

Church Wide Fast

ELEMENTARY
KIDS PRAYER GUIDE

AK

Church Wide Fast

with Action Kids!

At Action Church we make it a priority to seek God first in prayer. We do this collectively as a church through a Church Wide Fast. Along with the rest of the church we believe it is important to teach our kids to do the same. We want to teach them how to faithfully seek God first and trust in His power alone to create a lasting impact in our lives, our church, and our world.

Fasting is choosing to stop doing an activity to enjoy God's presence. When fasting, we decide not to do things like eating a meal or eating certain food groups or do things that waste our time like using our gadgets, playing games, watching movies, or any other action for a period of time. But we replace these activities with intentional time with God, such as praying, reading the Bible, and worshipping Him.

**While some people stop eating some type of food, it is best to talk with your parents and guardians about the things you will fast so they can guide you.*

When we fast and pray, we talk to God and listen to Him. We check our actions and repent of sin. We align ourselves with God's heart by seeking His answers to our questions, praying for Him to meet our needs, and asking God to move in our lives in ways we can see. Fasting shows how much we depend on God. It shows that our time with God is valuable and more important than things that fill our lives with distractions.

Before you begin fasting, pray for the following:

- Ask God to reveal some things in your life that you are putting above spending time with Him. Use those things to help decide what you will fast from this week.
- Ask God to open your heart as He reveals what He wants to teach you this week while you are fasting.
- Is there anything in your life that you need to ask God's forgiveness for going into this week?

DAY 1 • AUGUST 17

FOCUS:

God works in you

VERSE:

Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him. **PHILIPPIANS 2:12-13 NLT**

KIDS ACTIVITY

Did you know God gives us both the desire and the power to do His will. God helps you want to be kind and gives them the strength to actually do it. Just like you can't see the wind but you can see the leaves blowing, you can't see God, but you see His work when you show kindness, patience, or joy.

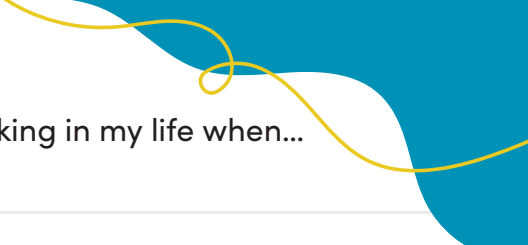
For example, when you share a toy, help a sibling, or forgive a friend, that's God working in you!

Think back over the last few days or this last week. Identify and write down below some times you can see where God was working in you!

TODAY'S FAST:

Today we encourage you to fast from technology.

The technology I will fast from today is:

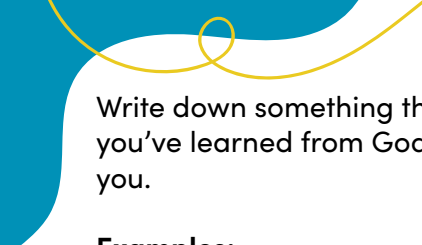


I can see where God was working in my life when...

PRAYER TIME

Use these points below to help guide you as you pray.

- Ask the Holy Spirit to be with you this week as you pray and fast. Tell God about everything on your mind and ask Him to help you want what He wants. Pray that you would hear His voice clearly and choose to obey Him in every part of your life.
- Give your hard decisions to God. If you're struggling to know what to do, tell Him about it. Ask God to help you trust His plan more than your own and to give you the courage to say "yes" to what He wants.
- Be honest with God about the things that are still hard for you. Tell Him where you're struggling and ask Him to help change your heart. God promises to give us both the desire and the strength to do what pleases Him, so ask Him to help you want the right things.
- While you fast today, thank God for changing you from the inside out. Thank Him that He can help you love what is good and pleasing to Him. If there are things you've watched, listened to, or allowed into your heart that don't honor God, tell Him you're sorry and ask Him to help you make better choices.



