



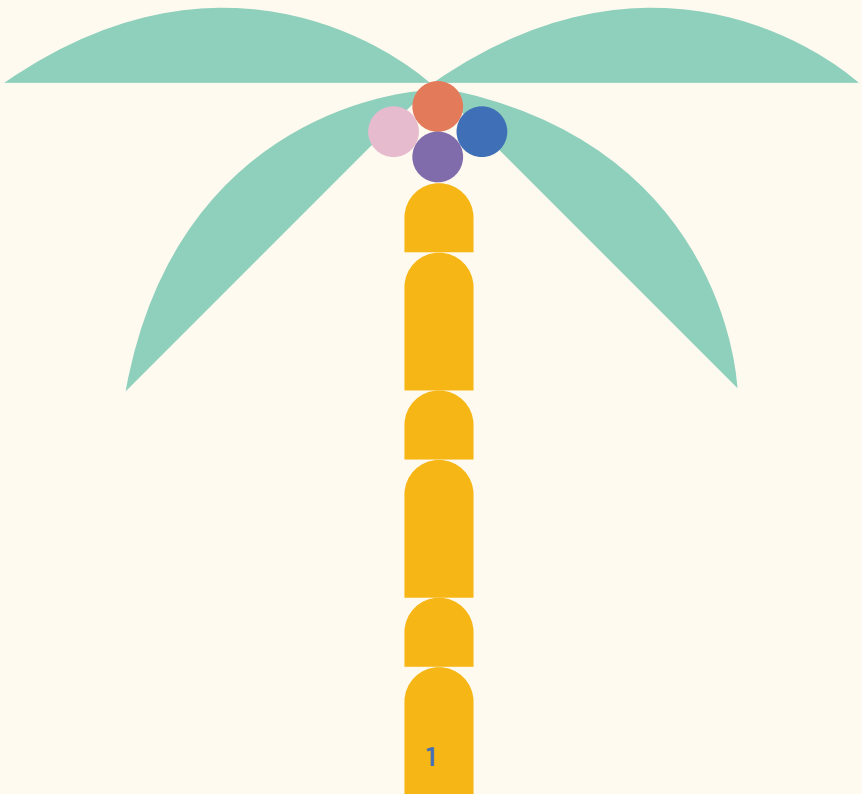
COMMISSIONED

**21 Days of
Fasting
and Prayer**

JAN 2025

3 TO 6 YEARS OLD

**THIS BOOKLET
BELONGS TO**



INTRODUCTION

Commissioned /kə'mɪʃn/

Given the power and authority to do something important.

You are commissioned by God! That means you are trusted to do big things for God! God has given you important instructions in the Bible to follow. Following God's instructions is the best! His ways are always better than your ways. God will give you what we need to do what He says. For the next 21 days, you will learn more about God, the one who commissions you. You will also find out more about the things God has trusted you with. Get ready!



BEFORE YOU BEGIN, 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 TIME I WILL READ THIS BOOK AND PRAY

A large, empty yellow rectangular box intended for writing the time the user will read the book and pray.

THE THING I AM WILLING TO GIVE UP

A large, empty yellow rectangular box intended for writing the thing the user is willing to give up.



1 WHAT CAN I PRAY ABOUT?

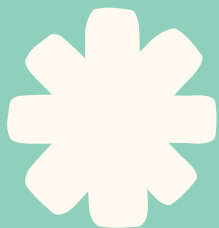
Anything! God wants you to talk to Him about everything in your life! It can be about your family, your friends or what you did at the playground.

2 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.



4 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!

5 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!

6 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.

