

21 Days Fasting & Praying your Neighbourhood **KIDS GUIDE**

WALK
RIDE
PRAY



1. For your neighbors to know Jesus
2. Our National Government
3. Health Care Workers
4. Our Local Churches
5. Our Schools
6. Our Provincial Government
7. An end to the Pandemic
8. The Lonely
9. Health of our neighbours
10. For the health of families
11. Our City Government
12. Healing for the sick
13. For Marriages
14. Safe neighbourhoods
15. Opportunities to share and show your faith
16. Salvation of our neighbours
17. For safe and loving homes
18. For the poor near & far
19. Miracles that point to Christ
20. For our Teachers
21. Freedom & spiritual breakthrough!

JAN 16 - FEB 6 2022

FASTING 101

Fasting isn't about getting God's attention; it's about getting our attention back where it belongs – on Him!

Fasting isn't about "getting" God to do something: it's about taking something OUT of your life and making space for God to pour something IN. It's removing something physical from your life in order to tell your body that we live by the Spirit! When we empty ourselves out we make room for God to fill us up! Fasting is a SPIRITUAL DISCIPLINE; just as physical exercise makes our body stronger, fasting strengthens our will. Practicing self-denial in small things strengthens our will to resist sin in other areas of our lives.

There are different types of fasts: The one you choose is between you and God. God loves your best sacrifice. Here are SOME examples:

A Food Fast

Giving up a special treat (pop, junk food or dessert) that you love. When you want that special treat or think about having it instead you take time to thank God for His gifts to you and pray that God would fill you in new ways.

A Technology or Activity Fast

You can give God the time you would spend after school playing video games, watching a show, or doing something you enjoy. Using that time instead to go for a walk or bike ride and praying for your neighbourhood.

Words Fasts

What if you gave up complaining or unkind words and instead intentionally used time to write encouraging words for those around you.

* If you are stuck for ideas for your family I'd love to chat with you! – Shawna