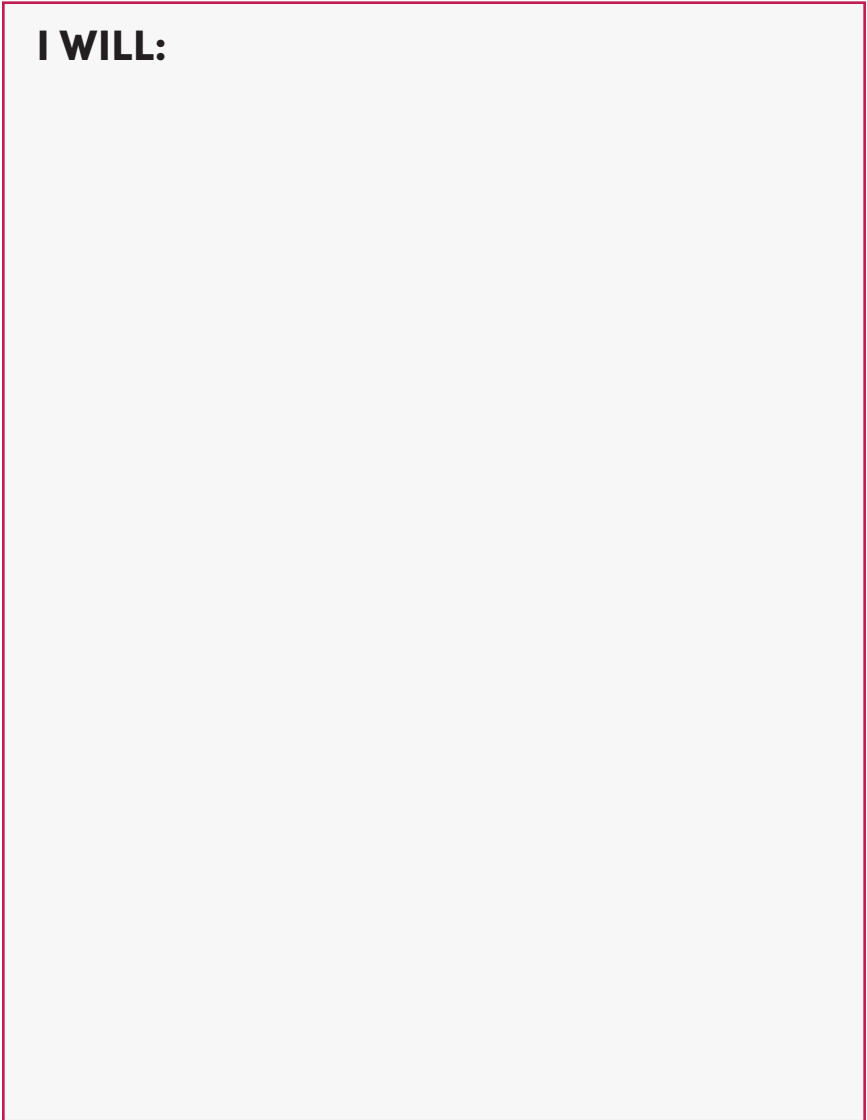
Write down something that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will give God control of (fill in the blank).

I will do (fill in the blank) for my friend this week.

I WILL:



DAY 2 • AUGUST 18

FOCUS:

Let the Spirit renew

VERSE:

Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. **EPHESIANS 4:22-24 NLT**

KIDS ACTIVITY

To renew means to make something new, fresh, or strong again, or to start something all over again. It's like giving something a second chance or a fresh start.

Think about a phone or iPad that needs to be plugged in to get its battery back to 100%, we need God's Spirit to recharge our patience, joy, and peace. When we are feeling tired or grumpy, sometimes we need to take a deep breath and take a quick moment of prayer to "plug in" and let God refresh our minds.

Take a look at the situations below and write what your first response may be if this happened to you and then write what your response should be after you pause and let God renew your thinking.

ACTIVITY ON THE NEXT PAGE

Read the following situations. Write what your immediate response might be and then write how you would respond and you let God renew your way of thinking.

SITUATION	HOW I MAY WANT TO RESPOND	HOW I SHOULD RESPOND AFTER RENEWING MY THINKING
EXAMPLE: Someone takes your turn in line	EXAMPLE: Stomp away, cross your arms, get angry	EXAMPLE: Calm body, kind face, showing patience
Your sibling takes your stuff		
A friend says something mean about you		
You know the right thing to do, but it's hard		

TODAY'S FAST:

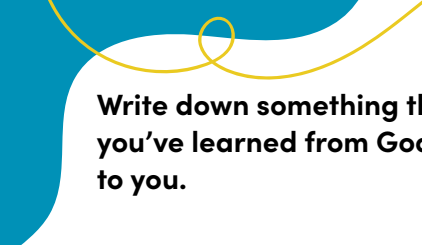
Today we encourage you to talk to an adult and choose a food item or type of food to fast from today.

The food I will fast from today is:

PRAYER TIME

Use these points below to help guide you as you pray.

