

7-12 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!

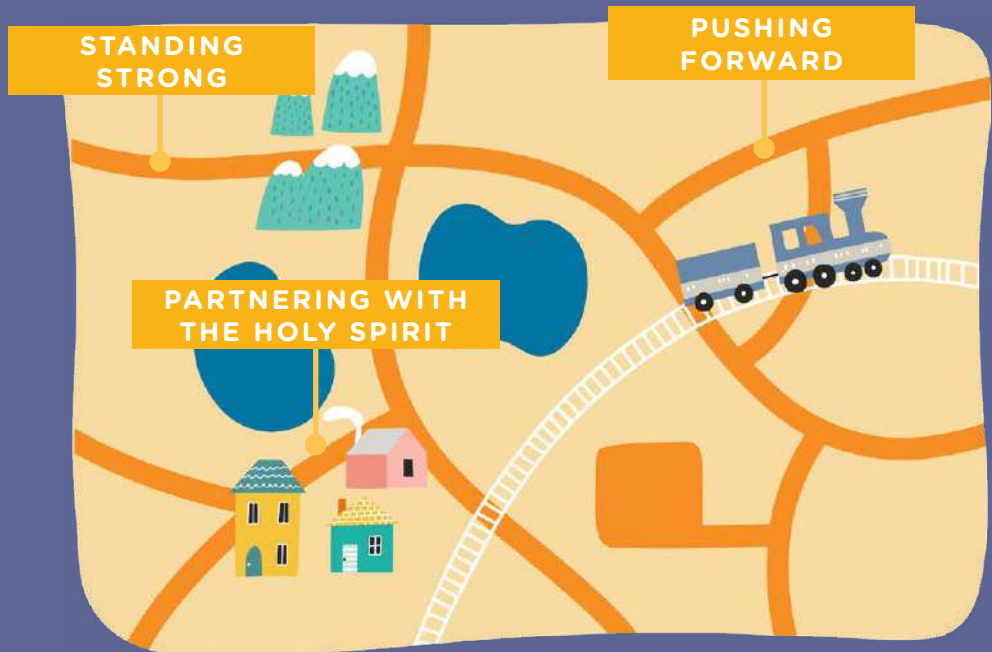
THIS BELONGS TO:

LET'S SET OUT 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 blue, rounded rectangular area intended for drawing or writing.



STANDING STRONG

DAY 1

I CAN HAVE A STRONG FAITH IN GOD.



SCRIPTURE

1 Corinthians 16:13 (ICB)

Be careful. Continue strong in the faith. Have courage, and be strong.



THOUGHTS

A house needs to have a strong foundation to withstand thunderstorms and earthquakes. Like a house, your faith needs to be strong too. When it is strong, you can withstand problems and unexpected situations that come your way. Here are three ways to have faith in God:

- Trust that God hears you when you call on Him.
- Believe in His promises for you. You can find them in the Bible!
- Be confident that God is with you all the time!

No matter how you feel, keep trusting that God will take care of you in every storm. Build a strong and unshakeable faith in Him.



PRAYER

Stand strong in faith.

- Tell God about any doubts or questions you may have.
- Tell Him that you trust Him and believe in His word.
- Ask Him to give you strength so you can continue to stand strong!

DAY 2

GOD WANTS ME TO BE BRAVE.



SCRIPTURE

Deuteronomy 31:6 (ICB)

Be strong and brave. Don't be afraid. Don't be frightened. The Lord your God will go with you. He will not leave you or forget you.



THOUGHTS

You may have read about scary giants in books or seen ugly monsters on TV. In real life, giants and monsters may come in the form of a difficult test or a mean bully in school! These are just some examples of situations that may make you feel nervous or afraid. However, God does not want you to live in fear!

- God promises to always be with you, so you can be brave!
- He will never leave you. You are never alone!
- No matter what you go through, God is always there to help you.

God will help you to overcome every challenge you face. Simply listen to what He tells you to do and be bold to do what He says!



PRAYER

Stand strong in courage.

- Tell God about a time when you felt helpless and afraid. It could be something recent, or something that happened in the past.
- Ask Him to exchange those fears with courage.



ACTIVITY

Write out a list of things that you are afraid of. For example, fear of exams, fear of bullies, fear of heights, fear of what others may think of you, etc.

PASTE
STICKER
HERE

PASTE
STICKER
HERE

PASTE
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PASTE
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PASTE
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Now, close your eyes and tell God your fears. Name them out one by one and imagine yourself giving those fears to God. Ask God for courage to overcome these fears! After you have prayed, paste a smiley face sticker beside each fear and say out loud, "I will be brave because God is with me."

DAY 3

I DO NOT NEED TO BE AFRAID BECAUSE GOD LOVES ME!



SCRIPTURE

1 John 4:18 (ICB)

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



THOUGHTS

Just like how an umbrella shelters you from the rain, God's love is like a huge umbrella that shelters you from the thunderstorms in life. God's love protects you and keeps you safe.

