

# 10 DAYS OF PRAYER & FASTING FOR KIDS!

JANUARY 12-21

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**KIDS**

Name:

## INTRODUCTION

Do you ever get SO busy playing that you forget to eat until you feel super hungry and grumpy? Maybe someone gets on to you a little more when this happens. It's easy to get distracted, and we don't always choose what's best for our bodies like choosing candy over fruit and vegetables!

The same thing can happen with our hearts. When something difficult happens and we are sad, we feel like we REALLY need God. And when things are easy and we are happy, we sometimes forget to spend time with God. As a family, let's take ten special days to slow down, pray, and make room for God so we can help our hearts to remember how good He is ALL the time!

During these ten days, we'll read from Isaiah 55 in the Bible and hear stories that teach us to stay "hungry" for the things that last forever—like God's love—more than the things that don't last, like candy.


Christians have a special way of slowing down or refocusing, it's called fasting. Fasting means giving up something for a little while so we can spend extra time with God. Some grown-ups might skip lunch and pray instead of eating a meal. But kids or people who can't do that can choose something else—like taking a break from sweets, screens, or a favorite activity. The important thing about fasting is giving God special time by praying and reading the Bible.



# DAY 1

## READ:

Together as a family, read through Isaiah 55:



Do you ever get hungry? I know I do! I love to have a delicious snack like grapes, white cheddar Cheez-It's, or even ice cream!

Did you know that while we can fill our tummies with food, God can give us something even better? God fills our hearts and souls with what we really need! Jesus says, "I am the bread of life. Whoever comes to me will never be hungry or thirsty" (John 6:35). When Jesus says He is the bread of life, He means that He gives us something even more important than food.

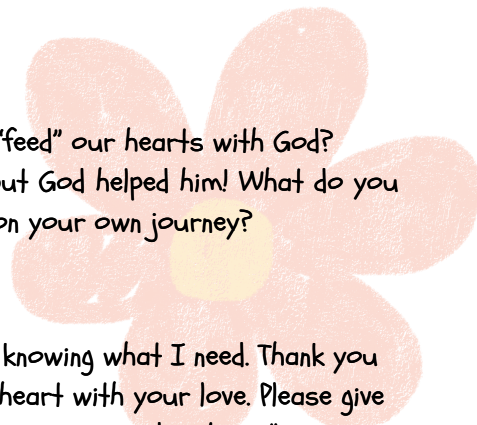
Just like bread fills our tummies and gives us energy, Jesus fills our hearts and souls and gives us everything we really need. After all, Food can make our bodies full for a little while, but we always get hungry again. Jesus gives us joy, peace, love, and hope that never runs out!

Even heroes in the Bible felt tired, scared, or hungry. In 1 Kings 19:3-8, Elijah ran from Queen Jezebel and wanted to give up, but God sent an angel with food and water to strengthen him. God cares about our needs, big and small! When we trust and follow Jesus, He helps us feel safe, happy, and strong on the inside, even when life is hard.

## DISCUSS:

1. What are some ways we can "feed" our hearts with God?
2. Elijah was tired and scared, but God helped him! What do you need from God today to help you on your own journey?

## PRAY:



"Dear God, thank you for always knowing what I need. Thank you for taking care of me & filling my heart with your love. Please give me the strength to follow you every day. Amen."

## DAY 2

### READ:

Let's read through Isaiah 55:2

"Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good; and you will delight in the richest of fare." — Isaiah 55:2.

One day, a man named Esau came home very hungry. His brother Jacob was cooking stew, and Esau wanted some right away. Jacob said, "I'll give you stew if you give me your birthright." The birthright was a special blessing for the oldest son. Esau agreed because he was so hungry. He traded something very important for a bowl of stew! Let's read the story together in Genesis 25:29-34.

Esau chose what felt good right now instead of what was best for his future. Sometimes we do the same thing! Like eating so much candy our stomachs hurt, playing a video game instead of doing homework, or watching our favorite shows instead of practicing for the big game. God wants us to choose what is truly good.

### DISCUSS:

1. Why do you think Esau made that choice?
2. Can you think of a time when you wanted something right away but had to wait?
3. What can we do to help us choose things that are good?

### PRAY:

"Dear God, help us to make good choices, even when it is hard.

Teach us to listen to you and choose what is best, not just what feels good right now. Thank you for loving us and giving us what we need. Amen."

# DAY 3



## READ:

Together as a family, read through Isaiah 55:3 & Luke 5:15-16.

Hearing from the Lord brings life. When we slow down and listen to God, His wisdom and goodness give us hope. One of the best things we can do for our kids is listen for God ourselves—and help them learn to listen too. Even Jesus regularly stepped away from busy life to spend quiet time with the Father.

## DISCUSS:

What are some ways we could get away and listen to God?