- Think about your thoughts and attitudes. Are there any thoughts, words, or choices in your life that don't please God? Maybe you've been dishonest, disrespectful, jealous, selfish, or holding on to things from your past that God wants to heal. Tell God you're sorry and ask the Holy Spirit to help change your heart and mind so you can live the new life He has for you.
- Pay attention to what fills your mind when you're not busy. Do you think mean thoughts about others? Do you get angry, worried, or feel stuck feeling sorry for yourself? Ask God to help you fill your mind with His truth and to show you Bible verses that remind you of what is good, true, and life-giving.
- Think about how much you trust God right now. Do you believe that God loves you, is with you, and is working in your life for good? If fear, doubt, or unbelief is getting in the way, tell God and ask Him to help your faith grow. Choose to believe that God is for you and that He is leading you every day.
- Ask God to help you live like the new person He created you to be. Pray that He would help you love what is right, good, and holy. If there are attitudes, choices, or beliefs in your life that pull you away from God's way, tell Him you're sorry and ask Him to help you choose His way instead.



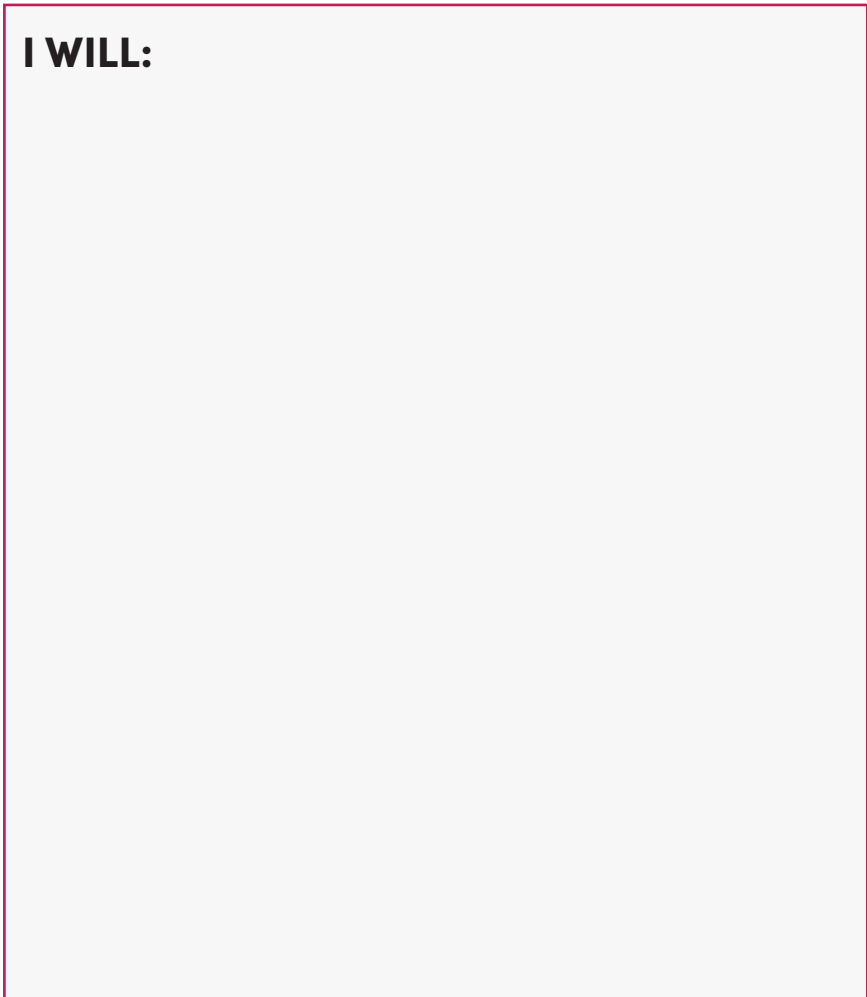
Write down something that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will ask God to show me how He wants me to use my gifts to glorify Him.

I will ask God to help me renew my mind daily.

