
TEACH *us to* PRAY

21 DAYS OF PRAYER AND FASTING

For Kids



Rush Creek Kids,

We are so excited to embark on 21 days of prayer with you!

Prayer is the way we talk to God. We can tell God anything and everything. Over the next 21 days, we will learn about prayer and pray every day together! Along with this guide, you will need a Bible and a pen or pencil. If you don't have a Bible, have your parent ask a kid's minister for one.

If you miss a day, don't worry. Just keep learning and praying! We can't wait to hear everything you learn about prayer this month.

Rush Creek Kids Team

The Lord's Prayer

“Therefore, you should pray like this: Our Father in Heaven, your name be honored as holy. Your Kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one.”

Matthew 6:9-13

DAY 1: WHAT IS PRAYER?

Explore:

Have you ever been invited to a party? Getting an invitation in the mail or in person is so much fun. Prayer is an invitation from God to talk to him freely. God loves when you talk to him. He created us to be with him. We can talk to God and tell him everything we want him to know, all the happy things and even the sad things. He is always listening, and he always cares. No prayer is too big or too small for God.

Discover:

Open your Bible and read Philippians 4:6-7. Write down what this verse says we should pray about.

Challenge:

Tell someone in your family something new you learned about prayer.

DAY 2: INTRODUCTION TO THE LORD'S PRAYER

Explore:

Although we can pray about anything and everything, Jesus gave us a great guide to follow in the Bible: The Lord's Prayer. Jesus prayed this prayer to help his disciples learn how to pray. It's a good guide to help us learn how to pray, too!

Discover:

Read Luke 11: 2-4 CSB and fill in the blanks below.

'He said to them, "Whenever you _____, say, _____, your name be _____ as _____. Your _____ come. Give us each day our _____ _____. And forgive us our _____, for we ourselves also _____ everyone in _____ to us. And do not bring us into _____."

Challenge:

Pray the Lord's Prayer aloud to God.

DAY 3: INTRODUCTION TO ACTS

Explore:

We can pray to God about anything and everything. Sometimes, it helps to have a guide to help us as we pray. ACTS is a simple tool to help you pray. ACTS is an acronym. It stands for Adoration, Confession, Thanksgiving, and Supplication. We are going to talk more about each of these words throughout this book.

Discover:

Read Philippians 4:6 and describe one thing you learned about prayer.

Challenge:

Fill in the acronym below and thank God that we can pray to Him.

A _____

C _____

T _____

S _____

DAY 4: WHAT IS ADORATION?

Explore:

Adoration is the first letter of ACTS. It means to adore God. We should think about all the things we love about God and pray and tell them to him.

Discover:

Read Psalm 47:2 and write down something that the verse says about God.

Challenge:

Pray Psalm 47:2 aloud to God. Feel free to add something else you love about God in your prayer.

DAY 5: ADORATION IN THE LORD'S PRAYER

Explore:

In the very beginning of the Lord's Prayer, Jesus is praising God for who he is.

Discover:

Read Matthew 6:9 and write down what Matthew says that he adores about God.

Challenge:

Write down something you love about God and pray it aloud to God.

DAY 6: ADORATION IN THE BIBLE

Explore:

God loves to hear us praise him. Paul and Silas praised God while in prison, and something miraculous happened!

Discover:

Read Acts 16:25-26. Write down what happened after Paul and Silas praised God.

Challenge:

God loves when we sing our praises to him. Pick one of your favorite worship songs and sing it aloud to God today!

DAY 7: PRACTICE ADORATION

Explore:

Remember, adoration is praising God for the things we love about him.

Discover:

Read Psalm 34:1 and write down when we should praise God.

Challenge:

As you go throughout your day, praise God in everything. Tell someone in your family three different times during your day that you can praise God.

DAY 8: WHAT IS CONFESSION?

Explore:

Confession is telling God about our sin. Sin is anything we think, say, or do that is against God's word, like lying, being mean, or not listening to our parents. God wants us to become aware of our bad choices and ask him for forgiveness.

Discover:

Read 1 John 1:9.

Challenge:

When you pray this week, think of three things you can ask forgiveness for. Write them in the space below.

DAY 9: CONFESSION IN THE LORD'S PRAYER

Explore:

Confession is telling God we are sorry for something we have done.

Discover:

Read Matthew 6:12.

Challenge:

Write down things in your life that you need forgiveness for. Pray and ask God for forgiveness for yourself. Pray and forgive someone who has wronged you.

DAY 10: CONFESSION IN THE BIBLE

Explore:

There are countless times throughout the Bible that people have prayed and confessed their sins to God. God always honors our decision to confess our sins to him.

Discover:

Read Luke 8:13-14.

Challenge:

Write down one thing you learned from this passage.

DAY 11: PRACTICE CONFESSION

Explore:

Now that we have talked about confession over the last few days, write your definition of confession below.

Discover:

Read James 5:16 and write down who this verse says to confess our sins to.

Challenge:

Ask someone in your family to pray with you as you confess your sins to God.

DAY 12: WHAT IS THANKSGIVING?

