



God, I praise You for...

Jesus, please forgive me for...



things to pray about:

I am listening, Lord...



## 2020 Prayer & Fasting Journal



*"Come near to God, and he will come near to you..." James 4:7*



## What is fasting?

Fasting is simply giving up something you enjoy for a specific amount of time (it could be 1 day, an hour each day or a few days this week) to spend more time talking with God instead. It is an act of love and commitment - we show God that we want time with Him more than games,

sweet treats or snacks or favorite foods, toys, T.V. shows or computer time. We belong to God, He created us! So this week - let's shut out the noises and "voices" of our culture and focus on hearing God's voice. "Come near to God, and he will come near to you." He is SUPER excited to spend this time with you!



Psalm 100:3 says, "Know that the Lord is God. He made us, and we belong to him. We are his people. We are the sheep belonging to his flock."

In John 10:27 Jesus said, "My sheep listen to my voice. I know them, and they follow me."

Thank God for being loving and for giving you a place to belong as part of His family, His flock. Ask Jesus to help you hear His voice and that you will get closer to Him as you spend time together this week!

PRAY



**This week I will fast from...** (draw an X on things you will fast)



**to spend more time praying and reading the Bible.**

## How do I pray?

Matthew 6:13 says, "Keep us from sinning when we are tempted. Save us from the evil one." Every follower of Jesus will have to fight the urge to sin and we need God's help to do it! We have to depend on God's power, He has already conquered sin! Jesus teaches us to pray about sin before we find ourselves in a situation. Check out this truth:



"You are tempted in the same way all other human beings are. God is faithful. He will not let you be tempted any more than you can take. But when you are tempted, God will give you a way out. Then you will be able to deal with it." 1 Corinthians 10:13

**God is constant and dependable!  
What does He do to help us fight temptation? God will give you a way \_\_\_\_\_**



Followers of Jesus are also targets of the enemy, Satan. Satan will try to lie to us and get us to sin or disobey God. He wants to distract us from getting close to Jesus. Jesus has authority over Satan - do not be afraid of Satan - pray and ask God to protect you! James 4:7-8 says, "So obey God. Stand up to the devil. He will run away from you. Come near to God, and he will come near to you..."



**Pray that the Holy Spirit will give you power to combat sin - that you will always take the way out that God provides. Pray James 4:7-8 over yourself!**



## How do I pray?

"And forgive us our sins, just as we also have forgiven those who sin against us." Matthew 6:12

Jesus teaches us that prayer is a time to admit the sin (ways we have disobeyed God) in our life and ask Him to forgive us. We also pray that

God will help us not to do that sin again. "So let us boldly approach God's throne of grace. Then we will receive mercy. We will find grace to help us when we need it." (Hebrews 4:16)



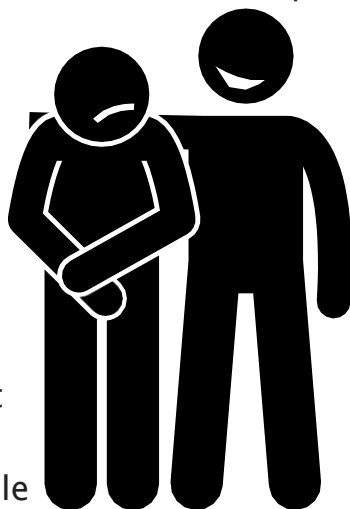
**Should we be afraid of God and try to hide from Him when we have sinned? What does this verse say God will do?**

"But God is faithful and fair. If we confess our sins, he will forgive our sins. He will forgive every wrong thing we have done. He will make us pure." 1 John 1:9 We should run to God with our sins and ask for forgiveness - He is the only one that can help us! Jesus wants to help us be free in our relationships too by forgiving our enemies and people who sin against us. We need to pray when someone hurts us or has been mean to us. We pray for God to help us forgive them and we pray for them to go to Jesus with their sin so they can be free!