CONTENT PAGE

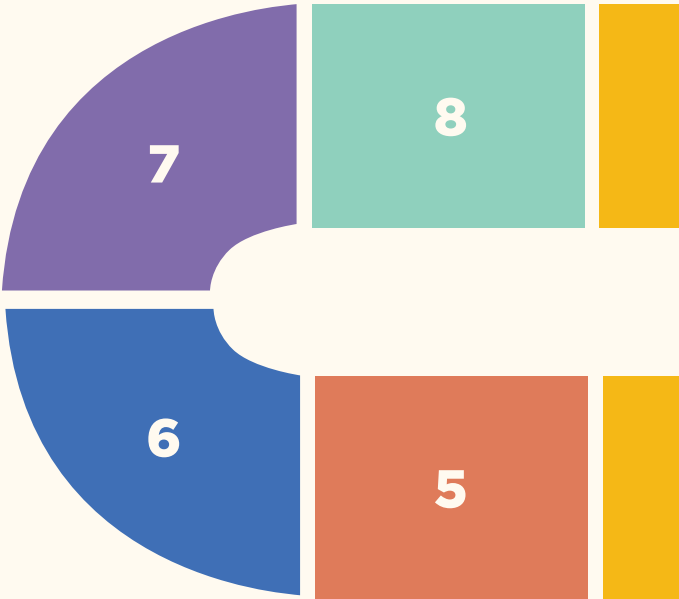
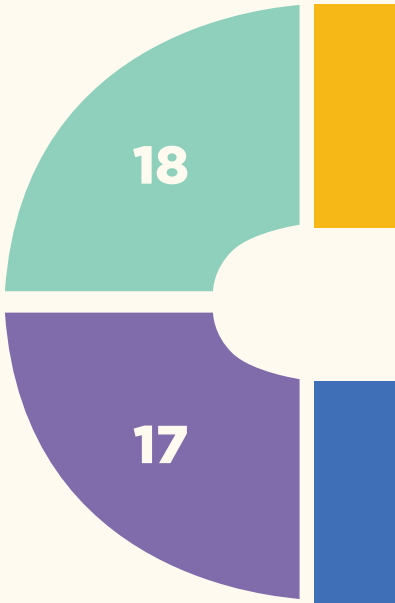
(i) An important job (Day 1-6)

(ii) Get ready (Day 7-12)

(iii) Do it well (Day 13-18)

(iv) Celebrate (Day 19-20)

Conclusion (Day 21)



19

20

21



16

15

14

13

9

10

11

12

4

3

2

1



ACTIVITY: THE GOD WHO COMMISSIONS YOU

Circle the words on the right
that describe God.

SMALL

NEAR

KIND

BIG

GOOD

WEAK

POWERFUL

POOR

RICH

FAR

EVIL

STRONG

WISE

LOVING

RUDE

God is super big, super strong and super wonderful. He is the most powerful. He made everything in the whole wide world!

Today, this same God is calling you. He has big things He wants you to do.

How does that make you feel? Circle the emojis below. There is no right or wrong answer.



Day 1

Super Special Job

Joshua 1:1-2
The Lord said to
Joshua, 'Get
ready to lead the
people of Israel.
Lead them
across the
Jordan River into
the land I am
about to give
them.'



God gave Joshua a special job. That job was to lead His people to a new home. Just like Joshua, God has a special job for you too. He wants you to tell others about Him! God loves everyone, but not everyone knows that. It is your job to tell others that God loves them. Can you think of ways you can show others God's love?



Day 2

Badge Making



NOTE: ADULT SUPERVISION IS REQUIRED FOR THIS ACTIVITY.

MATERIALS NEEDED:



1 piece of paper



“God’s Special Helper” sticker (provided)



Crayons or markers



Stickers, stamps, glitter (optional)



Scissors



Tape



Ribbon or safety pin

LET'S MAKE A BADGE!

A simple job can be an important job. Think of something you are good at — like helping to clean up or making a card for someone. If you are not sure what you are good at, ask mummy or daddy for ideas. These little jobs can show others God's love.

Step 1: Draw your badge

Draw a big circle or star on a piece of paper.

Step 2: Decorate it

Colour it and decorate it with stickers, stamps or glitter. When you are done, paste the "God's Special Helper" sticker on it.

Step 3: Add your job

Draw a picture of something you are good at doing.

Step 4: Cut it out

Ask a parent for help to cut out your badge.

Step 5: Secure it

Tape a safety pin to the back of your badge or attach a long ribbon to your badge (so that you can wear the badge over your neck).

Step 6: Wear your badge

You can do special jobs for God, just like Joshua!

PRAY

Dear God, thank You for giving me special jobs. Help me do them well. In Jesus' name I pray, Amen.

Day 3



Tiny But Mighty



Joshua 1:9

“Here is what I am commanding you to do. Be strong and brave. Do not be afraid. Do not lose hope. I am the Lord your God. I will be with you everywhere you go.”



Joshua was given a big job. That job was not easy, so God told Joshua to be strong and brave. God promised to be with Joshua. You can be brave too! God is always with you. You can always ask God for help. Do not be afraid to tell others about God and show God's love.



