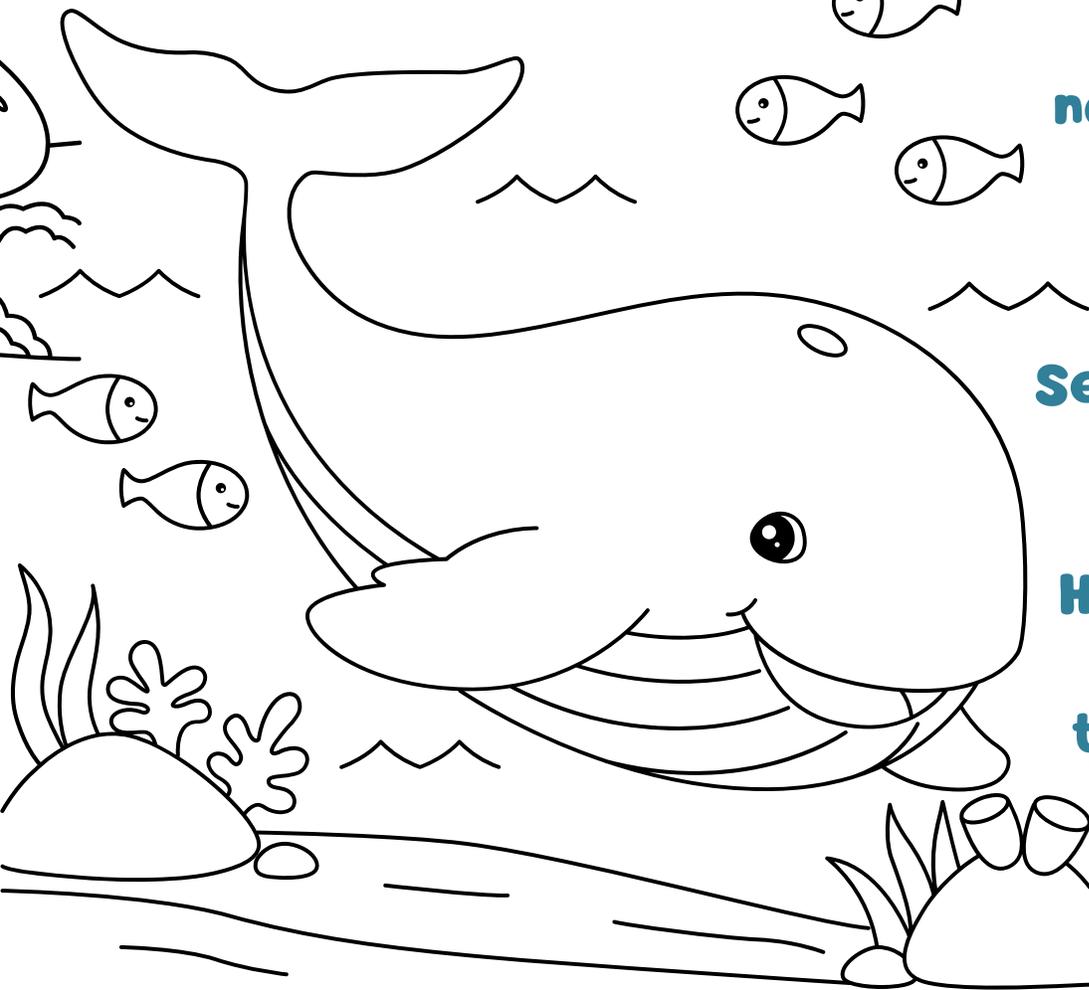




21.DAYS

of PRAYER & FASTING

IMMERSE



**"Announce a holy fast.
Tell the people
not to eat anything.
Gather them
together for a
special service.
Send for the elders
and all who live
in the land.
Have them come to
the house of
the Lord your God.
And pray to him.**

JOEL 1:14

21.DAYS

of PRAYER & FASTING

Context

"Call out to me. I will answer you. I will tell you great things you do not know. And unless I do, you wouldn't be able to find out about them."

JEREMIAH 33:3



Week 1 - Pursue God

January 8 - 14

- Day 1: Taste and See
- Day 2: Casting Your Crowns
- Day 3: Treasures
- Day 4: Armored Up
- Day 5: Relationship with God
- Day 6: Rest for Self
- Day 7: Worship as One

Immersion Experiences are on the first 4 days of each week.
Days 1 - 4
Days 8 - 11
Days 15 - 18

Week 2 - Love People

January 15- 21

- Day 8: Communion With Others
- Day 9: Submission to Authority
- Day 10: Talents
- Day 11: Intercession, Supplication and Thanksgiving
- Day 12: Connection With Others
- Day 13: Rest For Others
- Day 14: Praise

Week 3 - Build Community

January 22 - 29

- Day 15: Corporate Communion
- Day 16: Heart of Sacrifice
- Day 17: Time
- Day 18: Valley Christian Center and the Neighborhood
- Day 19: Unity
- Day 20: Rest For The Community
- Day 21: Celebrate Everything

On the back of this book is a cup with lines. Every day you complete in this booklet is another line that you may color in. Fill your cup every day to win prizes. Prize 1- candy bar; prize 2- popcorn bundle; Grand prize- prayer warrior party!

21.DAYS

of PRAYER & FASTING

Introduction

"Announce a holy fast. Tell the people not to eat anything. Gather them together for a special service. Send for the elders and all who live in the land. Have them come to the house of the Lord your God. And pray to him.

JOEL 1:14

Welcome to 21 Days of Prayer and Fasting!

At Valley Christian Center we are dedicated to the Pursuit of God, Loving People and Building Community, and you will see those values repeated each day as we journey together in purposeful connection with God and others for the next 21 days. We have designed this time of prayer and fasting to be "IMMERSIVE" (soak it in) and interactive. We hope you enjoy your intimate time with the Lord.

Prayer:

Prayer is the single most important conversation we can have with our Heavenly Father who loves us. Prayer is a loving connection with God whether it involves listening, asking or thanking. Prayer can move mountains and stay His hand. It smells so good to Lord and a weapon against the enemy. Prayer is powerful.

Fasting:

Fasting is a spiritual discipline that is taught throughout the Bible. Jesus encouraged His followers to fast. Fasting is willingly giving up of food, drink or anything that can be distracting to you for a specific time in order for you to connect with God and follow His will. As you participate in 21 Days of Prayer and Fasting, you will want to set aside time (20 minutes or more) to fast and walk through this book daily. Examples of things to fast from: soda, candy, junk food, television, social media, reels, videos, movies, video games.

The best way to determine your area of fasting is to ask Holy Spirit what He would like you to give up to spend time with Him alone.

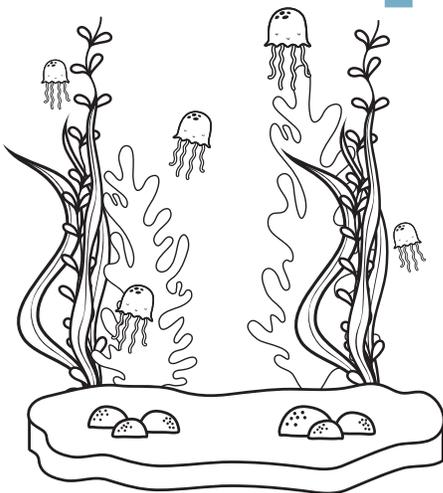
Church Stations:

Each week of the 21 Days of Prayer and Fasting, Valley will have supporting, "IMMERSIVE" prayer stations within its sanctuary. All are welcome to come enjoy meaningful prayer experience with things to read and do.

Valley Immersive Prayer dates and times are:

Mondays through Thursdays: January 9th - 26th, 12:00 to 4:00pm
and Wednesdays from 6:00 to 8:00pm

The NIV Biblical Version has been used in Valley Christian Center's Kid's 21 Days of Prayer and Fasting Guide



21.DAYS

of PRAYER & FASTING

DAY.1

**"Taste and see
that the Lord is
good.**

**Blessed is the
person who goes
to him for
safety.**

PSALM 34:8

Read: Luke 22:14-20, 1 Corinthians 11:23-29

Talk About It: Communion is when we eat bread and drink juice at church. It is a way to remember Jesus's sacrifice for us by dying on the cross. During this time we get to thank Jesus for what He did and tell him we are sorry for any sins we may have.

Think About It: Think about what Jesus was willing to give up to be close to YOU. Think about the value of His life and how much value He clearly has placed upon you, to sacrifice Himself. How does that make you feel?

Pray About It: Jesus, thank you for dying on the cross for me. I get to go to heaven because of you. I will live every day of my life trying to make you proud and always be thankful of what you did for me. Nothing can keep me from your love Jesus, and I thank you for loving me so much. In your name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.1

Family Activity:

As a family, come together to take communion.

Before taking the bread and juice pray and ask God if there's anything you need to ask forgiveness for.

Word Search:

Find and circle the words from the box in the puzzle.

In Remembrance of Me

1 Corinthians 11:26-29

Word Search Puzzle

T B P T F U D W U K L A R C P
D U S U C W A V L X E A I Z S
C B E T R A Y E D F O Z Y A S
C B Q L O D E R K Y B O O L T
S Z E D P B S U P P E R E H W
H F C W B C H B L H A J G D I
M F W B X E H Y Z V V I Z R D
E X E Q C L T J Z Y N E D I E
T G B C J N F F S O Y O B N A
M T L W B R E A D Z O T O K T
R E H D J Y K L R L H X D V H
Y H R A I E P O B G H L Y N G
F H O U N Z Z R P S J N L E J
Q Q B M F K K D G N U B O D J
G L E A T M S P Y L C Y M J A

DEATH
LORD
EAT

BODY
THANKS
SUPPER

DRINK
CUP
BREAD

BETRAYED
BLOOD
NIGHT

21.DAYS

of PRAYER & FASTING

DAY.2

**“You are worthy,
our Lord and
God! You are
worthy to
receive glory
and honor and
power.**

**You are worthy
because you
created all
things. They
were created
and they exist.
This is the way
you planned it.”**

REVELATION 4:11

Read: Matthew 6: 19-21, Matthew 16:24, Luke 9:23-26,
Luke 9:61-62

Talk About It: What is important to you in your life? Think about your stuff and people that you think are so wonderful... these are your "crowns". How special are they to you? What makes them special to you? Think about God being before you and you giving your crown(s) to Him. Place each item at His feet, telling Him why you are giving each to Him. Tell Him how important each item is and tell Him how much more important He is to you.