Explore:

Thanksgiving is when we show or express our gratitude, especially to God. We can appreciate all that God has done and will do in our lives and in the lives of others! We can acknowledge that God gives us so many blessings.

Discover:

Read Psalm 106:1. Write down as many things as you can think of that you are thankful for that God has given you.

Challenge:

When you pray this week, thank God for something he has done or has given you. Praise him for the blessing!

DAY 13: THANKSGIVING IN THE LORD'S PRAYER

Explore:

God's ways are better than ours, and we should want his ways to be higher than ours. His plan will always win in the end, and we can be thankful that we know a God who wins every battle and has a purpose for everything.

Discover:

Read the Lord's Prayer in Matthew 5:9-13. It says, "Your will be done on Earth as it is in Heaven." God's will is what he wants done, will be done. What is something you think is God's will for your life?

Challenge:

It's hard for us to ask for something that may not be what we want. Think of a situation that maybe was not your favorite. (Examples: lost a game, got in trouble, no recess day) Now, write down a way that God provided a way for it to not be so bad. (Examples: a parent cheered you up, you learned a lesson for next time, or you got to play a fun game instead)

DAY 14: THANKSGIVING IN THE BIBLE

Explore:

Another word for thanksgiving is gratitude. It's the way we show thankfulness. The Bible reminds us to be thankful in all circumstances, because it is a gift from God!

Discover:

Read 1 Thessalonians 5:18. Now, with an adult, look up and listen to the song "Gratitude" by Brandon Lake. Spend some time looking at the lyrics. We can praise God because he is good, and because he shows us gratitude. We can show gratitude to him and to others!

Challenge:

Take a "thankful walk". Go outside with your family and walk around nature. Using your senses (hear, see, smell, and feel), talk about the different things you are thankful for!

DAY 15: PRACTICE THANKSGIVING

Explore:

God designed us for community. We should be thankful for the people that God has placed in our lives! It always feels good to know that people are thankful for you!

Discover:

Read Ephesians 1:16. Who do you think about when you read this verse?

Challenge:

Write 2-3 thank you notes to friends or family this week. Let them know you are thankful for them and write something they have done recently that you noticed.

DAY 16: WHAT IS SUPPLICATION?

Explore:

Supplication is when we ask God for something that we really need. We need God's help, and we know that he is the only one who can fix it for us.

Discover:

Read Psalm 145:18 CSB. Fill in the blanks below.

'The _____ is _____ all who _____
out to him, all who _____ out to _____ with
_____.'

Challenge:

At dinner tonight, go around asking each person something they need prayer for, and pray for one another.

DAY 17: SUPPLICATION IN THE LORD'S PRAYER

Explore:

The Bible says that the Lord will supply all of our needs. In the Lord's prayer, it says, "give us this day our daily bread" and "deliver us from temptation". God gives us what we need because he loves us, and he cares for us!

Discover:

Think about those 2 statements above. Did you know that Jesus was tempted in the Bible? Read Matthew 4:1-11. What would you have done if you were in Jesus' shoes?

Challenge:

Act out Matthew 4:1-11 with your family, focusing on Jesus' reaction and response to the temptations.

DAY 18: SUPPLICATION IN THE BIBLE

Explore:

In the Bible, David writes many supplication prayers. He asks for mercy, deliverance, salvation, and other requests. Jesus promises to hear our prayers and answer them. No matter if we think it's big or small, we can go to him with all our requests.

Discover:

Open your Bible and read Matthew 26:41.

Challenge:

Write down Matthew 26:41 on a piece of paper in a big font. Cut it out word by word. Mix up the pieces of paper and put them back in order with your family to practice memorizing verse.

DAY 19: PRACTICE SUPPLICATION

Explore:

We love others because we know that Jesus loves us! Praying for others helps strengthen our faith. When we pray for others and take their requests to God, we are telling them and God that we care about them so much! Do you think it is easier to pray for yourself or for others? Why?

Discover:

Open your Bible and read Numbers 6:24-26. Can you think of someone who may need prayer today or to be encouraged? A sweet word never hurt anyone.

Challenge:

Get some popsicle sticks. Write down names of people you can pray for. Each day this week, choose one and ask God to help them. Maybe ask that person how you can pray for them.

DAY 20: PRACTICE PRAYER

Explore:

Let's put everything together! Let's adore God, thank God, confess to God, and ask God for something.

Discover:

Read Philippians 4:6 CSB and write it in the space below. Write the letters of ACTS beside the part it corresponds to.

'Don't _____ about anything, but in _____, through _____ and _____ with _____, present your _____ to God. '

Challenge:

Now, let's practice using ACTS. Fill in the acrostic below with a prayer that fits each category.

Adoration-

Confession-

Thanksgiving-

Supplication-

DAY 21: PRACTICE PRAYER

Explore:

ACTS is something you can pray every day. We would love for you to grab a journal and write out a prayer every day using ACTS. God wants to hear us talk to him every day.

Discover:

Read 2 Chronicles 7:14. God wants us to pray to Him and invite Him into the struggles and hardships of our lives.

Challenge:

Fill in the acrostic below with a prayer that fits each category.

Adoration-

Confession-

Thanksgiving-

Supplication-



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