

3-6 YRS

FORWARD

21 DAYS OF
FASTING & PRAYER





FORWARD

You are on a journey with God. He wants to take you to new places and bring you on exciting adventures! To do that, you need to take steps to know God more and walk closer to Him. To move forward with God, build your relationship with Him and start exploring all that He has planned for you!

THIS BELONGS TO:

LET'S GO ON A 21 DAY ADVENTURE!

This book helps you to know more about God. It helps you to spend time with God.

Read this book every day with your parents. There are fun activities to do together as a family.

Tell your parents what you have learnt and pray together. Tell your Small Group Leaders in Victory Kids too!



FASTING & PRAYER

Fasting means putting aside things that take away your attention from God.

STEP 1

Choose something that you are willing to give up to spend time with God these 21 days.

- It could be a hobby, a meal, a favourite TV show or playing with toys.
- Draw or write it/them down on the next page.
- Tell your parents and Small Group Leader about what you have decided to fast. Ask them to remind you about it!

STEP 2

Decide the time you want to read this book and to pray every day.

STEP 3

Write down some of the things that you feel God is speaking to you.



I WILL FAST...

Draw or write something here

A large, light teal, rounded rectangular area intended for drawing or writing.



READY, SET, GO!

I NEED TO BE READY FOR
GOD TO MOVE



DAY 1



SCRIPTURE

Isaiah 43:19 (NLT)

I am about to do something new.
It is beginning to happen even now.
Don't you see it coming?



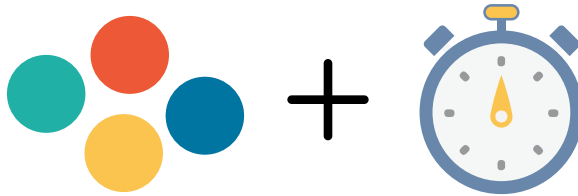
THOUGHTS

Everyone likes new things, like getting a new gift on your birthday! This verse says God is doing something new, but you need to make space for new things! Make room in your heart so that God can put something new inside. Open up your hands and say this out loud, “God, I am ready. Do a new thing in me!” In these 21 days, start something new – like reading this book every day and praying every morning!



ACTIVITY

Get your parent to call out a colour and time you as you look for an item of that colour.



Play a few rounds to see if you get better at finding the coloured item. Challenge your sibling or friend to see who finds the item the fastest!

If your parent told you what colour to look for 1 minute before they started timing you, would you be able to find the item faster? You probably would! That's because you would have extra time to get ready for it. In the same way, you can prepare yourself early so you would be ready for God every day!



PRAYER

Dear God, I want to make room for You in my heart so I can receive new things from You. I want to be ready for You. Help me to prepare myself early so I will always be ready for You. In Jesus' name I pray, Amen.



REFLECTION

Circle 2 things you want to do this week to be ready for God to move:

Read a Bible story every night

Tell God how much you love Him every day

Pray before you sleep every night

Sing a praise or worship song to God every day

Say good morning to God every morning



BEING BRAVE

**GOD'S LOVE GIVES
ME PEACE**



DAY 4



SCRIPTURE

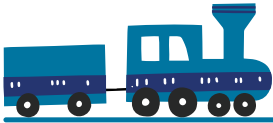
1 John 4:18 (ICB)

Where God's love is, there is no fear, because God's perfect love takes away fear.



THOUGHTS

Do you have something you are afraid of? The dark? Insects? Thunderstorms? Here's the good news! You don't have to fear because God loves you and He will take care of you. He will protect you, so you don't have to be afraid of anything! God will put peace in your heart when you call on Him. Whenever you feel scared, put your hand on your heart and say, "God, You are with me, I don't have to be afraid."



DAY 5



ACTIVITY



1. Grab a piece of paper and a crayon.



2. Write or draw anything that you are afraid of.



3. When you are done, show your parents what you are afraid of and pray together with them. Ask God to take away those fears and give you peace.



4. After praying, tear the piece of paper, throw it away and say goodbye to fear!



DAY 6



PRAYER

Dear God, I know You love me and You are always with me. Take away all my fears and fill me with Your peace. When I am scared, give me courage to be brave. In Jesus' name I pray, Amen.



REFLECTION

Read the Bible verse below. With your parents' help, think of some actions to help you remember the verse. Whenever you are afraid, do the actions and say the verse out loud. Remember, God is with you!

I am the Lord your God.

I am holding your right hand.

And I tell you, 'Don't be afraid.

I will help you.' **Isaiah 41:13 (ICB)**



NEVER ALONE

**GOD IS WITH ME ALL
THE TIME**



DAY 7



SCRIPTURE

Isaiah 41:10 (ICB)

So don't worry, because I am with you.
Don't be afraid, because I am your God.
I will make you strong and will help you.



