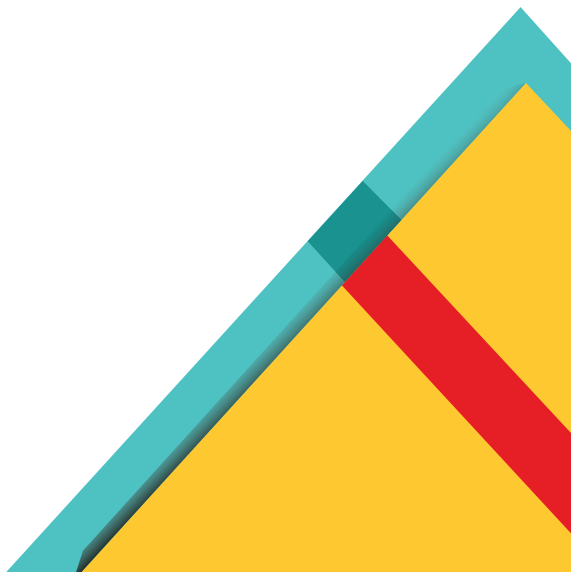




PRAYER AND FASTING GUIDE



This book belongs to:

Name

DEAR FRIEND,

I am so excited that you have one of our Prayer and Fasting Guides! Prayer and Fasting are both important parts of our relationship with God.

So what is fasting? Why do we do it?

Fasting is simply giving something up for a while, so that you can have more time to focus on God. Some adults give up food for a few days. Some people give up TV or social media. When we intentionally make more time for God, He always teaches us something amazing.

Fasting is a great way to grow closer and closer to Him.

Young people can't always "fast" or give up the same things as adults, but there are great ways for you to participate in fasting.

Maybe try giving up TV, video games, or sugary treats and then spend the time you would typically use doing those things, reading the Bible and praying instead!

PRAYER is one of the most important things we do while fasting.

In SCC Kids + Youth we really want to learn how to pray and make it a priority. Spend some time over the next few weeks reading and completing this book. You will learn tons about prayer and will definitely grow closer to God!

- SCC Kids + Youth Team

LIFESTYLE PRAYER

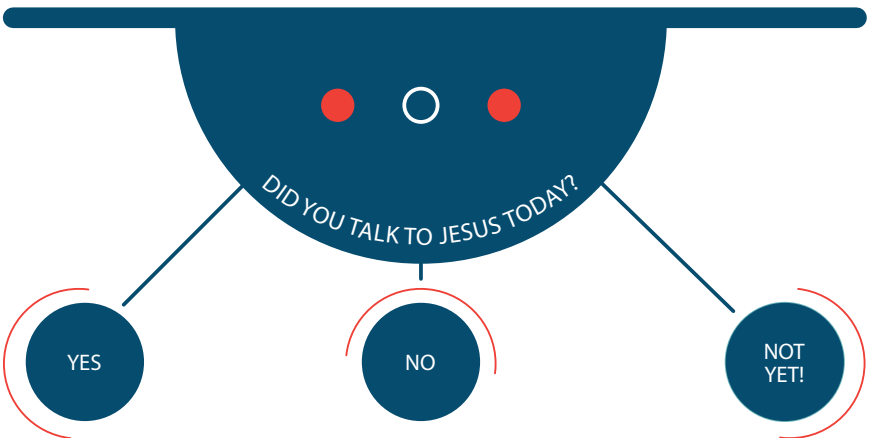
Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.
(Mark 1:35)

Here's what we see:

He prayed every day.
He prayed in a certain place.
He prayed with a plan.

1. TIME

We see that Jesus had a certain time that He prayed every day. The Bible says that Jesus got up very early in the morning to spend time with His Heavenly Father and pray. He had a specific time that He always knew was His prayer time. We should do the same.



