PARENT'S GUIDE

As a parent, you play an important role in supporting and encouraging your child through these 21 days of fasting and prayer. We believe your child can develop a close walk with God and cultivate a prayer life for themselves as he/she embarks on this journey.



3-6 YEARS OLD

Covers 7 Bible characters over 21 days

4 Main topics: Love, Joy, Wisdom, Faith

- Scripture + Thoughts
- Activity + Prayer



21 DAYS OF FASTING AND PRAYER REVIVE US AGAIN

7-12 YEARS OLD

Covers 13 Bible characters over 21 days

13 Sub-topics

- Scripture + Thoughts + Prayer
- Thematic Activities







REMEMBER 'STAR' AS YOU GO THROUGH THE DEVOTIONALS WITH YOUR CHILD DAILY.

SCRIPTURE

- Read and recite the verse with your child.
- Ask your child to circle 2 to 3 words that stand out to him/her.
- Encourage him/her to memorize the verse.

THOUGHTS

- Be prepared to answer any questions your child may have.
- Facilitate discussion. Share your thoughts with each other.
 - You could rephrase the sentences in order to help your child understand better.

ACTIVITY

- Participate in the activities with your child and assist him/her where necessary.
- Have fun while carrying out the activities!
- Explain the link between the activities and the topics.

REFLECT

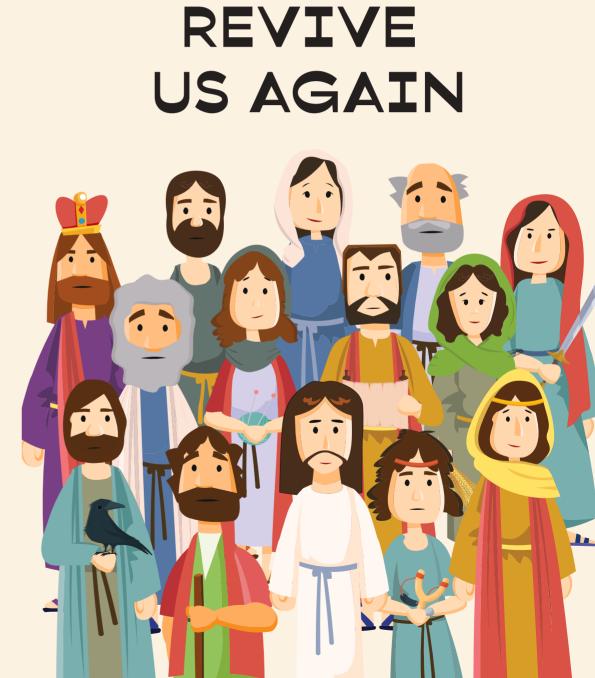
- Reinforce learning points.
- Encourage your child to write or draw his/her responses.
- Pray together using the prayer points provided.









