

shorepoint **kids**

21
DAYS

PRAYER + FASTING

FAMILY GUIDE 2026

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.

choose something to FAST

As a family, talk about what each person will fast. Pick something meaningful and age-appropriate that creates space to focus more on God.

set a daily family PRAYER TIME

Choose a time that already fits naturally into your family's rhythm, such as:

- Breakfast
- The car ride to school
 - Dinner
 - Bedtime

practice SOAP TOGETHER

Read the daily Scripture and walk through SOAP (Scripture, Observation, Application, Prayer) as a family.

Encourage younger children to draw a picture of what they learned from the verse or how it made them feel.

pray together as a FAMILY

Pray out loud together.

Have your child repeat after you, then encourage them to try praying in their own words as they feel comfortable.