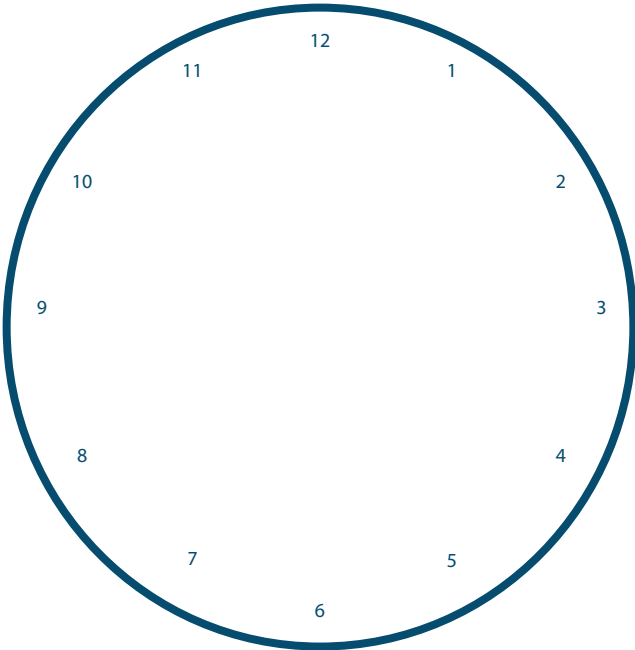
When will your prayer time be? Use a pencil to circle your answer or answers!

WHEN I WAKE UP

IN THE AFTERNOON

BEFORE I GO TO SLEEP

USE A PENCIL AND FILL
IN THE TIME THAT YOU
PRAYED TODAY!

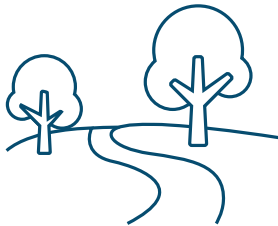


2. PLACE

We see that Jesus had a certain place that He would go to pray. We need to have a place that doesn't have any distractions, noises, or things that would keep us from focusing on Jesus.

My favorite place to pray is: _____

COLOR IN THE PLACE
BELOW WHERE YOU LIKE
TO PRAY TO JESUS.



3. PLAN

We also see in the Bible that whenever Jesus prayed, He always had a plan. He had things on His heart that He wanted to pray for, and knew how He wanted to pray for them.



WRITE DOWN OR DRAW A
PICTURE BELOW OF THE
PEOPLE AND THINGS YOU
CAN PRAY FOR TODAY!

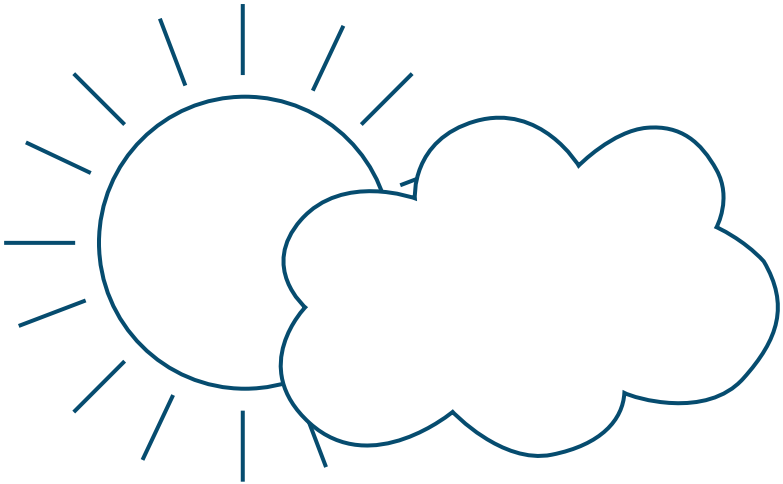
THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him "Lord teach us to pray..."
(Luke 11:1)

"Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done, On earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."