Day 4

God Is With Me Walk





Take a walk around your house, backyard, or a nearby park with your parents. As you walk, talk about how God is with you wherever you go. Every time you reach a new spot (like a tree or a corner of a room), say together, “God is with me here!” You can even pick up little objects, like a leaf or a small rock, to remind you that God is with you wherever you are.

PRAY

Dear God, thank You for being with me wherever I go. You are always near. I am safe because You are with me. You make me brave! In Jesus’ name I pray, Amen.




Day 5

Follow The Leader

Joshua 1:8

“Never stop reading this Book of the Law. Day and night you must think about what it says. Make sure you do everything written in it. Then things will go well with you.”

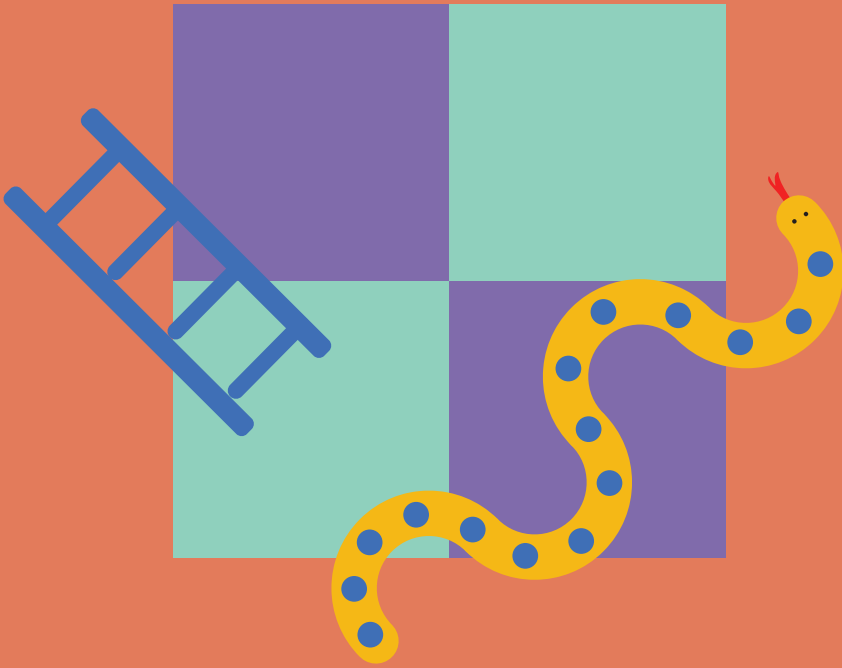




God told Joshua to obey His words. Joshua followed God's ways and things went well for him. God is the best leader! When you listen and follow what God says, you are obeying Him, just like Joshua did. For example, God wants you to be kind. When you share with others, you are obeying God. God wants you to obey your parents too. That is an important job!

Day 6

Snakes And Ladders



MATERIALS NEEDED:



Dice
(provided)



Game board
(provided)



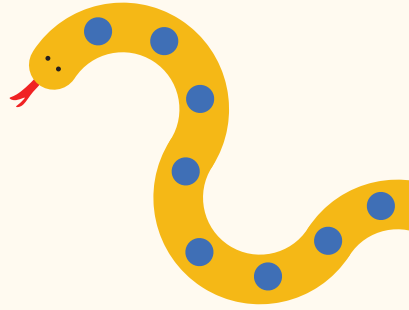
1 coin per
player



Paper



Crayon or
markers



Let's play a game of snakes and ladders to practise obedience! Find some friends or family members to play with you. Each player will need a coin. To play the game, take turns to roll the dice. Then move your coin on the game board provided. If your coin lands on a square with a task, you may choose to do it and take the ladder up. If you choose not to obey, you need to take the snake down.

The person who reaches the end first wins!

PRAY

Dear God, help me to listen to You and obey You. Thank You for helping me make good choices. In Jesus' name I pray, Amen.



Day 7



Sparkly Clean Heart



Joshua 3:5

Then Joshua told the people, "Make yourselves pure. Tomorrow the Lord will do amazing things among us."



Before Joshua could do the special job that God gave him, God told him to clean up.