Think About It: How do these "crowns" (your special people and stuff in your life) measure up with the scriptures you've just read? Compare the importance of each item to the importance of following God.

Pray: Jesus, I thank you for wanting the very best for me, and YOU are that very best. Nothing I have and no one I know compares to you Lord. I'm happy to give my very best and all that I have because you are worthy of giving them to. I love you God. Amen.

21.DAYS

of PRAYER & FASTING

DAY.3

"Give, and it will be given to you. A good amount will be poured into your lap. It will be pressed down, shaken together, and running over. The same amount you give will be measured out to you."

LUKE 6:38

Read: Luke 6:38, Matt 2:10-11, Malachi 3:8-12

Talk About It: There's a very famous tree in California called General Sherman and it is the tallest tree in the world. It is located in Sequoia National Park and it is 102 feet around and 275 feet tall. This tree started as a simple seed that was planted in the ground years ago.

God calls us to be generous because he was generous with us. God paid a great price for us because He loved us. He paid a price higher than any amount of money could measure. He sent His only Son Jesus to die for us, and because of that we should want to give back all that we can. When you give generously, it's like planting a seed. It will grow into big things (just like General Sherman) and make a big impact in people's lives.

Think About It: God wants us give generously to others. It isn't always easy to give things away though. What are some reasons that you might not want to give things away? Maybe you are afraid that you won't have enough? The Bible says that when we give it will come back to us, but not just the same that we gave! It will come back more than we expected! Ask God to show you ways that you can be generous so that you may show Him how thankful you are for what God has done for you.

Pray: I praise you God for always being generous to me. You are never stingy with your treasures. Please give me the mind of Jesus so that I would be able to live a generous life. Let my treasures be stored up in heaven and in the lives of the people that You have put in my life. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.3

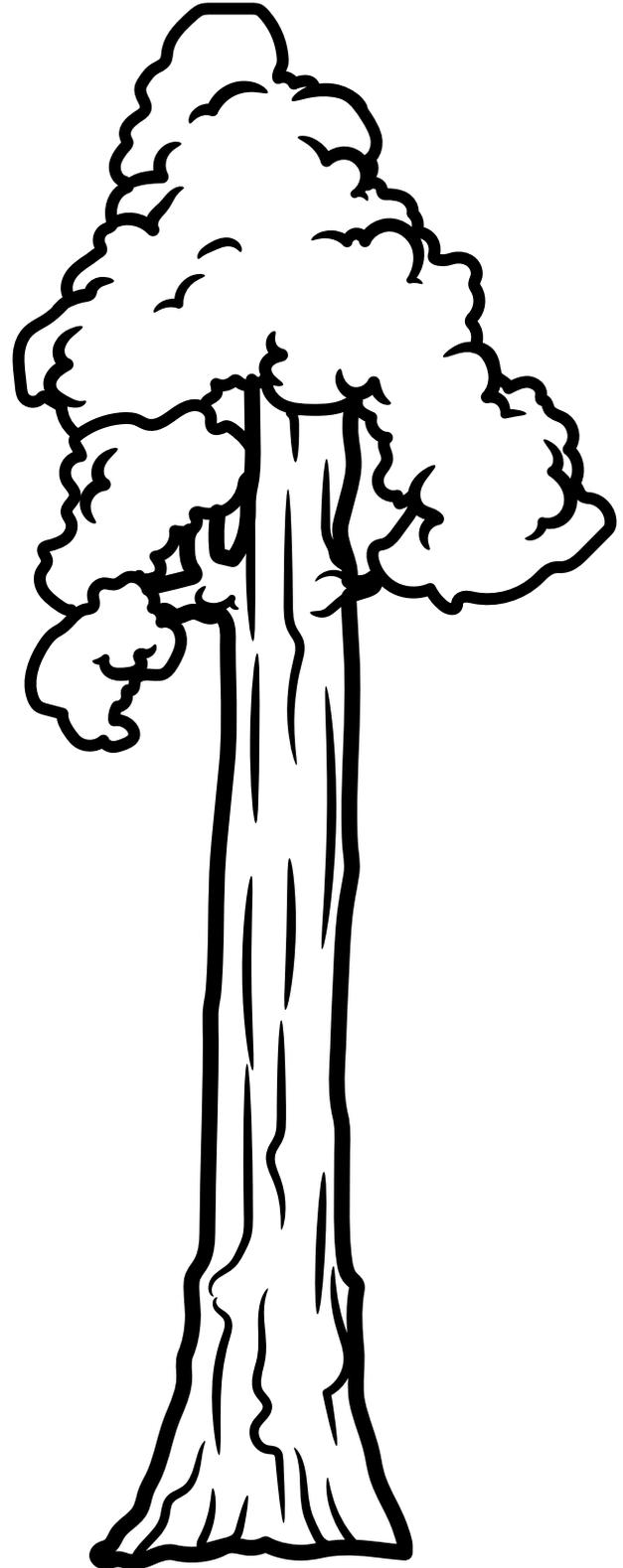
Family Activity:

Grab a measuring cup and some flour. Pour the flour into the cup till it is full. Now gently tap the cup on the counter. Did the flour go down?

To see how God blesses you, pour more flour into the cup until it overflows. That is how much God will bless you if you give generously to others.

Activity:

Write or draw a picture of some of the ways that God is showing you how to be generous next to your tree.



21.DAYS

of PRAYER & FASTING

DAY.4

"So put on all of God's armor. Evil days will come. But you will be able to stand up to anything. And after you have done everything you can, you will still be standing."

EPHESIANS 6:13

Read: 1 Corinthians 6:19-20, Ephesians 6:10-19, Psalm 121

Talk About It: Did you know that the Holy Spirit lives within your heart? He is your Helper. When you need help, you can stop to listen or feel what he is saying in your heart. Since the Holy Spirit is in your heart you want to make sure that you are protecting yourself. You would want to protect your house from thieves, so protecting the home (YOU) of the Holy Spirit is very important. You should learn to pray for God to protect you. Think of the armor of God and how each piece is

Think About It: How needed and important is each piece of armor for you personally, right now? Think about how each piece provides protection for you.

Pray: I declare blessings of God's protection upon myself so that I may do all that God has planned for me. Today I put on the belt of truth so that I can stand firm in the Word of God. I put on the breastplate of righteousness so that my heart would honor Jesus. I put on my shoes of peace so that wherever I go God's peace would flow to everyone around me. I take up my shield. of faith so that I can defend myself against any lies, doubts, or hurts. I put on the helmet of salvation so that my mind is focused on Jesus. Finally, I take up my sword of the Spirit which is God's Word to fight against the enemy. Lord, my armor is on and I am ready to win the day. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.4

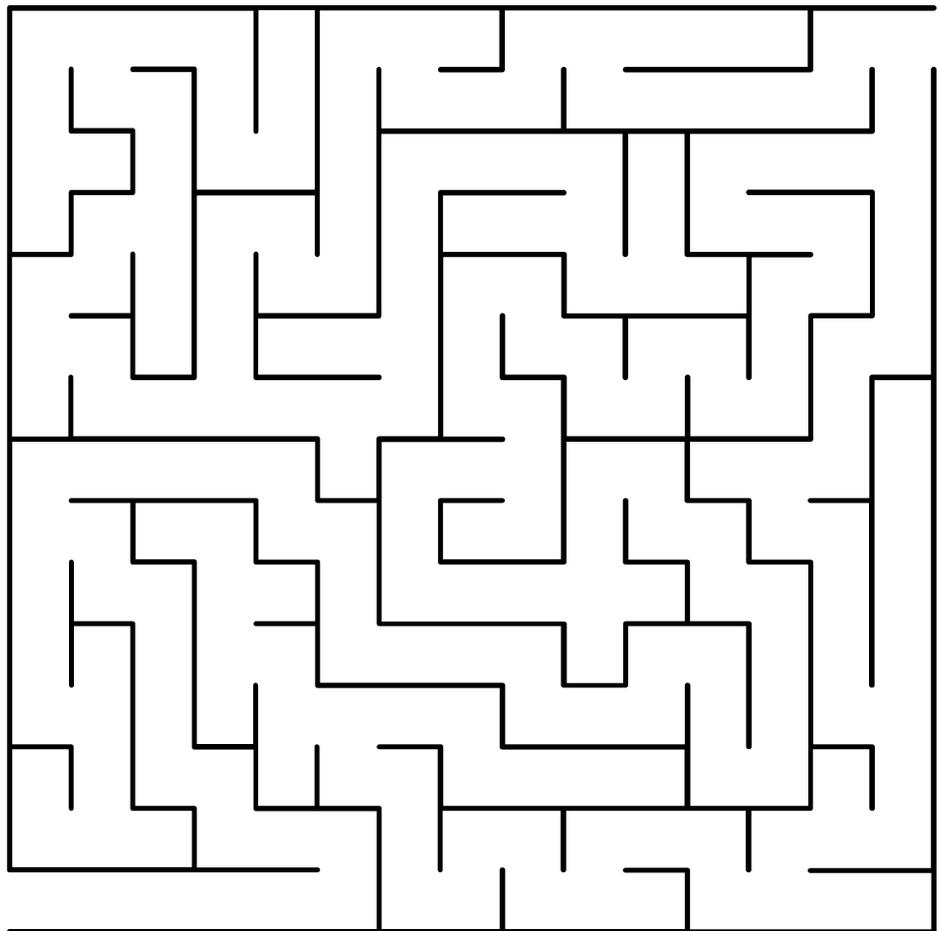
Family Activity:
Orange Armor

Orange Armor:

Grab an orange and a cup of water. Place the orange in the cup with its "armor" on (keep the peel on.) Talk about how the orange is floating, or "standing firm" in the water. Begin peeling a little of the "armor" (peel) back at a time, talking about a new piece of armor the orange forgot to put on and how that might affect his day. Place the orange in the water to see it sink more and more each time. By the time you remove all of the armor, the orange will completely sink. It is not able to "stand" at all.