- You can experience peace even on your worst day because an Almighty God is watching over you all the time!
- Not only is He powerful, He cares a lot about you! He surrounds you with His love and thinks good thoughts about you.
- The Bible says nothing can separate you from God's love. His love for you is so great, it is deeper than the deepest ocean!

When you understand how much God loves you, you would not need to worry or be afraid. If you believe in God's perfect love for you, you would sleep peacefully every night!



PRAYER

Stand strong in God's love.

- Ask God to fill you with His love and surround you with His presence.
- Tell God how much you love Him too!

DAY 4

THE RIGHT THOUGHTS BRING ME CLOSER TO GOD.



SCRIPTURE

Philippians 4:8 (NIRV)

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.



THOUGHTS

The Bible teaches us to focus on what is right. Just like a magnifying glass, what you choose to focus on will grow bigger in your life. For example, if you keep complaining and thinking negatively about others, you will soon feel like everything about your day is horrible. However, if you choose to focus on good things, like how to encourage others or thanking God for what He has given you, your day will end up looking much better!

- Always thank God for what He has blessed you with.
- God is pleased when we have the right thoughts.
- A thankful heart and the right thoughts bring us closer to God.

Every day, you have a choice to make. Choose to think the right thoughts and focus on what is good.



PRAYER

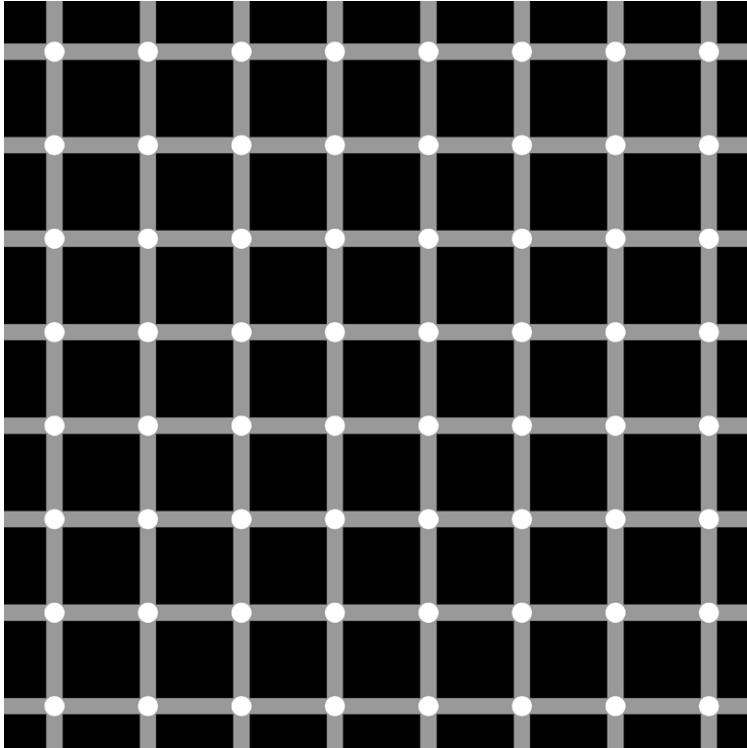
Stand strong with the right thoughts.

- Ask God to forgive you for any wrong thoughts you've had.
- It could be a bad attitude or holding a grudge against someone.
- Ask God to fill you with thoughts that are good and honourable.



ACTIVITY

Take a look at this picture below. At first glance, it seems like the dots between the squares are black. However, when you focus on each dot, you will realise that the dots are actually white!



In the same way, when something goes wrong, it's easy to complain and focus on how bad (black) the situation is. However, if you choose to focus on God, you will see the good (white) in every situation! Remember, no matter how bad your day is, fix your thoughts on what is right!

DAY 5

I CAN DEPEND ON GOD TO HELP ME.



SCRIPTURE

Psalm 46:1 (NIRV)

God is our place of safety. He gives us strength.
He is always there to help us in times of trouble.



THOUGHTS

Think of the most powerful superhero you know and name that superhero out. Do you know God is infinitely more powerful than that superhero you just named? God created the entire universe! He holds all the power in the world!

- Just like how a superhero swoops in to save the day, God can also help you in your time of need.
- When you are in trouble, simply call out to God! He promises to come to your rescue.
- God never fails. You can fully depend on Him to help you.

There's no problem too big or too small for God! No matter what you face, you can be sure that God will be there to save you.



PRAYER

Stand strong by depending on God.

- Tell God about a problem you are facing now. It could also be something that happened in the past which hurt you.
- Give that problem to God and ask Him to help you.
- Tell Him that you trust Him, then thank Him for helping you!

DO NOT GIVE UP NO MATTER WHAT.



SCRIPTURE

1 Corinthians 15:58 (NLT)

So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.



THOUGHTS

Have you ever felt like things got worse, even when you tried so hard to do what was right? Maybe you prayed really hard but nothing changed. Perhaps you felt like you were treated unfairly even though you did nothing wrong. In such times, you may wonder if God still cares. The truth is, He always cares!