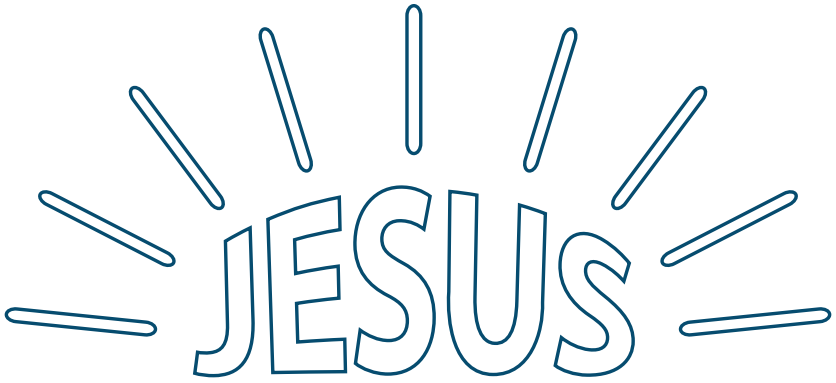
(Matthew 6:9-13)

“OUR FATHER IN
HEAVEN...”



Connect with God. He is your loving Father.

“...HALLOWED BE
YOUR NAME...”



Worship His name.

God's name is a place of protection - good people can run there
and be safe. (Proverbs 18:10 MSG)

MATCH WHO HE IS WITH WHAT HE CAN DO!

Healer God is on my side and will fight for me.

Friend God is in charge and wants the best for me.

Peace I will choose joy because God is my joy.

Forgiveness He is my hope for every situation.

Love He forgives me for anything I have done and will do.

Hope Jesus loves me the most.

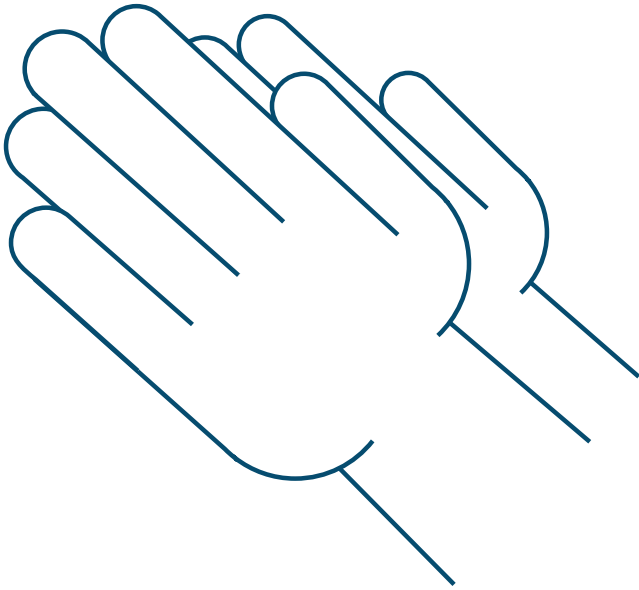
Joy He brings me peace no matter what I go through.

King He is always with me.

Protector God heals all our diseases.



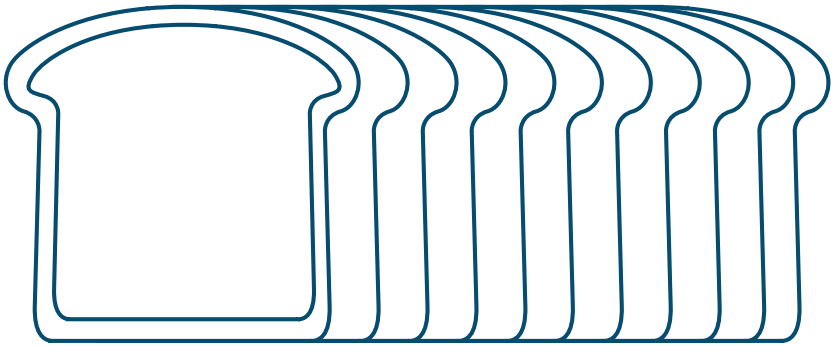
“...YOUR KINGDOM COME,
YOUR WILL BE DONE.
ON EARTH AS IT IS IN
HEAVEN...”



Pray for what He wants (Pray His agenda first).

He will always give you all you need from day to day if you will
make the Kingdom of God your primary concern.
(Luke 12:31 TLB)

“...GIVE US THIS DAY OUR
DAILY BREAD...”



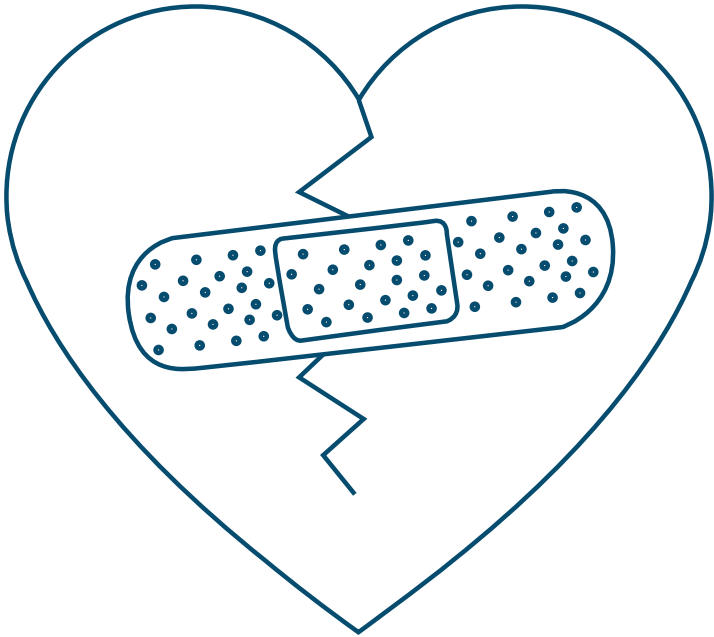
Ask God for what you want and need, and then trust Him to
provide for you.

I look up to the mountains—does my help come from there?
My help comes from the Lord, who made heaven and earth!
(Psalms 121:1-2 NLT)

WHAT ARE YOU TRUSTING GOD FOR?

Write some of your answers below.

“...AND FORGIVE US OUR
DEBTS, AS WE FORGIVE
OUR DEBTORS...”



Make sure your heart is right with God and with people.

If we confess our sins, He is faithful and just and will forgive us our
sins and purify us from all unrighteousness.

(1 John 1:9)

ASK JESUS TO LOOK INSIDE YOUR HEART:

1. What do you need to ask for forgiveness about?

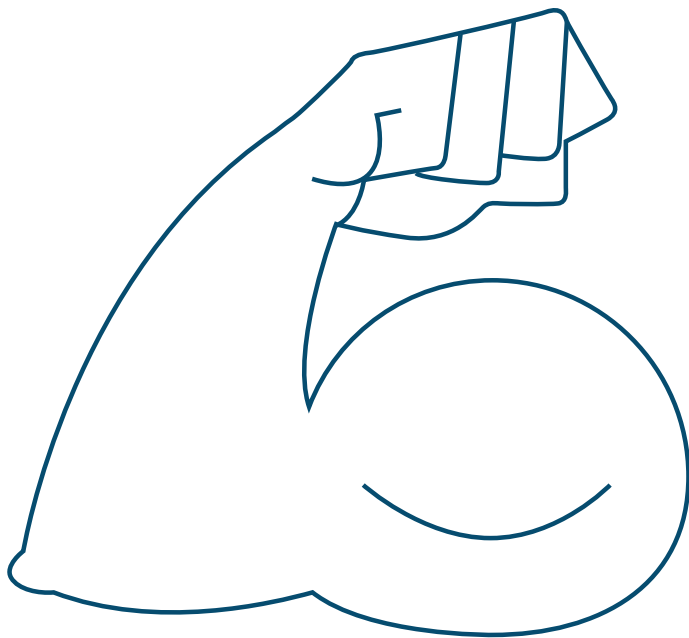
2. What do you need to forgive someone for?