God wants your heart to be clean too. A clean heart is full of good things like love and kindness, which makes God happy. When you do something wrong, your heart gets a little "dirty". For example, shouting at your parents or fighting with a friend. This can make your parents, friends, and God feel sad. If you have hurt someone, say sorry to them and say sorry to God. When you do that, God can make your heart clean again.





Day 8



Clean Up!



MATERIALS NEEDED

- Crayons/markers

With mummy or daddy's help, read the words on the next page. Are they good things or bad things?

Use a marker/crayon to cross out the bad things.

Use a different colour marker/crayon to circle the good things.

Whenever you do something wrong, you can always say sorry. God will make your heart clean again. He will remove all the bad things (like the words you crossed out), and fill your heart with good things (like the words you circled).

PRAY

Dear God, sometimes I may say or do things that hurt others. I am sorry for the wrong things I have done. Please make my heart clean again. I want to do things that make You happy. In Jesus' name I pray, Amen.

BEING SELFISH

SELF-CONTROL

SAYING MEAN WORDS

KINDNESS

GOODNESS

PEACE

BEING RUDE

SNATCHING TOYS

GENTLENESS

JOY

HURTING OTHERS

LOVE

PATIENCE

LYING

FAITH

DISOBEYING YOUR PARENTS

Pocketful Of Sunshine

Day 9



Phillipians 4:8

Continue to think about the things that are good and worthy of praise. Think about the things that are true and honourable and right and pure and beautiful and respected.

The Bible tells you to keep thinking about good and beautiful things. Look around and find things that are true, kind, pure, right and beautiful! You can think about how much God and your family loves you. You can also think about being kind, helping others, and sharing your toys. Just like how you choose yummy food to eat, you can also choose good thoughts to think about!



Day 10

Choose Good Thoughts!

MATERIALS NEEDED

- Pencil/colour pencils

The jar on the next page is like your mind. Let's fill it with only the good things! Look at each picture and read the words on the next page.

- If it is a good thing, draw a line from the picture to the jar. Imagine you are placing the good thing into the jar.
- If it is a bad thing, draw a line from the picture to the trash bin. Imagine you are throwing it away.

When you are done, decorate your jar by colouring it and drawing other beautiful things inside. Example: flowers, rainbow, your

PRAY

Dear God, thank You for all the good things around me. Help me to think about what is true, kind, pure, right and beautiful. Teach me how to choose good thoughts. In Jesus' name I pray, Amen.



FRIENDS



LOVE



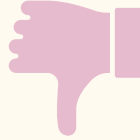
JESUS



JOY



HATE



FAMILY



EVIL



LIES

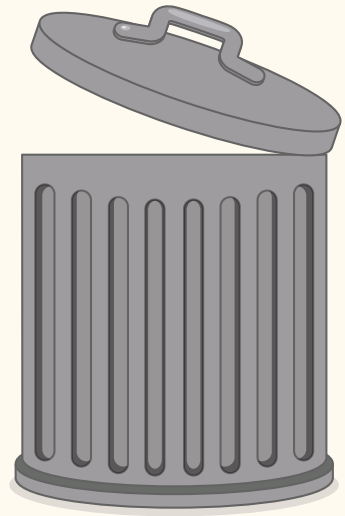


FIGHTS



JAR

represents your mind



TRASH BIN

Day 11

I Belong To God

1 Corinthians 6:20

Christ has paid the price for you. So use your bodies in a way that honours God.

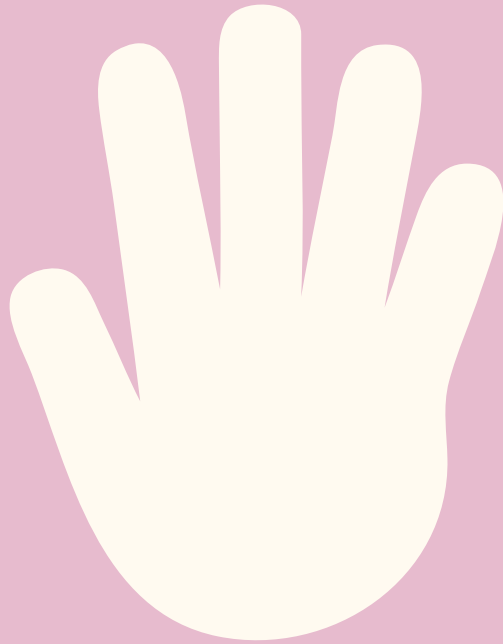


Did you know your body belongs to God? Yes, it does! God created you, so you belong to Him. That is why you need to take care of your body and use it to do good things. Just like how you take care of your favourite things (like your pet, your stuffed toys, or your new pencil case), you should take care of your body too. You should do your best to keep your body safe and healthy. When you take care of your body, you are preparing it so God can use you to do big important jobs and amazing things.



