



# 21 DAYS OF PRAYER FOR KIDS

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## MEADOWS KIDS-

We are about to start an exciting adventure! For the next 21 days, our entire church is coming together to pray. Maybe you've never thought of prayer as an adventure, but talking with God is one of the most exciting, life-changing things we can do!

Think about it: when you talk to God you are talking to the one who created EVERYTHING! The moon, the sun, the stars, the ocean, and YOU! Prayer is your way to connect with the God who made you, who loves you, and who wants a relationship with you!

The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! Praying and talking with Jesus should be the best part of our day! Did you know that you can pray:

- before the day begins
- before you hang out with friends
- before you play a big game
- when something bad happens
- on your way to school
- before practice
- before you go to bed
- when something good happens

In every situation – PRAY FIRST! I am praying for you and am so excited to see what God does in your life in the coming days!

Dear Parents & Caretakers,

The next 21 days could change your family forever. I know how hard it can be to try to manage all of the things. Relationships, finances, jobs, extracurriculars, homework, attitudes, hearts. You may be holding this prayer guide in your hand thinking that the last thing you need is ANOTHER thing to do... but this is not just another thing to DO. This is an invitation to a new way to LIVE.

In the whirring hurry of our world and all of its demands, we often leave every little time to connect with God. He alone is our source of hope, strength, joy, and love. Sure, we can get by on our own for a bit, but why settle for just getting by when God invites us to live an extraordinary, abundant life? For the next 21 days, you and your family are invited to press pause on pushing through, and instead pursue God first.

If you normally don't pray out loud with or in front of your kids, it might feel awkward at first, but I ask you to keep doing it! I know that we all want our children to have incredible prayer lives, and one of the best ways we can help to make that happen is to show them how.

My prayer for your family is that you are marked by the power and presence of God! I anxiously await to see how God moves in our church and in our homes as we join together and purposefully seek Him. It is truly my joy to partner with you as you lead your kids in their relationship with Jesus.

Bethanie Bedinger  
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# THE DISCIPLINE OF PRAYER

## DAYS 1-7

Prayer is the central avenue God uses to transform us. To pray is to change.

### January 12th

- READ: James 5:13-18
- TALK ABOUT IT: When should you pray? What does it mean to "confess your sins to each other"?
- PRAY: "God, help me to pray at all times. I want to draw closer to you and allow you to guide my life. Amen"

### January 13th

- READ: Psalm 103
- TALK ABOUT IT: Imagine that you had the chance to talk to God face-to-face. What would you say to Him?
- PRAY: "God, let all them I am praise you! Help me to remember all the good things you have done for me! Thank you for your unfailing love. Amen"

### January 14th

- READ: Psalm 51
- TALK ABOUT IT: How can you have a clean heart that is washed from sins?
- PRAY: " Dear God, Thank you for washing away our sins and making us clean and new. Keep us mindful of your presence. Thank you for your love. We love you, God! In Jesus name, Amen!"

## January 15th

- READ: Psalm 150
- TALK ABOUT IT: Why should we praise God? How can we praise God?
- PRAY: "God, thank you for giving me life and breath and so many reasons to praise you. Help me praise you each and every day! Amen."

## January 16th

- READ: Matthew 26:36-46
- TALK ABOUT IT: What did Jesus mean when He said "the flesh is weak"? Here we see Jesus going to God and asking for guidance. Have you ever gone to God for guidance?
- PRAY: "God, please guide me each day. I want your will to be done in my life. Thank you for loving me so much that you sent your son to save me. Amen."

## January 17th

- READ: Matthew 6:5-15
- TALK ABOUT IT: Practice memorizing the Lord's Prayer
- PRAY the Lord's Prayer

## January 18th

- READ: Mark 9:14-29
- TALK ABOUT IT: Why couldn't the disciples heal this boy? (They needed to be fully dependent on God and needed to constantly be in prayer"
- PRAY: God, you have given me authority over this world through your son, Jesus. Help me to access that authority by being fully dependent on you. In Jesus' name, Amen."

# THE DISCIPLINE OF FASTING

## DAYS 8-14

More than any other discipline, fasting reveals the things that control us.