- The Bible says that God sees and hears everything! Nothing goes unnoticed.
- God promises good things for those who don't give up.
- Nothing you do for God is ever wasted, so keep doing what's right, even if it is difficult.

Don't be discouraged if you don't see anything changing for the better. Keep praying! God is working out something good for you. Trust that He will make things better at just the right time. Keep pressing on!



PRAAYER

Stand strong with determination.

- Be honest and tell God if you are discouraged or disappointed.
- Ask God to give you the determination to keep doing the right thing even when things don't go well.



ACTIVITY

It's time to put your endurance to the test! Here's a series of tough challenges you can try on your own. Colour the thumbs-up icon if you manage to complete the task without giving up!

	Do a 90 degree wall sit for 1 minute	
	Try not to blink for 30 seconds	
	Turn off the TV for 3 days	
	Stand on one foot for 5 minutes	
	Read Mark chapter 1 to 5 in 1 week	
	Do 20 sit ups	
	Write out today's scripture with your non-dominant hand (i.e. write with your left hand if you are a right hander)	
	Read one devotional everyday for the rest of the 21 days of fasting & prayer	

SUMMARY: STANDING STRONG



THOUGHTS

No matter how old you are, you can be strong, unshakable and immovable! Not because of how great you are, but because of who is with you! God is always with you! He has called you to be strong.

This week, I'm moving forward because I learnt to:

1. Stand strong in faith.
2. Stand strong in courage.
3. Stand strong in God's love.
4. Stand strong with the right thoughts.
5. Stand strong by depending on God.
6. Stand strong with determination.



PRAYER

- Tell God one thing you've learnt this week and thank Him for it.
- Ask God to help you connect with Him daily.



REFLECTION

1. What are some things you have done to help you stand strong?

2. Which topic this week was the most helpful to you?
Why?



PARTNERING WITH THE HOLY SPIRIT





SCRIPTURE

John 14:26 (NIRV)

But the Father will send the Friend in my name to help you. The Friend is the Holy Spirit. He will teach you all things. He will remind you of everything I have said to you.



THOUGHTS

Do you have a best friend who is always there for you? A best friend keeps you company when you are lonely, listens to your problems and gives you advice when you need it. The good news is, God promised to send the Holy Spirit to be your special friend!

- As your friend, the Holy Spirit will always be near you, ready to help.
- When you do not know what to do, the Holy Spirit will guide you and teach you God's ways.
- The Holy Spirit wants to be your best friend, so make time to get to know the Holy Spirit better!

Whenever you need help, the Holy Spirit will be there for you. He will encourage you through hard times and celebrate with you in the good times too!



PRAYER

The Holy Spirit is a special friend.

- Spend some time speaking to the Holy Spirit. You can talk to Him like how you would talk to your best friend!
- Acknowledge that the Holy Spirit is with you and thank Him for His presence.
- Ask the Holy Spirit to teach you God's ways and guide you on the right path every day.

DAY 8

I CAN ALWAYS TRUST THE HOLY SPIRIT.



SCRIPTURE

Romans 15:13 (NIRV)

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.



THOUGHTS

Have you ever been disappointed or betrayed by a person you trusted? There may be times you turned to someone for support, but he/she failed to help you. Thankfully, the Holy Spirit is not like that! You can have full confidence in the Holy Spirit because He will never let you down.

- You can trust the Holy Spirit because He is perfect. Humans may forget, but the Holy Spirit will never forget about you.
- The Holy Spirit is all powerful. People may run out of ideas but the Holy Spirit is unlimited. He can do anything!
- The Holy Spirit is never too busy to help you. He is always with you, ready to help any time!

You can be joyful and full of hope when you run into problems because you can always trust the Holy Spirit to help you.



PRAYER

The Holy Spirit is trustworthy.

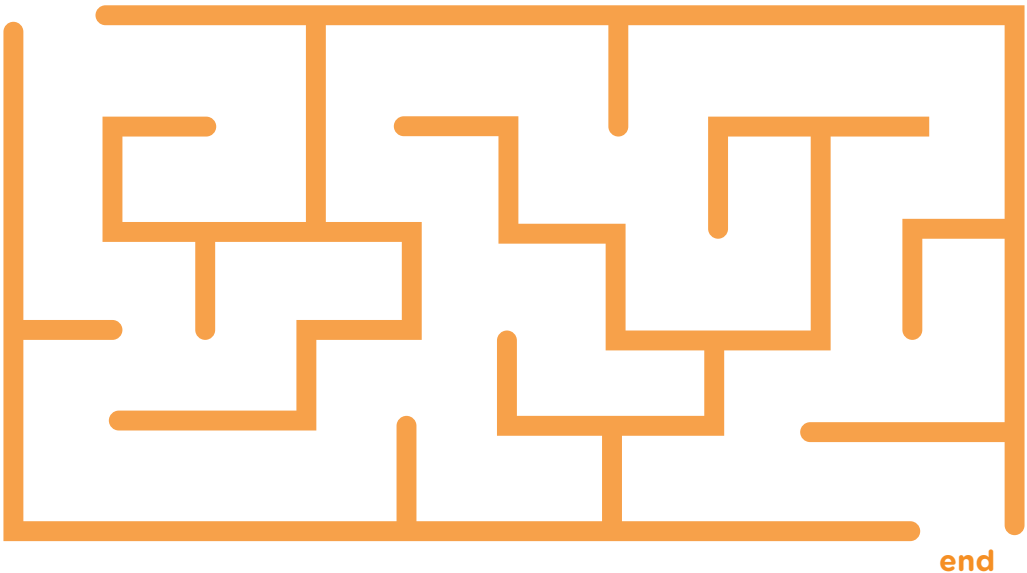
- Tell the Holy Spirit about a time someone failed to help you.
- Ask the Holy Spirit to help you trust in Him.
- Ask the Holy Spirit to fill you with His power, hope, joy and peace.