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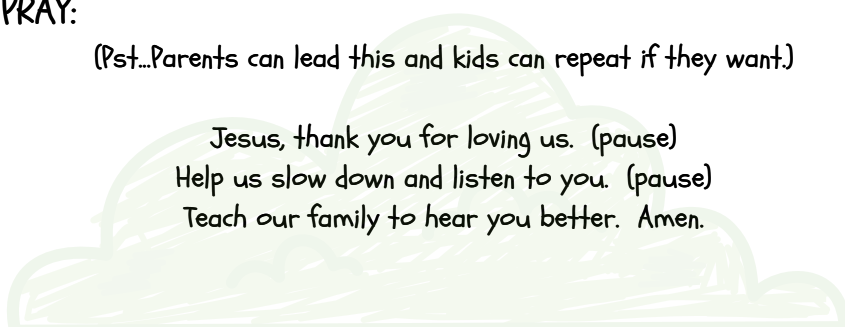
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## PRAY:

(Pst...Parents can lead this and kids can repeat if they want.)

Jesus, thank you for loving us. (pause)  
Help us slow down and listen to you. (pause)  
Teach our family to hear you better. Amen.



## DAY 4

### READ:

Together as a family, read through Isaiah 55:4

Sometimes we want things to happen quickly without really trying. I know I can be like that when I have to clean something I do not want to clean. For example, cleaning my room! Maybe for you it's finishing a chore, learning something new, or even trying to be the best at a sport! But if we want that change to last or stick with us, it takes practice, patience, and sacrifice. (Sacrifice means you give up something!)

The people in the Bible wanted Jesus to give them a quick sign, like a miracle. Miracles are where God does something so amazing it is unbelievable! They wanted God to prove He was God without trusting Him or following Him really at all. But Jesus reminded them that He is the Bread of Life—the only One who can truly satisfy our hearts.

Following Jesus isn't a one-time decision though. It's choosing to love Him and trust Him every day, again and again. We can do that through prayer, reading the Bible, and helping others. It's not always easy, but Jesus gives us a joy and strength that never runs out! Isn't that amazing?!

### DISCUSS:

1. What does it mean that Jesus is the Bread of Life? (Hint, go back to day one for the answer!)
2. Why do you think following Jesus isn't a "quick fix"?
3. What are some ways we can choose Jesus every day, even when it's hard?

### PRAY:

"Dear God, thank you for being the Bread of Life. Help me to trust you every day and choose you over shortcuts or easy answers. Fill my heart with your love and strength. Amen."

# DAY 5

## READ:

"Surely you will summon nations you know not, and nations you do not know will come running to you, because of the Lord your God, the Holy One of Israel, for He has endowed you with splendor." — Isaiah 55:5.

God promises that people from all over the world will come to Him because of His love and glory. That means God wants everyone, no matter where they live or what language they speak, to know Him! Jesus said in John 6:51, "I am the living bread that came down from heaven. Whoever eats this bread will live forever.". Jesus is the bread of life for the whole world.

Saying that Jesus is bread can seem a little silly, but can you remember a time you were really, really, hungry? Eating some bread would have filled up your stomach and made your hunger go away. Just like we have physical hunger, we have spiritual hunger as well. Jesus is what fills us up and makes that hunger go away.

There are people in the world who don't know Jesus yet, which means they are spiritually hungry. We can help them by praying and sharing the love of Jesus with them.

## DISCUSS:

1. Why do you think God wants everyone in the world to know Him?
2. How can we show God's love to people near us?
3. What is one way we can pray for people far away

## PRAY:

"Dear God, thank you for loving the whole world. Help us to share your love with people around us and pray for those far away who need you. Make our hearts hungry for you, Jesus, the bread of life. Amen."

# DAY 6

## READ:

Together as a family, read Jeremiah 2:13, John 7:37-38 and Isaiah 55:6-7.

Sometimes we look to things in the world to make us happy, but they don't really satisfy us. During fasting, we practice turning away from empty things and turning toward Jesus, who is full of life, mercy, and love. Jeremiah reminds us that chasing other things is like drinking from empty wells, while Jesus invites us to come to Him and drink deeply of what truly satisfies—a life centered on Him and knowing Him more.

## DISCUSS:

1. What are some things that take up a lot of our time or attention?
2. How can we make more room for Jesus in our lives?

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## PRAY:

(Pst...Parents can lead this and kids can repeat if they want.)

Heavenly Father, thank you for giving us what we need. (pause)

Sometimes we get distracted by other things. (pause)

Help us want you more than anything else. Amen.

# DAY 7

## READ:

Let's read Isaiah 55:8-9 together.

Here, God reminds us that He thinks in bigger ways than we do. Even when we don't understand what's happening, God sees the whole picture!

When we read books like Genesis 47, we see that there was very little food, and everyone depended on God. These people had to trust in God fully because they were probably really scared and hungry!

