

21 *days*  
of prayer & fasting

shorepoint kids

**this journal belongs to:**



# how to PRAY

## **pick a time and place**

Pick a time and place - whether it's first thing in the morning, at lunch or in the evening - and keep it every day!

## **listen before you speak**

When you sit down to pray, be silent for a few minutes (or longer) and let God speak to you.

When God speaks to you, it usually isn't a voice that you hear, but a feeling or thought that comes to mind. It's something you wouldn't normally think of or feel.

## **focus on God**

Pray for your needs and how you want God to move in your life. Spend time praying that others would put their trust in Jesus and invite Him to live in their hearts, just like you did!

## **ask for anything**

God wants us to ask Him for what we want and need. Don't be afraid to pray and ask Him for ANYTHING!

# what is FASTING?

Giving up something we love  
and typically use every day.

When people fast, they take  
the time they would have spent  
doing the thing they love and  
dedicate it to special times of  
prayer and Bible reading.

# what can I FAST?

Candy  
Sweets  
Dessert  
Soda  
Fast Food  
Television  
Video Games  
Using the computer & phone

# how should I PRAY?

Thank God for His love and for  
providing for you.  
Say you are sorry and ask God to  
forgive your mistakes.  
Ask God for what you need.  
Praise God for what He has given you  
and what He has done for you.

## Luke 11:2-4

Jesus said, "This is how you should pray: 'Father may your name be kept holy. May your Kingdom come soon. Give us each day the food we need, and forgive us our sins, as we forgive those who sin against us. And don't let us yield to temptation.'"

*We do not recommend that children skip meals or drastically reduce their food intake.*

# prayer TOPICS

## **WEEK ONE**

01. Surrender
02. Intimacy
03. Holiness
04. Faithfulness
05. Obedience
06. Trust
07. Sovereignty

## **WEEK TWO**

08. Identity
09. Repentance
10. Healing
11. Grace & Mercy
12. Growth
13. Forgiveness
14. Renewal

## **WEEK THREE**

15. Marriage
16. Reconciliation
17. Intercession
18. Boundaries
19. Family
20. The Church
21. Government

week ONE

DATE:

**Sunday, Jan 5**

TODAY'S SCRIPTURE:

**Proverbs 16:3**

PRAYER TOPIC: Surrender

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!



# sunday NOTES

DATE:

**Monday, Jan 6**

TODAY'S SCRIPTURE:

**John 15:4-5**

PRAYER TOPIC: Intimacy

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

## **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Tuesday, Jan 7**

TODAY'S SCRIPTURE:

**2 Corinthians 7:1**

PRAYER TOPIC: Holiness

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Wednesday, Jan 8**

TODAY'S SCRIPTURE:

**1 Samuel 12:24**

PRAYER TOPIC: Faithfulness

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

## **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Thursday, Jan 9**

TODAY'S SCRIPTURE:

**John 14:15, Acts 5:29-32**

PRAYER TOPIC: Obedience

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

## reflect

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Friday, Jan 10**

TODAY'S SCRIPTURE:

**Hebrews 10:23**

PRAYER TOPIC: Trust

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

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DATE:

**Saturday, Jan 11**

TODAY'S SCRIPTURE:

**Romans 8:28**

PRAYER TOPIC: Sovereignty

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

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week TWO



DATE:

**Sunday, Jan 12**

TODAY'S SCRIPTURE:

**John 1:12-13**

PRAYER TOPIC: Identity

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

# sunday **NOTES**

DATE:

**Monday, Jan 13**

TODAY'S SCRIPTURE:

**2 Corinthians 7:9-10**

PRAYER TOPIC: Repentance

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

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DATE:

**Tuesday, Jan 14**

TODAY'S SCRIPTURE:

**1 Peter 2:24**

PRAYER TOPIC: Healing

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Wednesday, Jan 15**

TODAY'S SCRIPTURE:

**Hebrews 4:16**

PRAYER TOPIC:

Grace & Mercy

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

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DATE:

**Thursday, Jan 16**

TODAY'S SCRIPTURE:

**Colossians 2:6-7**

PRAYER TOPIC: Growth

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Friday, Jan 17**

TODAY'S SCRIPTURE:

**Eph. 4:32, Mark 11:25**

PRAYER TOPIC: Forgiveness

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

## **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Saturday, Jan 18**

TODAY'S SCRIPTURE:

**Eph. 4:22-24, Psalm 51:9-10**

PRAYER TOPIC: Renewal

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

## **reflect**

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week **THREE**

DATE:

**Sunday, Jan 19**

TODAY'S SCRIPTURE:

**Ephesians 5:22-27**

PRAYER TOPIC: Marriage

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

# sunday NOTES

DATE:

**Monday, Jan 20**

TODAY'S SCRIPTURE:

**Hebrews 12:14-15**

PRAYER TOPIC: Reconciliation

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Tuesday, Jan 21**

TODAY'S SCRIPTURE:

**Romans 8:27, Eph. 6:18**

PRAYER TOPIC: Intercession

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Wednesday, Jan 22**

TODAY'S SCRIPTURE:

**Proverbs 4:23-27**

PRAYER TOPIC: Boundaries

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Thursday, Jan 23**

TODAY'S SCRIPTURE:

**Joel 1:3, Num. 6:24-26**

PRAYER TOPIC: Family

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

## **reflect**

Use this page to draw, doodle, scribble or write any thoughts God may be showing you through His word!

DATE:

**Friday, Jan 24**

TODAY'S SCRIPTURE:

**Romans 12:4-5**

PRAYER TOPIC: The Church

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

### **reflect**

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DATE:

**Saturday, Jan 25**

TODAY'S SCRIPTURE:

**1 Timothy 2:1-2**

PRAYER TOPIC: Government

Grab your Bible and read today's scripture.  
Write down the verses that stand out to you the most.

## **reflect**

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# STAMPS



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