Once you have prayed, color in the sentences below.

I AM FORGIVEN.

I CAN FORGIVE.

“...AND DO NOT LEAD US
INTO TEMPTATION, BUT
DELIVER US FROM
THE EVIL ONE...”



Replace any lie the enemy has told you with the truth of God's
Word.

For our struggle is not against flesh and blood, but against the
rulers, against the authorities, against the powers of this dark
world and against the spiritual forces of evil in the heavenly
realms. (Ephesians 6:12)

GOD'S WORD IS TRUTH.

Replace the lies you may have heard with what God says is true.

LIE I HAVE HEARD

WHAT GOD SAYS IS TRUE

"I am mean." _____ I can be a friend like Jesus.

"I am ugly." _____ I am fearfully and wonderfully made.

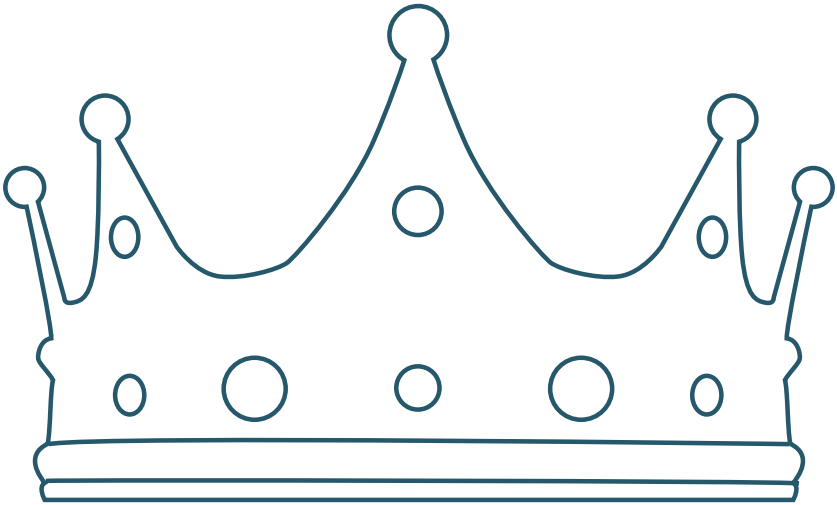
"I don't have friends." _____ Jesus loves me and I am never alone.

"If I lie, I won't get in trouble." _____ I can tell the truth and not be afraid.

"If I do what's wrong, I'll finally fit in." _____ My identity comes from Jesus.



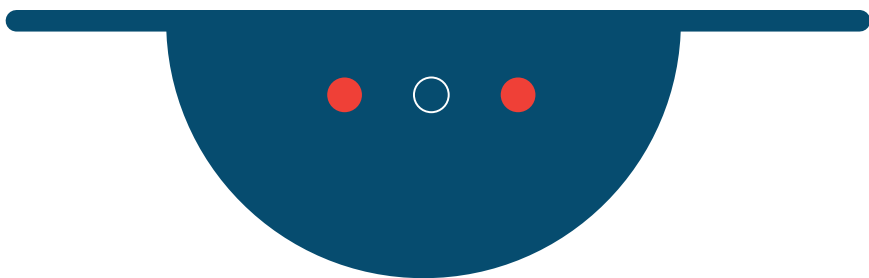
“...FOR YOURS IS THE
KINGDOM AND THE
POWER AND THE GLORY
FOREVER. AMEN.”



God can do anything (believe it)!

Ah, Sovereign Lord, You have made the heavens and the earth by
Your great power and outstretched arm. Nothing is too hard for
You. (Jeremiah 32:17)

"FOR YOURS IS THE
KINGDOM AND THE GLORY
FOREVER. AMEN"



PRAYER AND SCRIPTURE FOR EVERY DAY

MY PRAYER LIST

Make a list of things you want to pray for every day.