Day 12

Healthy Habits



MATERIALS NEEDED:



Pencil

With the help of mummy and daddy, read the healthy habits below. Have you done any of these today? If you have, put a tick in the box next to the healthy habit. If you checked all the boxes, great job! If not, don't worry, you can try again tomorrow. Remember, you need to love your body and take good care of it.



Going to bed early



Brushing my teeth twice a day



Moving my body by playing or exercising



Eating 2 servings of fruits and vegetables each day



Resting my eyes after watching TV for 30 min



Washing my hands before and after meals



Taking a shower every day



Drinking 5 cups of water a day



Eating 3 meals a day

PRAY

Dear God, thank You for this amazing body that you have given me. Teach me to take care of my body well. I want to be strong and healthy, so that I can use this body to do the things that you want me to do. In Jesus' name I pray, Amen.

Day 13



Jump For Joy

Romans 12:12

Be joyful because you have hope. Be patient when trouble comes. Pray at all times.



Everyone has bad days. When you have a bad day, it is ok to feel sad or angry. The good news is, you do not have to stay sad or angry forever. The Bible says you can choose to be joyful, even when trouble comes. God can give you joy and turn your day around. You can do things with joy instead of complaining or whining.



Day 14

My Feelings



MATERIALS NEEDED:

- Colour pencils or pencil

With the help of mummy and daddy, read the sentences below. For each sentence, circle the emoji that shows how you feel.

1. You are excited to go to the beach/zoo/playground but the sky looks like it is going to rain. How do you feel?



4. You were playing happily on your own. Suddenly, your younger sibling came over and snatched your toy. How do you feel?



2. It is your birthday, but mummy or daddy did not buy the toy that you wanted. How do you feel?



5. You were invited to a party, but you fell sick and could not go in the end. How do you feel?



3. You want to eat your favourite food but mummy and daddy bought you something else to eat instead. How do you feel?



There are days when things do not go your way, just like the ones described in the sentences in the previous page. When you feel sad, here are some things you can do:

- 1 You can talk to someone you trust, like mummy or daddy. Tell them how you feel. Ask them for a hug.
- 2 You can also tell God about it. Pray and ask Him to give you joy!
- 3 If you prefer not to talk, you can also draw on a piece of paper, then tear it up.



PRAY

Dear Jesus, when things do not go my way, remind me that I can still have joy. I do not want to remain sad or angry for a long time. Thank You for giving me Your joy. In Jesus' name I pray, Amen.



Never Give Up, Little Star!

Day 15



2 Chronicles 15:7

But you should be strong. Do not give up, because you will get a reward for your good work.

God told Joshua to march around the city of Jericho for 7 days. That was hard work! He could have given up after a few days, but he did not. In the end, the walls of Jericho fell down, hooray!

When things feel hard to do, remember that you are not alone. You can ask for help. When Joshua was given the important job, he needed help from God too. He could not do it alone.

God promises to help you when you ask Him for help. Do not give up, keep trying!



Day 16

God Gives Me Strength



MATERIALS NEEDED:



Medium size
bowl x2



Water



Small towel

Step 1:

Fill one medium size bowl with tap water.

Step 2:

Soak the small towel with water in the bowl.

Step 3:

With all your strength, squeeze out all the water from the towel into the other empty bowl.

Step 4:

Ask mummy or daddy to help you wring out the remaining water in the towel.

REFLECTION

- 1 Was it hard for you to squeeze all the water out from the towel by yourself?
- 2 Was mummy and daddy able to help you squeeze more water out from the towel?
- 3 Just like how you asked mummy and daddy for help, you can also ask God for help!

This week, think of more things that are hard for you to do. Pray and ask God for help. He will give you the strength, courage and determination to do them.

Examples: Learning to ride a bicycle, opening a canned or bottled drink, learning to read, keeping all your toys after playing

PRAY

Dear God, there are many things that may be hard for me to do. Please give me the strength to keep trying and not give up. In Jesus' name I pray, Amen.