I WILL:



DAY 3 • AUGUST 19

FOCUS:

Reveal God's fruit

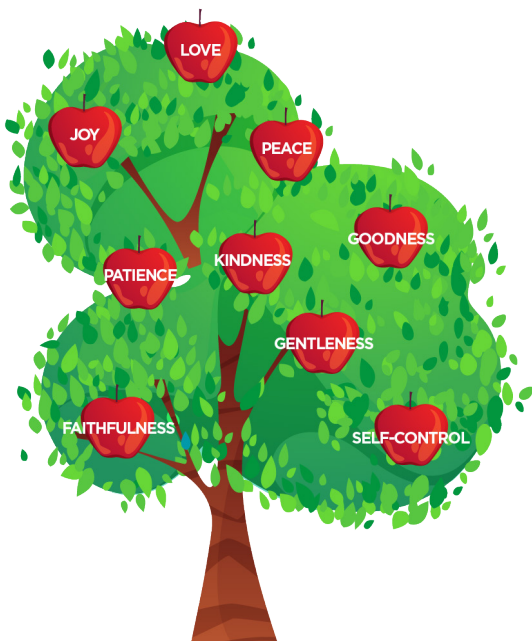
VERSE:

The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. GALATIANS 5:22-23 NLT

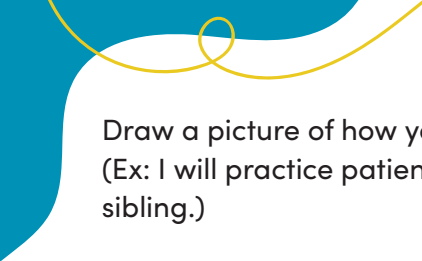
KIDS ACTIVITY

Just as a healthy tree needs deep roots to grow, a heart needs to be rooted in God's love to produce good fruit. The longer a person follows Jesus, the more their words and actions should look like His.

Read over the Fruits of the Spirit on the tree and pick one you want to put into practice this week.



The Fruit of the Spirit I want to practice this week is:



Draw a picture of how you plan to practice that fruit this week.
(Ex: I will practice patience by taking turns sharing a toy with my sibling.)

TODAY'S FAST:

Today we encourage you to talk to an adult and choose a food item or type of food to fast from today.

The food I will fast from today is:

PRAYER TIME

Use these points below to help guide you as you pray.

- Tell God that you need His help to change. We can't change our hearts all by ourselves, but the Holy Spirit can help us grow and become more like Jesus. Ask the Holy Spirit to fill you every day and help you live the life God wants for you.
- Think about the fruit of the Spirit—things like love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Pick one or two that you need most right now, and ask God to help those grow in your life. Ask Him to help you obey Him, even in hard situations, so that good fruit can grow in you.

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- Good fruit grows from a healthy tree. Ask God to show you if there is anything in your heart that is keeping good fruit from growing—like unforgiveness, anger, wrong choices, pride, or hurt you haven't given to Him. Tell God you're sorry for the things that need to change, and ask Him for forgiveness.
 - Ask God to keep changing you little by little to become more like Jesus. Pray that the people around you—your family, friends, teachers, and neighbors—would notice the difference in your life and see God working in you.

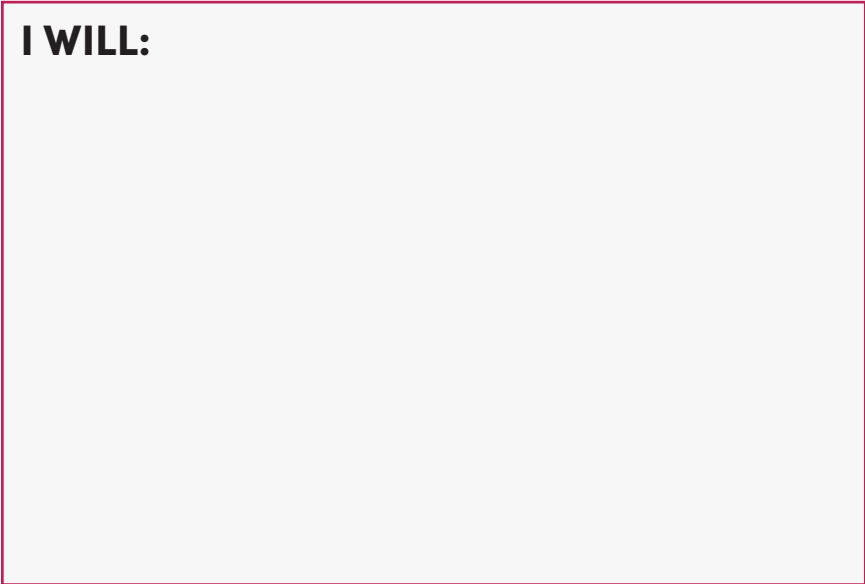
Write down something that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will work on showing more (a fruit of the spirit) this week.

I will commit to reading my Bible _____ minutes every day this week.

