

RENEWED

31 DAYS

OF PRAYER & FASTING

Guide for Kids



GETTING STARTED

Renewed



WE'RE SO EXCITED TO START OUR 31 DAYS OF PRAYER AND FASTING WITH YOU! AS WE READ THROUGH THE BOOK OF PROVERBS, WE HOPE YOU'LL GROW IN WISDOM AND FEEL EVEN MORE EXCITED TO FOLLOW GOD EVERY DAY!

WHAT IS FASTING?

FASTING IS A SPECIAL WAY TO GROW CLOSER TO GOD BY GIVING UP SOMETHING WE ENJOY, LIKE FOOD OR OTHER DISTRACTIONS, FOR A LITTLE WHILE. IT HELPS US FOCUS ON GOD AND REMEMBER HOW MUCH WE NEED HIM IN OUR LIVES.

WE'RE SO EXCITED YOU'RE JOINING US ON THIS JOURNEY, AND WE CAN'T WAIT TO SEE THE AMAZING THINGS GOD HAS PLANNED FOR YOU!

WHAT'S THE BIG

Idea!

WHY FAST

1. **Getting Closer to God:** Fasting helps us spend more time with God and grow closer to Him.
2. **Big Answers to Prayer:** Sometimes fasting helps us see God do amazing things in our lives.
3. **Less Distractions:** Fasting helps us take a break from things that might distract us and focus more on God.

▶▶ HOW CAN I FAST?



Screen Time Fast

What it is: Give up TV, video games, or social media for a set amount of time each day.

Why it helps: This creates time to talk to God, read the Bible, or spend time in prayer.

How to do it: Instead of playing a game or watching a show, kids can pray, read a Bible story, or write down things they're thankful for.

Sweet Treat Fast

What it is: Skip desserts or candy for a few days or during the fasting period.

Why it helps: It teaches self-control and reminds kids to think about God when they want a treat.

How to do it: When they crave something sweet, they can say a quick prayer or thank God for something good in their lives.





▶▶ MORE FASTING IDEAS

Toy or Hobby Fast

What it is: Take a break from a favorite toy, hobby, or activity for a short period.

Why it helps: It allows kids to think about God and focus on Him during the time they would spend playing.

How to do it: Use the time to draw a picture for God, write a prayer, or help someone in need.

Mealtime Fast (Modified)

What it is: Skip a snack or give up a favorite food for a meal. (Kids should still eat enough to stay healthy.)

Why it helps: It teaches gratitude for God's provision and dependence on Him.

How to do it: During the time they skip a snack, they can pray or read a Bible story about God's love.

Challenge

Remember, fasting is all about spending time with God and making Him the most important part of your day. It's not just about giving something up—it's about making room for Him in your heart.

ARE YOU READY?!

WEEK

1

Doing What's Right

Read: Proverbs 21:3

Big Idea: Making good choices makes God happy.

Activity: Think of one good thing you can do today, like sharing something you have or helping someone.

Prayer: Ask God to help you choose what is right and fair.

MY JOURNAL



WEEK

2 *Your Name Matters*

Read: Proverbs 22:1

Big Idea: Being a good friend and person is more important than having lots of things.

Activity: Draw a picture of yourself and/ or write one word or sentence that describes how you're a good friend.

Prayer: Thank God for helping you be kind and honest.

MY JOURNAL

WEEK

3

Listening and Learning

Read: Proverbs 23:12

Big Idea: Wise people listen and learn.

Activity: Think of someone who teaches you good things and tell them thank you.

Prayer: Ask God to help you listen and learn every day.

MY JOURNAL

WEEK

5

Leading with Humility

Read: Proverbs 25:27

Big Idea: Good leaders are kind and humble.

Activity: Think of one way to help a friend or sibling and do it today.

Prayer: Ask God to help you be a good and humble leader.

MY JOURNAL