TELL JESUS HOW GREAT HE IS.

A jump start to praying this way is below. Fill in the blanks and add your own praise and worship as you talk to Jesus about how great He is!

Look up Scripture as you walk through the outline.

Hi Jesus!

I love You so much!

1. Thank You _____ (Psalm 100:4, 118:24)

2. I love that You created _____.

3. When I'm outside, I notice _____ in Your beautiful creation!

4. God, You made me. Thank You for my ability to _____.
(Mark 12:30)

You love me for who I am, no matter what.

Thank You for being my God and my friend. I love You!

In Jesus' name, Amen.

GIVE THANKS EVERY DAY.

Having a thankful heart is something that Jesus loves. Giving thanks to God makes even bad days good. A jump start to praying this way is below. Fill in the blanks and add your own words of thankfulness!

Hi Dad!

I am so thankful for You and all that You have given me.

Today, I thank You for my family!

I pray that for my family You would _____ .

I thank You that I get to wake up and have a new day!

I pray today for _____ .

Thank You for the food I get to eat, the clothes I get to wear, and the house I get to live in.

Thank You for _____ .

Thank You for dying for me and saving me.

Help me be more like You, Jesus.

I am so thankful for You! I love You! (Psalm 96:1-2)

In Jesus' name, Amen.

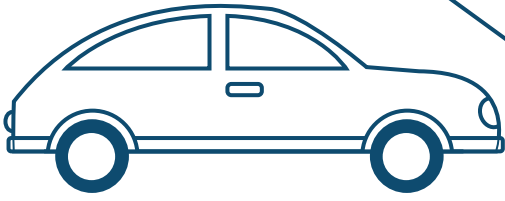
ASK GOD TO LEAD YOU EVERY DAY.

Have you ever been lost and not known where you were going?
It's not a fun feeling. The easiest way to avoid this is to ask for
directions from someone with a map. Jesus has the map to life
and has the best plan for our life.

Follow the numbers 1-5 and color in the road map on the next
page as you ask Jesus to lead you today!

1. Thank You, Jesus, for the plan You have for me!
2. Today I choose Your plan for my life, because I know it's the
best plan there is!
3. Lead me. Give me words to say. Help me think good
thoughts.
4. Help me to be kind to people, be wise, and make good
choices.
5. Jesus, please make me more like You every day. In Jesus'
name. Amen.

(Proverbs 3: 5-7; Psalm 131:1-3, Isaiah 30:21)



1

2

3

5

4

PRAYERS FOR WHEN I NEED HELP

Pray through the armor of God.

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armor!

“Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

(Ephesians 6:11-18)

PRAYING THROUGH THE ARMOR OF GOD...

Lord,

Today I put on the full armor of God. I am protected.

I put on the belt of truth to speak and walk honestly.

I will put into place the breastplate to do what is morally right.

I will strap onto my feet and be ready with the Gospel of peace.

On my arm I will carry the shield of faith and block the attacks from the evil one. I know God is with me.

On my head I will wear the helmet of salvation. Jesus loves me and I belong to Him!

With my shield in one hand, I will carry the sword of the Spirit with me in the other. It is the Word of God.

I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, Amen.