Activity:

Find your way to
the armor of God.



21.DAYS

of PRAYER & FASTING

DAY.5

"So make yourselves humble. Put yourselves under God's mighty hand. Then he will honor you at the right time. Turn all your worries over to him. He cares about you."

1 PETER 5:6-7

Read: Romans 12:1-2, Psalm 19:14, James 4:6-10

Talk About It: Sometimes we tend to become proud of our accomplishments and abilities. One of the best ways to stay humble is to remain focused on God's greatness. When we forget who God is and who we are, it is easy to become proud. Sometimes we insist on being first, think we are the best, or ignore advice. When this happens we know that we need to go to God for help. When we are humble, give God the honor for our accomplishments and abilities, and take advice it makes God very happy.

Think About It: Is there any area in your life that you are tempted to be proud? Acknowledge those areas and ask God to forgive you for your pride and ask Him to help you with it. Thank Jesus for His humility and acknowledge that He is worthy of praise, honor and glory. The best way to stay humble is to spend time in the presence of someone greater. During the time you are studying humility, take time during your day to read and talk about who God is and how truly wonderful He is.

Pray: Jesus You are so wise. Please give me a humble heart that is willing listen to You. Please teach me to trust in You instead of myself. Thank you for loving me enough to die for my sin. God, when I am tempted to try and do things on my own, please remind me that You can help me in any situation. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.5

Family Activity:

Speak a Blessing.
Fill in the
blessings and
share as a family
how you are
humble.

Speak A Blessing

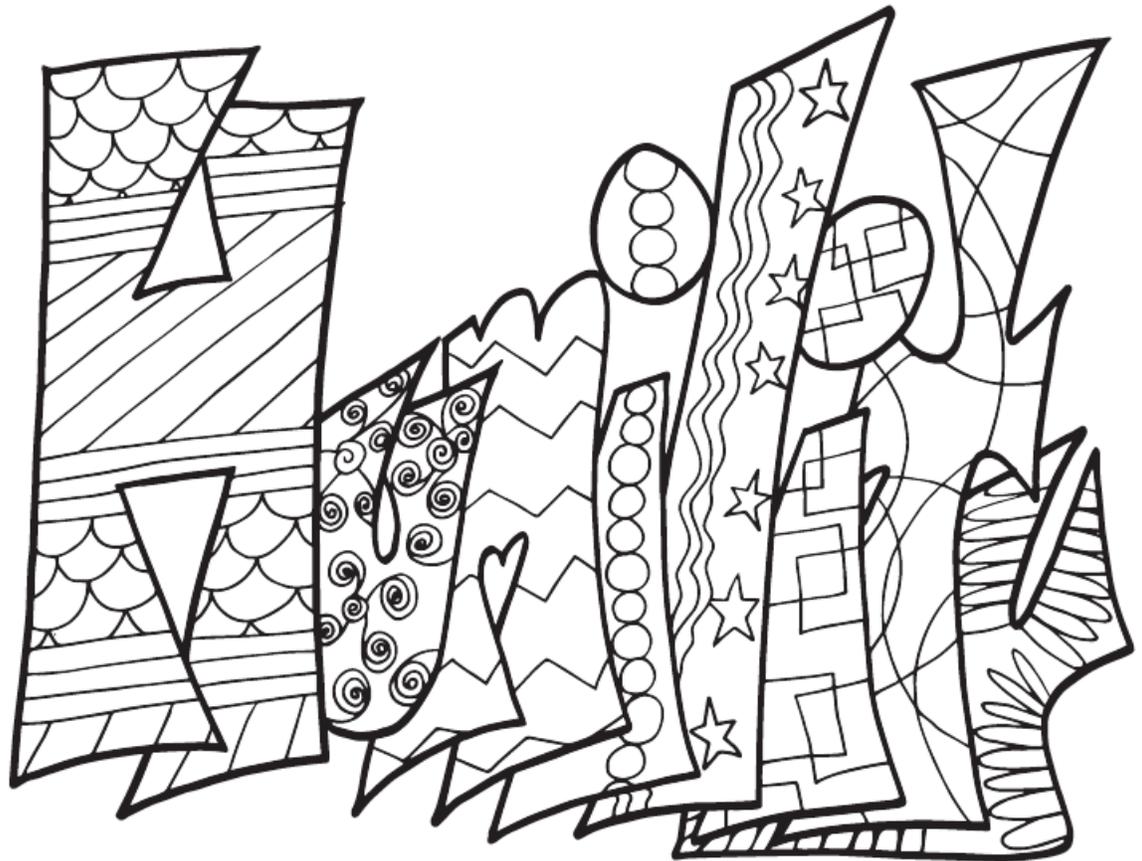
I can show God I trust him by asking for help with _____

A wise person listens to advice. I listened by _____

I can show I'm humble by saying I'm sorry for _____

Activity:

Color the word
humble and think
of ways that you
can show God
humility.



21.DAYS

of PRAYER & FASTING

DAY.6

"Come to me, all you who are tired and are carrying heavy loads. I will give you rest."

MATTHEW 11:28

Read: 1 Kings 19:12, Hebrews 4:9-10

Talk About It: Do you have a pillow to sleep with? We use pillows to rest our heads on when we sleep. We wouldn't be very comfortable without a pillow to rest our heads or neck on. Like this pillow, God also provides comfort and rest. But I'm not talking about sleep for our bodies, I'm talking about rest for our souls. If we love Jesus and follow him, he will give us rest and comfort. We can be assured that we will spend an eternity with God in heaven. We'll never have to be tired, or stressed, or worried. Remember, even God rested on the seventh day!

Think About It: Do you ever feel busy or anxious? What kinds of things seem to take up a lot of your time? Are there any worries you might have? Ask God to help you with those worries so that you can have peace and rest in your life. The point of resting is not about how much work you do or don't do, or which day you decide is special, the important thing is that we honor God by setting aside time for Him. When we do this, it allows us to remember that life is not all about us or what we can do in our own power. It should be all about God. And the beautiful thing here is that God promises to give us rest.

Pray: Jesus, thank you for the rest and the peace that you give me. Help me to let go of these areas of stress and worry so that I can fully rest in You. Thank you for always being there, loving me unconditionally and providing me just what I need. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

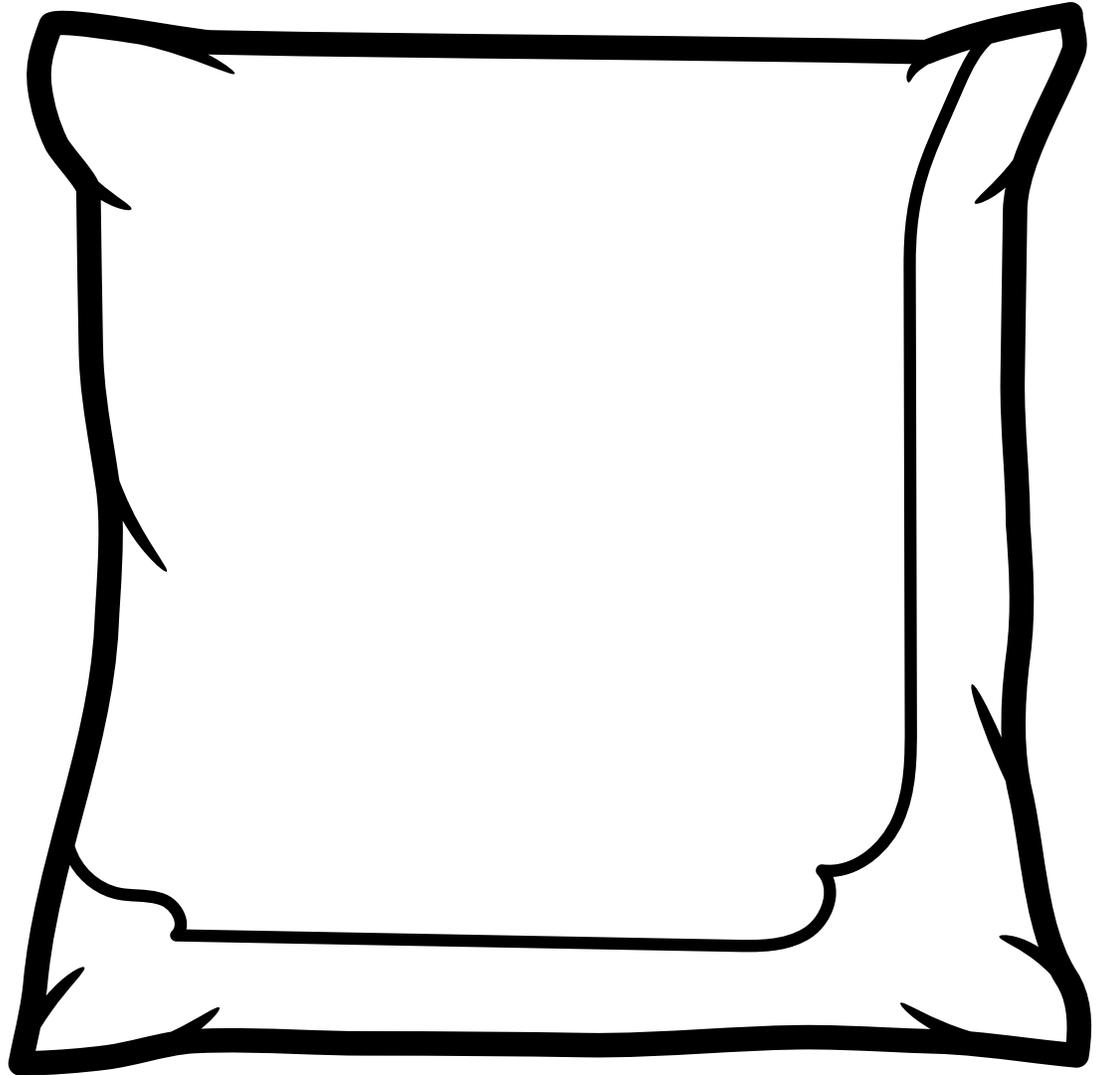
DAY.6

Family Activity:

Choose a special day to spend together as a family. Enjoy each others company, read the Bible together, and spend time praying with each other.

Activity:

Fill your pillow with some of your worries, things that keep you busy, and anything you stress about. Then pray that God would take those and give you peace and rest.



21.DAYS

of PRAYER & FASTING

DAY.7

"But a new time is coming. In fact, it is already here. True worshipers will worship the Father in the Spirit and in truth. They are the kind of worshipers the Father is looking for."

JOHN 4:23

Read: 1 Chronicles 16:8-36, Luke 7:36-50, Acts 16:24-26

Talk About It: Hearing or seeing the word worship brings to mind music and singing. Worship IS song, music and singing...but it is so much more. The point of worship is that our hearts are prepared to glorify and honor God in all that we do. We should seek to view every moment of the day as an opportunity to worship God. Worship doesn't just have to happen at church on Sundays; it can happen throughout your week while you are at home or school.

Think About It: Of the three scriptures you've read above, which of these forms of worship do you most relate to? Why? Worship is about showing God our love and respect in everything we do by giving Him glory and honor.

Pray: Thank you, Lord, for creating me for worship. Thank you for always receiving my offerings of praise and adoration. I declare that I will worship you with my whole life in all that I do. Nothing and no one has my heart as you do, Lord. You alone are worthy of all praise, Jesus. Amen.

21.DAYS

of PRAYER & FASTING

DAY.7

Family Activity:

Sing your favorite worship song together as a family.

Activity:

Circle which forms of worship you enjoy the most or draw a picture of your favorite.

Ways to Worship God



Praying



Reading the Bible



Singing



Telling others about Jesus



Helping Others



Taking Communion



Through Arts



Dancing

Draw your own way to worship

21.DAYS

of PRAYER & FASTING

DAY.8

**"The living
Father sent me,
and I live
because of him.
In the same way,
those who feed
on me will live
because of me."**

JOHN 6:57

Read: Isaiah 53, 1 Corinthians 15:1-8, 1 Corinthians 11:27-29, James 5:16

Talk About It: Jesus started communion during the last Passover He celebrated with His disciples. Passover is a yearly celebration during which Jews remember God saving them as slaves from Egypt, and how the angel passed over those homes that had been marked with blood from a lamb. Jesus, through His actions at this supper, showed Himself to be like that lamb that was sacrificed. Every time we celebrate communion, it is important for us to know that the bread and cup are not the actual body and blood of Jesus but serve as reminders that Jesus gave up His life on the cross so that all people could have salvation.

Think About It: When we take communion together that's one way that we can help each other live more like Jesus. In the Bible Jesus took communion with small and large groups of people. He showed how important it is to connect with people. Who can you connect with today? Who in your life would you like to take communion with and help live your best life for Jesus?

Pray: With your friends and family pray together and start by thanking Jesus for what he's done for you. Thank him for dying on the cross for each of you. Ask him to show you any place in your life where you may have sinned and ask Jesus to forgive you for it. Thank Jesus for his forgiveness and love. Finish by praying blessings and encouraging words for your friends and family.

21.DAYS

of PRAYER & FASTING

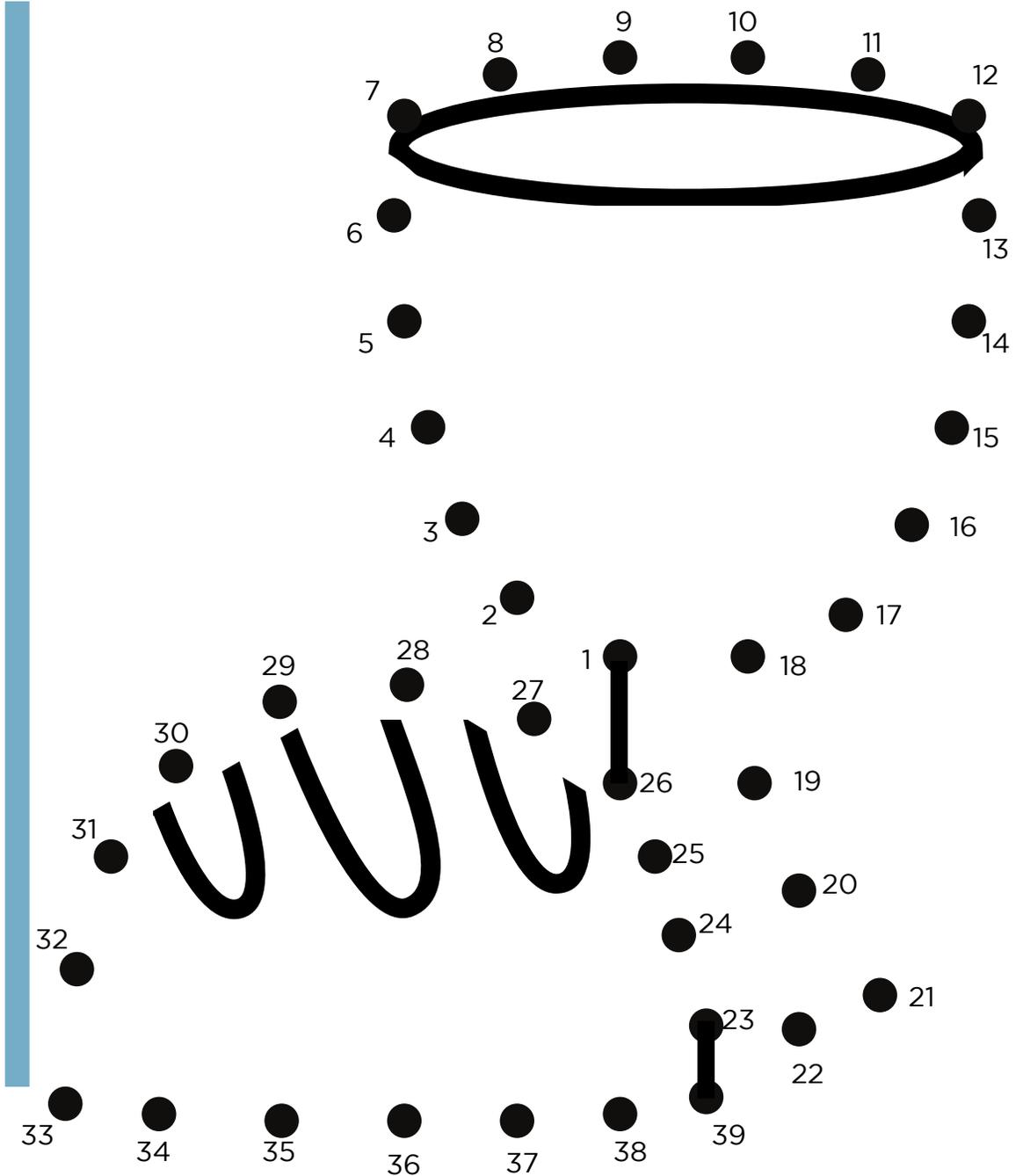
DAY.8

Family Activity:

As a family, go to Valley Christian Center together to do the Communion Station with each other. As a family pray, confess to each other, thank Jesus for his sacrifice, and praise him for the life you have.

Activity:

Complete the dot-to-dot to see what Jesus did with his friends.



21.DAYS

of PRAYER & FASTING

DAY.9

"All of you must obey those who rule over you. There are no authorities except the ones God has chosen. Those who now rule have been chosen by God."

ROMANS 13:1

Read: Hebrews 13:17, Romans 13:1-14, 1 Timothy 2:1-2, Romans 8:27-28

Talk About It: In the Old Testament and in the New Testament, God is the one who decides who rules and when they rule. He is in control of the leaders of countries and He is in control of the leaders in your state, county, and city. He is even in control of the leaders in your school, church, and home.

Think About It: Rules help keep us safe and healthy, and to help us get along nicely with others. When you don't listen to the authority that God has put over you, who gets in trouble? How does it make you feel when you know you are doing something that is against the rules? When you have disobeyed your parents do you want to be around them or do you try to stay away from them. How do you think this compares with God? We honor God when we honor the laws of our land. That does not mean we have to agree with all the laws or the rulers, it just means we trust that God has allowed them to rule for a reason.

Pray: Lord, thank you for always taking care of me. I praise you that you have my best interests in your mind at all times. You have placed people in positions of authority for my benefit, and I thank you for protecting me through them. You want to keep me safe and secure and do that through those you have placed around me. Thank you, Lord, for you are a very good Father to me. In your name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.9

Family Activity:

As a family, write down names of your leaders (church, school, city, state, country) and pray blessings for them.

Prayer of blessings for your leaders

Activity:

Circle the leaders for each area in the correct color and then pray for them

Home- RED
School- BLUE

Church- GREEN
Community- YELLOW



Teacher



Pastor



Grandparents



Doctor



Parents



Police Officer



Sunday School
Teacher



Principal

21.DAYS

of PRAYER & FASTING

DAY.10

"You have done well, my good servant! his master replied. 'You have been faithful in a very small matter. So I will put you in charge of ten towns.'"

LUKE 19:17

Read: Luke 19:11- 27

Talk About It: In the parable of the ten minas, Jesus told a story about a noble man who was traveling far away in order to receive the authority to be king. When he left, he entrusted each of his servants with ten minas—about three years salary. That's a lot of money! When the man returned as king, he called the men to him and asked them to tell him what they had done with the money he had given them. The first two men were faithful, so he rewarded them for their faithfulness. However, the third man had hidden away the king's money out of fear and had done nothing. This angered the king and he took away what he had given to the man. Jesus used this story to communicate several important truths: First, Jesus was going away, but he would return in the future as the king. Second, when Jesus left his disciples, he was leaving them responsibility to share the gospel with others. Finally, Jesus expects his followers to be faithful with what he has given them; Jesus will reward us when we are faithful, but there will be consequences if we are unfaithful.

Think About It: Have you ever been put in charge of something? How did you handle that responsibility? What talents or gifts has God given you, and how can you be faithful to use them during this time in your life?

Pray: God, thank you that you have given me unique gifts and abilities. Help me to always remember that everything I have is from You. Thank you for loving me and show me how to joyfully use my gifts to honor You. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.10

Family Activity:
Ten Talents

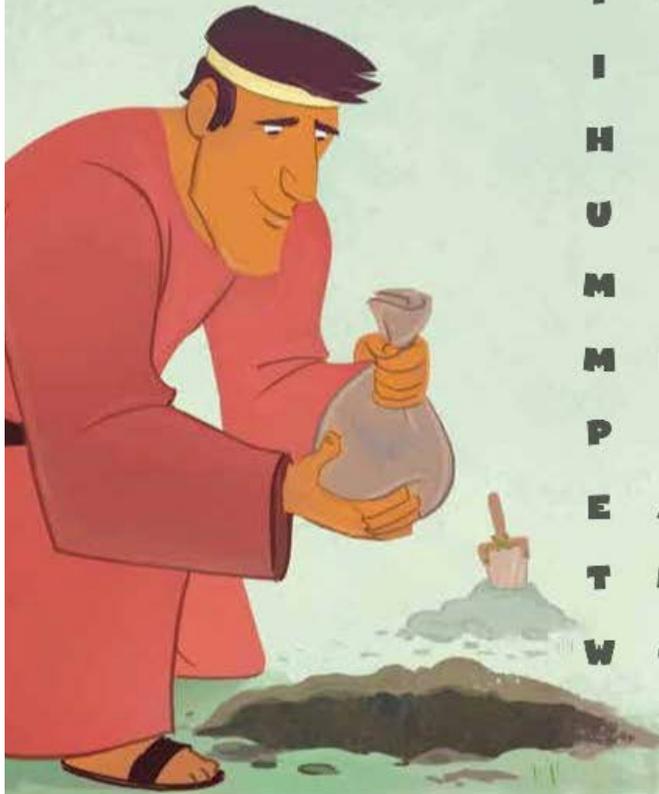
Activity:
Word search

Ten Talents:

As a family, each person cut ten circle shapes out of yellow construction paper. Talk about blessings or talents that God has given each of you. Come up with a list of ten and write them on the ten coins. Now, use the ten coins to act out the story. How would God want you to use each of your ten talents to serve his kingdom?

Word Search

Instructions: Find and circle the following words: SERVANT, TALENTS, HEAVEN, GIFTS, PARABLE, and FAITHFUL.



W	G	T	B	L	U	C	S	A	I	N	H
F	K	Y	I	T	A	L	E	N	T	S	U
I	O	E	R	Z	B	F	R	P	W	E	M
I	P	F	T	B	L	U	V	E	A	I	N
H	F	A	Y	I	O	H	A	T	M	K	L
U	I	I	R	R	T	B	N	L	P	W	P
M	F	T	R	A	J	Y	T	O	H	R	G
M	K	H	U	I	B	E	R	T	B	F	I
P	Z	F	M	I	W	L	T	B	L	U	F
E	A	U	N	E	V	A	E	H	O	H	T
T	M	L	L	B	F	L	P	W	P	M	S
W	G	T	B	L	L	K	J	H	R	Y	F

21.DAYS

of PRAYER & FASTING

DAY.11

"First, I want all of you to pray for everyone. Ask God to bless them. Give thanks for them. Pray for kings. Pray for all who are in authority. Pray that we will live peaceful and quiet lives. And pray that we will be godly and holy."

1 TIMOTHY 12:1-2

Read: James 5:13-16, Ephesians 6:18, Matthew 18:19-20, 1 Timothy 2:1-6

Talk About It: Prayer is our way of communicating with God. It is as simple as that. If you truly desire to grow closer to Him, you will have to learn to include Him in your daily life... and not just before eating a meal. Increase your prayer life, and watch your relationship with God become stronger. As someone who loves Jesus, you are responsible for not only communicating with God through prayer for ourselves, but we must also learn to pray for others. We have got to get out of the habit of praying only for ourselves and for no one else. We can intercede for people when we pray which mean we are praying on behalf of someone else.

Think About It: Ask God who He wants you to intercede for; family, friends, teachers, neighbors, etc. As He brings someone to your mind, ask what they need prayer for. Let God show you the needs of His children and partner in prayer with what God tells you. Then write down all the names that He brings to your mind and what each person needs prayer for.

Pray: Jesus, I praise you for interceding for me so that I can be saved and go to heaven. Help me do the same for those around me. It's a real joy to pray for other people. Thank you for giving me this chance to pray on behalf of my friends and family. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.11

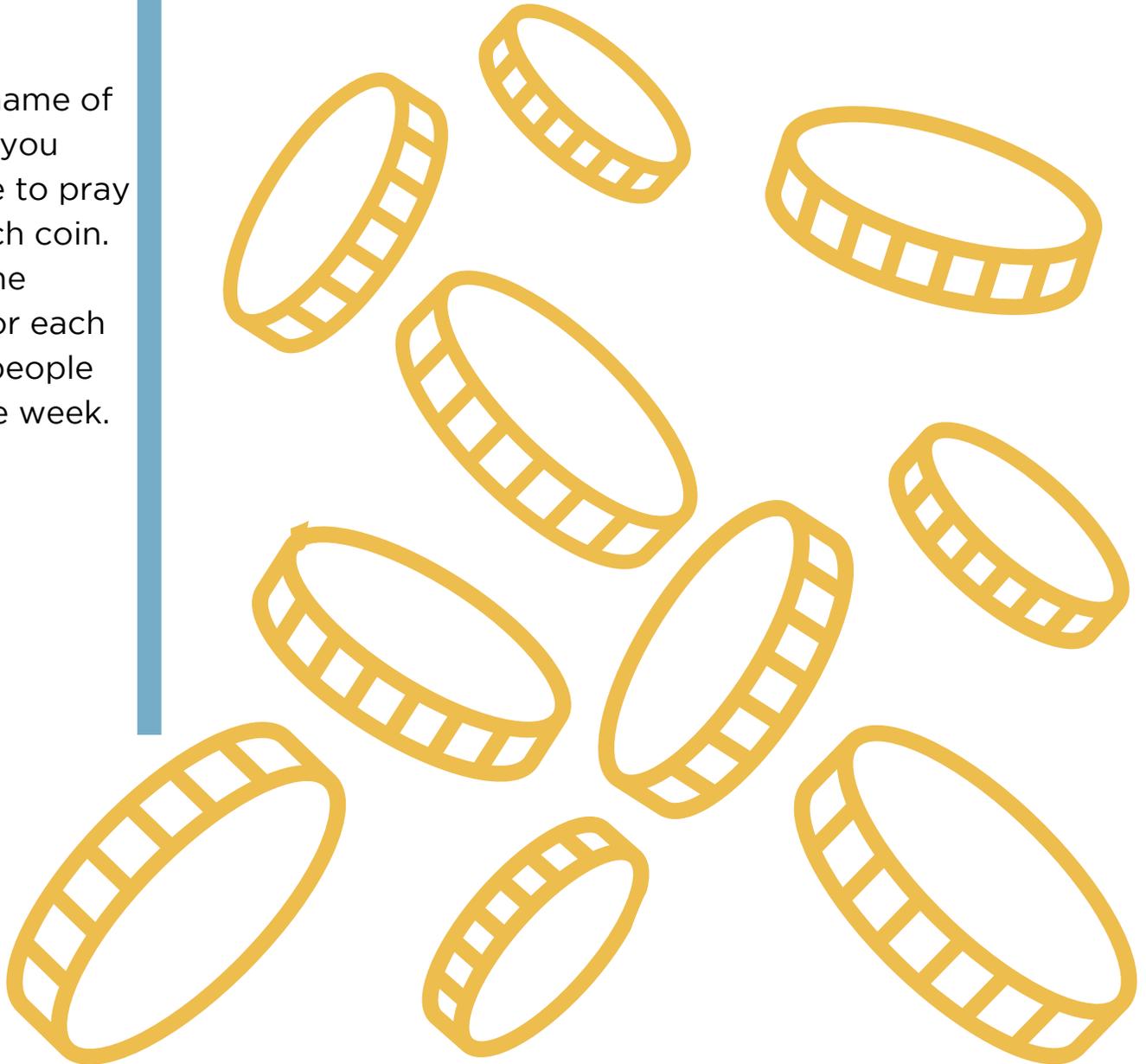
Family Activity:
Two Are Better
Than One

Two Are Better Than One

Provide each person in your family with a paper clip and cup. Place the paper clips into the cups, but you may only use one finger. Can you do it? Now work together as a family to get the paper clips out. It's important to work with one another, especially in prayer.

Activity:

Add the name of someone you would like to pray for on each coin. Spend time praying for each of those people during the week.



21.DAYS

of PRAYER & FASTING

DAY.12

"Let us consider how we can stir up one another to love. Let us help one another to do good works. Let us not give up meeting together. Some are in the habit of doing this. Instead, let us cheer each other up with words of hope. Let us do it all the more as you see the day coming when Christ will return."

HEBREWS 10:24-25

Read: Ephesians 4:15-16, John 13:34-35

Talk About It: Jesus was very specific about how people would know that we were his disciples (those who follow Him). They would recognize our great love for one another. Sometimes it's hard to love other people but following Jesus and listening to the Holy Spirit can help us with that. Here's a way to know what a disciple of Jesus who loves other people looks like.

D- Devoted to Jesus: A disciple doesn't walk away from people. He loves them no matter what.

I- Involved: A disciple cares about other people. They help those around them.

S-Spirit: The Holy Spirit lives in all disciples. He keeps us full of peace!

C-Christ-centered: No matter what, Jesus is the center of everything a disciple does.

I-Invites others to meet Jesus: A true disciple invites others to meet Jesus.

P-Prays for other people: That's love, through and through!

L-Loves at all times: Even when it is hard to do so, a disciple loves other people at all times. Love covers sins!

E-Encourages other people: If you follow Jesus, you must be an encourager!

Think About It: Jesus knew that people would be watching us to see how his disciples treated one another. When the world looks at you, what do they see? Do they see a kid that acts like Jesus's disciples or do they see something else? Ask God to show you how you can love other people like Jesus did.

Pray: God, I want others to know I'm a disciple of Jesus'. Help me to love others like Jesus loved. In Jesus' name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.12

Family Activity:

Stand in a circle and throw a ball to each other. Whoever catches the ball has to say how they can show love to someone this week. Continue till everyone has had a turn.

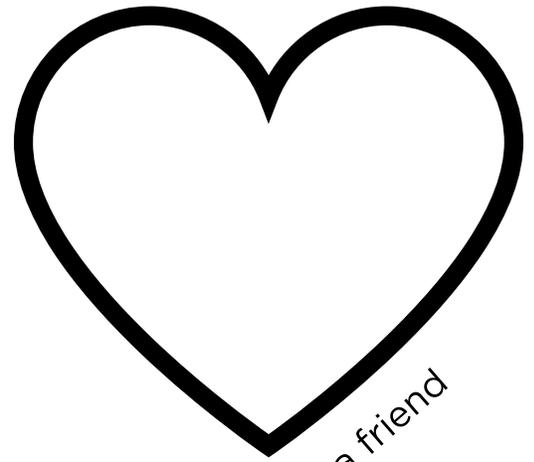
Activity:

Color and write the names of people you will practice loving this week.

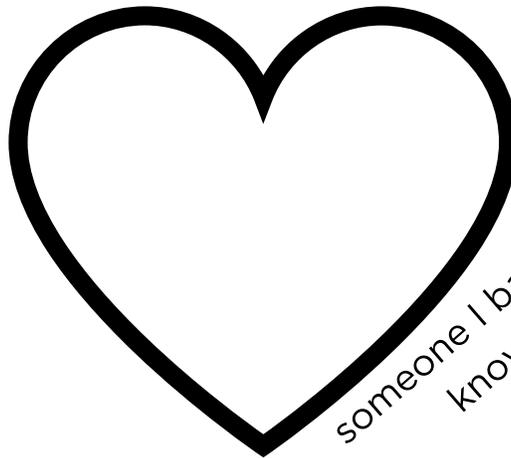
**Jesus calls us to LOVE others
as he has LOVED us.**



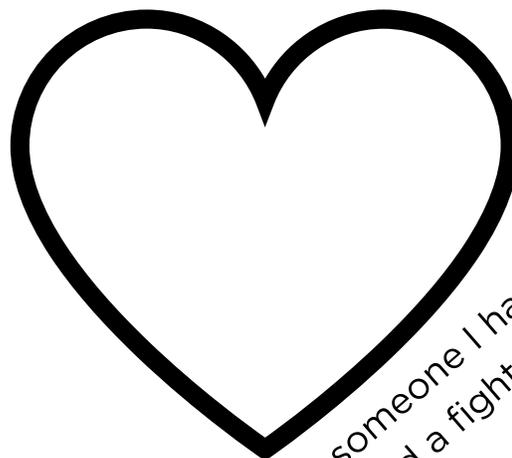
a family member



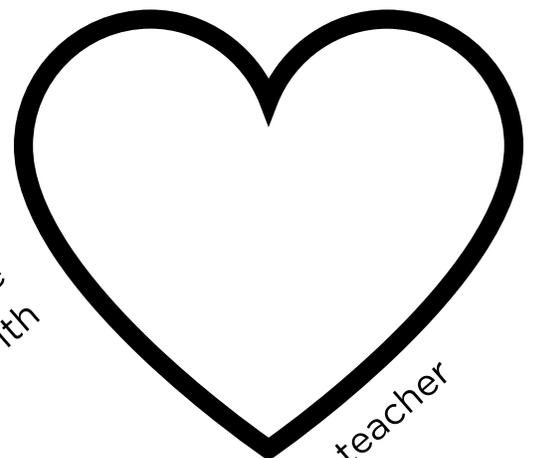
a friend



someone I barely
know



someone I have
had a fight with



a teacher

21.DAYS

of PRAYER & FASTING

DAY.13

"Anxiety weighs down the heart, but a kind word cheers it up."

PROVERBS 12:25

Read: Ephesians 4:29, Hebrews 3:13, Acts 20:35, Hebrews 10:25

Talk About It: Our words have the ability to either build up or tear down those around us. We can destroy friendships that we spend years building instantly with a few words. We can also use our words to completely turn around someone's day. As Christians we should speak encouraging words to each other. Encouraging words can bring joy to your spirit.

Think About It: Think of a time when someone said something that made you feel really good. What did they say? Now, think of a time when someone said something to you that did not make you feel good. The words we say affect those around us. The words we say have the power to make people feel a certain way, and we must always use our words to build people up.

Pray: God, thank you for being encouraging and loving. Thank you for giving us joyful words that can do so much. I pray that I would be mindful of the words I speak and that you would help me to say encouraging words to those around me. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.13

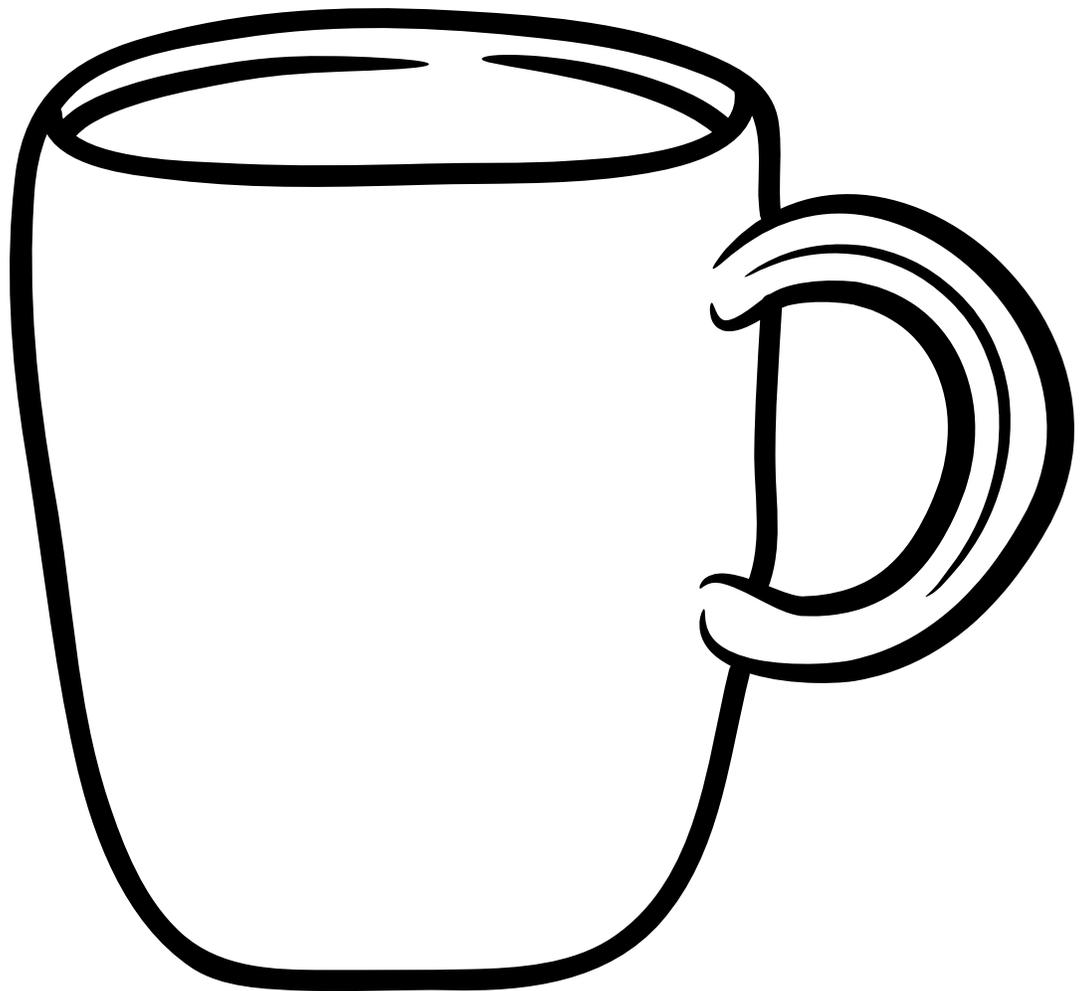
Family Activity:

At dinner time, share something encouraging about each person in your family.

Activity:

Fill the cup with encouraging words that you can share with others.

Encouraging Words



21.DAYS

of PRAYER & FASTING

DAY.14

**"Let everything
that has breath
praise the Lord!
Praise the Lord!"**

PSALM 150:6

Read: Hebrews 13:15, Isaiah 25:1, Psalm 24:8-10,
Psalm 91:1-16

Talk About It: Think about all that God has done for you in 2022. Now think about all that you saw Him do for those around you in the same year. Whether we have good times or bad, God wants us to love him, and thank him for all the things he's given us. When good things happen, we should rejoice and thank God. But let's not forget to thank God in the bad times too, because no matter how bad things are, he is still God and he still loves you and will take care of you.

Think About It: Take time this week to think about all the good things God has done for you this year and all He will continue to do in 2023 and praise Him for them. Thank God for the new year and all the amazing things He will do. Share your praises with friends and family. Ask God to continue to protect you and take care of you in 2023.

Pray: Lord, I praise you for 2022. You kept me safe, protected me and loved me so well. You have been there for me for every moment, and I will never stop thanking you for all that you did. You are amazing and worthy of my praise and the praise of others. I want to continue to praise you for this new year, because I know you will be with me. Each day is an opportunity to praise you Lord. Thank you for showing me all that you continually do for me and my friends. You are such a good Father. I love you so much. Amen.

21.DAYS

of PRAYER & FASTING

DAY.14

Family Activity:

Share your praises from 2022 with each other.

Activity:

Create your own Psalm of praise.



A PSALM OF PRAISE



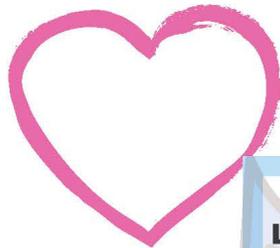
BY: _____

Write 3 words that describe God:

- 1 _____
- 2 _____
- 3 _____

Draw a picture of something God created that you think is pretty amazing.

In the heart below, draw or write one way that you know God loves you:



Write one way God helped you this past week on the lines below:

Now let's put it all together in your own Psalm!

Lord, you are _____, _____, and _____.

You made the _____

_____!

You helped me _____

_____!

I know you love me because _____

_____!

I WANT TO PRAISE YOU NOW!

21.DAYS

of PRAYER & FASTING

DAY.15

"I have given you an example. You should do as I have done for you."

JOHN 13:15

Read: Matthew 26:26-28, 1 Corinthians 11:23-25

Talk About It: Jesus cared deeply for His friends and followers. He wanted to enjoy His last moments with them, while making an effort to communicate who He was and what He was going to sacrifice. Jesus wanted His disciples to remember Him. Not just thinking about who He was, but remembering all that He did in His sacrificial actions. Every time we take Communion, we can remember who Jesus was and what He did and still does.

Think About It: Close your eyes and imagine being at the table with the disciples. Think about the laughter and talking. Imagine Jesus getting up, grabbing a towel, pitcher and basin and kneeling down to wash your feet to prepare you for connection to your community and to remember all that He has done for you. Let him wash your feet. Imagine how He might be praying for you and over you. Then He speaks. After He finishes, see yourself eating the bread and drinking the wine with Him and His followers.

Pray: Dear God, thank you for sending your Son, Jesus, to save me from my sins. Help me to always remember your incredible sacrifice and to share that sacrifice with everyone around me. Show me how to honor you with my life. In Jesus name, Amen.

21.DAYS

of PRAYER & FASTING

DAY.15

Family Activity:

As a family, wash each others feet as a way to show humility and to remember what Jesus did for us.

Activity:

Complete the decoder puzzle.

Decoder Puzzle

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

1. 4-18-9-14-11 _____

2. 2-15-4-25 _____

3. 18-5-13-5-13-2-18-1-14-3-5 _____

4. 2-12-15-15-4 _____

5. 3-21-16 _____

6. 2-18-5-1-4 _____

7. 5-1-20 _____

8. 19-21-16-16-5-18 _____

REMEMBRANCE
SUPPER

BLOOD
EAT

BODY
DRINK

BREAD
CUP

Remember to join us for community worship and prayer at Valley Christian Center,
January 22nd in the Sanctuary.

21.DAYS

of PRAYER & FASTING

DAY.16

"One person gives freely but gets even richer. Another person doesn't give what they should but gets even poorer. Anyone who gives a lot will succeed. Anyone who renews others will be renewed."

PROVERBS 11:24-25

Read: Hebrews 10:10, Luke 22:42, Mark 8:31-38

Talk About It: Think about people who have achieved great things. Most of them had to give up many things to achieve greatness. This is called sacrifice. If you want to follow Jesus, it's not going to be comfortable. It's not going to be easy and it's probably not going to go your way. Jesus tells it like it is; however God would never have you give up something good if He didn't have something better for you up His sleeve.

Think About It: Giving something up can be scary. Like what if God asks you to give up some money you were saving to help a child have food in another country? Or what if God asks you to stop spending so much time on your video games and instead read your Bible? Or what if God asks you to stop being popular and hang out with someone who needs a friend? Giving something up is scary and sacrifice will always cost you, but you can trust God. If you don't remember anything today, remember that you can trust Him.

What is the greatest example of sacrifice that the world has ever seen? Jesus sacrificed His life for each of us, because He loved us. He gave up everything to be with you. What are you willing to give up or sacrifice for Him?

Pray: Lord I praise you for sacrificing for me. From your sacrifice I am saved; I have your Holy Spirit and have been given your mind. I want to grow in selflessness more. Give me opportunities to sacrifice for you so that I may grow, help others and benefit your plans. I praise you for wanting goodness for me. I love you. Amen.

21.DAYS

of PRAYER & FASTING

DAY.16

Family Activity:

Play the game "follow the leader" several times so everyone gets a chance to lead. As a family talk about what it's like following Jesus.

Activity:

What are you willing to sacrifice for Jesus? Answer the following questions.

What are you willing to sacrifice for Jesus?

Why would that be hard for you to give up?

Use the space below to draw a picture of what you would give up.



21.DAYS

of PRAYER & FASTING

DAY.17

"But God has surely listened. He has heard my prayer. Give praise to God. He has accepted my prayer. He has not held back his love from me."

PSALM 66:19-20

Read: Rev 22:17, Matt 6:33, Matt 6:19

Talk About It: God gives us what we need each day. This might not always mean we get what we want, because that's different from what we need. But He provides for the most essential things. In fact, He's already given us His Son Jesus, who took away our sins by dying on the cross. That's all we truly need! But God also lets us have food, shelter, family, friends, and other things that He knows we benefit from. He invites us to come to Him in prayer and He promises to be with us. God values and loves us, and wants to give us good things. It doesn't take money or gifts...just simple prayer!

Think About It: God wants to hear from us, but promises to give us what we need. He has already given us the most important thing we need, Jesus, who taught us to pray! What are some of the things that you have prayed for? Did God answer those prayers? Take time to thank God for answering your prayers and praise Him for always listening to you and taking care of his child.

Pray: "Our Father in heaven, may your name be honored. May your kingdom come. May what you want to happen be done on earth as it is done in heaven. Give us today our daily bread. And forgive us our sins, just as we also have forgiven those who sin against us. Keep us from sinning when we are tempted. Save us from the evil one." (Matthew 6:9-13)

21.DAYS

of PRAYER & FASTING

DAY.17

Family Activity:

Take time each day to pray together as a family.

LORD'S PRAYER

Look up the Lord's Prayer in your Bible. Then write each part of the prayer in your own words to make your own prayer based on Jesus' words. Be as creative as you like.

Activity:

Lord's Prayer

The Lord's Prayer
Matthew 6:9-13
Paraphrased by:

Matthew 6:13

Matthew 6:9

Matthew 6:12

Matthew 6:10

Matthew 6:11

5 1

4 3 2

21.DAYS

of PRAYER & FASTING

DAY.18

"So encourage one another with the hope you have. Build each other up. In fact, that's what you are doing."

1 Thessalonians 5:11

Read: James 1:5-6

Pray: Lord, I thank you for every pastor, director/leader of ministry, and Sunday school teacher at Valley Christian Center. You have hand selected each one to be a blessing to your people. I ask blessings of wisdom, protection, strength and love upon them. They make important decisions daily, they honor you with words and actions and they care for others. It is in Your strength that they are able to accomplish all that You have placed them in charge of. Jesus, strengthen them to continue your good works. The church and I want to bless and pray for them daily, that they may continue to lead Your church toward your will. In Jesus' name. Amen.

Read: Colossians 3:16

Pray: Jesus, thank you for calling me Valley Christian Center. Thank you for those who attend, that I get to call my friends. I ask you Lord to help us all love and continually look to the Bible to guide us in our daily lives. Show us and bless us with your wisdom. Give us thankful hearts and joyous words. Let our words be filled with encouragement. Provide us with a spirit of grace and unity, that we may be an invitation of hope and acceptance for all who look upon Valley Christian Center. In Jesus name. Amen.

Read: Matthew 9:37-38, Mark 16:15-16, 1 Corinthians 9:22 and Romans 1:16

Pray: Thank you, God, for placing Valley Christian Center in the heart of people in need, that we might bring hope. You see our neighborhood and You LOVE it. You LOVE every person that lives and walks by your church. We want every man, woman and child to love Jesus. We say that our neighbors are welcomed and loved. Lord the church and I want to partner with you in drawing each person to you. Help us to be compassionate and empathetic to the needs of those living around us. Lord I commit to helping reach Valley Christian Center's neighbors whenever and however I can. I will look for opportunities to spread your love to them. In Jesus name. Amen

21.DAYS

of PRAYER & FASTING

DAY.18

Valley Christian Center Pastors and Ministry Leaders

Rene Charest
Kristi Charest
Jason Schneider
Monica Schneider
Robert Gaitan
Whitney Ghabrial
Nate Van Dyke
Steve Barsarian
Lori Barsarian
Kit Maddox
Judy Patin
Chastity Broaddus
Gary Horn
Colleen Horn
Morgan Broaddus

Ministries At Valley Christian Center

Men's Ministry
Women Connect
Steadfast
Young Adults
KIDS
Couples Connection
Seniors Ministry
Missions
Worship
Prayer
Baptism
Connect Crews
Volunteer Teams

Ask Holy Spirit to choose 3 pastors or Sunday School teachers to pray for. How does He want to bless and encourage them?

Name: _____

Encouragement: _____

Name: _____

Encouragement: _____

Name: _____

Encouragement: _____

Ask Holy Spirit to choose 3 ministries to bless. Write out your blessings for those ministries in a prayer.

What are 3 ways you can help reach out to our neighbors? How can you help the Lord as His worker?

21.DAYS

of PRAYER & FASTING

DAY.19

After this I looked, and there in front of me was a huge crowd of people. They stood in front of the throne and in front of the Lamb. There were so many that no one could count them. They came from every nation, tribe and people. That's true no matter what language they spoke. They were wearing white robes. In their hands they were holding palm branches.

REVELATION 7:9

Read: John 17:20-23, Acts 2: 1-12, Ephesians 2:19-22

Talk About It: God makes us all unique, but He creates us in His image and loves each and every person. Jesus died for all of us, and when we consider others, we should remember that they are worthy of Jesus's love and sacrifice. God wants us to care for one another and remember that on the inside, we are all alike. We identify ourselves as children of God, the ruler and creator of the universe.

Think About It: Have you ever judged someone based on how they look? How do you think you could keep yourself from doing this, or see others the way God sees them? We might think our appearance, or the outer coverings of others, define and identify us. This is simply not so! We recognize that God made us from the inside out, and each of us is made in His image. We can rejoice that we are all a part of God's family!

Pray: Thank you God that I am a part of your family. Thank you for bringing all of your people together. I thank you that even though we are all different You make us all the same inside. I pray that you would help me to not judge other people and that I would love them because you love them. Help me to share your love with others who don't know who you are. Thank you for making me a child of God. In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.19

Family Activity:

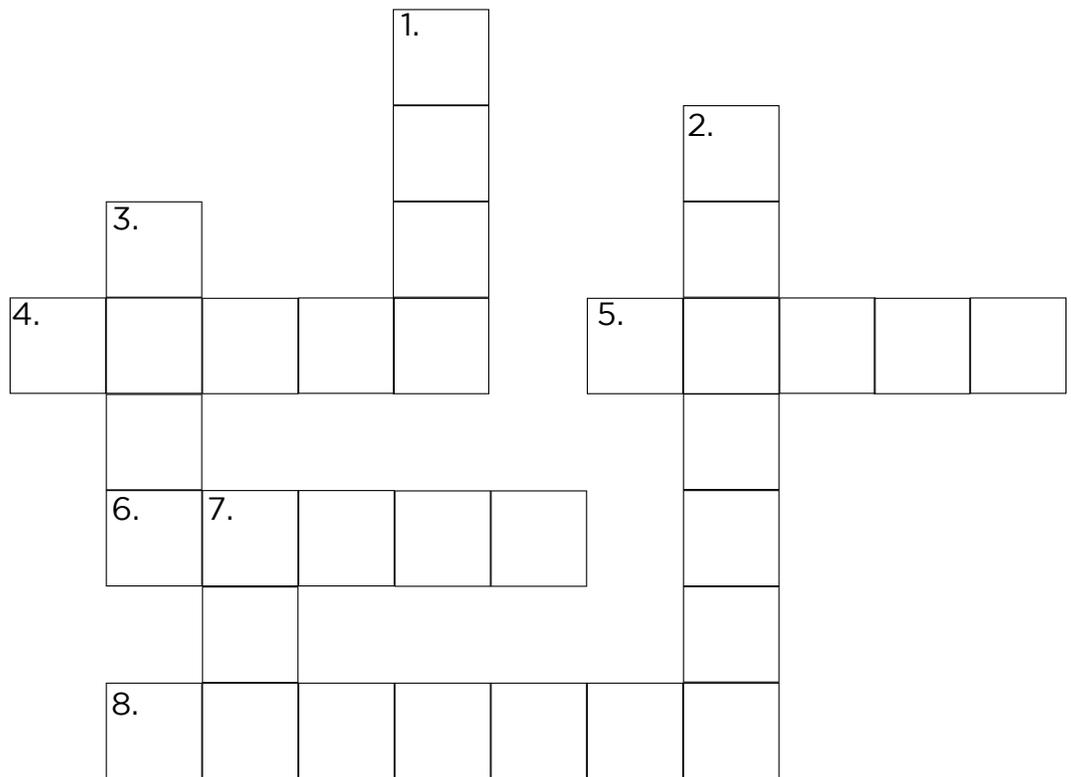
Take a look at fruits, several varieties of the same kind of fruit (for example, granny smith, golden, and red delicious apples). Note differences in size, shape, and color. Peel the fruits to reveal the same flesh on the inside. Explain that people might look, sound, and even act different, but on the inside we are all people, loved by God.

Activity:

Pray for Believers
Crossword

Unity in Jesus

The puzzle is created from John 17:20-23 (NirV)



ACROSS

- 4. Acting as one; joined together as a group
- 5. Great honor, praise, or fame.
- 6. The earth and those who live on it
- 8. A written or spoken statement

DOWN

- 1. To talk with God.
- 2. To accept as honest or true.
- 3. To have information about something or someone
- 7. A single thing

pray	message	glory	know
world	believe	unity	one

21.DAYS

of PRAYER & FASTING

DAY.20

"God is fair. He will not forget what you have done. He will remember the love you have shown him. You showed it when you helped his people. And you show it when you keep on helping them."

HEBREWS 6:10

Read: 1 Peter 4:10-11, Galatians 5:13-14, Matthew 25:35-40

Talk About It: God uses people to do His work. We are told to pass Jesus's love and service on to others. When we take care of others, we do it as though we do it for Christ, because it is for Him! Love and serve the Lord by what you do for other people.

Think About It: If Jesus showed up here today, how do you think we might treat Him? What would we do to make Him feel welcomed and loved? If He asked for something, would we provide it? Jesus told us when we do things for other people, it's like we are doing things for Him? It seems crazy, but it's true! It is important to take care of other people, because it shows that we love God. He has loved us and given us all we could possibly need. Because of that, we want to share His love with those around us. God lets us be part of His plan to serve people. He sends people our way who need God's care, and then we have opportunities to help them. How can you help today?

Pray in your own words:

Dear God, thank you for letting me be part of your work. When I serve other people, I serve you. Help me to look for ways to do that and to care for those around me. Help me to share your love. I love you, God! In Jesus name. Amen.

21.DAYS

of PRAYER & FASTING

DAY.20

Family Activity:

Find a way to serve others around you together as a family. (Mow a neighbors lawn, cook a meal for someone who's sick, help clean up the church, etc.)

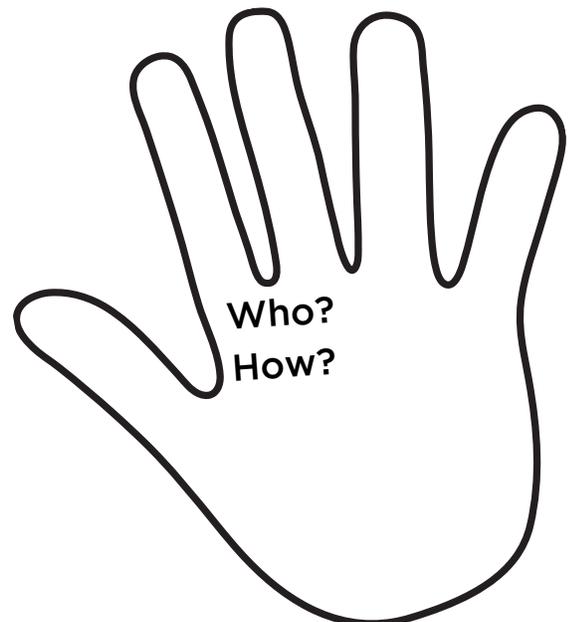
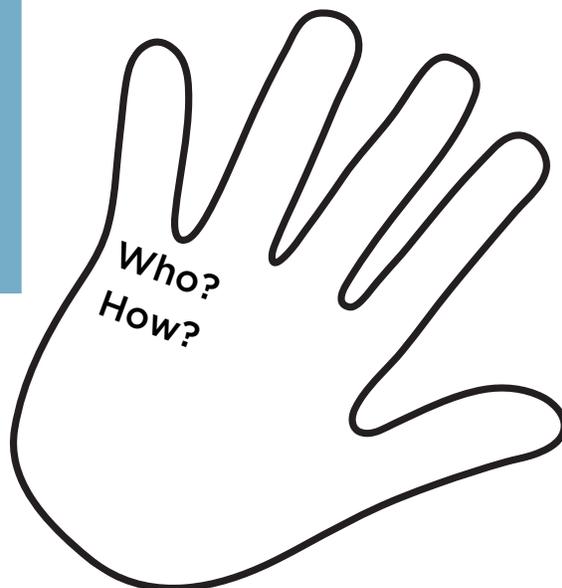
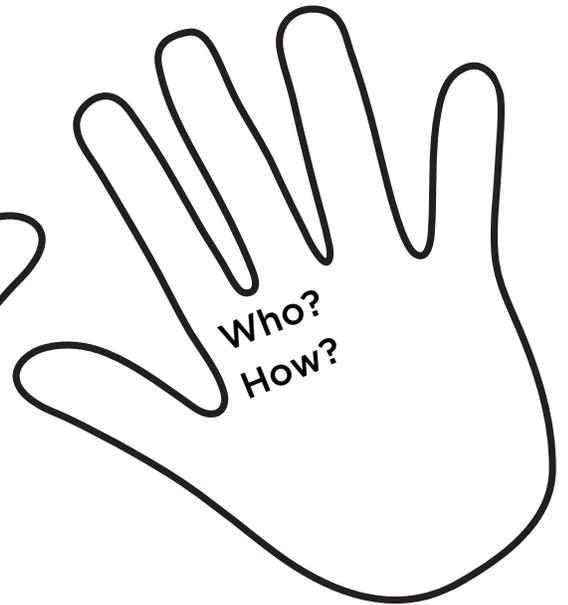
Activity:

Helping Hands

Helping Hands

When I serve others, I serve God.

Write in each hand someone who you can serve and how you can serve them this week.



21.DAYS

of PRAYER & FASTING

DAY.21

"Every day they met together in the temple courtyard. They ate meals together in their homes. Their hearts were glad and sincere. They praised God. They were respected by all the people. Every day the Lord added to their group those who were being saved."

ACTS 2:46-47

How we end our prayer and fast together is just as important as how we began it. The Bible says, "Rejoice in the Lord always; again I will say, rejoice." and together we will celebrate.

Read: Jeremiah 30:19-20, Nehemiah 8:10-12,

Talk About It: Take time to thank God for the people you call friends and family. Thank Him for bring able to call or meet these people and how they have lifted your spirits and how you have been able to lift theirs. Praise the Lord for the connections that have grown stronger during these 21 days.

Think About It: Think about your time with God during these 21 days. Think about all the moments you've had with Him. Has your relationship with Him changed? Do you feel closer to Him? Take time to thank the Lord for the loving moments you were able to spend with Him. Tell Him how your connection to Him has changed. Think about how you treat others around. How has prayer changed the way you feel about those around you? Think about how the Lord has placed you in your community; in church and in the neighborhood around the church. How has your view of your neighbors changed? Where has your heart grown for those around the church?

Praise: Take time praising God for placing you right where you belong; where you can be of help. Thank Him for the opportunities that you have been given through the church to connect with people that might not have a church family or don't know Jesus. Thank the Lord for His heart for people, and giving you that same heart to love and accept.

21.DAYS

of PRAYER & FASTING

DAY.21

On the last page of this 21 Days of Prayer and Fasting booklet is a list of the ministries, connect crews and volunteer opportunities that Valley Christian Center has available to keep you connected in community and growth. Take your time looking through the list and choose one that fits your needs best.

How have you changed during 21 Days of Prayer and Fasting?

How have your relationships with family and friends changed with prayer?

How has your heart changed toward the community around you?

Where can you help in order to keep connection with God, fellow believers and community?