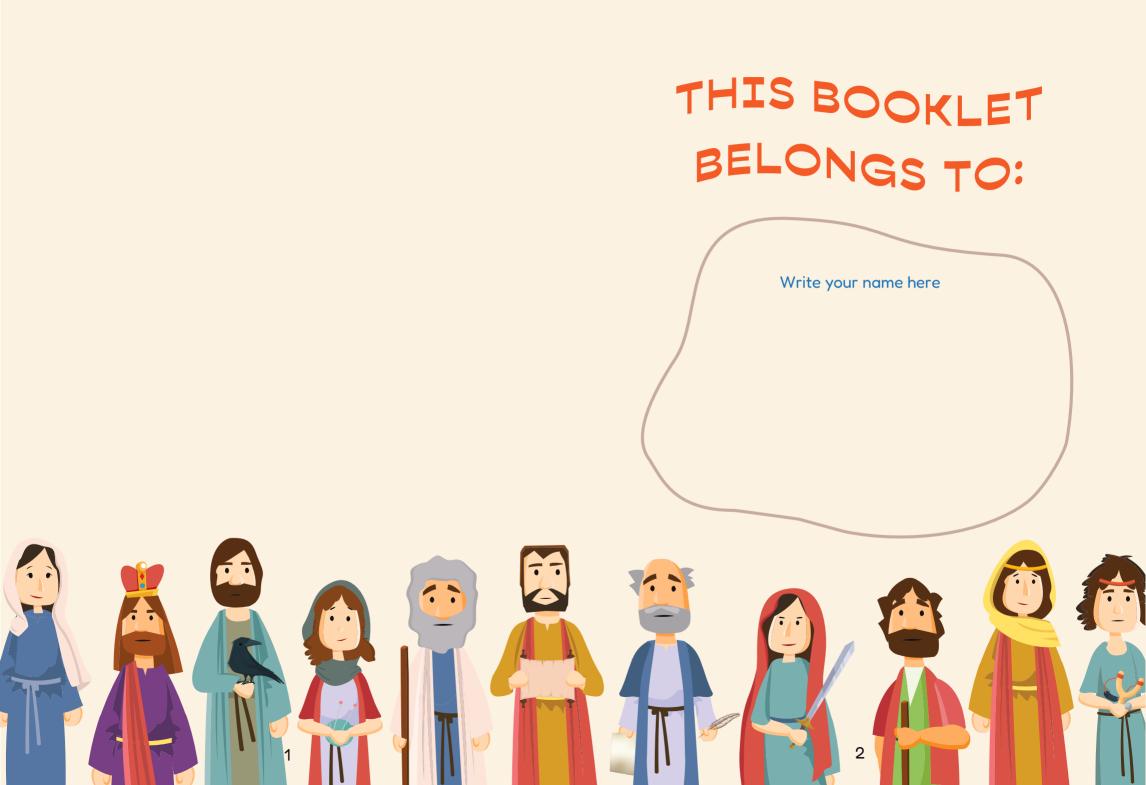


21 DAYS OF FASTING AND PRAYER

7-12 YEARS OLD



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THE TIME I WILL READ THIS BOOK AND PRAY

BEFORE YOU BEGIN THESE 21 DAYS OF FASTING AND PRAYER, THINK ABOUT THE FOLLOWING POINTS:

- 1. Decide on a time you want to read this book and pray every day.
- 2. Choose something 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.
- 3. Tell your parents what you learnt and pray together with them.
- 4. Tell your Victory Kids Small Group Leaders about it too!

THE THING I AM WILLING TO GIVE UP



WHAT CAN I PRAY ABOUT?

Anything! God wants you to talk to Him about everything in your life! It can be about your family, your friends or what you did at the playground.

SHOULD I PRAY OUT LOUD? God hears you no matter how soft or loud you pray.

3 HOW LONG SHOULD MY PRAYER BE? You can pray for a few seconds or pray for hours! God listens, no matter how short or long your prayer is.

SHOULD I PRAY ALONE OR WITH FAMILY & FRIENDS?

Jesus often prayed alone, but He also prayed with His family and friends. Praying with others can help build your faith. It can also make your relationships stronger!

SHOULD I PUT MY HANDS TOGETHER AND CLOSE MY EYES WHEN I PRAY?

Placing your hands together and closing your eyes help you to focus better, but you don't always have to do so. You can talk to God when you are walking, sitting or even while showering!

WHEN AND WHERE SHOULD I PRAY?

You can pray to God ANYTIME and ANYWHERE! God is with you all the time, no matter where you are.



LET'S GO ON A 21-DAY ADVENTURE!



GOD REVIVES US

VERSE

2 Corinthians 5:17 (NIRV) When anyone lives in Christ, the new creation has come. The old is gone! The new is here!

THOUGHTS

Did you know that God made humans from the dust of the ground? He breathed life into that dust, and people became living beings. God is the one who gives life to everything. He can also make old things new. This does not mean He will turn back time and make us babies again. When God revives us, it means He:

- Gives us new things to do (new purpose)
- Gives us new ideas (new perspectives)
- Gives us new desires (new passion)

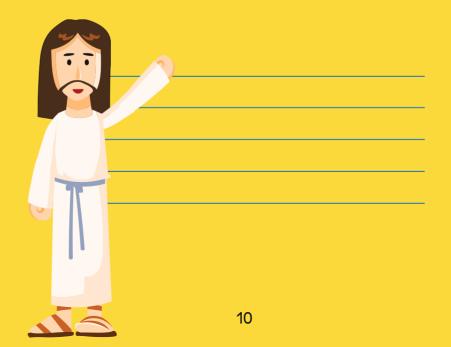
In the days ahead, we will explore how people in the Bible experienced God's revival.

