

KIDS DEVOTIONAL

MAKE ROOM

21 DAYS OF PRAYER + FASTING

WHAT IS SPIRITUAL FASTING?

Spiritual fasting means going without something – like food – for a period of time to spend with Jesus through prayer, worship, and reading the Bible. Many Christians avoid fasting because it feels hard or they don't realize how important it is. However, the Bible talks about fasting 77 times. This shows that fasting is a key way to grow closer to Jesus!

WHY FAST AS A FAMILY?

1. **Strengthen family bonds.** Fasting together can create a shared experience that fosters unity and connection.
2. **Spiritual growth.** Families can use fasting as an opportunity to grow in their faith, reflect on their values, and teach their children about spiritual disciplines.
3. **Intentional time for reflection.** Fasting helps families pause from the distractions of everyday life and focus on their purpose, prayers, and values.
4. **Teaching empathy and gratitude.** Fasting helps us better understand the meaning of sacrifice, deepens our gratitude for the blessings we have, and sharpens our awareness of opportunities to help others.

Practical Way to Fast:

For a time, give up certain foods like sugar or caffeine, or try the Daniel fast. What you choose should be a sacrifice. Giving up broccoli, for example, isn't a sacrifice for most people.

CONNECTING YOUR FAMILY TO THE FAST

We want to encourage your family during this time and help you feel confident as the spiritual leaders in your home. Before the Fast starts, take time to talk as a family about why you're fasting. Set some goals everyone can work on during the 21 days. It might be fun to plan a celebration for the end of the Fast, like going to your favorite

restaurant or a special event. Having something to look forward to can help keep your kids motivated.

Use this page to connect as a family and talk about how the Fast is going. You can use them at the dinner table, in the car on the way to school, at bedtime, or whenever works best for your family. Each night, take turns reading the Scripture. Let everyone share their thoughts, then pray together as a family for each other and for your fast.

If you have younger kids, you might want to answer the questions yourself first to help start the conversation. The goal is to get your family talking about God every day and create a space where your kids feel comfortable asking questions. It's okay if you don't know all the answers-this is a great chance to build a Deuteronomy 6:6-9 culture in your home!

TIPS TO MAKE YOUR FAST MEANINGFUL

1. **Start Small.** If this is your family's first time fasting, begin with a shorter or simpler fast. Set your family up for success.
2. **Model the Fast.** As your child's spiritual leader, model the Fast in a way that aligns with your family's values. They are more likely to engage when they see parents leading by example.
3. **Adapt the Fast.** Customize the Fast to fit your family's lifestyle, needs, and goals. It doesn't have to look like a traditional fast if that's not what works best for your family.
4. **Be Patient and Flexible.** Remember that fasting can be challenging for children and adults alike. If someone struggles, be compassionate and offer support or adjust as necessary.



DAY 1: MATTHEW 6:16-18

How can you keep the focus of your fast on growing closer to God rather than on how others perceive it?

DAY 2: ESTHER 4:16

As we begin our fast, what are some things in your life that you need to seek God in? Share it with your family, write it on paper, and put it in a jar to look back on.

DAY 3: ISAIAH 58:6-7

How does fasting help you think about the needs of others? How can you put God's love into action during a fast?

DAY 4: 2 CORINTHIANS 12:9

What weaknesses are you experiencing, and how can you rely more on God's strength in those moments?

DAY 5: JAMES 4:8

In what ways can you intentionally draw near to God as a family during this fast?

DAY 6: MATTHEW 6:8

How does it make you feel to know that God sees your efforts even when no one else does?

DAY 7: MATTHEW 4:4

What is one Bible verse or passage that has been particularly life-giving to you recently?

DAY 8: PHILIPPIANS 4:19

What is one area of your life where you need to trust God to provide during this fast?

DAY 9: MATTHEW 6:33

How can you, as a family, seek God's kingdom first during this fast both individually and together?

DAY 10: ECCLESIASTES 3:1

Is there an area in your life where you need to trust more in God's timing rather than rushing ahead on your own?

DAY 11: NEHEMIAH 8:10

How can you choose joy during this fast, even when things feel difficult?

DAY 12: 2 CHRONICLES 7:14

Is there something you need to repent of or turn away from during this fast to draw closer to God?

DAY 13: PSALM 27:1

In what areas of your life do you need to rely on God's strength rather than your own?

DAY 14: PHILIPPIANS 4:6-7

What areas of your life do you need God's peace to guard?

DAY 15: JAMES 4:10

How can you practice humility as a family?

DAY 16: LAMENTATIONS 3:25

How can you encourage each other to wait on God's timing?

DAY 17: PSALM 19:7

How can you prioritize reading and reflecting on God's word?

DAY 18: PHILIPPIANS 4:13

In what areas of your life do you need to rely on God's strength to continue through this fast?

DAY 19: ROMANS 12:2

How can you allow God to transform your heart and mind during this fast?

DAY 20: GALATIANS 6:9

How have you been encouraged during the fast?

DAY 21: 1 THESSALONIANS 5:18

What are you most grateful for after completing this fast, and how can you express that gratitude to God?