THOUGHTS

When you feel alone, God is with you. When you find it hard to do something, God is with you. When you need help, God is with you. You are never alone, God is always with you! God promises to give you strength when you ask Him for help. Nothing is too hard for God! Do a superhero pose and say, "God is with me, I am never alone!"



ACTIVITY

Place a Jesus sticker in every box below. Jesus is with you all the time!

Sleeping alone in your room



Playing by yourself



When Daddy and Mummy are busy



Doing homework



During a scary thunderstorm



When you are hurt





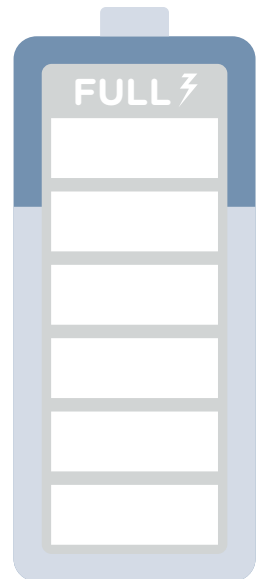
PRAYER

Dear God, thank You for always being there for me. You are a big and strong God. Nothing is too hard for You! Thank You for giving me strength when I ask You for help. In Jesus' name I pray, Amen.



REFLECTION

God gives us strength when we ask Him for help! Colour the bars on the battery with a green crayon. Fill it up all the way to the top. As you colour, remember that God is always there to fill you up with strength, just like charging a battery!





MY SPECIAL HELPER

GOD GAVE ME THE
HOLY SPIRIT



DAY 10



SCRIPTURE

John 14:16 (ICB)

I will ask the Father, and he will give you another Helper. He will give you this Helper to be with you forever.



THOUGHTS

Imagine if you had to pour out all your toys and pack them back into boxes on your own. Would you want an extra pair of hands to help you? Of course you would. That is a lot of work to do on your own!

God knows you need help, so He gave you a special helper called the Holy Spirit! The Holy Spirit helps you when you are sad, when you are alone and when you are scared. God gave you the Holy Spirit because He loves you. The Holy Spirit is your friend. You can talk to the Holy Spirit and ask Him for help anytime!



ACTIVITY

Do these tasks on your own and record the time taken. Ask your parent to do the same tasks together with you and record the time taken again. Was it faster when you had help, or when you were doing it on your own?

Tasks To Do	Time taken to do it on my own	Time taken when someone helped me
Stacking 15 Lego blocks		
Carrying 10 books from your room to the living room		
Arranging your colour pencils from shortest to longest		
Changing 2 pillow cases		
Packing your school bag		

It is always better when there is someone to help. The Holy Spirit is always there to help you!



DAY 12



PRAYER

Dear God, thank You for giving me the Holy Spirit. I know the Holy Spirit is a great helper. He is also a friend who is always with me. Remind me to always ask the Holy Spirit for help. In Jesus' name I pray, Amen.



REFLECTION

Circle the words that describe the Holy Spirit.

LOVING

FAR AWAY

HELPFUL

FIERCE

LOUD

SCARY

POWERFUL

GENTLE



LISTEN AND OBEY

I WILL LISTEN AND OBEY
BECAUSE I LOVE GOD





DAY 13



SCRIPTURE

Luke 11:28 (NIRV)

Blessed are those who hear God's word and obey it.



THOUGHTS

God loves it when you listen and obey Him. He promises to be close to you when you listen and obey! Good things happen when you listen and obey God. You should listen and obey your parents too, because God put them there to take care of you. When you obey them, it shows that you love them. It makes them happy and it makes God happy too!

Put your hands on your ears and say, "I choose to listen and obey, because I love God!"



ACTIVITY

Here are some things we should do to obey God and our parents. Draw a star beside the actions when you have done them this week.

Be kind and help someone	
Read the Bible every day	
Say “please” and “thank you” to those who help you	
Go to bed when Daddy or Mummy tells you to	
Say sorry when you did something wrong	
Play nicely with your sibling	
Keep your toys after you are done playing with them	



DAY 15



PRAYER

Dear God, I want to obey You because I love You. I know good things will happen when I listen and obey. Teach me what is right and wrong so I can obey You. In Jesus' name I pray, Amen.



REFLECTION

How do you think God feels when you listened and obeyed this week? Draw in the eyes and mouth to the face below.





SUIT UP

THE ARMOUR OF GOD
PROTECTS ME



DAY 16



SCRIPTURE

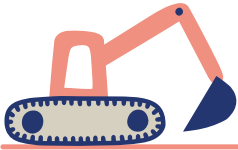
Ephesians 6:11 (ICB)

Wear the full armour of God. Wear God's armour so that you can fight against the devil's evil tricks.