ACTIVITY

1. Take a look at the maze below. Figure the way out in your head, then memorise it.
2. Then, pick up your pencil and try drawing the line from start to end with both your eyes closed.
3. Take a colour pencil or crayon and try again. This time, get one of your parents to hold your hand and draw the line from start to end while you close your eyes.

start



Was it easier to draw the line from start to end on your own, or with your parent's help? It can be hard to solve problems on your own sometimes. It is better to trust someone to guide you, especially if the person helping you can see clearly! The Holy Spirit is all knowing, He sees everything from start to end. You can always trust the Holy Spirit to lead you.

DAY 10

THE HOLY SPIRIT WANTS TO SPEAK TO ME.



SCRIPTURE

Hebrews 3:7-8 (NIRV)

The Holy Spirit says, “Listen to his voice today. If you hear it, don’t be stubborn.”



THOUGHTS

The Holy Spirit wants to speak to you. He loves you and desires to tell you about God’s plan for you. He wants to show you God’s ways and teach you how to live a better life.

- As a child of God, you have the special privilege of hearing
- the voice of the Holy Spirit because you have a relationship with Him.
- The Holy Spirit can speak to you any time, be ready to respond to Him.
- Do not ignore the voice of the Holy Spirit. He wants to tell you great things!

No matter how busy you are, make time to listen to the Holy Spirit. Open up your heart and wait for Him to speak. It might be an encouragement or an important instruction that you really need!



PRAYER

The Holy Spirit speaks to me.

- Ask God to open your spiritual ears so that you can hear from the Holy Spirit.
- Ask Him to teach you to recognise His voice.
- Spend some time in silence and listen to the Holy Spirit!

DAY 11

WHEN THE HOLY SPIRIT SPEAKS, I SHOULD OBEY.



SCRIPTURE

John 14:23 (NIRV)

Jesus replied, “Anyone who loves me will obey my teaching.”



THOUGHTS

The scripture above says that if you love God, you will obey His teachings. Sometimes, you might find it hard to obey because you don't feel like it. Other times, people may make fun of you for being different because you obey God. Or maybe, you find it hard to obey when the Holy Spirit tells you to do something you don't understand and you wonder why you have to obey.

- Even when it is difficult, you should always obey the Holy Spirit's instructions.
- He wants the best for you, so He will only ask you to do what is right.
- The Holy Spirit may speak through people like your parents and teachers in church. When you obey them, God is pleased.

It is important to obey what the Holy Spirit says because it shows that you love, trust and respect God. God is good, you won't regret obeying Him!



PRAYER

I need to obey the Holy Spirit.

- If you find it hard to obey God's word, your parents or your teachers, tell the Holy Spirit about it.
- Ask the Holy Spirit to change your heart and tell Him you are willing to obey.
- Ask the Holy Spirit to remove anything that is holding you back from obedience.



ACTIVITY

Here are some possible thoughts that may enter our heads throughout the day. Put a tick beside the thoughts that are from the Holy Spirit. Put a cross beside the ones that are not from the Holy Spirit.

I should be kind and help my friend, even if it means I might be tired.	
It's okay to watch TV even though my parents told me to stop.	
I should say sorry when I made my parents angry.	
I should tell a friend how much God loves him/her.	
It's okay to throw tantrums and be rude to others because I am right.	
I should read the Bible and spend time talking to God every day.	
I only respect my teachers if they treat me nicely.	

The more you obey the Holy Spirit, the more you will learn to recognise His voice.

DAY 12

WHEN I CHOOSE TO OBEY, GOOD THINGS HAPPEN.



SCRIPTURE

Luke 11:28 (NIRV)

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



THOUGHTS

God rewards obedience! For example, Abraham followed God's instructions to move from place to place, even though it was hard. In the end, God blessed Abraham and made him a father of many nations! Can you find other examples of people in the Bible who obeyed God and were greatly blessed?