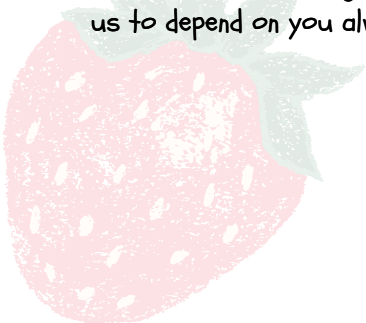
However, what looked like a hard and scary time was actually part of God's plan. Through Joseph, God was getting His people ready for something good! Sometimes what feels like "not enough" is really God getting us ready for what's next! God's plan is always so much better and bigger than our own.

## DISCUSS:

1. Have you ever thought something was bad, but later it turned out good?
2. Why do you think trusting God can be hard sometimes?
3. What is one thing you want to give to God instead of worrying about it?

## PRAY:

"God, thank you that your ways are higher than ours. Help us trust you when we don't understand. We give you our worries and our plans. Teach us to depend on you always. We love you, God. Amen."



# DAY 8

## READ:

Together as a family, read Isaiah 55:10-11.

Have you ever seen rain fall from the sky and make flowers grow? Rain helps plants grow and provides us with food. Without water, the ground would stay dry and nothing could grow. God says His Word is like rain! When He speaks, amazing things happen. His Word brings life and helps us grow strong in Him. Just like rain has a purpose, God's Word has a purpose too! It never goes to waste. It always does what God wants it to do.

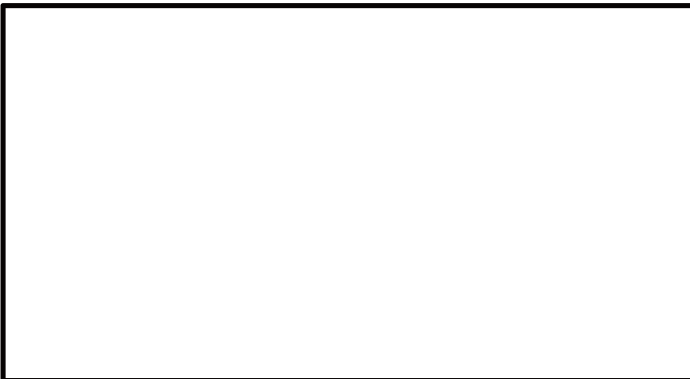
When we read the Bible, it's like watering our hearts. It helps us know God better and live the way He wants. It helps us grow in our relationship with Him!

## DISCUSS:

1. Why do plants need rain?
2. What is one way we can "water" our hearts with God's Word this week?

## PRAY:

"Dear God, thank you for giving us your Word to help us grow. Help us have hearts that are eager to listen and obey you. Help us to love Jesus and share your love with others. Amen."



DRAW  
RAIN,  
PLANTS, OR  
FLOWERS!



# DAY 9

## READ:

Find Isaiah 55:12 & John 10:10 in the Bible and read together as a family.

God is a good Father who knows exactly what His children need. He wants us to experience peace, healthy relationships, and a joy that overflows. Whether we are walking through a hard season or enjoying a season of blessing, a close relationship with Jesus leads us forward with joy and peace.

## DISCUSS:

1. What are some good gifts God has given us that we can stop and thank Him for right now?



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## PRAY:

(Pst.. Parents can lead his & kids can repeat if they want.)

God, thank you for being so good and loving. (pause)

Thank you for all you have given us. (pause)

Help us live with overflowing joy and thankful hearts. Amen.

# DAY 10

## READ:

Yay! You did it! Today is the last day of our 10 Days Prayer and Fasting. We really hope you found joy and learned something over the course of the last 10 days.

God promises that where hard and broken things once grew, He can make beautiful things grow instead. What looks empty or ruined to us is never too hard for God! God loves to turn sad things into joyful things, and hard times into something good. When He does this, people can see how powerful and loving He is.

Let's read Isaiah 55:13 and Luke 9:10-17 together.

Just like when Jesus fed the 5,000 people with only a little food, God took what seemed like "not enough" and made it more than enough! God made an impossible situation happen right before the people's eyes! God does this each and every day.

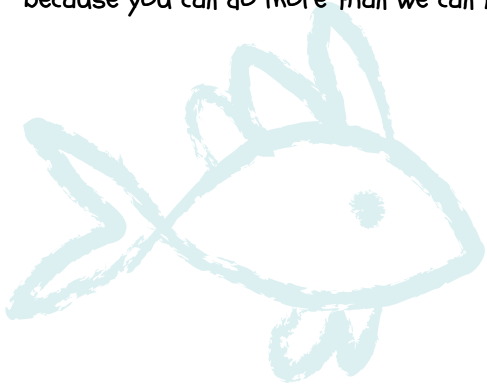
Even when we don't see it, God is worthy of our praise!

## DISCUSS:

1. Did you learn anything new over the last 10 days?
2. Why do you think God likes to help people in surprising ways?
3. How does it feel knowing that God makes all things good and has a plan for us?

## PRAY:

"God, thank you for making beautiful things out of hard situations. Help us trust you when things feel broken or not enough. We praise you because you can do more than we can imagine. We love you, God. Amen."



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# **CROSSPOINT** kids

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