or bedtime, 1 Thessalonians 5:16-18 says "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." That means we can pray any and all the time, in the good times and the hard times too.

Fasting helps us eliminate distractions, it helps us depend on God and we believe Bethlehem Kids are up for the church-wide challenge. Follow along through these pages, and together, let's see what God has in store for you, your family, and our church.

In Christ,
Bethlehem Kids Team

AGAIN I SAY TO YOU, IF TWO OF YOU AGREE ON EARTH ABOUT ANYTHING THEY ASK, IT WILL BE DONE FOR THEM BY MY FATHER IN HEAVEN. FOR WHERE TWO OR THREE ARE GATHERED IN MY NAME, THERE AM I AMONG THEM.
MATTHEW 18:19-20

WHY FAST?

Simply put, biblical fasting is a spiritual discipline that helps you draw near to God. The goal of fasting is to get rid of distractions and build our relationship with God. Fasting gives us eyes to see how God sees, so that we may pray to achieve what God wants us to, not what we want to. Fasting also helps us to celebrate God's goodness, His grace, and mercy, but changing our focus to God instead of ourselves. It prepares our hearts for all the good things God wants to do and bring to our lives. Remember, your personal fast should be a challenge to you, not what someone else is doing or wants to do. Most importantly pray with your parents and let the Holy Spirit lead you on what to do.

We see fasting practiced all throughout scripture.

EVEN JESUS FASTED!

HOW DO WE CLOTHE OURSELVES WITH STRENGTH?



WHAT DOES IT MEAN TO CLOTHE OURSELVES WITH STRENGTH



MUCH LIKE A WARRIOR MUST PUT ON ARMOR BEFORE GOING INTO A PHYSICAL BATTLE, WE MUST PUT ON SPIRITUAL ARMOR BEFORE HEADING INTO OUR OWN "BATTLES."

Scripture tells us to clothe ourselves with strength: "Wake up, wake up, O Zion! Clothe yourself with strength. Put on your beautiful clothes, O holy city of Jerusalem, for unclean and godless people will enter your gates no longer. Rise from the dust, O Jerusalem. Sit in a place of honor. Remove the chains of slavery from your neck, O captive daughter of Zion"
(Isaiah 52:1-2).



PHILIPPIANS 4:6-7

Do not be anxious about anything, but in everything by
PRAYER AND SUPPLICATION
WITH THANKSGIVING

let your requests be made known to God. And the peace
of God, which surpasses all understanding, will guard
your hearts and your minds in Christ Jesus.



COMPLETE FAST

In this type of fast, you would give up something completely for 21 days.

SELECTIVE FAST

This type of fast involves removing certain things, for example, you might want to fast from a video game but not all of your video games. Or maybe it's fasting from a certain tv show you love, but not all tv. It could be that you remove sweets from your diet or your favorite candy.

PARTIAL FAST

This type of fast would be giving up something during a certain time of the day.

Whether you give up one of the following for a certain amount of time each day, a few days, a week or for the full 21 days, it's really up to you. Ask your parents to set limits on your screen time or take away your device for the next 21 days. Then, use that time you would have otherwise spent on a screen in prayer and reading God's word.

OTHER EXAMPLES INCLUDE:

1

SACRIFICE

Sacrifice your sleep by getting up earlier or going to your room a little early at bedtime to spend time reading your Bible, doing a devotion, and praying.



2

GIVE

Give away some of your toys. Work on decluttering your room by donating a certain number of items per day.



3

HABIT

Has fighting with your sibling or talking back to your parents become a habit for you? Consider asking your parents to hold you accountable. When you want to fight or talk back, talk to God instead.



4

ALLOWANCE

Consider saving your allowance rather than spending it.



5

TIME

What if you chose a certain amount of time each day to be still before the Lord?



6

SILENCE

You might recognize how important music is to you and decided to give it up in favor of silence.



MATTHEW 17:20

HE SAID TO THEM, "BECAUSE OF YOUR LITTLE FAITH. FOR TRULY,
I SAY TO YOU, IF YOU HAVE FAITH LIKE A GRAIN OF MUSTARD SEED,
YOU WILL SAY TO THIS MOUNTAIN,
'MOVE FROM HERE TO THERE,' AND IT WILL MOVE, AND NOTHING WILL
BE IMPOSSIBLE FOR YOU."

1 JOHN 5:14-15

AND THIS IS THE CONFIDENCE THAT WE HAVE TOWARD HIM, THAT IF WE
ASK ANYTHING ACCORDING TO HIS WILL
HE HEARS US.¹⁵ AND IF WE KNOW THAT HE HEARS US IN WHATEVER WE
ASK, WE KNOW THAT WE HAVE THE REQUESTS THAT WE
HAVE ASKED OF HIM.