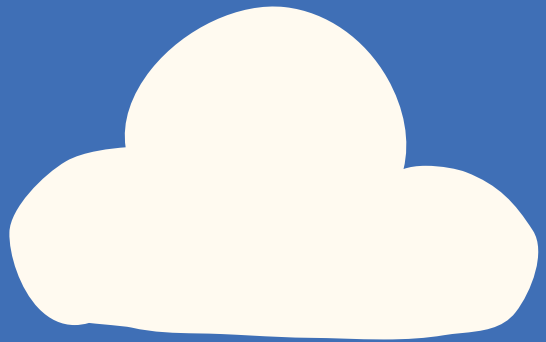
Day 17

Dream Big



Joshua 10:12-13

And that day Joshua stood before all the people of Israel and said to the Lord: "Sun, stand still over Gibeon. Moon, stand still over the Valley of Aijalon". So the sun stood still. And the moon stopped until the people defeated their enemies.



Joshua had a big dream. He asked God to stop the sun and moon from moving, and God did it! The sun stayed in the sky, and the moon did not move for a whole day. This miracle helped Joshua to win the battle against his enemies. Just like Joshua, do not be afraid to ask God for big things! God is able to do anything.



Day 18

Dream Cloud



MATERIALS NEEDED:



Cotton wool
(provided)



