

21

DAYS

PRAYER AND FASTING

# PRAYER GUIDE

FOR PARENTS, YOUTH AND KIDS



LETCHWORTH  
GARDEN CITY  
CHURCH

# 21 Days Prayer & Fasting

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Between Sunday 15th January 2023 and Saturday 4th February 2023, we will be praying and fasting together as a church and we believe that God is going to do incredible things and open our eyes as we tune out the world and focus our attention on Him.

We at Limitless Youth and Limitless Kids truly believe that God moves powerfully in our young people and kids and that is why we have created this guide to help you engage the whole family in this time of prayer and fasting.

There are lots of prayer events that your young person would really benefit from such as our morning online prayer at 7:30AM on Facebook and Youtube as well as our mid-week prayer every Wednesday at 8PM.

We would really encourage you to take time in these next 21 days to pause, pray and seek God with your young person and children to teach them that:

"Prayer is our first response, not our last resort"

Praying that these next 21 days will see the bonds between you as a family will grow and your faith in God will deepen!

# What is Fasting?

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Fasting is a really great spiritual discipline for every follower of Jesus!

Fasting is where you draw nearer to God by getting rid of distractions. It means that you can focus way more on God!

Big thing about a fast is it should be a challenge! But make sure you are sensible about fasting and listen to your body - be sure to talk to someone like your parent/guardian or a youth leader about your fast and to keep talking to them when you're doing it.

Also! Fasting isn't like a diet or a break - it's a chance to focus on God. So the main thing is you use the time to pray and worship more. Fasts look different to everyone and so it's important to talk to someone, pray about what sort of fast you can do, and make sure you're looking after your health and wellbeing as you do it.

Here are a few types of fasts...

## Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, fizzy drinks and/or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

## Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunrise to sunset.

## Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

I am going to fast \_\_\_\_\_

# Next Generation Ideas

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Passing on a lifestyle of prayer is really important for the next generation. Just as Jesus taught the disciples how to pray, we can teach the next generation and pass some things on.

This 21 Days of Prayer, why not involve your young person in your prayer time using the prayer guide. Why not have a conversation with your children about what they could fast from during the 21 Days.

We wanted to also give you some creative ideas to help during the 21 Days of Prayer and Fasting.

"Train up a child in the way he should go,  
And when he is old he will not depart  
from it."

[PROVERBS 22:6 \(NKJV\)](#)

- 01** As a family, write down the names and attributes of God and use them to talk about how amazing God is! Spend some time thanking God for who He is.
- 02** Pray over your home using this simple structure: "Lord, may our home be a place of..."
  - H - healing words
  - O - overflowing hope, peace, and joy
  - M - mercy and justice
  - E - encouragement.
- 03** Go around your house on a hunt for photos of family and friends. It could be ones you normally have up, or photos that you've hidden for this activity. As you come across each photo, pray for that person. You could model a prayer for your children to copy or get them to pray on their own.

- 04** Walk around your neighbourhood with your children and pray for it together.
- 05** Got some plasters. Think of someone you know who is sick and write their name on a plaster, stick it on your arm, and then pray for them whenever you see the plaster.
- 06** Talk to your children about God's heart for the poor and vulnerable. Pray together and then find a practical way to bless one of the organisations working in your areas to serve those in need.
- 07** Go on a prayer walk. As you walk, search for signs that show God's work. Choose whether you will pray as you walk or collect things / take photos to use to help you pray when you get back home. You might want to use empty toilet rolls to make binoculars, take a basket to collect items, take a camera to take photos, or a magnifying glass to look for things.
- 08** Get a globe (if you have one) or go on Google Maps. Look up countries where there is conflict, talk to your children about what is happening, and then pray together for that nation.
- 09** Turn off the lights and light a candle and use this as an opportunity to quietly reflect on your day. You could choose to pray the Lord's Prayer together, say your own prayer, or simply say one thing you are each thankful for. You can repeat this each day.
- 10** Pray for those involved in health and social care. Find some pictures of people in different roles, print them off and pray for them.



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