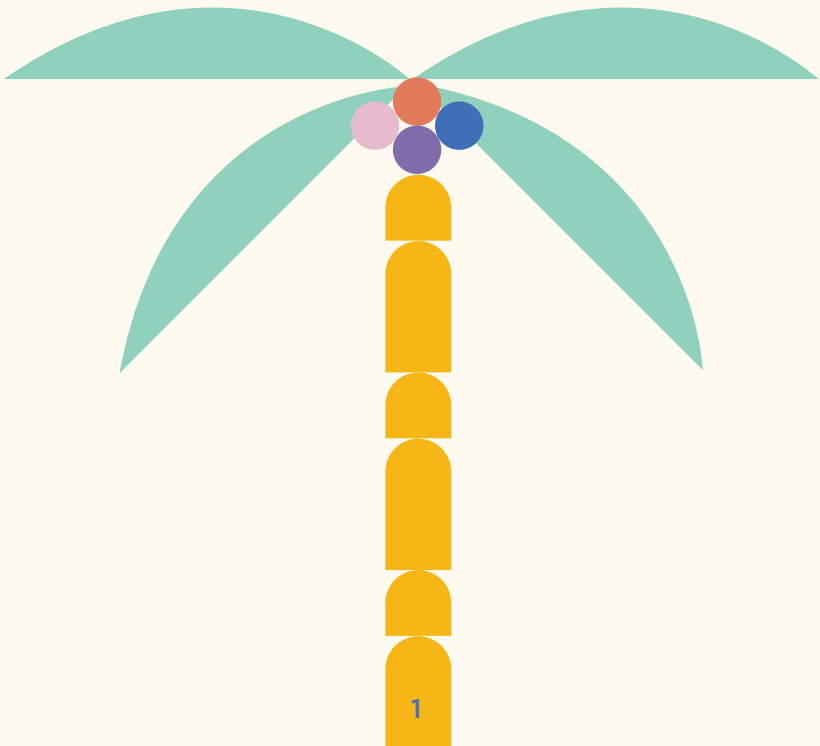


# COMMISSIONED

**21 Days of  
Fasting  
and Prayer**

**JAN 2025**  
7 TO 12 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 have been trusted to do important things for God. God wants to use you to change the world! It can start with something simple like praying for someone, or telling your friends and family about God. God will give you what you 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 different tasks 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, solid teal rectangular area intended for the user to write their response to the question above.

**THE THING I AM WILLING TO GIVE UP**

A large, solid yellow rounded rectangular area intended for the user to write their response to the question above.



**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?**

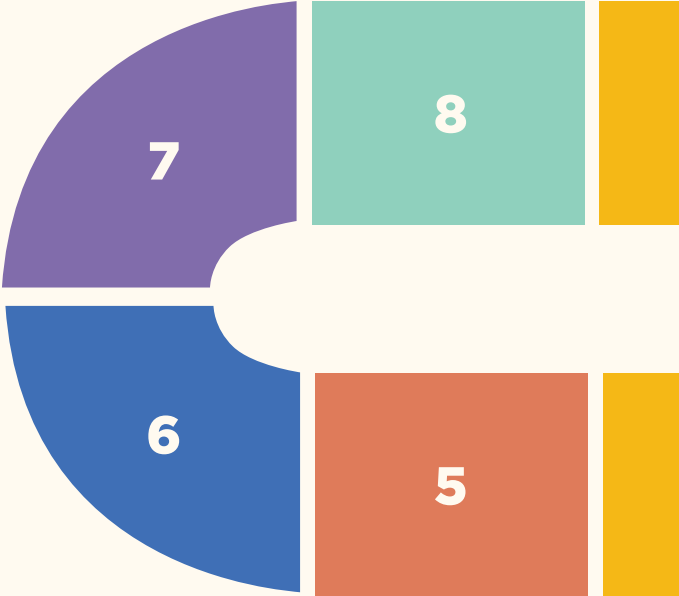
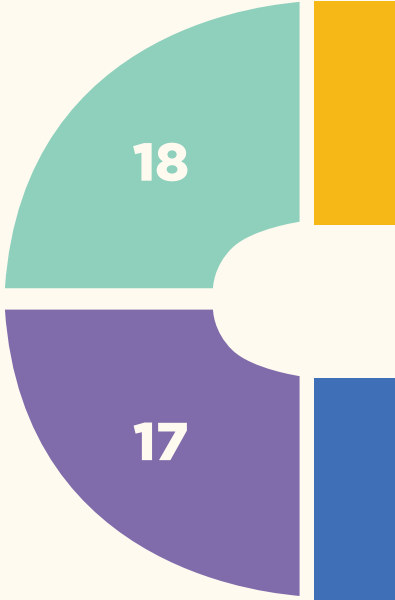
Placing your hands together and closing your eyes help you to focus better, but you don't always have to do so. You can talk to God when you are walking, sitting or even while showering!