- When you choose to obey, you position yourself in the right place to be blessed by God.
- If you follow His commands, God promises great blessings such as protection, honour, answered prayers, joy and even a long life!
- Obeying God is a choice we have to make. It may not be easy, but it will be worth it.

Do not make excuses. Be quick to obey because good things happen when you obey God.



PRAYER

Good things happen when I obey.

- Ask God to forgive you for the times you did not obey.
- Ask Him to help you obey immediately.
- Ask Him to show you the blessings of obedience.

THE HOLY SPIRIT TAKES ME FURTHER.



SCRIPTURE

John 16:13 (NIRV)

But when the Spirit of truth comes, he will guide you into all the truth. He will not speak on his own. He will speak only what he hears. And he will tell you what is still going to happen.



THOUGHTS

Wouldn't it be cool if you had special powers to see into the future or have mind reading abilities? You would know what was going to happen before anyone else and you could tell what someone is really thinking or feeling! The Holy Spirit is amazing because He can do all of that!

- He knows all things – past, present and future. He also knows every human heart inside and out.
- What's even better, is that He desires to tell all these things you do not know! He wants to reveal the plan of God so you can live it out.
- With the help of the Holy Spirit, you can do far more than what you can achieve on your own.

The Holy Spirit is able to take you further. He can do incredible things if you allow Him to! Do not limit what He can do in you and through you.



PRAAYER

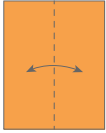
The Holy Spirit wants to do great things with me.

- Ask God to give you a new understanding of what He can do!
- Ask Him to remove any limits you may have placed on yourself.
- Tell Him how much you want Him to use you to do
- great things!

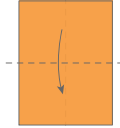


ACTIVITY

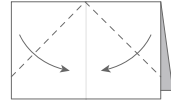
Use the aluminium foil provided to fold 2 origami boats. Follow the steps below.



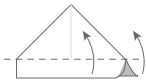
1. Fold in half



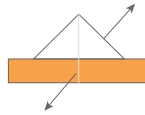
2. Fold in half again



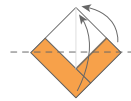
3. Fold in corners



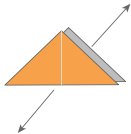
4. Fold up edges on both sides



5. Pull the sides out and flatten



6. Fold front and back layers up



7. Pull sides apart and flatten



8. Pull top flaps outwards



9. Push the middle part down, pull the sides up and you are done!

When you are done, fill a long rectangular tub/container with water. Compete with a friend or family member in a water boat race! Set your boats on one end of the tub/container and challenge each other to see whose boat reaches to the other side first!

- 1st round: Use your hand to fan the boat to get it to the other side.
- 2nd round: Use the straws provided to blow your boat across the tub/container.

When you tried to fan the boat with your hands, the boat moved slowly and did not get very far. That's how it's like when we try to accomplish things in our own strength and effort. However, when you had the help of the straw, your boat could move further with every blow! Just like the straw, the Holy Spirit can take you further and move you forward.

DAY 14

SUMMARY: PARTNERING WITH THE HOLY SPIRIT

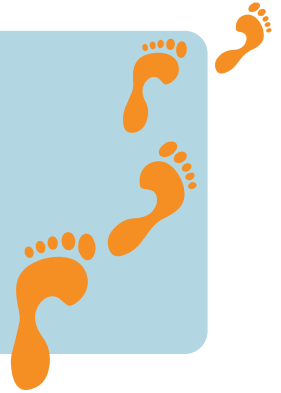


THOUGHTS

The Holy Spirit is the best friend you can ever have. He is sent by God to help you. He teaches, guides and corrects you. He desires to speak to you and tell you amazing things about the plan of God! When He speaks, you need to obey! When you choose to obey, you will be blessed. Partner with the Holy Spirit and watch how far he takes you!

This week, I'm moving forward, knowing that:

1. The Holy Spirit is a special friend.
2. The Holy Spirit is trustworthy.
3. The Holy Spirit speaks to me.
4. I need to obey the Holy Spirit.
5. Good things happen when I obey.
6. The Holy Spirit wants to do great things with me.



PRAYER

- Thank the Holy Spirit for speaking to you this week.
- Let God know that you are committed to obey what the Holy Spirit tells you to do.