Liquid Glue



Scissors



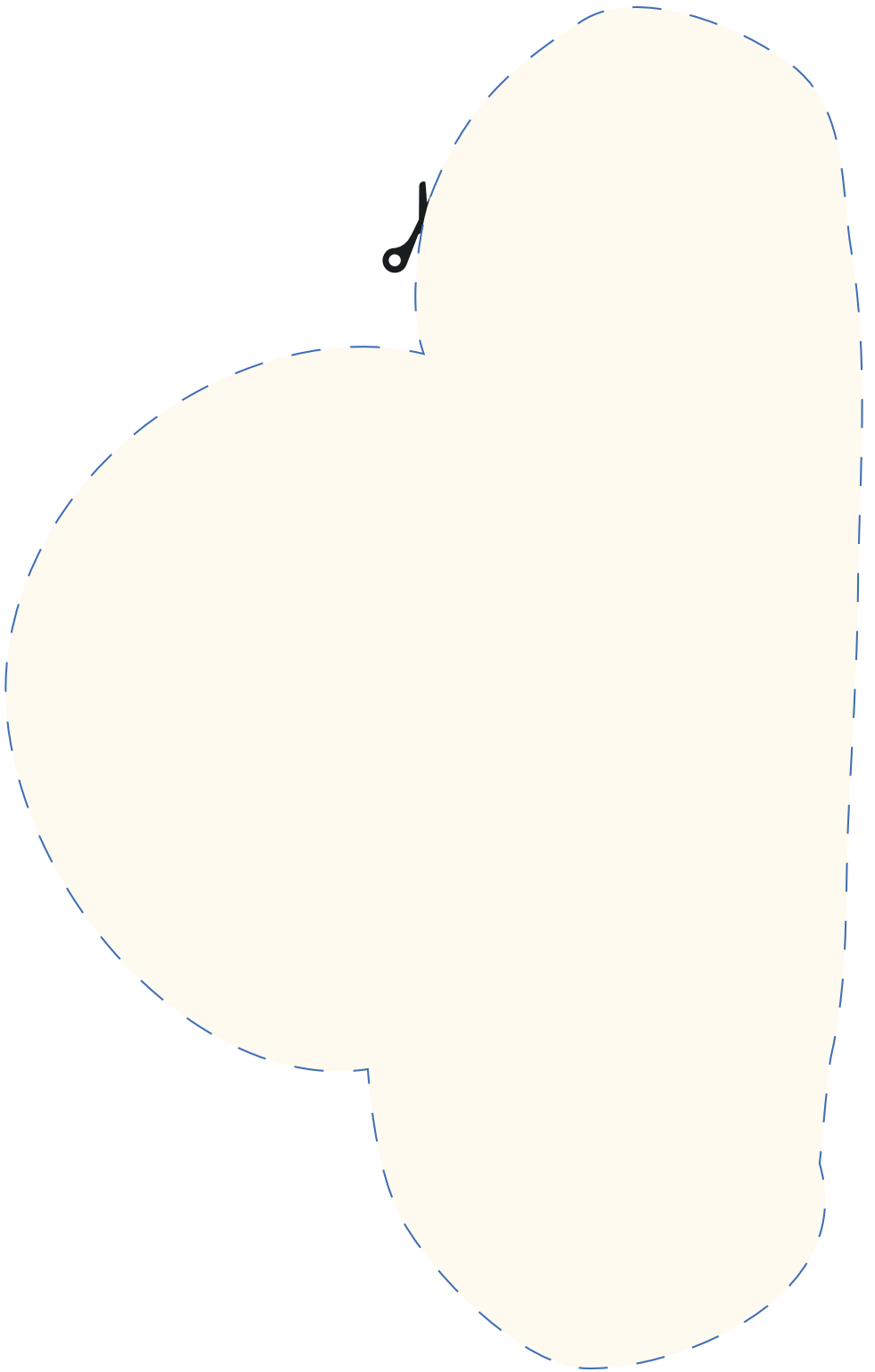
Scotch tape



5 coloured
ribbons
(provided)



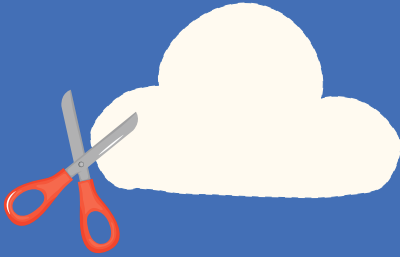
String
(provided)



LET'S MAKE A DREAM CLOUD!

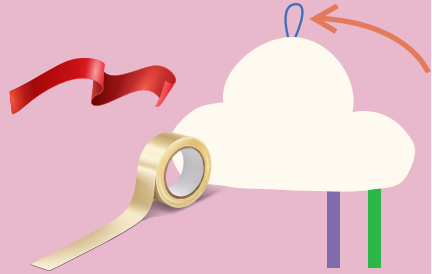
Step 1:

With mummy or daddy's help, cut out the cloud on the next page.



Step 2:

Tape the ribbons to the bottom of the cloud and a ribbon loop at the top of the cloud so that you can hang it.



Step 3:

Using glue, stick the cotton wool provided onto the cloud (on the front side).



Hang your dream cloud somewhere in your room. Whenever you look at it, remember to dream big! Do not be afraid to ask God for big things.

PRAY

Dear God, You are a big God. I believe You can do anything!
Right now, I am going to ask you for a big thing.

[Ask God for a big thing. Examples:

I pray that my whole class will accept Jesus into their hearts.

I pray that my grandmother will be healed of ____ .

I pray that You will use me to be a pastor/missionary.]

In Jesus' name I pray, Amen.



Day 19

Hooray For Victory!

1 Corinthians 15:57

But we thank God! He gives us the
victory through our Lord Jesus Christ.





Victory means winning or doing something very well. With God, you have victory! That is because God is powerful. God always wins, no matter what. As a child of God, you get to be part of God's winning team! When things feel hard, God can help you do things well. You can celebrate and thank God, no matter how you feel.



Day 20

Party Time!





MATERIALS NEEDED

- Mobile device (for QR codes)

LET'S SING AND DANCE TO SOME SONGS TO CELEBRATE!

Scan the QR code below to listen to the songs.



- Just Wanna Thank You
- Joyful Noise
- Praise The Lord Every Day

PRAY

Dear God, thank You for letting me be on Your side, the winning side!
Thank You for giving me victory. I want to praise You no matter how I feel.
In Jesus' name I pray, Amen.





Day 21

Summary

Over the past 3 weeks, you learnt that God has important and special jobs for you. You need to prepare your heart, mind and body to do them well. Even when things get hard, do not give up! Ask God for help. He will help you and give you victory. Dream big and do not be afraid to ask God for big things!

PART 1: DRAW YOUR SPECIAL JOB

Think about a special job God has given you. Draw yourself doing this job.