THE ARMOR OF GOD

THE HELMET
OF SALVATION

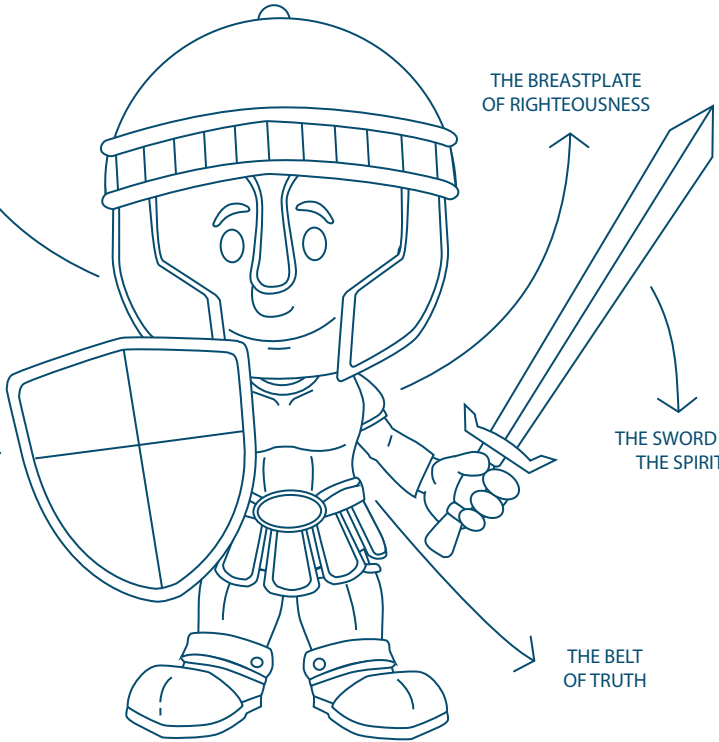
THE BREASTPLATE
OF RIGHTEOUSNESS

THE SWORD OF
THE SPIRIT

THE SHIELD
OF FAITH

THE BELT
OF TRUTH

THE GOSPEL
OF PEACE



Ephesians 6:11-18

PRAYERS FOR MY FAMILY

Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.
(Exodus 20:12)

Jesus,

Today I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give (say their names) and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, Amen.

PRAYERS FOR WHEN I FEEL ALONE

I will never leave you or let you be alone.
(Hebrews 13:5b NLV)

I am with you always.
(Matthew 28:20)

Jesus,

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You would love people.

In Jesus' name, Amen.

PRAYERS FOR WHEN I FEEL AFRAID

For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:7 NKJV)

Jesus,

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that You would give me peace, perfect love that casts out fear, and complete confidence in You.

Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, Amen.

LIST BELOW WHAT YOU
DON'T NEED TO BE
AFRAID OF AND THE
THINGS YOU CAN HAVE
PEACE ABOUT!



PRAYERS FOR PROTECTION

Jesus always wants to keep us safe because He loves us. There are three great things we can use to protect ourselves.

1. THE NAME OF JESUS

Jesus tells us that He will protect us and keep us. He will cover us with His wings. The Bible says that the name of the Lord is a Strong Tower that we can run to so we can be kept safe.

2. THE COVERING OF THE BLOOD OF JESUS

When Jesus died on the cross for us, His precious blood was shed. And that blood saved us, washes our sin away, and it protects us.

3. THE WORD OF GOD (THE BIBLE)

The Bible is full of prayers of protection. It is such a powerful weapon against the enemy. We can pray God's Word over us and our family. Psalm 91 is one of those great prayers of protection.



Jesus,

Thank You that I am important to You.

Thank You that You are always watching over me and protecting me.

I pray that You will cover me with the protection of Your blood and surround me with Your angels.

I run to the name of Jesus, my strong tower.

Thank You for being my rock and strong defender.

Please protect my family and me from every evil attack.

In Jesus' name, Amen.

Read out loud Psalm 91 when you are finished praying.



PRAYERS FOR OTHERS

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. (1 Timothy 2:1-4)

Fill in the lists below with names of those in each category that you can be praying for.

MY GOVERNMENT _____

MY CHURCH _____

MY SCHOOL _____

MY FAMILY _____

MY FRIENDS _____

PEOPLE WHO DON'T KNOW JESUS _____

PRAYERS
FOR ME

MY PRAYER NEEDS

PRAYERS FOR ME



MY PRAYER NEEDS



COLOR A PICTURE OF
SOMETHING YOU ARE
BELIEVING GOD FOR.

COLOR A PICTURE OF AN
ANSWERED PRAYER.