REFLECTION

Write down 3 things you would like to do differently with God's help, or 3 changes you would like to see in yourself in 2024.

Here are some examples. You may put a tick beside the ones you have chosen.

- I want to be kinder to my family members.
- I want to stop saying bad/vulgar words.
- I want to move on from my past and forgive people who have hurt me.
- □ I want to learn to share my things with others and not be selfish.
- □ I want to be able to control my temper so I don't hurt others when I am angry.



REVIVE OUR HEARTS WITH LOVE FOR GOD

VERSE

Then Mary took about a pint of

pure nard. It was an expensive perfume. She poured it on Jesus feet and wiped them with her hair. The house was filled with the sweet smell of the perfume.



THOUGHTS

Have you ever had to wash someone's dirty feet? It is not an enjoyable task, especially when you have to do it with your hair! In the scripture we just read, Mary willingly wiped Jesus' feet, which were probably covered with dirt from His long journey. Some people were unhappy with what Mary did. One of them said she should have sold the expensive perfume and given it to the poor. Another person felt that Mary should not be allowed to touch Jesus because she was a sinner. However, Jesus was pleased with Mary's action because her heart was filled with love for God. Just like Mary, we can love God in our own ways. Do not be afraid of what other people might think of you! You can spend time with God daily, sing songs of praises to Him and read the Bible to know Him more. These are some things that please God.

PRAY

2

Ask God to fill your heart with love for Him

Tell God how much you love Him. You can tell Him how amazing you think He is!

3 Tell God some ways you would like to show your love to Him.

REVIVE OUR HEARTS WITH LOVE FOR PEOPLE

John 15:12-13 (NIRV) Here is my command. Love one another, just as I have loved you.



THOUGHTS

We love others because Jesus first loved us. In the Bible (Ruth chapter 1), Ruth showed unwavering love and loyalty to her mother-in-law, Naomi. Naomi's husband died, and everyone else left her. However, Ruth chose to stay by Naomi's side through the difficult times. Though they were poor, Ruth faithfully followed Naomi wherever she went. God wants us to be loyal, kind and loving – like Ruth! God created people and He loves people. He wants us to show people His love. God can give us the ability to love others, even when it is hard.

PRAY

3)

- Thank God for loving you at all times, even when you are not on your best behaviour!
- Ask God to show you the names or faces of some people who need love.
- Ask God to show you some ways you can love these people.

RECAP OF DAY 1-3

SUMMARY

Over the past 3 days we learnt that:

- 1. God is the source of all life; He wants to revive us and make us new.
- 2. God desires to revive our hearts with love for Him.
- 3. God desires to revive our hearts with love for people.

Put a tick in each box after you have done the following:

- I understand what "revive" means.
- □ I have spent time with God this week.
- ☐ I have showed someone love this week.

ACTIVITY

Answer the questions below and fill in the secret message with the letters in the $\xi_{\rm ws}^{\rm My}$.

15

How long does God's love last? Hint: Psalm 136:1

How did God show His love for us? Hint: John 3:16

He g _ _ _ us J _ _ K_

- What can separate us from God's Love? Hint: Romans 8:38-39

 N______\$

 N______\$
- **5** How can we show love to other people? Hint: 1 John 3:18 Not only with words, but also with a $\underline{-}$
- How did Jesus show He loves us? Hint: Romans 5:8 Jesus d_______
- Why must we love others? Hint: 1 John 4:19
 We love others because God f _________ loved us



What is love? Hint: 1 Corinthians 13:4-8 (NLT) Love is p_t_mt____ and kind. Love does not envy, does not boast and is not pt_mt_____. It does not dishonour others. It is not st_mt______ angered. it keeps no record of wrongs. Love does not delight in evil but r________ twith the t_t_t______. It always pt_mt______, always trusts always h________, always perseveres. Love never fails.