I WILL:



DAY 4 • AUGUST 20

FOCUS:

Share God's Word

VERSE:

Pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. **COLOSSIANS 4:2-6 NIV**

KIDS ACTIVITY

God's Word isn't just something we keep to ourselves. We can share it with our words, our kindness, and the way we treat people. You don't need anything special—just a willing heart.

Below are 4 situations that someone may feel. Match the Biblical truth from the box that may make that situation better.

GOD LOVES YOU

JESUS GIVES US THE HOLY SPIRIT AS A HELPER

GOD FORGIVES US

JESUS IS OUR FRIEND

1. A friend made a bad choice and wants to start over. What Biblical truth would you tell them? God
2. Your friend wants to try something new but they are scared they will fail. What Biblical truth would you tell them? Jesus
3. I want to tell everyone to tell all my friends about God so they can know him too. What Biblical truth would you tell them? God
4. You pray for someone who feels alone with no friends. What Biblical truth would you tell them? Jesus



Pick the Biblical truth that means the most to you and draw a picture to represent that truth.

TODAY'S FAST:

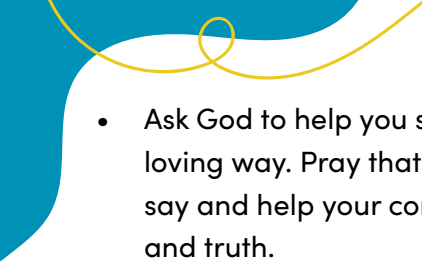
Today we encourage you to go on a prayer walk around your neighborhood or area of town you enjoy.

Today, I am going to pray for:

PRAYER TIME

Use these points below to help guide you as you pray.

- Thank God that we get to tell others about Jesus. Think about times when you've had the chance to pray for someone, invite a friend to church, or tell someone what Jesus has done in your life. Ask God to help those people remember what they heard and come to know Him.
- Ask God to give you chances to share about Him in everyday life—at school, at home, in your neighborhood, and with your friends and family. Pray that He would help you notice what He is doing in the people around you so you don't miss the chance to talk about Jesus.

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- Ask God to help you share the good news in a clear and loving way. Pray that He would give you the right words to say and help your conversations be full of kindness, grace, and truth.
 - Pray that God would lead you to the right people to talk to. Ask Him to prepare their hearts to hear about Jesus before you even speak to them. Pray that your words would help others want to know Jesus more.

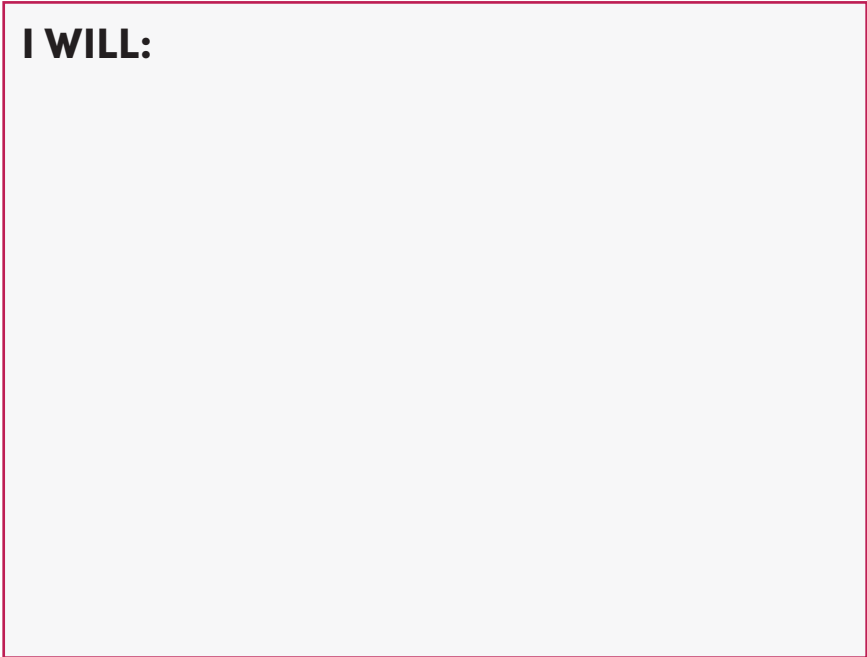
Write down something that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will rest in God's love instead of trying to earn it.

I will ask God to show me areas in my life I need to grow in.