**Prayer challenge:** Grab a pencil and sheet of paper. As you pray about your sins write them down.



Write down names of people you need to forgive. After you pray rip up the paper and throw it away! All clean in Jesus!



## How do I pray?

This week we will look at Matthew 6 and how Jesus taught his disciples to pray! "This is how you should pray. Our Father in heaven, may your name be honored." (Matthew 6:9)



**Think about this: You have a Father in God! A great place to start prayer is to worship Him!**

What do you know about God? These scriptures tell some reasons to honor God!

"God's way is perfect. the Lord's word doesn't have flaws. He is like a shield to all who go to him for safety." Psalm 18:30



"The Lord is holy and kind. Our God is full of tender love." Psalm 116:5

**What does it mean to honor someone?**

Sometimes we honor people with an award or a medal. Decorate this award for your Father God! Jesus taught us to begin our prayers by honoring or praising God for who He is - write a prayer to praise Him for being a good Father!

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## How do I pray?

Let's look at Matthew 6:10, "May your kingdom come. May what you want to happen be done on earth as it is done in heaven." "May your kingdom come" means that we want Jesus to be the reigning King in our world - we want everyone to know and follow

Jesus - to experience His love and be free from sin! Only King Jesus can set people free from sin! 2 Peter 3:9 says, "He (Jesus) doesn't want anyone to be destroyed. Instead, he wants all

people to turn away from their sins." **Pray that you will follow Jesus, living His way and that you help bring people to Him! Pray for God's kingdom to come in your school, your family, your neighborhood, our church and our city!**



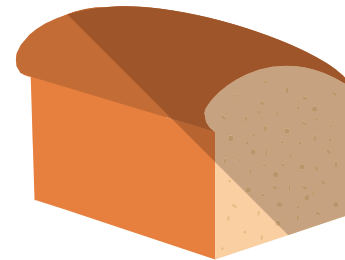
The second part of Matthew 6:10, "May what you want to happen be done on earth as it is done in heaven"

means that we pray for God's plans to be done rather than our own. The more we spend time with God - praying, listening to Him, reading the Bible - the more we will know about His plans. **Pray that what God wants to happen will be done - that you will follow His plans for your life every day as you make decisions.**



## How do I pray?

Today we will focus our prayers on Matthew 6:11, "Give us today our daily bread." Part of our prayer time is simply asking God to give us what we need - not a wish list of what we want, (don't be greedy) but what we need for each day. God is the One who provides us with food, clothing,

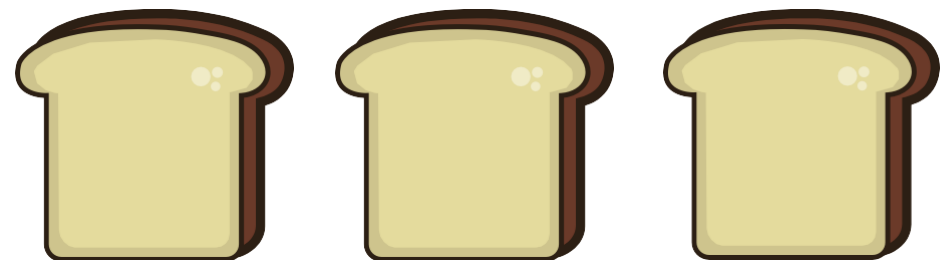


a home, jobs for our families, even toys and books. God takes care of our needs. He wants us to talk to Him about our needs and anything that makes us worry. We can trust Him!

Jesus has also taken care of our BIGGEST need - He died in our place, took our punishment for sin and gives us LIFE and forgiveness instead!! Think about this scripture:

"Then Jesus said, **I am the bread of life.** Whoever comes to me will never go hungry. and whoever believes in me will never be thirsty." John 6:35 **Jesus gives us food for our spirit! It is so important to spend time praying**

(talking and listening to Jesus) everyday so our spirit will be healthy and strong - pray that you will grow and spend more time talking to Jesus this year!



WRITE A NEED ON EACH BREAD SLICE, PRAY FOR GOD'S HELP.