SECRET MESSAGE

REVIVE OUR HEARTS WITH PURITY

VERSE

Psalm 51:10 (NIRV) God, create a pure heart in me. Give me a new spirit that is faithful to you.

THOUGHTS

God loves it when our hearts are pure and clean – just like how you would prefer a shiny, new toy compared to an old, dirty one. The Bible tells us a story about a young man named Daniel (Daniel chapter 1), who chose not to eat or drink the king's food and wine even though it was offered to him. Some of the food on the royal menu were considered unholy for God's people to eat. Daniel was a child of God, so he had to choose carefully. Daniel committed to remain pure even though it was not the popular choice. It was difficult, but his decisions brought honour to God. Just like Daniel, we need to be careful about what we allow into our lives. There are many attractive things the world offers that will cause us to sin and become unclean. To stay pure, pursue God and turn away from things that do not please God.

PRAY

Ask God to give you a clean heart.

Tell God 2 things you want to stop doing so that you can live a pure life (e.g. being rude to your parents, watching inappropriate content on YouTube, playing violent video games, telling lies, etc.)

Ask God for a steadfast spirit to resist the 2 things you mentioned above.

REVIVE OUR HEARTS WITH COURAGE

VERSE

2 Timothy 1:7-8 (NIRV) God gave us his Spirit. And the Spirit doesn't make us weak and fearful. Instead, the Spirit gives us power and love. He helps us control ourselves. So don't be ashamed of the message about our Lord.



THOUGHTS

In the Bible (Esther chapter 3 to 8), Esther was called to make a tough decision: to be silent and let her people be killed, or speak up and risk losing her own life. In the end, her courageous response saved her people. Esther did not let fear stop her from doing what was right. In the same way, do not let your fear stop you from speaking the truth, helping others, or telling others about God! Small acts of courage can lead to big outcomes in the long run!

PRAY

Tell God what you are afraid of.

Ask God to give you courage.

Name 2 people in your life you can share God's love with (e.g. a family member, a classmate, a neighbour) and pray for them.

RECAP OF DAY 5-6

SUMMARY

Over the past 2 days we learnt that:

- 1. We need to remain pure by walking away from things that are wrong.
- 2. We need courage to speak the truth and do what is right.

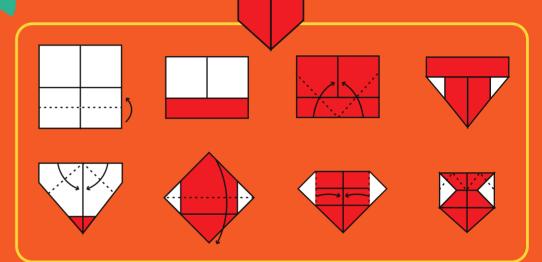
Put a tick in each box if you agree to commit to the following:

With God's help, I will turn away from things that are not pure.

Even though I am afraid, I will tell 2 people about God and show them God's love this week.

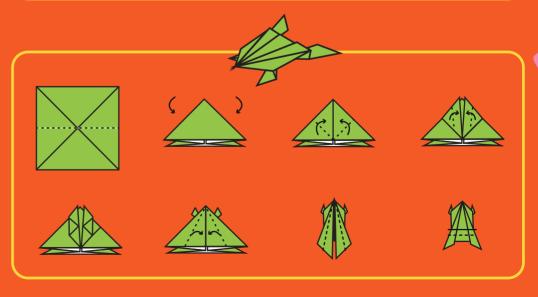
ACTIVITY

Using the origami papers provided in your pack, fold an origami heart and an origami frog.The origami heart will remind us to keep our hearts pure. The origami frog will remind us to "leap" at any opportunity to speak the truth and do what is right!



ITEMS NEEDED
 x1 Red origami paper
 x1 Green origami paper

Nº2





REVIVE OUR HEARTS TO OBEY



Luke 11:28 (NIRV) Blessed are those who hear God's word and obey it.