**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) Accept the mission (Day 1-4)
- (ii) Prepare for the mission (Day 5-11)
- (iii) Carry out the mission (Day 12-17)
- (iv) Celebrate the win (Day 18-20)
- Conclusion (Day 21)





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**Day 1**

# THE GREATEST

*Joshua 1:2*

*“My servant Moses is dead. Now then, I want you and all of these people to get ready to go across the Jordan River. I want all of you to go into the land I am about to give to the people of Israel.”*

G.O.A.T is an acronym for “Greatest Of All Time”. God is the greatest of all time! He wields all power and authority. The same God, who is the Creator of heaven and earth, commissioned Joshua to do an important mission: to lead the Israelites into a wonderful land that He had promised His people.

The Almighty God who commissioned Joshua in the Bible, is commissioning you today! How amazing is that? God wants to partner with you to do great things. Even though you are imperfect and may mess up sometimes, God still wants to work with you. He has great plans for you.

## **PRAY**

- 1** Thank God that He chooses to work with you.
- 2** Tell God you want to do great things with Him too!



## Day 2

# THE GAME PLAN

*Joshua 1:6*

*“Joshua, be strong and brave!  
You must lead these people so  
they can take their land. This is  
the land I promised their fathers I  
would give them.”*

God told Joshua exactly what he needed to do, step by step. In the same way, God will also lead you step by step in everything He commissions you to do.

God desires to speak to you. He wants to tell you about His plans. You can hear from God by spending time waiting on Him. That means you can set aside time to be silent when you pray.

Another way to hear from God is to read His Word, the Bible. The Bible teaches you what God wants you to do. Make a decision to spend time reading God's Word every day.

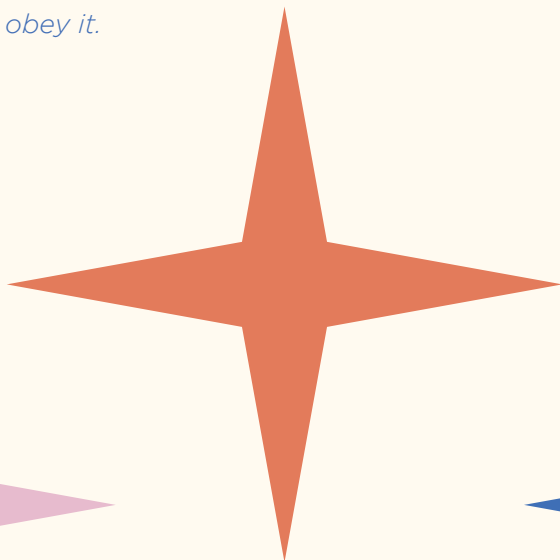
## **PRAY**

- 1** Thank God for always being near you and wanting to speak to you.
- 2** Ask God to open your heart and your ears so that you can hear Him speaking to you.
- 3** Ask God to help you understand what you read in the Bible.

# SAY YES!

Day 3

*Luke 11:28  
Blessed rather are those  
who hear the word of  
God and obey it.*



Joshua was probably nervous about the big mission God gave him, but he still said yes to following God.

God wants you to say “yes” to obeying Him too! His commandments are always for your good. For example, God does not want you to lie, because lying hurts you and breaks the trust of those who love you.

Some of God’s commandments come with blessings too. For example, Ephesians 6:1-3 says honour your parents, with the blessing that you will live a long life on earth. When you obey God, you will receive His blessings. When you obey God, you will become wiser too.

## **PRAY**

- 1** Pray for strength from God to obey His instructions.
- 2** Ask God for wisdom to make good decisions.
- 3** Thank God for promising success and blessings when you obey Him.



**Day 4**

# **RECAP**



## KNOW THAT YOU HAVE A MISSION FROM GOD. CHOOSE TO ACCEPT THE MISSION!

- God has a plan for you.
- He wants to partner with you to do great things.
- You need to listen to God.
- He will instruct you and lead you step by step in what He calls you to do.
- Obeying God is for your own good. As you obey, you will become wiser too.

## ACTIVITY

This activity requires parents to pre-assign mini-tasks for each child. Children are supposed to:

- Listen carefully to instructions, find out the details of the job.
- Say yes!
- Complete the task.

*Examples for parents:*

- *Get your child to decide where to go for lunch or dinner as a family with the budget you set.*
- *Give your child some money to purchase simple grocery items (like a carton of milk, biscuits or soap).*
- *Get your child to help run an errand (like throwing the trash, walking the dog or hanging laundry).*

## REFLECTION

- 1 Was the task challenging?
- 2 Did you take note of all the details?
- 3 How did you feel after completing the task?



## Day 5

# PLAYER ONE, READY!

*Joshua 1:11*

*“Go through the camp and tell the people, ‘Get your supplies ready. Three days from now you will cross the Jordan River. You will go and take the land the Lord your God is giving you.’ ”*

After hearing from God about what He commissions you to do, it is now time for you to prepare. You need to prepare yourself well in order to complete your mission well.

Over the next few days, you will learn how you can get ready for your mission. First, you need to equip yourself with God's Word. Then, you need to prepare your heart and mind. Lastly, you need to build a team for support. Get ready for the adventure ahead!

## PRAY

- 1 Ask the Holy Spirit to show you what you need to do to get ready to be used by God.
- 2 Ask God to remove any distractions so you can focus on what you need to do.

**Day 6**

# **SUIT UP WITH SCRIPTURE**

*Joshua 1:8*

*“Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.”*

Joshua was told to meditate on God's instructions. Joshua was successful in his mission because He knew what God said and was able to follow every detail of it.

God has given you commissions in the Bible to follow. Following God's instructions is the best. His ways are always better than your ways! You need to read and memorise God's Word so that it can guide you every day. Knowing God's Word helps you make good choices because you know what is right and wrong in God's eyes. When you follow God's way, you will make decisions that glorify Him. When you follow God's ways, He helps you succeed in the mission He has given you.

## **PRAY**

- 1** Pray for a desire to read and memorise God's Word.
- 2** Ask God to help you understand and apply the Bible to your life.
- 3** Thank God for the guidance and wisdom He provides through His Word.

**Day 7**

# **SPRING CLEANING TIME!**

*Joshua 3:5  
Joshua told the people,  
"Consecrate yourselves, for  
tomorrow the Lord will do  
amazing things among you."*



When you do not clean your room for a few days, it starts getting messy! In the same way, your heart can get messy when there are wrong things in your life that you do not get rid of.

Joshua understood the importance of this, so he made sure everyone he was leading consecrated themselves. To consecrate means to set yourself apart for God. You can do that by making sure your heart (attitude and emotions), mind (thoughts), and body (actions) are focused on God.

Before you can take on a mission for God, you need to make sure your heart is clean. You can do that by asking for forgiveness for the wrong things you have done and committing to follow God's ways. A clean heart helps you stay close to God as you prepare for His mission.

When you consecrate yourself to God, you are telling Him, "I'm ready for You to use me." God often does great things through people who are willing to be set apart for His purposes.

## **PRAY**

- 1** Ask the Holy Spirit to show you if your heart has any sin or unforgiveness.
- 2** Confess it to God and ask Him to give you a clean heart. If you have hurt someone, say sorry to the person and ask for forgiveness.
- 3** Thank God for the amazing things He will do when you follow Him with a clean heart.

**Day 8**

# ALL ABOUT ATTITUDE

*Joshua 5:14*

*The man answered, "I have come as the commander of the Lord's army." Then Joshua bowed facedown on the ground. He asked, "Does my master have a command for me, his servant?"*



The first attitude you should cultivate is humility. Joshua showed respect to the commander of the Lord's army by bowing down. You can do the same by respecting God and being ready to follow what He asks you to do. Being humble means remembering that God is in charge, not you.

The second attitude you should develop is responsibility. Joshua did not procrastinate or delay when it came to obeying God. He was eager to serve God. You can learn from Joshua and be proactive to serve God too! Whether it is helping out at home, being kind to friends, or praying for others, you can take initiative and be responsible.

## PRAY

- 1 Pray for a heart that is humble.
- 2 Ask God to give you passion and enthusiasm for the right things.
- 3 Thank God for the ways He lets you serve Him every day.



Day 9

# MIND OVER MATTER



*Philippians 4:8*  
*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Half the battle is won when you focus your thoughts on the right thing. Firstly, it is important to make sure your mind is focused on what God wants, not just what you want. Secondly, do not dwell on negative thoughts. Challenges may come, but do not let discouragement control you. Do not let disappointment paralyze you. Do not let your feelings of hurt determine your actions. If you struggle with having the right thoughts, keep praying. Prayer connects you to God. Tell God how you feel and ask Him to renew your mind.

## PRAY

- 1 Ask God to remove any negative thoughts from your mind (e.g. fear, anger).
- 2 Ask God to fill your mind with good thoughts.
- 3 Thank Him for one good thing that happened today/this week.

Day 10

# BETTER TOGETHER

*Joshua 6:3-4*

*"March around the city once with all your fighting men. In fact, do it for six days. Have seven priests get trumpets made out of rams' horns. They must carry them in front of the ark. On the seventh day, march around the city seven times. Tell the priests to blow the trumpets as you march."*



God uses teams! Joshua did not take on Jericho alone. He had priests, armed fighters, and regular people to march around the walls. Likewise, you also need others to support you in your mission. God wants you to work with others.

Everyone played a part in the mission which God gave to Joshua. The priest blew their trumpets and the people marched exactly seven times on the seventh day. You are also part of God's big mission. Do not look down on your role. God gives different people different jobs to accomplish His mission together. Learn to work well with others and work in unity.

God does not want you to go on this mission alone because He knows everyone needs encouragement. He has given you friends, family, and fellow Christians to help, encourage, and pray for you as you serve Him. Don't forget to encourage others too!

## **PRAY**

- 1** Ask God to bring the right people to help you.
- 2** Ask God to help you be a good teammate to others on their mission.
- 3** Thank God for the support system He provides.

## Day 11

# RECAP

You can get ready for God's mission for you by:

- Equipping yourself with God's Word.
- Preparing your heart (a clean heart).
- Having the right attitude (humility and responsibility).
- Focusing on the right thoughts.
- Working well with others.

## ACTIVITY

### Materials Needed:

"Mission preparation kit" sticker (provided)

x1 Post-it note

x1 Foam heart (provided)

x1 Rock

x1 Coin

x1 Packet of tissue

Optional: stickers, stamps, markers for decoration

# LET'S CREATE A MISSION PREPARATION KIT!

## STEP 1:

Find an empty box which you no longer need. It can be an empty cardboard box.

## STEP 2:

Fill your box with items that remind you of the things you need to prepare for your mission:

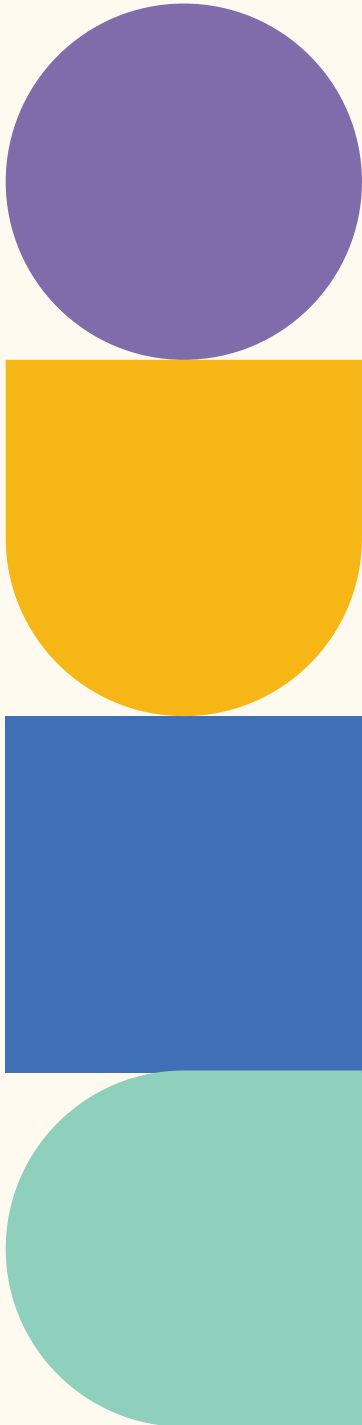
- (i) Write your favourite scripture on a post-it note and add it to your box - to remind you to get equipped with God's Word
- (ii) A foam heart - to represent a heart ready to obey God
- (iii) A coin - 2 sides to represent the 2 attitudes: humility and responsibility
- (iv) A rock - to represent a strong mind that is focused on the right thoughts
- (v) A packet of tissue - to represent a good support system, a team to work with

## STEP 3:

When you are done, stick on the "Mission Preparation Kit" sticker provided and decorate your box.

## STEP 4:

Keep this box as a reminder of what you need to be ready for the mission God has for you. Share with your family and friends about each item in your "Mission Preparation Kit". Explain how each item helps prepare you to do God's work and how God will equip you for the journey ahead.



**Day 12**

# TINY BUT MIGHTY

*Joshua 1:9*

*"Remember that I commanded you to be strong and brave. So don't be afraid. The Lord your God will be with you everywhere you go."*



Joshua was not afraid to lead because he knew God was with him. Joshua had to fight tough battles, but he remained strong in the Lord and full of courage. Like Joshua, you can be brave too. Remember that God is on your side! Choose to put your trust in God even when you are scared, worried or unsure. For example, God can help you overcome your fear of trying something new in school. He can give you the courage you need to stand up for what is right, even when no one else dares to speak up. Whatever your mission is, you can ask God for strength and courage.

## PRAY

- 1 Tell God about some of your fears.
- 2 Ask God for strength and courage.
- 3 Thank God that He is always with you, thank Him for His presence.




**Day 13**

# **STAY STRONG, TRUST LONG**

*Joshua 11:15*

*As the Lord had commanded his servant Moses, so Moses commanded Joshua. And Joshua did as he was told, carefully obeying all the commands that the Lord had given to Moses.*



Joshua was faithful. He followed all of God's commands carefully. His steadfast obedience to God helped him to become a great leader.

In order to do great things for God, you need to be faithful. You can show faithfulness by first completing small tasks well. The Bible says God sees and rewards your faithfulness (Matthew 25:14-30). When you keep doing what is right in God's eyes and obey Him, God will trust you with greater responsibilities. When you consistently do your best, others around you will also recognise that you are dependable and start to trust you more. Do not give up when things get hard. Stay the course and keep going!

## **PRAY**

- 1** Ask God to grow you in faithfulness, which is the fruit of the Spirit (Galatians 5:22-23).
- 2** Pray for strength to obey God, even when it is difficult.
- 3** Thank God for choosing to use you.

**Day 14**

# HAPPY HEARTS

*Joshua 6:20*

*The priests blew the trumpets. As soon as the army heard the sound, they gave a loud shout. Then the wall fell down. Everyone charged straight in. So they took the city.*



Everyone was filled with joy when the walls of Jericho finally came tumbling down. Joshua and the people had joy because they trusted in God. They obeyed God and kept marching even when they did not see anything happen for 6 days. This shows that trusting God can lead to joyful days, even if things stay exactly the same! True joy comes from obeying God and recognising His power in your life. Your joyful attitude will help to point others to God!

## **PRAY**

- 1 Pray for a joyful heart, that you will do everything with joy (instead of complaining).
- 2 Ask God to help you see His good plans, even when things are hard.
- 3 Think of one thing you can thank God for.

**Day 15**

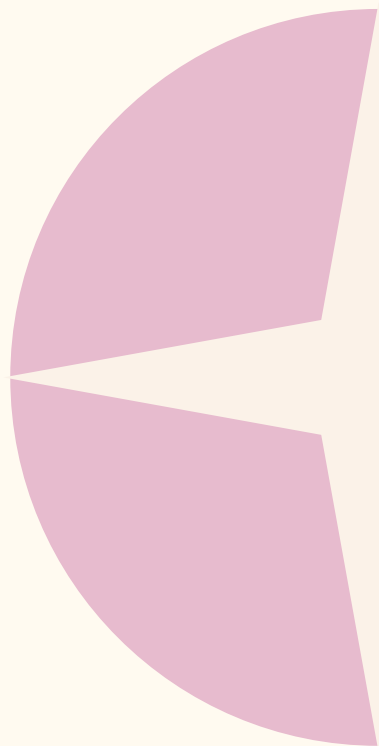
# EXCELLENCE IN ACTION

*Joshua 22:5*

*“But continue to obey the teachings  
Moses gave you. That law is to love the  
Lord your God and obey his  
commands. Continue to follow him and  
serve him the very best you can.”*



In this verse, Joshua reminds the people to do everything with their best effort for God. He tells them to love God and follow His commands with all their heart and soul. When you do things with excellence, you show God how much you care about Him. Doing your best is also a way to show God how thankful you are for His love. Some examples of doing things with excellence include: obeying God completely (not halfway, not only picking the ones that are easy to obey), being kind to others (even when they are mean to you), and serving God with all your heart (even on your bad days and when you do not feel like doing it). God deserves your best!



## PRAY

- 1 Tell God that you want to love and follow Him with all your heart.
- 2 Ask God to help you do your best in everything.
- 3 Ask God to show you areas in your life you can be more excellent in.



## Day 16

# DREAM BIG!

*Joshua 10:12-13*

*That day the Lord allowed the Israelites to defeat the Amorites. 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. These words are written in the Book of Jashar. The sun stopped in the middle of the sky. It waited to go down for a full day.*



One day, when God's people (the Israelites) were in the middle of a big battle, Joshua (the leader) did something really bold. He dared to dream big and asked God to do something amazing. Joshua asked for the sun and moon to stop moving so they could have more time to win the fight. The coolest part is: God actually made it happen! The sun stayed in the sky, and the moon did not move for a whole day. This miracle helped the Israelites defeat their enemies. Just like Joshua, do not be afraid to ask God for big things. God is able to do anything. In fact, He wants to give us what is above and beyond our expectations (Ephesians 3:20-21). Think outside the box, be bold to ask God for miracles and trust God to provide for you. He can do incredible things!

## PRAY

- 1 Thank God for the amazing things He can do.
- 2 Pray for boldness to ask God for big things.
- 3 Pray for faith to believe that God can do the impossible.

## Day 17

# RECAP

In order to complete the mission God has for you:

- Trust that God is always with you. Be strong and courageous.
- Be faithful. Start by being responsible with the small things which prepare you for greater things in the future.
- Do everything with joy.
- Serve God with all your heart and soul, do your best in everything.
- Dream big! Have faith that God can do miracles.

## ACTIVITY

- 1 Gather your family or a group of friends.
- 2 Take turns to roll the dice.
- 3 On each turn, do one of the challenges. Example: If your dice shows "strength", choose one of the strength challenges listed on the dice.

# NOTE: ADULT SUPERVISION IS REQUIRED FOR THIS ACTIVITY.

## Instructions to assemble the dice:

1. Cut out the dice from the template provided below.
2. Fold along the lines.
3. Apply glue to the flaps labelled 'glue'.
4. Build your dice by sticking the flaps with glue on the inner surface of the dice.





You may play a few rounds or until all the challenges are completed. After that, spend a few moments discussing the following questions:

- 1 What is something that seems difficult to do, but you would like to try? (e.g. baking, learning to play a musical instrument)
- 2 What is something you are afraid of but want to be brave about? (e.g. sleeping alone, overcoming fear of insects)
- 3 What is something you want to be faithful in doing? (e.g. waking up early, exercise once a week, eat healthy, be on time)
- 4 What is one thing you can do with joy? (e.g. taking care of younger sibling, doing house chores)
- 5 What is one thing you want to put more effort in doing? (e.g. homework, packing your room/bed)
- 6 What is something big you can believe God for? (e.g. healing, a miracle, friend's salvation)

Keep working on the areas you talked about. Just like Joshua, you can be strong and courageous, faithful, joyful, give your best in everything you do, and trust God for big things. Remember, God is always with you and He hears your prayers.

End the activity time with a short prayer. Ask God to help you and your friends/family members grow in strength, courage, faithfulness, joy, excellence and faith.



**Day 18**

# **THE VICTORY SQUAD**

*Joshua 11:23a*

*Joshua took control of all the land of Israel. This was what the Lord had told Moses to do long ago. He gave the land to Israel because he had promised it to them.*



When Joshua obeyed God to lead the Israelites in defeating their enemies, the entire nation of Israel got to be a part of the victory in the end. Everyone got to enjoy the benefits of living in the wonderful land that God had promised.

In the same way, when you obey God, you get to experience what it is like to be a winner. God shares His victory with you, and you can help others experience victory too. It is an honour and privilege to partner with God to do great things. Leading others into victory makes everything even better! Don't keep this good news to yourself. Tell your friends that God has a good plan for them too.



## PRAY

- 1 Praise God for the victory that comes from Him.
- 2 Thank God for the opportunity to partner with Him to do great things.
- 3 Ask God to show you ways you can lead others into His victory (e.g. they can receive God's healing over sickness).



Day 19

# PARTY TIME!



*Psalm 126:2*

*Then we were filled with laughter, and we sang happy songs. Then the other nations said, "The Lord has done great things for them."*



People cheer for winners. Winners celebrate their achievements. When God gives you the victory, it is only natural to respond with praise and celebration. You can celebrate and praise God by:

- singing songs of praise
- dancing
- clapping your hands
- praising God with words
- smiling
- telling someone your testimony

God is the one who gives the victory. With God on your side, you will always be a winner! That is why you can celebrate and rejoice even before seeing the results. God deserves all the credit. He deserves all the praise, glory and honour. So praise Him with all you've got!

When you experience victory, you should live differently too, so that others can see the great things God has done for you.

## PRAY

- 1 Thank God for the amazing things He can do.
- 2 Pray for boldness to ask God for big things.
- 3 Pray for faith to believe that God can do the impossible.

## Day 20

# RECAP

When you obey God, you get to partner with Him in receiving the victory.

- You can lead others into victory too.
- With God on your side, you are always a winner.
- Every victory comes from God.
- Rejoice and celebrate the win.
- Do not forget to thank God and praise Him.
- Share your testimony with others.

## ACTIVITY

### Materials Needed:

- x2 Empty plastic bottles of the same size
- x1 Glue gun
- x1 Penknife
- x1 Card paper (thicker paper)
- Slips of paper / post-its (thinner paper)
- Optional: decorative markers, stickers, paint

**NOTE: ADULT SUPERVISION IS REQUIRED FOR THIS ACTIVITY.**

### **INSTRUCTIONS TO BUILD YOUR TROPHY**



Scan QR code or visit  
<https://tinyurl.com/vdsuvrpe>

## **ACTIVITY**

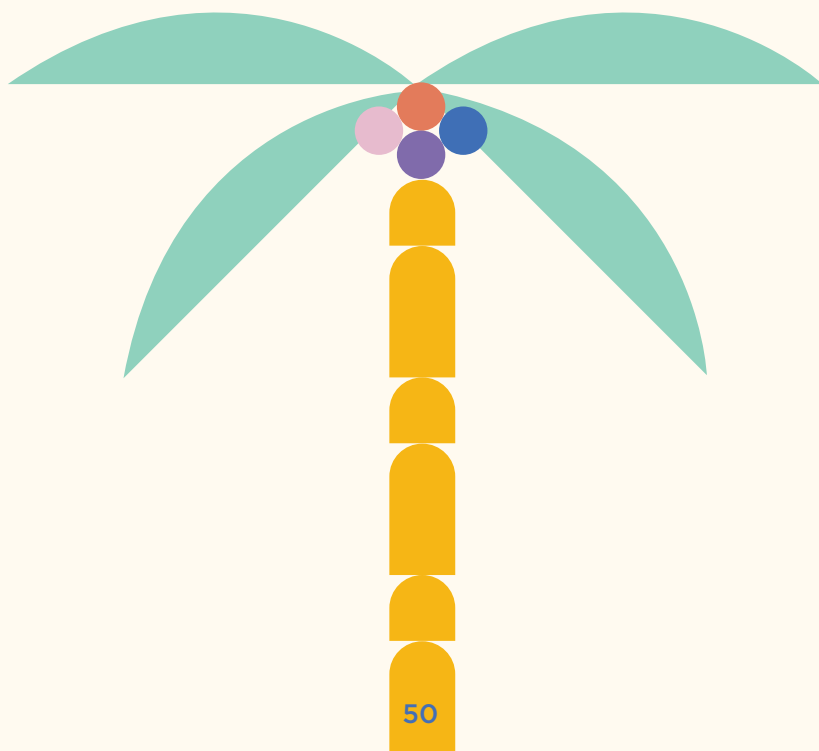
- 1** Every day, ask each of your family members to think of something they are thankful for.
- 2** Get them to write it on a small slip of paper or post-it note and drop this in the trophy.
- 3** At the end of each week, gather your family together and open up the post-it notes one by one.
- 4** Read each one aloud, and thank God for the different victories throughout the week! (Refer to Day 19 for ways to rejoice and celebrate).



**Day 21**

# **CONCLUSION**

Over the past 3 weeks, you learnt that God has commissioned you for an important purpose and He helps and equips you to accomplish it. As we obey Him, He uses our lives to impact those around us! Continue to read the Bible to discover even more of who God is, connect with God's purpose, and transform our world!





# LET'S REFLECT

**WHAT HAVE YOU LEARNT ABOUT GOD OVER THE PAST 21 DAYS?**

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**HOW DOES IT FEEL TO KNOW THAT THE GOD OF ALL CREATION  
HAS PERSONALLY COMMISSIONED YOU?**

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**(A) WHAT IS ONE TASK THAT GOD HAS GIVEN TO YOU?**

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**(B) HOW DID IT GO/ HOW IS IT GOING?**

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**WHAT WOULD YOU LIKE TO DO DIFFERENTLY FROM NOW ON IN ORDER TO KEEP OBEYING GOD?**

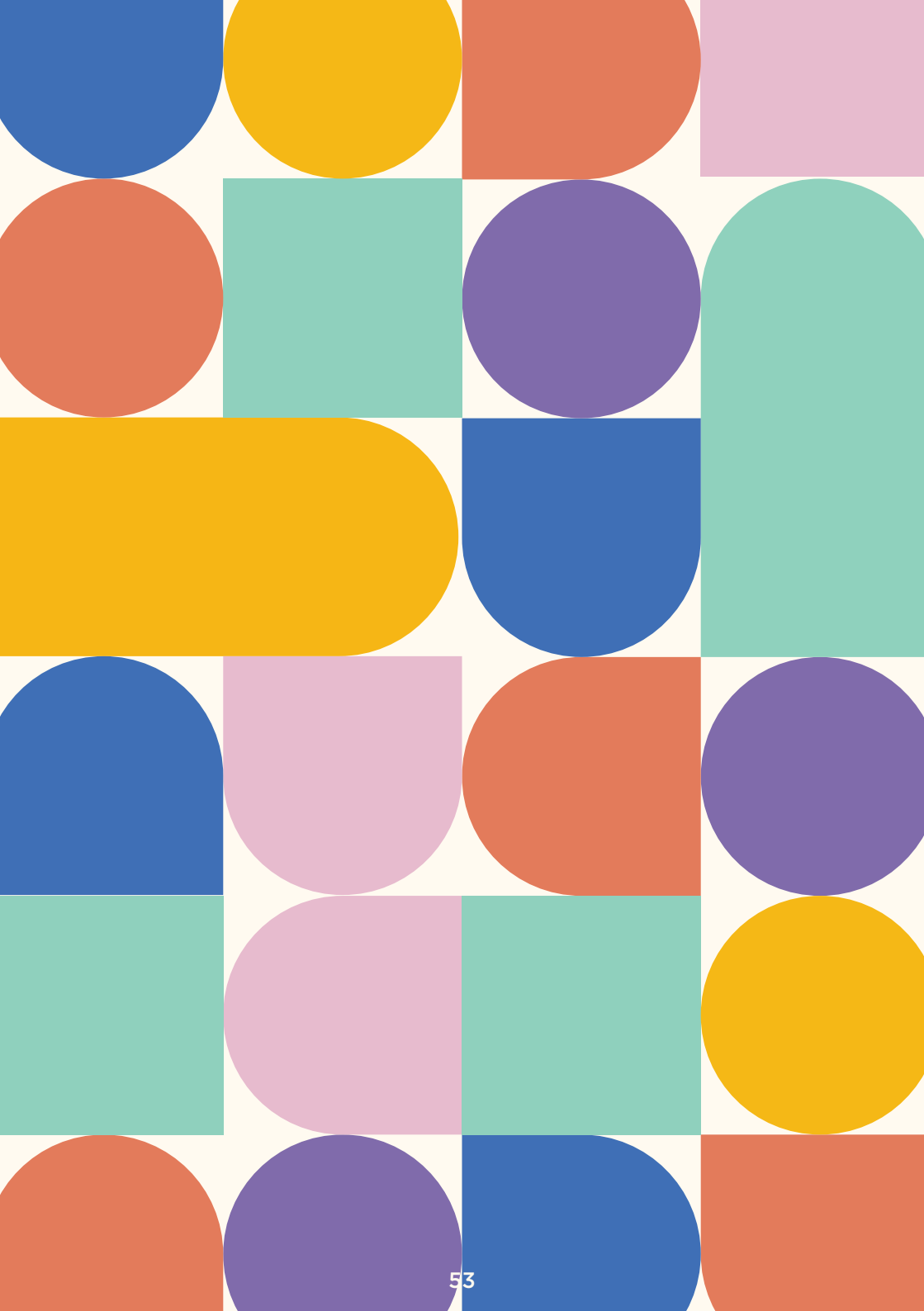
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**PRAY**

- 1** Thank God for all that He has shown you and taught you over the last 3 weeks.
- 2** Commit to knowing Him even more through continuing to read His Word.
- 3** Ask God to lead you and help you in all that He commissions you to do.