Examples:

Helping your parents at home

Sharing God's love with someone

Being helpful in school

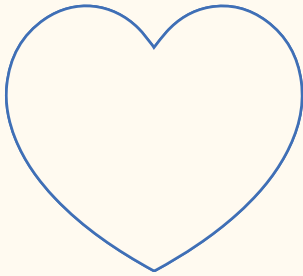
Being a good friend

Telling someone about God



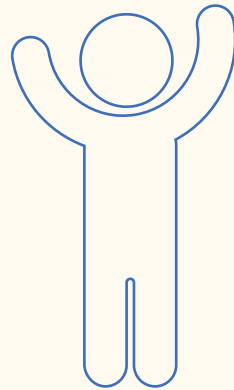
PART 2: HEART, MIND, AND BODY CHECKLIST

Choose 3 of your favourite colours. Colour each picture as you tell mummy or daddy about how you can prepare your heart, your mind, and your body for God's special job for you.



HEART

fill it with love and kindness



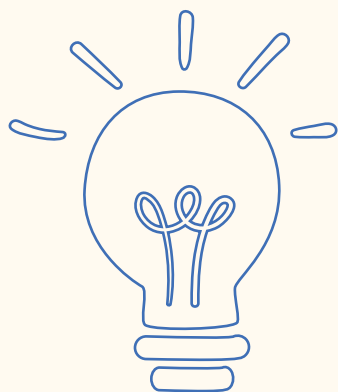
BODY

having healthy habits

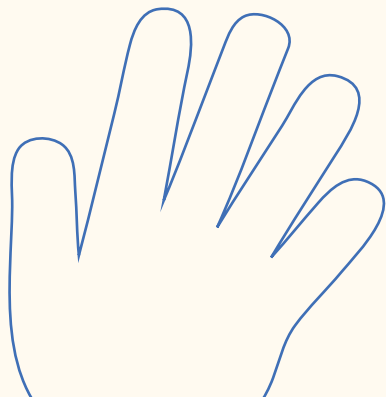
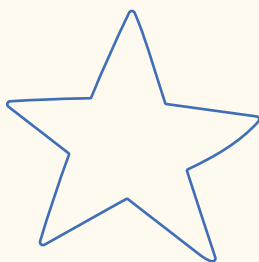


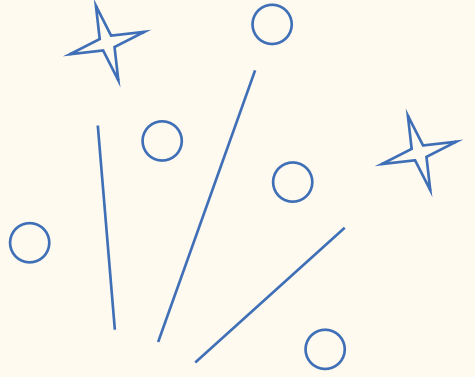
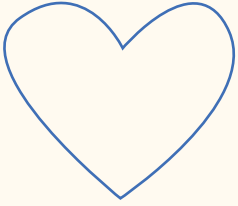
MIND

thinking about good thoughts

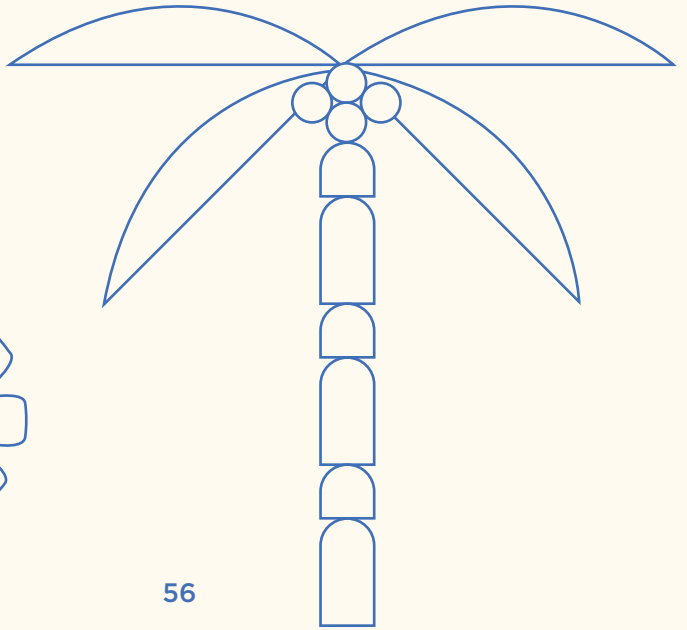
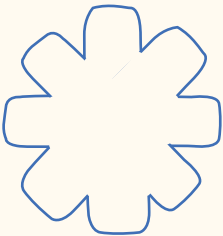


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SIONED





Victory Family Centre Singapore

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