THOUGHTS

In the Bible, Abraham was known for his faith and obedience to God. You can read about it in Hebrews 11:8-12,17-19. Whether it was to move to a different country or give up his beloved son, Abraham trusted God and obeyed everything God told him to do. It was not always easy for Abraham to obey, especially when it required a sacrifice. However, he was willing to obey God because God was number one in his life. Pleasing God should be our top priority. God is our King – He requires our obedience. When we know God's character well and trust that He always has our best interest at heart, we will be willing to obey whatever He asks.

PRAY

2

 $(\mathbf{3})$

Tell God how you feel about obeying Him (Are you nervous? Afraid? Happy? Sad?)

Ask God to revive your trust in Him.

Ask God to show you 2 things you should do to obey Him (e.g. pray everyday, encourage others)

REVIVE OUR HEARTS



THOUGHTS

Have you heard of Tabitha (also known as Dorcas)? She was only mentioned once in the Bible (Acts 9:36-41), but her kindness and generosity were so important to God that it was written in the Bible: "she was always doing kind things for others and helping the poor." Just like Tabitha, you can be a channel of blessing to others too! You are never too young to start being kind and generous. Besides giving food, clothes and money to the poor, you can also give your time, talents, friendship and words of encouragement to others! God is a generous God, and He loves it when we give generously and cheerfully (read 2 Corinthians 9:6-8). He will bless you with everything you need so you can do more good works.

PRAY

3

- Thank God for blessing you with many good things. Name them out as you thank Him!
- Ask God to open your eyes to notice those around you who are in need so you can be generous towards them.
 - Ask God to teach you creative ways to bless others.

VERSE

Proverbs 11:25 (NLT) The generous will prosper; those who refresh others will themselves be refreshed.

RECAP OF DAY 8-9

SUMMARY

Over the past 2 days we learnt that:

- 1. We should listen to God's Word and obey it.
- 2. God wants us to be generous givers.

Put a tick in each box if you agree to commit to the following: I will do my best to obey God, even when it is difficult. I may start small, but I want to be generous.

ACTIVITY

In order to grow, we need to allow God to stretch us in our obedience and giving. The more we obey and the more generous we become, the more God can use us! It is just like a rubber band; the more we stretch a rubber band, the more elastic the rubber band gets, the more things it can do!

Let's make a rubber band loom to remind us that we need to stretch and grow in our obedience to God and our generosity towards others.

- Use the rubber bands provided in your devotional pack.
- Follow the instructions on this video: (00:50-02:17)



ITEMS NEEDED

x25 Bands per colour (2 colours)

x1 Plastic s-clip

Place your completed rubber band loom somewhere visible to remind you to stretch and grow in your obedience and generosity!





27

REVIVE OUR MINDS WITH WISDOM

VERSE

James 1:5 (ICB) But if any of you needs wisdom, you should ask God for it. God is generous. He enjoys giving to all people, so God will give you wisdom.



THOUGHTS

Solomon was the wisest man who ever lived. At a young age, he became king over Israel. In 1 Kings 3:9-10, God asked Solomon what he wanted. Solomon did not ask for money or fame. Instead, he asked God for wisdom. Solomon could have gotten anything in the world, but he was not greedy. God was pleased and granted Solomon's request for wisdom. Wisdom is not the same as being smart. Wisdom is having the ability to tell what is right from what is wrong and being able to make the right choice. God wants to give us wisdom so that we can live in a way that pleases Him. All we need to do is ask!

PRAY

2

Just like Solomon, pray and ask God to give you wisdom!

If there is a situation in your life in which you do not know what to do, ask God to show you the right way.

Ask God to help you use this wisdom to teach others what is right and do what is right.

REVIVE US WITH STRENGTH

VERSE

Judges 5:31b (NIRV) – From The Song of Deborah "May all who love you be like the morning sun. May they be like the sun when it shines the brightest." So the land was at peace for 40 years.