I WILL:



DAY 5 • AUGUST 21

FOCUS:

Reach our city, nation, and world

VERSE:

The kingdom of the world has become the kingdom of our Lord and of his Messiah, and he will reign for ever and ever.

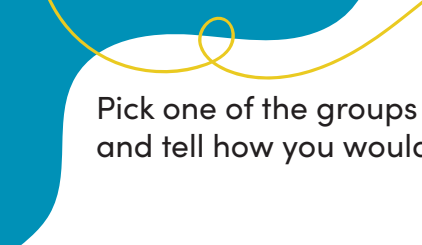
REVELATION 11:15 NIV

KIDS ACTIVITY

God cares about all people—the people in our city, in our nation, and all around the world—and He can use us to make a difference wherever we are. What's even more amazing is that He wants to use us to help people know Him. We can pray, invite, give, serve, and tell others about Jesus wherever we go.

Look at the list of people and label if they would be people in your city, nation or world.

1. Your next door neighbor	CITY	NATION	WORLD
2. Your friend at school	CITY	NATION	WORLD
3. A family in another state	CITY	NATION	WORLD
4. A missionary in another country	CITY	NATION	WORLD
5. Kids in your church	CITY	NATION	WORLD
6. Someone in another country who has never heard about Jesus	CITY	NATION	WORLD



Pick one of the groups from the activity on the last page and tell how you would share Jesus with them:

PRAYER TIME

Use these points below to help guide you as you pray.

- Ask God to help churches all around the world shine like lights in their communities. Pray that God would use them to help people know Jesus and make a difference in their cities and countries.
- Pray for missionaries and mission partners that our church supports. Ask God to take care of them, give them good health, provide what they need, and help them share Jesus in effective ways. Pray for their families too.
- Pray for our nation. Ask God to help our leaders make wise decisions and to guide our laws and courts. Pray that people in our country would turn their hearts back to God.
- Pray for schools as a new school year starts. Ask God to help principals, teachers, and students. Pray that students would want to know God's truth and follow Him.

TODAY'S FAST:

Today you can choose to fast something you have already fasted from this week or something completely new.

Today, I will fast from:

Write down something that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will look for opportunities to serve others this week.

I will write a nice card or note to someone.

I WILL:

DAY 6 • AUGUST 22

FOCUS:

Expand the influence of Action Church

VERSE:

You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father. **MATTHEW 5:14-16 NIV**

KIDS ACTIVITY

You don't have to be older or louder to make a difference. When you love people and talk about Jesus, you help Action Church reach more people in your city and beyond. God can use you to help someone find a place where they can learn about Jesus—just like Action Church is your home.

Fill in the bubbles to the right with ways you can share about how God has used Action Church to influence your life.

Today we encourage you to thank God for what he has taught you during the fast. Share and celebrate with your family as you eat a meal together.

Who could you
invite to church?

What's something
in the community you
could do for others?

**EXPANDING
INFLUENCE**

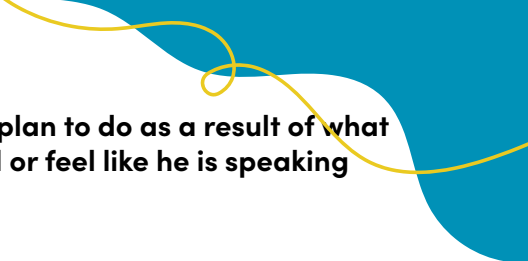
What's something
exciting about Action
Church you would want
to share with someone?

What's something
kind you could do for
someone around you?

PRAYER TIME

Use these points below to help guide you as you pray.

- Thank God that He lets you be part of Action Church and helping share the good news about Jesus. Think about how you got connected to church and thank God for every step that brought you here.
- Pray for our pastors, staff, outreach teams, and everyone in the church. Ask God to help them shine like lights so people can see Jesus through the things they say and do.
- Pray for your school, your neighborhood, your home, and the places you go. Ask God to help you be kind, loving, and a good example so others can see Jesus through you.
- Pray for our community and our city. Ask God to help schools, colleges, businesses, and leaders be shaped by His truth. Pray that many people in Central Florida would come to know Jesus.
- Ask God to show you what your next step is in helping Action Church share Jesus with more people. Pray that He would guide you and help you say yes to what He asks.



Write down something that you plan to do as a result of what you've learned from God's Word or feel like he is speaking to you.

Examples:

I will spend time praying for _____ daily.

I will be bold in sharing the love of Jesus to those around me.

I WILL:

