

21 Days of
Prayer +
Fasting
2022



This prayer book belongs to

(Name)



21 Days of Prayer + Fasting

is for



FAMILIES

For the first time ever, 21 Days of Prayer + Fasting includes a way to engage our youngest prayer warriors: kids! The prayer ideas and activities found in this booklet were written just for kids by a few of our very own Foursquare district NextGen coordinators.

On **page 4**, you'll find daily Scripture to read with your kids, as well as prayer points and activities just for them. Consider making a plan with your family to intentionally engage in 21 Days of Prayer + Fasting together each day. The included activities can be done any time of day: in the morning, after school, even around the dinner table or before bed.

On **page 25**, you'll find everything you need to make a paper chain where each day's activity is a link in the chain. Just cut out the strips and staple the ends together around the previous day's task. Print them on colored paper, color them, put stickers on them—whatever your kids prefer. Each day, have your kids complete the activity and remove a link.

These shared activities can be an act of worship and a great way to get families praying together. Let's start 2022 connecting kids with Jesus!

Prayer is for adults, too!

Visit FoursquarePrayer.org to find prayer points for the whole family. Download the **21 Days of Prayer + Fasting 2022** PDF and make plans to pray in January!

Table of Contents

Pg. 04	Day 1 Pray in this manner
Pg. 05	Day 2 Do not worry
Pg. 06	Day 3 Praise the Lord
Pg. 07	Day 4 A lesson in intercession
Pg. 08	Day 5 Prayers of petition
Pg. 09	Day 6 Repent
Pg. 10	Day 7 Reconcile and forgive
Pg. 11	Day 8 Susceptible to temptation
Pg. 12	Day 9 Conversations with Dad
Pg. 13	Day 10 Magnify God
Pg. 14	Day 11 Putting on God's armor
Pg. 15	Day 12 Loaves and fish
Pg. 16	Day 13 Prayer for the whole world
Pg. 17	Day 14 Ministers of reconciliation
Pg. 18	Day 15 Resist evil
Pg. 19	Day 16 Count your blessings
Pg. 20	Day 17 Exalt the Lord
Pg. 21	Day 18 Pray for unity
Pg. 22	Day 19 Lift each other up
Pg. 23	Day 20 Let Him in
Pg. 24	Day 21 A new creation
Pg. 25	Create your own prayer chain

21
DAYS

Today's Scripture

In this manner, therefore, pray:

Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done

On Earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

As we forgive our debtors.

And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.

— **Matthew 6:9-13, NKJV**

Family Moment

Work on memorizing the Lord's Prayer together. Draw pictures or print images for each line, and give them to your family. Say the prayer together several times each day this week.

To make it a challenge, remove an image daily to see if your family can remember it.

Today's Scripture

Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?

So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

Therefore do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

— **Matthew 6:25-32, NKJV**

Family Moment

Discuss what worry means. What can we learn about God's care from looking at nature?

Today's Scripture

The Lord reigns;
 Let the earth rejoice;
 Let the multitude of isles be glad!
 Clouds and darkness surround Him;
 Righteousness and justice are the foundation of His throne.
 A fire goes before Him,
 And burns up His enemies round about.
 His lightnings light the world;
 The earth sees and trembles.
 The mountains melt like wax at the presence of the Lord,
 At the presence of the Lord of the whole earth.
 The heavens declare His righteousness,
 And all the peoples see His glory.
 Let all be put to shame who serve carved images,
 Who boast of idols.
 Worship Him, all you gods.
 Zion hears and is glad,
 And the daughters of Judah rejoice
 Because of Your judgments, O Lord.
 For You, Lord, are most high above all the earth;
 You are exalted far above all gods.
 You who love the Lord, hate evil!
 He preserves the souls of His saints;
 He delivers them out of the hand of the wicked.
 Light is sown for the righteous,
 And gladness for the upright in heart.
 Rejoice in the Lord, you righteous,
 And give thanks at the remembrance of His holy name.

—Psalm 97, NKJV

Family Moment

Set aside reflective quiet time to worship Jesus. For older children, provide some prompts for them to journal their praise to God, such as “I know God loves me because ...” or “I know God’s goodness because He ...” Younger children can draw, sing or even dance to their favorite songs about God’s love. (You can dance, too!)

Today's Scripture

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

—1 Timothy 2:1-2, NLT

I also tell you this: If two of you agree here on Earth concerning anything you ask, My Father in heaven will do it for you.

—Matthew 18:19, NLT

If My people who are called by My name put away their pride and pray, and look for My face, and turn from their sinful ways, then I will hear from heaven. I will forgive their sin, and will heal their land. Now My eyes will be open. And My ears will hear the prayer that is made in this place.

—2 Chron. 7:14-15, NLT

Family Moment

Start a family prayer wall. Write or draw requests on sticky notes and place them on the wall. Pray daily with confidence in Jesus' faithfulness for each request. Update the sticky notes with dates and move to a new section of the wall as prayers are answered.

Today's Scripture

One thing I have desired of the Lord, that will I seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple.

—**Psalm 27:4, NKJV**

Make sure you don't take things for granted and go slack in working for the common good; share what you have with others. God takes particular pleasure in acts of worship—a different kind of “sacrifice”—that take place in the kitchen and workplace and on the streets.

—**Hebrews 13:16, MSG**

Ask, and you will be given what you ask for. Seek, and you will find. Knock, and the door will be opened. For everyone who asks, receives. Anyone who seeks, finds. If only you will knock, the door will open.

—**Matthew 7:7-8, TLB**

Family Moment

Make two lists: one of all God has blessed you with, and one of people with whom you can share your blessings. Let's pray: “God, You supply for our every need and have been faithful, thank You. Help me to share with others. Amen.”

Today's Scripture

Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord.

—Acts 3:19, NASB

Family Moment

Parents, pray this over your children:

“Father, if there is any sin in my child(ren), hidden or apparent, I pray You would gently convict them of it. Allow them an appropriate sorrow over any sin, then give them the courage and ability to repent of it. Increase their desire to love You and serve You. Grow in their hearts, that they will be quick to walk in Your ways. Nurture in them a great faith, and mark them as a child after Your own heart. In Jesus’ name, amen.”

Today's Scripture

Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. All bitterness, wrath, anger, clamor and slander must be removed from you, along with all malice. Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you.

—Ephesians 4:30-32, NASB

Then Peter came to him and asked, “Lord, how often should I forgive someone who sins against me? Seven times?” “No, not seven times,” Jesus replied, “but seventy times seven! Or seventy-seven times.

—Matthew 18:21-22, MSG

Family Moment

Can anyone in your family do 490 jumping jacks. Who can do the most? Read Matthew 18:21-22 as a family. How many times do we need to forgive others? Forgiving someone 490 times can be even harder than doing 490 jumping jacks! Pray together: “Heavenly Father, help our family to make the good choice to forgive. Help us to be quick to forgive others every day of our lives, with Your help. In Jesus’ name, amen.”

Today's Scripture

Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry. And the devil said to Him, "If You are the Son of God, command this stone to become bread." But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'" Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. And the devil said to Him, "All this authority I will give You, and their glory; for this has been delivered to me, and I give it to whomever I wish. Therefore, if You will worship before me, all will be Yours." And Jesus answered and said to him, "Get behind Me, Satan! For it is written, 'You shall worship the Lord your God, and Him only you shall serve.'" Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here. For it is written: 'He shall give His angels charge over you, To keep you,' and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.'" And Jesus answered and said to him, "It has been said, 'You shall not tempt the Lord your God.'" Now when the devil had ended every temptation, he departed from Him until an opportune time.

—**Luke 4:1-13, NKJV**

Family Moment

Talk about each temptation Jesus faced in Luke 4:1-13. How are they like the temptations we face each day? What tools did Jesus use to refute Satan? Write down each of Satan's temptations and Jesus' responses on individual slips of paper. Then play a game trying to match them to each other in a set amount of time. Think about the ways God gives us to stand up to temptation.

Today's Scripture

Our Father in heaven ...

—Matthew 6:9, NKJV

For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.” The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in His sufferings in order that we may also share in His glory.

—Romans 8:14-17, NIV

Family Moment

Look through family photos this week, and take time to talk about your family tree; you may even want to draw one. Now, talk about those whom God has provided to act like family to you in His love. Place God at the top, or head, of your family tree. Thank Him for adopting you into His holy family.

Today's Scripture

A psalm of praise of David.

I will exalt you, my God and King,
and praise your name forever and ever.

I will praise you every day;
yes, I will praise you forever.

Great is the Lord! He is most worthy of praise!
No one can measure his greatness.

Let each generation tell its children of your mighty acts;
let them proclaim your power.

I will meditate on your majestic, glorious splendor
and your wonderful miracles.

Your awe-inspiring deeds will be on every tongue;
I will proclaim your greatness.

Everyone will share the story of your wonderful
goodness;
they will sing with joy about your righteousness.

The Lord is merciful and compassionate,
slow to get angry and filled with unfailing love.

The Lord is good to everyone.
He showers compassion on all his creation.

All of your works will thank you, Lord,
and your faithful followers will praise you.

They will speak of the glory of your kingdom;
they will give examples of your power.

They will tell about your mighty deeds
and about the majesty and glory of your reign.

For your kingdom is an everlasting kingdom.
You rule throughout all generations.

The Lord always keeps his promises;
he is gracious in all he does.

The Lord helps the fallen

and lifts those bent beneath their loads.

The eyes of all look to you in hope;
you give them their food as they need it.

When you open your hand,
you satisfy the hunger and thirst of every living
thing.

The Lord is righteous in everything he does;
he is filled with kindness.

The Lord is close to all who call on him,
yes, to all who call on him in truth.

He grants the desires of those who fear him;
he hears their cries for help and rescues them.

The Lord protects all those who love him,
but he destroys the wicked.

I will praise the Lord,
and may everyone on earth bless his holy name
forever and ever.

—Psalm 145, NLT

Family Moment

Discuss how Psalm 145 is an acrostic poem in Hebrew, as each verse begins with a different letter of the Hebrew alphabet. Write your own acrostic poem using a word like “praise” or “worship.” Make each letter a characteristic of God. Then read them together.

Today's Scripture

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

—Ephesians 6:14-18, NIV

Family Moment

Talk about some reasons why you might need spiritual armor every day. Discuss the importance of each item from Ephesians 6, and how they help us withstand temptation and face hard situations.

Today's Scripture

As soon as Jesus heard the news, He left in a boat to a remote area to be alone. But the crowds heard where He was headed and followed on foot from many towns. Jesus saw the huge crowd as He stepped from the boat, and He had compassion on them and healed their sick.

That evening the disciples came to Him and said, "This is a remote place, and it's already getting late. Send the crowds away so they can go to the villages and buy food for themselves."

But Jesus said, "That isn't necessary—you feed them."

"But we have only five loaves of bread and two fish!" they answered.

"Bring them here," He said. Then He told the people to sit down on the grass. Jesus took the five loaves and two fish, looked up toward heaven and blessed them. Then, breaking the loaves into pieces, He gave the bread to the disciples, who distributed it to the people. They all ate as much as they wanted, and afterward, the disciples picked up 12 baskets of leftovers. About 5,000 men were fed that day, in addition to all the women and children!

—**Matthew 14:13-21, NLT**

Family Moment

Talk with your family about someone in your community you can bless—maybe it's another family or the local homeless population. Put together a basket of food or bag of supplies to bless them. Include encouraging letters and cards. Talk about the many ways God provides for those in need through us when we are obedient to Him, and how that helps share His love with the world.

Today's Scripture

For the Word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before His eyes, and He is the one to whom we are accountable.

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin. So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most.

—Hebrews 4:12-16, NLT

Family Moment

Pray together for healing in our world. Start locally, then continue nationally, and finally focus globally.

Today's Scripture

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

—1 Corinthians 13:4-7, NLT

Family Moment

1 Cor. 13:4-7 talks about how Christians in ministry act out those descriptions of love. If you know someone serving as a minister of reconciliation (could be a teacher, pastor, first responder, etc.), make them a card or small gift of appreciation to encourage them.

Today's Scripture

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God, and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you heard was coming and now is in the world already. Little children, you are from God and have overcome them, for He who is in you is greater than he who is in the world.

—1 John 4:1-4, ESV

Family Moment

1 John 4:4 reminds us what a relief it is to know that God is greater than this world. Give thanks that we have freedom and victory in Jesus over the challenges we face and evil that happens. Take turns sharing a challenge you had where you sought God's voice and discernment. Pray for the safety of one another and thank God for His daily guidance.

Today's Scripture

But seek first the kingdom of God and His righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself.

—Matthew 6:33-34, ESV

Family Moment

One way to overcome anxiety is to count your blessings. Write them on strips of paper and throw them in the air like confetti. Thank God for each of them as you help pick them up.

Today's Scripture

Do you have any idea how powerful God is?
Have you ever heard of a teacher like Him?
Has anyone ever had to tell Him what to do, or correct Him, saying, "You did that all wrong!"?

Remember, then, to praise His workmanship, which is so often celebrated in song.

Everybody sees it; nobody is too far away to see it.
Take a long, hard look. See how great He is—infinite, greater than anything you could ever imagine or figure out!

—Job 36:22-26, MSG

Family Moment

Write a family worship song. List things you love about God. Then, put those things into lyrics. Even if it's just one verse, you now have a worship song! Sing your family worship song to God extra loudly!

Day

18

Pray for
unity

Today's Scripture

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

—1 Timothy 2:1-2, NLT

Family Moment

Write a note to a leader in your life (like a teacher, coach, parent or pastor) and tell them why you are thankful for them. Pray for that person every day this week.

21
DAYS

Day

19

Lift each
other up

Today's Scripture

And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.

—Philippians 4:19, NLT

Family Moment

Write the names of friends or loved ones on small index cards. Some examples are relatives, neighbors, friends or classmates. Put the cards in a jar you keep on the table. Before each meal or bedtime prayer, pull a card and pray for the person on the card.

Day

20

Let Him in

Today's Scripture

Those whom I love I rebuke and discipline. So be earnest and repent. Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me.

—Revelation 3:19-20, NIV

Family Moment

Revelation 3:20 is such a powerful verse. Draw a picture of what it would be like if you let Jesus into your home. How would He spend time with your family? Pray and thank Jesus for being near to your family, and hang the picture on your fridge!

Today's Scripture

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God ...

—2 Corinthians 5:17-18, NIV

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

—Galatians 5:22-23

Family Moment

As a new creation, list five things you would like to be able to do, with Jesus' help. (Use the fruit of the Spirit in Galatians 5:22-23 as a guide for what kind of things to pick, like "be good to my sister" or "keep peace within my group of friends.") Then, think of ways you can do those things each day, and ask the Holy Spirit in prayer to help you do them. This is your holy "to do" list!

Create your own prayer chain

Cut out the strips and staple the ends together around the previous day's task. Each day, complete the activity and remove the link.

DAY 1: Memorize the Lord's Prayer (Matthew 6:9-13).

DAY 2: Write down some of your worries on the back of this paper and give them to God.

DAY 3: Today, say aloud, "God is good!" anytime you feel stressed or worried.

DAY 4: Create a family prayer wall using sticky notes.

DAY 5: Come up with ways to share what you have with others.

DAY 6: Ask God for forgiveness for the things you've done wrong.

DAY 7: Write down the name of someone you need to forgive, and pray about it.

DAY 8: Match each temptation Jesus faced to His response. Talk about some ways you have been tempted and how you could find a way out of it.

DAY 9: Make a family tree full of your brothers and sisters in Christ.

DAY 10: Write your own acrostic poem about who God is.

DAY 11: What armor does God give you to help you when you're facing hard situations?

DAY 12: Create a care package or blessing bag for someone in your community.

DAY 13: Pray for your community, country and the whole world.

DAY 14: Make a card of appreciation for someone serving around you.

DAY 15: Draw a picture of a challenge you faced when you needed God's help.

DAY 16: Write down at least three things you are thankful for.

DAY 17: Write a family worship song together and sing it together (extra loudly!).

DAY 18: Write a letter to a leader in your life and tell them why you're thankful for them.

DAY 19: Create a prayer jar of names. Pray for one name each day.

DAY 20: Draw a picture of Jesus spending time with your family, and hang it up.

DAY 21: List five things you can only do with Jesus' help.