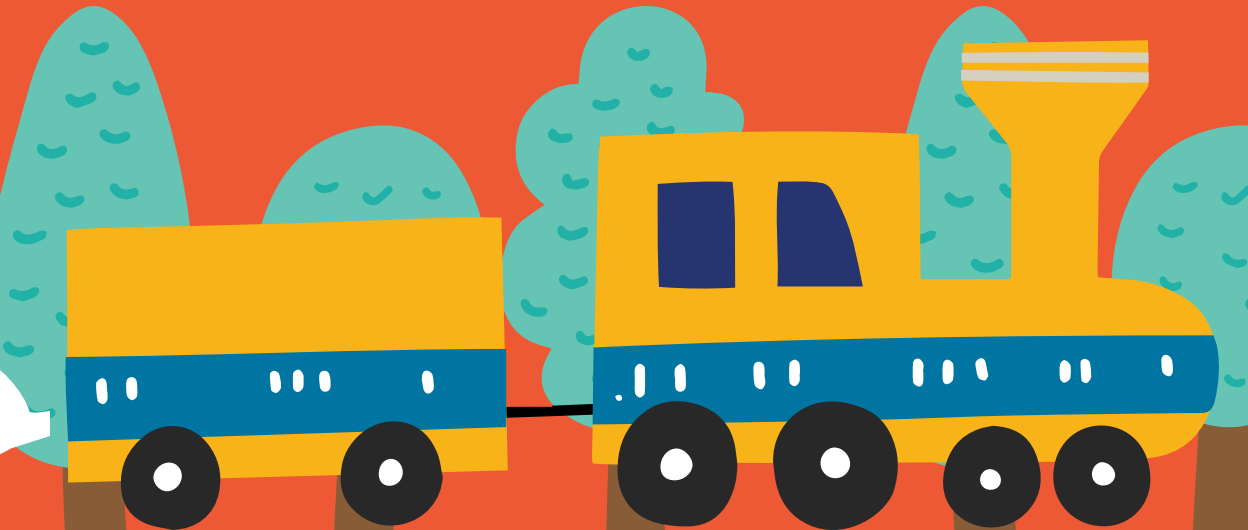
REFLECTION

1. What are some things the Holy Spirit spoke to you about this week?

2. Did you obey? How did it feel when you obeyed?
What else can you do to obey?



PUSHING FORWARD



DAY 15

I CAN START NEW THINGS WITH GOD.



SCRIPTURE

Philippians 3:13-14 (NIRV)

I forget what is behind me. I push hard toward what is ahead of me. I push myself forward toward the goal to win the prize. God has appointed me to win it. The heavenly prize is Christ Jesus himself.



THOUGHTS

God wants you to move forward, not backwards. In order to do that, you have to take steps forward by trying new things! New experiences with God help you to grow in your relationship with God.

- You do not have to wait until you are older. You can try new things with God right now!
- Start dreaming about what you can do for God. He can use you to do amazing things!
- God wants to give you new dreams and desires. Simply ask for it and He will give it to you.

Trying new things may not be easy, like learning to ride a bicycle, or picking up a musical instrument. It may be challenging, but God promises a heavenly prize if we push forward until the end of this exciting journey with Him!



PRAYER

Start new things with God.

- Ask God for new dreams and desires.
- Ask God to give you an excitement to try out these new things with Him!

I WILL NOT LET DISCOURAGEMENT STOP ME.



SCRIPTURE

2 Corinthians 4:8-9 (ICB)

We have troubles all around us, but we are not defeated. We do not know what to do, but we do not give up. We are persecuted, but God does not leave us. We are hurt sometimes, but we are not destroyed.



THOUGHTS

It is good to set goals in life. Perhaps your goal is to be the fastest runner on your school team. Maybe your goal is to score straight As for your exams. Whatever your goals are, discouragement and disappointment may weigh you down when you fail to reach those goals. While it may be impossible to avoid discouragement, here are some things you can do to encourage yourself:

- Instead of blaming yourself for failing to reach your goals, focus on what you can learn from it and how you can do better next time.
- Remind yourself of God's love and promises for you. God still has good plans for you even when you fail.
- Talk to someone you trust and do not be ashamed to ask for help.

Discouragement can poison your mind and emotions if it is left unattended for too long. Remember that you are a child of God. Your failures do not define who you are!



PRAAYER

Do not let discouragement stop you.

- Be honest with God and tell Him if you are feeling discouraged or disappointed.
- Ask God to show you how you can learn from your mistakes and try again. Ask Him to send people who can help you.



ACTIVITY

Ask an adult to help you with this experiment.



STEP 1

Add 100ml of water into a transparent bottle.



STEP 2

Add 4-5 drops of food colouring into the water (1 colour) and mix it.



STEP 3

Add 250ml of cooking oil into the same container.



STEP 4

Cap the bottle tight and shake the bottle as hard as you can for 30 seconds. Leave the bottle on the table for a few minutes and observe.

Notice how the oil and coloured water do not mix. The oil will always float above the coloured water no matter how hard you shake the bottle. The water represents you and the oil represents discouragement. No matter how crazy and turbulent things get, remember to be like the coloured water! Do not let discouragement (oil) sink in!

Step 5 (Optional): Add an effervescent tablet into the bottle. Watch how the coloured water dances all around the oil but still remains separate from the oil. In the same way, dance around your discouragement and do not let it get to you!

DAY 17

I NEED TO PUT ON THE ARMOUR OF GOD.



SCRIPTURE

Ephesians 6:10-11 (ICB)

Be strong in the Lord and in his great power. 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 fight a fierce battle without a shield or helmet. Doesn't it seem foolish to fight without any protective gear? Without an armour to protect you, any one can hurt you with their weapons! In the same way, when we fight spiritual battles, we need to put on a spiritual armour.