THOUGHTS

Imagine you are a soldier going to a fight without a shield or helmet. Doesn't it seem hard to fight because anyone can hurt you? That is why it is important to put on an armour to protect yourself! An armour is a hard piece of metal that will stop any sharp object from hurting you. God wants to protect you, so He has given you the armour of God! Though you cannot see the armour of God, you can put it on by praying, reading the Bible and talking to others about God.



ACTIVITY

Read Ephesians 6:14-17 (NIRV) with your parents. Look for 6 words in the table below that are also in the Bible verses you just read. Circle those words that make up the armour of God!

Truth

Lies

Godliness

Sin

Worry

Peace

Fear

Faith

Salvation

Death

Devil

Holy Spirit



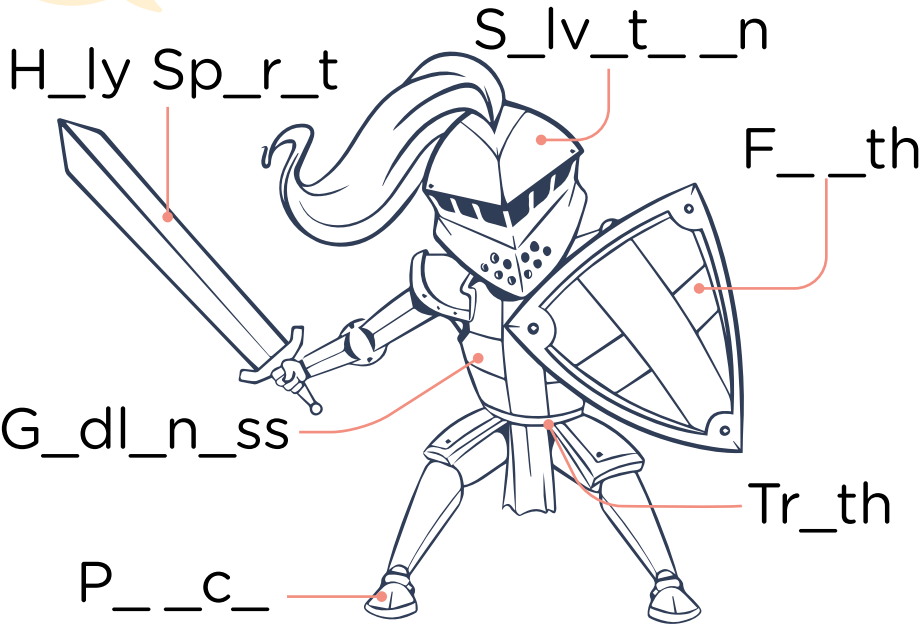
PRAYER

Dear God, I want to put on the armour of God every day. I know Your truth, godliness, peace, faith, salvation and Holy Spirit will protect me. In Jesus' name I pray, Amen.



REFLECTION

Fill in the blanks to recap what you've learnt.





ON THE WINNING TEAM

GOD GIVES ME VICTORY



DAY 19



SCRIPTURE

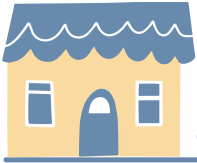
Romans 8:37 (NIRV)

In all these things we are more than winners! We owe it all to Christ, who has loved us.



THOUGHTS

With God on your side, you are always on the winning team! You do not have to be sad or angry when things do not go your way. God has good things for you because He loves you! God will give you victory. That means you can be happy, even if bad things happen! Whenever you are feeling upset, say, “I don’t need to be sad or angry because God gives me victory!”



DAY 20



ACTIVITY

Find the word “VICTORY” as many times as you can.

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



PRAYER

Dear God, I want to be on Your side. With You, I am always on the winning team. You are a good God and You love me very much, so I don't have to be sad or angry. You will give me victory! In Jesus' name I pray, Amen.



REFLECTION

The winning team always celebrates! Choose your favourite praise song and celebrate the victory God has given you. Sing it with your parents!

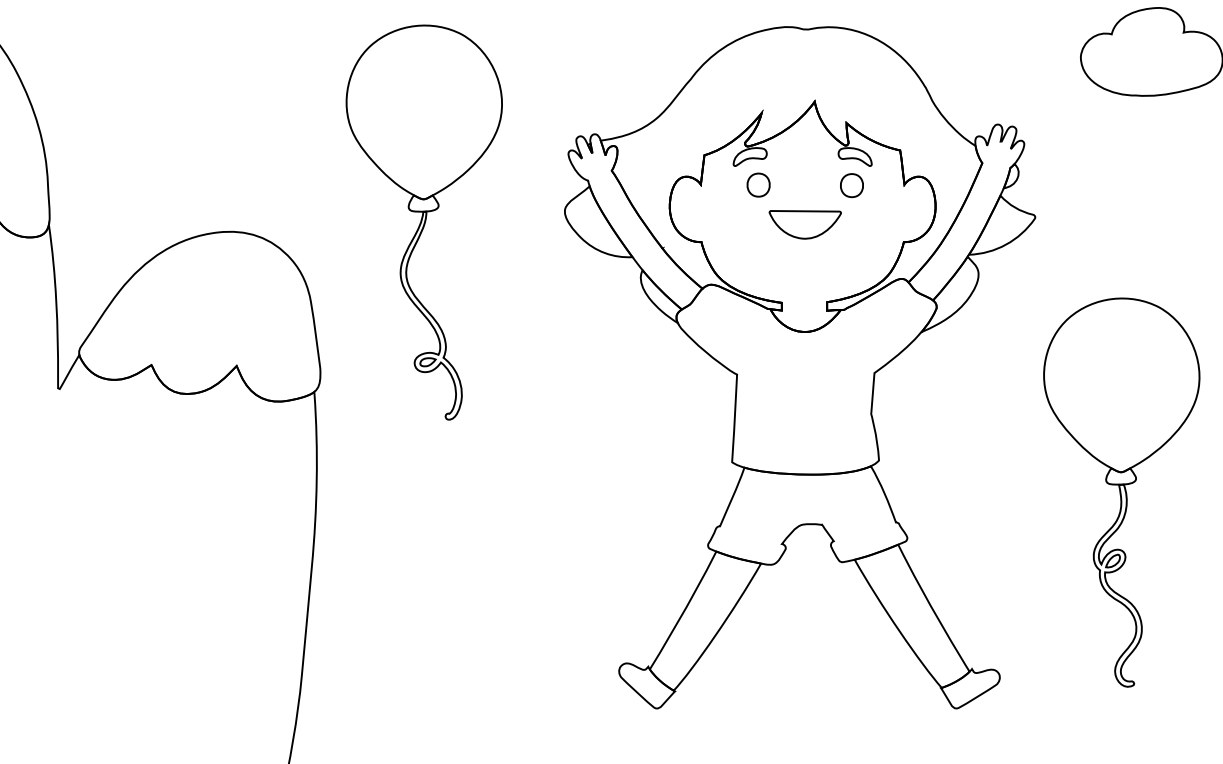


Parents, you can access the 0-6 VK Playlist at vfc.org/kids.

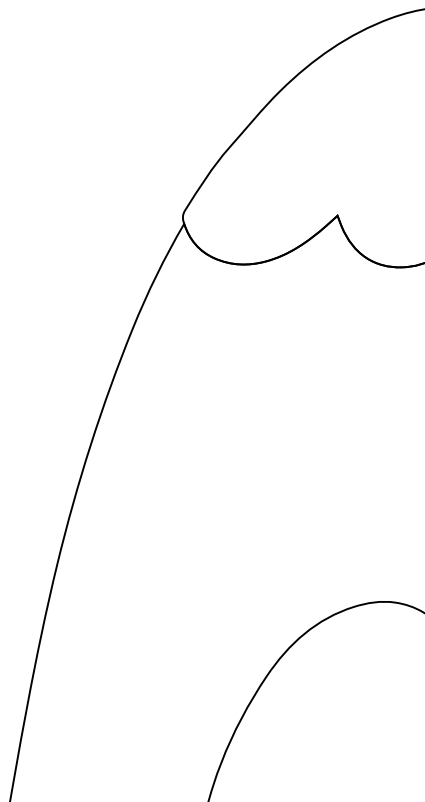
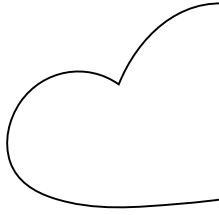
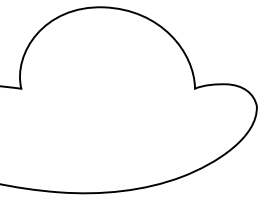
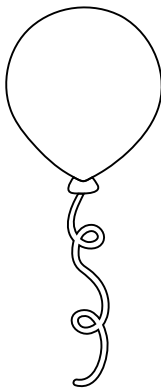
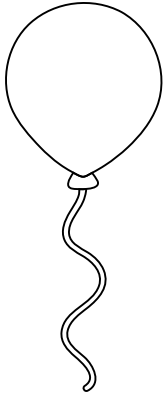
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FASTING & PRAYER



YOU
MADE
IT!





Victory Family Centre Singapore
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