### January 19th

- READ: Luke 4:1-13
- TALK ABOUT IT: How did Jesus the devil who was tempting him?
- PRAY: "God, thank you for sending Jesus as an example for us. Help us to be more like Him each day. Amen."

### January 20th

- READ: Isaiah 58:1-7
- TALK ABOUT IT: What is fasting?
- PRAY: "God, you are mighty and righteous! You give me all that I need! I want to rely on you only. Amen."

### January 21st

- READ: Daniel 10:1-14
- TALK ABOUT IT: Daniel fasted from rich food for 3 weeks. Choose ONE thing that you will fast from for the next 3 days (ideas: TV, tablets, eating candy, drinking pop, a certain toy, etc.)
- PRAY: "God, help me focus on You over the next 3 days as I give up something I enjoy. I know that You have something even better for me! In Jesus' name, Amen."

## January 22nd

- READ: Nehemiah 1:4-11
- TALK ABOUT IT: What did Nehemiah do while he was fasting? (He prayed!)
- PRAY: "God, you are a promise keeper! You have always been and will always be faithful. Thank you for redeeming us through Jesus. Amen."

## January 23rd

- READ: Esther 4:12-17
- TALK ABOUT IT: What did Esther ask Mordecai and the Jews to do?
- PRAY: "God, you are always in control. I want you to lead my life. Thank you for caring about every detail of my life. Amen."

## January 24th

- READ: Acts 13:1-3
- TALK ABOUT IT: How did your fast go the past 3 days? Was it hard? Did you talk to God during your fast?
- PRAY: "God, thank you for showing us examples of how people in the Bible fasted to grow closer to you. And thank you for sending Jesus as our ultimate example. We love you! Amen."

## January 25th

- READ: Acts 14:19-23
- TALK ABOUT IT: Why should we encourage others? Who can you encourage this week?
- PRAY: "God, help me to be an encourager. Open my eyes to see people who need encouragement and give me the boldness to say something to them. Amen."

# THE DISCIPLINE OF MEDITATION

## DAYS 15-21

Christian Meditation, very simply, is the ability to hear God's voice and obey His word.

### January 26th

- READ: Exodus 24:15-18
- TALK ABOUT IT: How did the Israelites describe God's glory? (A: like a consuming fire!)
- PRAY: "God, I want to hear your still, small voice. Help me quiet my mind and listen for You. In Jesus' name, Amen."

### January 27th

- READ: Exodus 33:11
- TALK ABOUT IT: God wants to have a relationship with you, just like He did with Moses. Challenge: talk with God throughout your entire day! Tell Him everything!
- PRAY: "God, I want to have a relationship with you. I want to be your friend forever! Help me to talk with you each and every day. Amen."

### January 28th

- READ: Exodus 20:18-19
- TALK ABOUT IT: Why do you think the people did not want God to speak to them?
- PRAY: "God thank you for loving me and caring about me. I know that you want the best for me! Help me to trust in your plan for my life, even when it gets tough. Amen."



## January 29th

- READ: Psalm 1:1-3
- TALK ABOUT IT: Should we follow the path of the world or the path of the Lord? What promise do we receive if we follow the path of the Lord according to these verses?
- PRAY: "God, I want to follow your path for my life. I want everything that I do to prosper and glorify You! Help me to remain on your path. Amen."

## January 30th

- READ: 1 Kings 19:9-18
- TALK ABOUT IT: How does God help in times of trouble? (A: God promises to never leave us.)
- PRAY: "God, thank you for never leaving me. Thank you for always being right by my side. Amen."

## January 31st

- READ: Acts 10:9-20
- TALK ABOUT IT: God showed Pete that there are no "clean" or "unclean" people. We are to tell EVERYONE the good news about Jesus. Who is someone you know, that doesn't know Jesus?
- PRAY for the people in your life that don't know Jesus.

## February 1st

- READ: 2 Corinthians 12:1-4
- TALK ABOUT IT: Set a timer for 3 minutes. Lay on your back, close your eyes and stay still. Just listen.
- PRAY: "God, it is so easy to go about our day and allow our busyness to distract us from you. But we don't want that! We want to make You the central, most important part of our day. Help us to always be mindful and put You first in all that we do. Thank you for loving us! Amen."