- God wants to protect you from attacks of the enemy. That is why 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.
- The armour of God makes you strong because you are fighting with God's power and not your own!

Be diligent to put on the armour of God daily so that the enemy cannot hurt you. You can read more about the armour of God in Ephesians chapter 6 in your Bible.



PRAYER

Put on the armour of God daily.

- Ask God to cover you and your loved ones with His supernatural protection.
- Ask God to give you His power to fight against your enemy, the devil, as you put on the armour of God daily.

DAY 18

I AM MORE THAN A CONQUEROR!



SCRIPTURE

Romans 8:37 (NKJV)

Yet in all these things we are more than conquerors through Him who loved us.



THOUGHTS

Have you ever felt lousy about yourself? Perhaps you failed a test, came in last place for a competition or was hurt by nasty things somebody said about you. Even when things do not go the way you want them to, it does not mean you are a loser!

- God wants you to know that you are always a winner, as long as you have Him on your side.
- Stick close to God, because God never loses.
- God loves you dearly and does not want to see you defeated.

God created you to be more than a conqueror! That means God sees you as a champion and wants to help you succeed. Keep staying on God's team and you will never feel like a loser.



PRAYER

You are a champion!

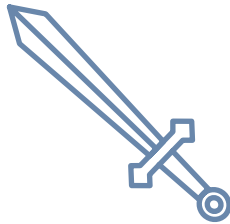
- Tell God about a time you felt lousy about yourself.
- Ask God to exchange that memory for a winner's mindset.
- Ask God to make you a conqueror in every situation!



ACTIVITY

Read Ephesians 6:14-17 (NIRV) and write the correct word under each piece of armour.













Truth

Godliness

Peace

Faith

Salvation

Holy Spirit

GOD GIVES ME VICTORY.



SCRIPTURE

1 Corinthians 15:57 (NIRV)

But let us give thanks to God! He gives us the victory because of what our Lord Jesus Christ has done.



THOUGHTS

All victories come from God. He is the ultimate champion. Even death could not defeat Him! God controls everything. He alone decides the final outcome. This is why you can be sure that God's victories are certain!

- When God gives you victory, no one else can take it away.
- God is all powerful. He can give you victory even in the most unlikely situation. Nothing is too difficult for Him!
- God wants to give you victory, so You can thank God for victory ahead of time!

You can experience victory in all areas in your life: in your relationships with family and friends, in your studies, in your health, in your thoughts and in your emotions!



PRAYER

True victory comes from God.

- Pray with confidence. Ask God to help you through the difficult times in school, at home and when you are alone.
- Thank God for giving you victory, even before you see good things happening!

I CAN EXPECT GREAT THINGS FROM GOD!



SCRIPTURE

Ephesians 3:20 (NIRV)

God is able to do far more than we could ever ask for or imagine. He does everything by his power that is working in us.



THOUGHTS

Imagine you are having a birthday party. You expect your friends to bring you a present each. Instead, everyone shows up with five presents, three birthday cards, two cakes and ten balloons each! Your room would probably overflow with gifts, so much that you can't contain all of them. In the same way, God is able to exceed your expectations. He wants to pour blessings into your life till they overflow!

- God is unlimited. He never runs out of resources. He is more than able to provide for you.
- God is a miracle worker. He can make impossible things possible! He can do things beyond your wildest imagination!
- Start expecting great things from God because He desires to do so much more for you!

Dare to pray bold prayers! God is not intimidated by your big requests. He is more than able to meet all your needs. Ask for more and expect great things!



DPRAYER

Expect great things from God!

- Ask God to remove any limitations and doubt in your mind about what God can do.
- Exercise your faith right now by asking God for a miracle! It could be for you or for someone else in need.



ACTIVITY

Here are some mind blowing facts. Some of them are true, while some are false. Circle “true” or “false” based on what you believe to be possible or impossible. You can find the answers on the next page.

<p>A sneeze has the speed of 160km/h, faster than normal cars on the road.</p>	<p>TRUE</p>	<p>FALSE</p>
<p>The fruit orange can only be orange in colour.</p>	<p>TRUE</p>	<p>FALSE</p>
<p>My nose and ears stop growing at the age of 30.</p>	<p>TRUE</p>	<p>FALSE</p>
<p>The biggest desert in the world is in Antarctica.</p>	<p>TRUE</p>	<p>FALSE</p>
<p>Bananas have seeds in them.</p>	<p>TRUE</p>	<p>FALSE</p>



SUMMARY: PUSHING FORWARD



THOUGHTS

Do not be afraid to embrace new experiences in your journey with God and expect greater things from Him. On your part, put on the armour of God daily and shake off any discouragement. When problems come your way, remember that God is always on your side. He has created you to be more than a conqueror, so you can thank Him in advance for victory!

This week, I'm moving forward by:

1. Starting new things with God.
2. Not allowing discouragement to stop me.
3. Wearing the armour of God daily.
4. Living like a champion.
5. Thanking God for victory.
6. Expecting great things from God.



PRAYER

- Thank God for everything He has done for you during these 21 days of fasting and prayer.
- Ask God to remind you about everything you have learnt so that you can put them into practice from here on.

Answers: True, False, False, True True



REFLECTION

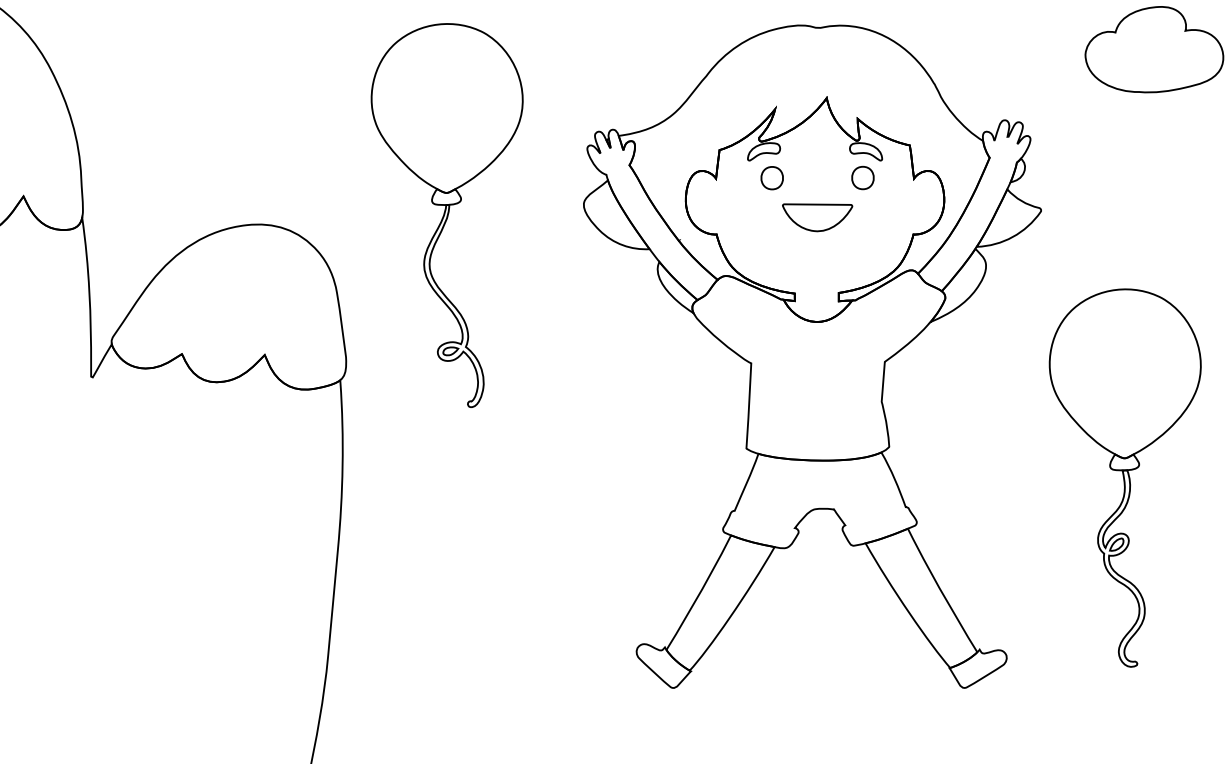
1. Which day's reading was most memorable for you?
Why?

2. Journal / Draw what you have learnt in these 21 days.

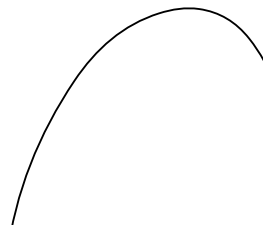
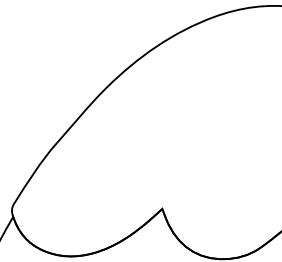
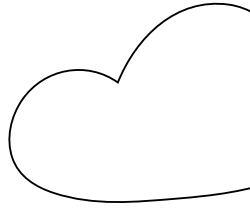
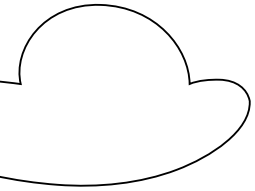
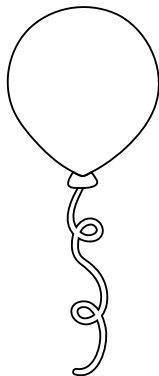
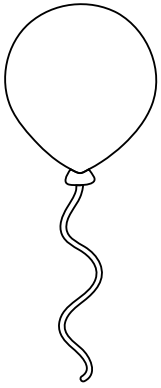
7-12 YRS

FORWARD

21 DAYS OF
FASTING & PRAYER



YOU
MADE
IT!





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