MATTHEW 6:6

BUT WHEN YOU PRAY, GO INTO YOUR ROOM AND SHUT THE DOOR AND
PRAY TO YOUR FATHER WHO IS IN SECRET.
AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU.

21 in 21 PRAYER GUIDE

THERE IS NO SPECIFIC FORMULA ON HOW TO TALK TO GOD, BUT PRAYING SCRIPTURE, GOD'S WORDS, BACK TO HIM IN DIFFERENT WAYS CAN HELP US FIND DEEPER PURPOSE AND CONNECTION TO HIM THROUGH OUR PRAYER TIME. THE GOAL OF USING THIS GUIDE IS NOT TO ADD PRESSURE OR OVERWHELM YOU, BUT TO HELP YOU GET COMFORTABLE TALKING TO GOD, AND FOR YOUR PRAYER LIFE TO BECOME MORE NATURAL, EFFECTIVE, AND ENJOYABLE.

USE THE PRAYER GUIDE AS A TOOL TO PRAY INTENTIONALLY. IF YOUR MIND WANDERS, USE THE MODEL TO RESTORE YOUR FOCUS. FEEL FREE TO ADD YOUR OWN PERSONAL PRAYERS, AS WELL. AS YOU PRAY, BE SURE TO TAKE TIME TO LISTEN. WRITE WHAT GOD MAY BE SPEAKING TO YOU IN THE JOURNAL SPACE PROVIDED. TO MAKE YOUR PRAYER TIME EVEN MORE MEANINGFUL, YOU CAN WRITE NOTES OR PRAYER REQUESTS AND PLAY WORSHIP MUSIC. THE MOST IMPORTANT STEP IS COMMITTING TO REGULARLY ENTERING GOD'S PRESENCE THROUGH PRAYER.

THE GUIDE WAS WRITTEN TO HELP YOU FIND A NEW LEVEL OF PURPOSE, EFFECTIVENESS, AND ENJOYMENT IN YOUR PRAYER LIFE. WHILE PRAYER DOES TAKE COMMITMENT AND CAN REQUIRE DISCIPLINE TO DEVELOP INTO A DAILY HABIT, WE ALSO WANT TO REMEMBER THAT IT'S A "GET TO," NOT A "GOT TO." IT'S A PRIVILEGE TO BE ABLE TO COME TO GOD IN PRAYER.

DAY 1

SCRIPTURE REFERENCE

James 4:8

Draw near to God,
and he will draw near
to you. Cleanse your
hands, you sinners,
and purify your
hearts, you double-
minded.



PRAYER FOCUS

Pray for your relationship with God, to grow over the next 21 days. God give me a greater understanding of your love. God, help me to love you with my whole heart.

DAY 2

SCRIPTURE REFERENCE

1 John 4:10-11

In this is love, not that
we have loved God
but that he loved us
and sent his Son to
be the propitiation
for our sins. Beloved,
if God so loved us, we
also ought to love one
another.



PRAYER FOCUS

Pray for your love for others to deepen. Pray for stronger relationships with those closest to you. Pray specifically for parents, siblings, grandparents, teachers, friends, and community.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 3

SCRIPTURE REFERENCE

Psalms 139:23-24

Search me, O God,
and know my heart!
Try me and know my
thoughts! And see if
there be any grievous
way in me, and
lead me in the way
everlasting!



PRAYER FOCUS

Pray for repentance of sin.
Search me and know me God.

Repent: to turn from sin and
change going forward.

DAY 4

SCRIPTURE REFERENCE

Eph. 6:19-20

...and also for me, that
words may be given
to me in opening
my mouth boldly to
proclaim the mystery
of the gospel.



PRAYER FOCUS

Pray for our Pastors and
spiritual leaders. Pray that
God would help them stay
faithful to the work before
them and His call on their
lives. Pray for their health,
protection, and for their
families. Pray for their
hearts to remain pure and
devoted to God, serving
faithfully in prayer and
study of God's Word.

[illegible]

DAY 5

SCRIPTURE REFERENCE

Matthew 9:37-38

Then he said to his disciples, "The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."



PRAYER FOCUS

Pray for Bethlehem Church, for people to know Jesus and grow in their relationship with God.

DAY 6

SCRIPTURE REFERENCE

1 Timothy 2:1-2

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.



PRAYER FOCUS

Pray for our leaders in government. God, give them strength and wisdom and guide all their decisions. Surround them with people who will speak godly wisdom and counsel into their lives. Bring to them people of high moral character and spiritual maturity.

[illegible]

DAY 7

SCRIPTURE REFERENCE

Acts 4:29-30

And now, Lord, look upon their threats and grant to your servants to continue to speak your word with all boldness, while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus.



PRAYER FOCUS

Pray for personal boldness to tell others about Him. Pray that our faith would increase and our fear of what others think would decrease.

DAY 8

SCRIPTURE REFERENCE

Ephesians 5:6-7

Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience. Therefore do not become partners with them.



PRAYER FOCUS

Pray to be world changers, and that our communities would be better because we are here. God, help us make a lasting impact, being light in a dark world, giving hope to others around us.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 9

SCRIPTURE REFERENCE

Numbers 6:22-27

The Lord spoke to Moses, saying, "Speak to Aaron and his sons, saying, Thus you shall bless the people of Israel: you shall say to them, 'The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace.' So shall they put my name upon the people of Israel, and I will bless them."



PRAYER FOCUS

Pray for kids younger than you to know Jesus and follow in his footsteps.

DAY 10

SCRIPTURE REFERENCE

Proverbs 3:9-10

Honor the Lord with your wealth and with the firstfruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine.



PRAYER FOCUS

Pray to be faithful with the money God has given you.

Give God your first fruits.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 11

SCRIPTURE REFERENCE

2 Peter 3:9

The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance.



PRAYER FOCUS

Pray for unsaved loved ones. God, today I pray for _____. They are in need of a new heart, the kind of heart only You can give. For Your Word tells us the human heart is sick and wicked, needing to be changed. Please replace their heart of stone with a humble heart, a clean heart, a pure heart, a believing heart. The kind of heart that can accept God and the truth of the gospel. Above all, may they have a repentant heart, Lord. In Jesus' saving name, I pray, Amen.

DAY 12

SCRIPTURE REFERENCE

Matthew 6:9-10

Pray then like this: 'Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven.



PRAYER FOCUS

Pray for God's Kingdom to come, on earth as it is in Heaven. Pray that we would be Kingdom-minded, bringing what's up there down here!

[illegible]

DAY 13

SCRIPTURE REFERENCE

John 17:21

...that they may all
be one, just as you,
Father, are in me, and
I in you, that they also
may be in us, so that
the world may believe
that you have sent me.



PRAYER FOCUS

Pray for unity within the body of Christ. Pray that we are one, just as Jesus and the Father are one.

DAY 14

SCRIPTURE REFERENCE

Mark 11:24-25

Therefore I tell you,
whatever you ask in
prayer, believe that you
have received it, and it will
be yours. And whenever
you stand praying, forgive,
if you have anything
against anyone, so that
your Father who is in
heaven may forgive you
your trespasses.



PRAYER FOCUS

Pray for God to help you with bitterness and any unwillingness to forgive.

[illegible]

DAY 15

SCRIPTURE REFERENCE

Ephesians 1:18

...having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints...



PRAYER FOCUS

Pray for God to speak to us through His Word. For a better understanding of Scripture.

DAY 16

SCRIPTURE REFERENCE

James 1:22-25

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.



PRAYER FOCUS

Pray that we would obey what God tells us. Be doers of His word, not hearers only.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY 17

SCRIPTURE REFERENCE

Ephesians 2:10

For we are his
workmanship, created
in Christ Jesus for
good works, which
God prepared
beforehand, that we
should walk in them.



PRAYER FOCUS

Pray that we would fulfill the
purposes for which we were
created.

DAY 18

SCRIPTURE REFERENCE

John 3:30

He must increase, but
I must decrease.



PRAYER FOCUS

Pray that we would decrease
and that Christ would
increase in us. Less of me,
more of you, God.

[illegible]

DAY 19

SCRIPTURE REFERENCE

Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.



PRAYER FOCUS

For God to heal wounds from our past to set us free for our future.

DAY 20

SCRIPTURE REFERENCE

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



PRAYER FOCUS

Pray for the fruit of the spirit to be evident in our lives. Pray that our lives would be filled with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

[illegible]

DAY 21

SCRIPTURE REFERENCE

2 Chronicles 7:14

For we have come
to share in Christ, if
indeed we hold our
original confidence
firm to the end.



PRAYER FOCUS

Pray that our nation would turn
and seek Jesus in humility and
that God would bring healing
to our nation.

[illegible]

A woman with blonde hair tied back is seated at a wooden table, focused on signing a document. She is wearing a dark blue t-shirt with the text "MEET THE NEW ME" printed on it. The document she is signing has a grid of names and checkboxes, with some handwritten notes. In the background, several other people are standing and talking in a well-lit room with large windows and modern furniture. The entire image is overlaid with a semi-transparent dark blue filter.

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A FINAL WORD:

“ Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on

EVERYPIECE OF GOD’S ARMOR

so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the

BELT OF TRUTH

and the

BODY ARMOR

of God’s righteousness.

FOR SHOES,

put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the

SHIELD OF FAITH

to stop the fiery arrows of the devil. Put on

SALVATION AS YOUR HELMET,

and take the

SWORD OF THE SPIRIT,

which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. ”

Ephesians 6:10-18



**BETHLEHEM
CHURCH**