THOUGHTS

During the time when Israel had no king, God chose Deborah to lead Israel. God gave her wisdom to help the Israelites defeat their enemies. Deborah often worshiped God by singing songs to Him. Worshiping God gave her strength, endurance, and encouragement. Just like Deborah, we should worship God all the time – on our good days and on our not-so-good days. When we worship, God hears us. He will give us strength to persevere. When we worship, God is exalted high, and He will fight our battles for us. When we worship God with all our hearts, we will shine bright like the morning sun.

PRAY

Take some time to worship God. Sing 1 or 2 songs to Him.

Tell God the problems you may be facing (e.g. discouragement, disappointment, depression, etc).

Pray and ask Him for strength to endure through the hard times.

REVIVE US WITH HEALTH

VERSE

Isaiah 53:5 (ICB)

But he was wounded for the wrong things we did. He was crushed for the evil things we did. The punishment, which made us well, was given to him. And we are healed because of his wounds.



THOUGHTS

Hezekiah was one of the kings of Judah. He had a close relationship with God and was obedient to follow the word of God. One day, Hezekiah fell very ill and was about to die. Hezekiah was sad, but he chose to pray to God. He knew that God is merciful and kind. God heard Hezekiah's prayers and added fifteen years to his life (2 Kings 20:2-6). The God that prolonged Hezekiah's life is the same God we worship today! If God can revive Hezekiah's health, He can bless you with good health too! God can heal our bodies, our hearts, and our minds. Nothing is too difficult for God to heal! We may not always understand how and when God heals, but we can always trust that He desires to make us whole again.

PRAY

2

3

If there is an area in your life that needs healing, tell God about it. It could be a physical sickness, an emotional hurt or mental illness.

If you are well, thank God for good health.

Pray for someone you know who is sick. Then check on how he/she is doing.

DAY 14 RECAP OF DAY 11-13

SUMMARY

Over the past 3 days, we learnt that God hears and answers prayers:

- 1. Like Solomon, we can ask God for wisdom.
- 2. Like Deborah, God revives our strength when we worship Him.
- 3. Just like how God revived Hezekiah's health, He can grant you good health too.

Put a tick in each box if you agree with each statement:

- I believe God will give me wisdom if I ask Him for it.
- I will worship God on my good days and bad days.
- I believe God can give me strength.
- I believe God can heal people.

ACTIVITY

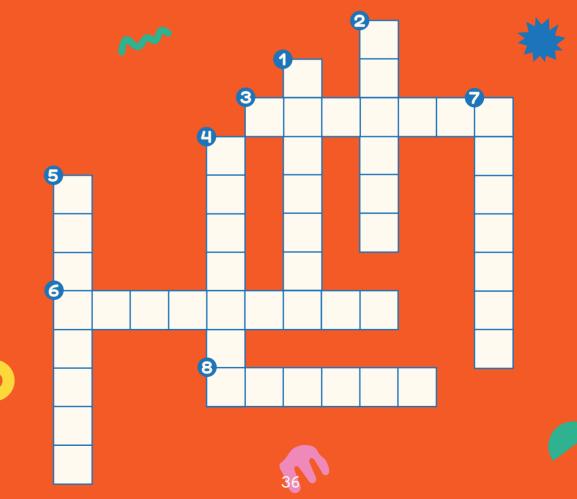
Let's review on what we have learnt the past 3 days by completing this crossword puzzle.

DOWN

- 1. The wisest man ever lived.
- 2. The ability to tell right from wrong and make the right choice.
- 4. A wise woman of God who was a judge over Israel.
- 5. God added 15 more years to this man's life.
- 7. Talking to God.

ACROSS

- 3. God can give us strength and encouragement when we choose to _____ Him.
- 6. This word has the same meaning as 'perseverance'.
- God can revive our health. He is our ______.



REVIVE US HUMILITY

VERSE

Philippians 2:3-4 (NLT) Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others too



THOUGHTS

David was being hunted down repeatedly by King Saul. However, when David had the chance to kill King Saul he did not (1 Samuel chapter 24). If David had gotten rid of King Saul, he could have solved all his problems and immediately become the king. Instead, David chose to be humble and respected King Saul. David was not proud – He trusted God's timing and waited patiently for his turn to be king.

The meaning of humility in the Bible is to think less of ourselves and submit to God's will. This means we choose God's way above our own preferences. Although it might be difficult to display humility, especially when we want to hold onto our anger, remember that humble living according to God's way will bring the best outcome for our lives.

PRAY

3

- Acknowledge that everything you have belongs to God.
 Thank God every day in your prayers.
- Ask God to remove any pride in your life.
 - Tell God that you are willing to submit to His plan for your life

REVIVE OUR JOY

VERSE

James 1:2-3 (NIRV) My brothers and sisters, you will face all kinds of trouble. When you do, think of it as pure joy. Your faith will be tested. You know that when this happens it will produce in you the strength to continue.



THOUGHTS

There is a character in the Bible named Paul who went through many hard times, some examples include:

- Severely beaten then thrown into prisor
- Shipwrecked 3 times
- Bitten by a poisonous snake
- Whipped 39 stripes 5 times
- Beaten with rods 3 times
- Lacked food, water, sleep, and proper clothes on some occasions
- Received many death threats

Despite all that, Paul was still able to praise God. Paul had true joy that remained even through tough times. He knew God was by his side and trusted that God would work all things out for his good (Romans 8:28). In the same way, you can have joy because God will work all things out for good for you when you follow Him. He knows how things will end, so you can trust Him. He is powerful! He can change your situation in an instant! The next time you face a difficult situation, choose to praise God. You can be joyful because God is always with you. He will never leave you.

PRAY

Start by praising God out loud.

- Praise Him for what He has done (e.g. He blessed you with family, friends, a home, etc.)
- Praise Him for who He is (e.g. He is almighty, a faithful God, wonderful friend, healer, etc.)

Ask God to fill your heart with joy.

Instead of complaining about your problems, tell God that you trust Him to work all things out for good.

RECAP OF DAY 15-16

SUMMARY

Over the past 2 days we learnt:

- 1. To be humble and submit to God's will.
- 2. To respond with joy in every situation.

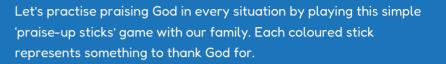
Put a tick in each box if you agree with each statement: God knows what is best for me. I will follow His plan.

- I want to be humble.
- God is always with me. I can praise Him in any situation.

ITEMS NEEDED

x1 Set of pick-up sticks

ACTIVITY



- Gather all the sticks and hold them up vertically.
- Release your hand and drop the sticks on the table.
- **3** Chose a stick to pick up and do so without moving the other sticks.
- Once you successfully pick a stick up without moving other sticks, refer to the colour chart below and thank God for something!
- If you move another stick while picking up the stick you have chosen, put the stick back into the pile. Your turn ends, and the next player gets a turn to try picking up a stick.
- 6 Play until all the sticks have been picked up. The player with the most praise-up sticks wins!

COLOUR CHART

- Yellow = Thank God for a person Red = Thank God for a food/drink Green = Thank God for a time in your life Blue = Thank God for something in nature
 - Other colours = Thank God for anything

REVIVE OUR FAITH

VERSE

Hebrews 11:6 (NIRV) Without faith it is impossible to please God. Those who come to God must believe that he exists. And they must believe that he rewards those who look to him.



THOUGHTS

Faith is essential in our walk with God. God is pleased when we put our faith in Him. Hebrews 11:1 (ICB) tells us that faith is knowing something is real even if we do not see it. In the Bible, Elijah was able to perform many miracles because he had complete faith in God. (Look at 1 Kings 17:1, 17:14 and 18:37-38 to read about some of the miracles that Elijah did!) There will be times we may ask God for things that are humanly impossible, like recovering from a sickness instantly, or for someone who does not believe in God to believe in Jesus. However, nothing is impossible for God to do (Luke 1:37)! God wants to use you to do miracles the same way he used Elijah, so that people will experience the power of God and know He is real.

PRAY

Tell God about something you are believing for that is impossible (something good).

Ask God to increase your faith.

Tell God that you believe He can do anything.

REVIVE US WITH RIGHTEOUSNESS

VERSE

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

THOUGHTS

Noah lived in a time when people were evil, corrupt, and violent. The Bible said in Genesis 6:9 (NLT) that Noah was the only blameless person living on earth at that time. Noah was surrounded by people who were doing wrong things, yet Noah remained righteous. This might be true for you too. Perhaps the people around you are constantly using vulgarities, lying to get out of trouble, or cheating on tests. At times, they may even persuade you to do what they are doing! However, as a child of God, you must not give in to the temptation to sin. Noah was able to stay righteous because he was close to God. When you have a close relationship with God, God gives you the ability to stand firm and do what is right, even when others make fun of you for being different.

PRAY

2

3

Ask God to forgive you for the times you have done something wrong.

Tell God that you desire to have a close relationship with Him.

Tell God about anything that is tempting you and ask Him to give you the strength overcome it.

RECAP OF DAY 18-19

SUMMARY

Over the past 2 days we learnt that:

- 1. God is pleased when we put our faith in Him.
- 2. God gives us the power to live righteously when we have a close relationship with Him.

Put a tick in each box if you agree with each statement:

- I believe God can do impossible things.
- God wants to use me to do miracles.
- □ I desire to have a close relationship with God and live a righteous life.

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ACTIVITY

Let's build an obstacle course with our friends and family members to remember what we have learnt.

- Look for some household items that are safe (not sharp), e.g. pillows/cushions, soft toys, towels, etc.
- Use these items to build an obstacle course.
- When you are done building, take turns to go through the obstacle course without toppling or touching any of the obstacles.
- The player that makes it through the obstacle course the fastest, wins!
- If the obstacle course is too easy, you may try playing it in pairs, with one person blindfolded, and his/her partner guiding him/her through the obstacle course.

As you play this game, remember that there may be obstacles in life that challenge our faith and put our righteousness to the test. We must fix our eyes on God and listen to His voice. The closer our relationship with God, the better we will make it through!





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DAY 21 SUMMARY

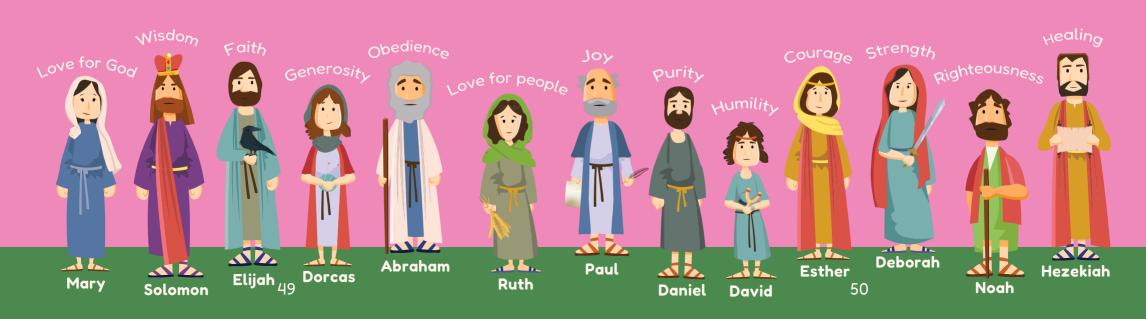
Over the past 3 weeks, we learnt from 13 different Bible characters. Read the reflection questions below and write your responses on the lines provided.

- 1. Which Bible character was your favourite? Why?
- 2. What has God changed in your life over the past 3 weeks?
- 3. What is one thing you are going to do differently from now on?

Continue to ask God to search your heart. Ask Him to help you recognise what you need to work on every day.

PRAY

Dear God, thank You for doing a good work in my heart, mind, and spirit over these 21 days. Thank You for taking away my bad habits and forgiving my past sins. Help me to start making good habits that will draw me closer to You. I do not want to go back to my old ways. I want to read the Bible and pray every day because I want to learn more about You. Thank You for reviving me. In Jesus' name I pray, Amen.







Write your favourite Bible verse!