**LET'S DO A WORD SEARCH TO RECAP  
WHAT WE HAVE LEARNT!**

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

ATTITUDE

COMMISSIONED

CONSECRATE

DREAM

EXCELLENCE

FOCUS

JOY

HUMILITY

MEDITATE

THOUGHTS

OBEY

REJOICE

PLAN

READY

TOGETHER

TRUST

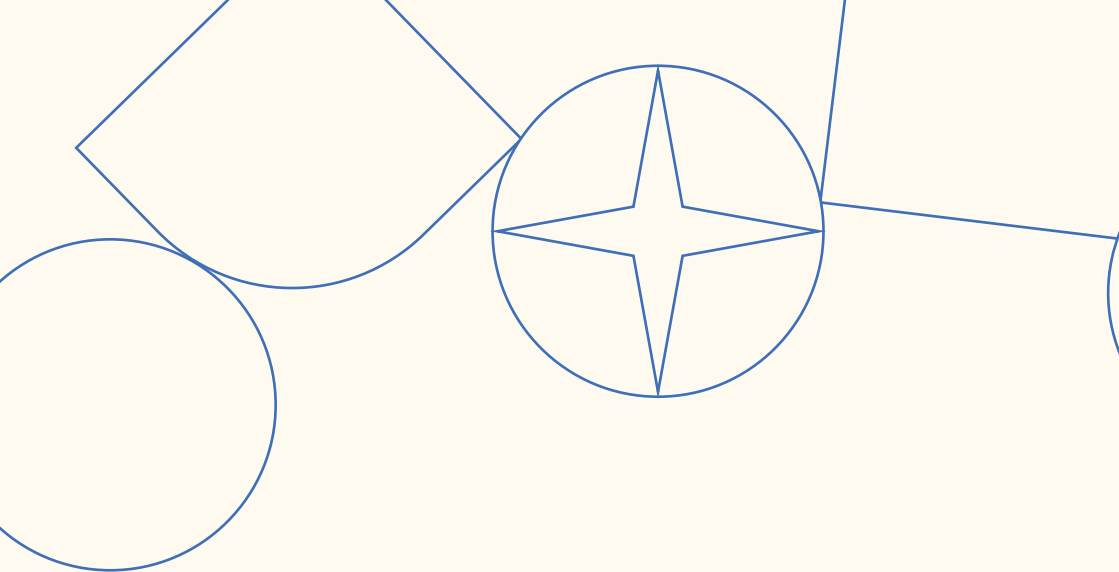
VICTORY

RESPONSIBILITY

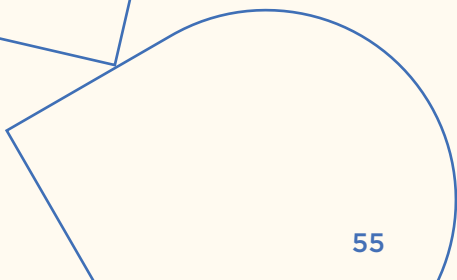
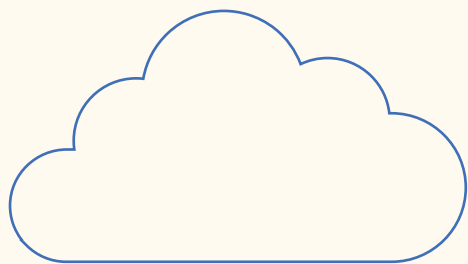
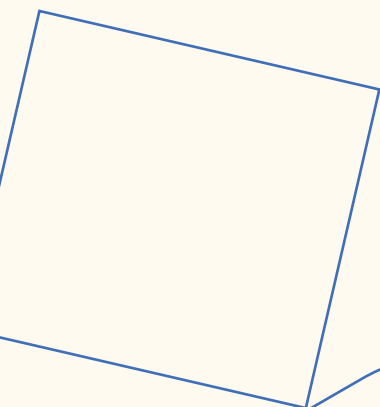
STRONG

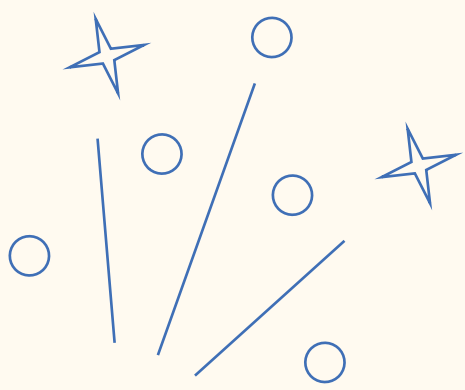
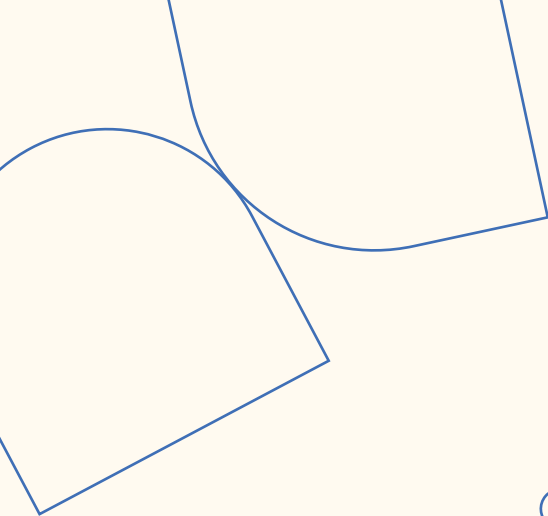
HEARTS

GOD

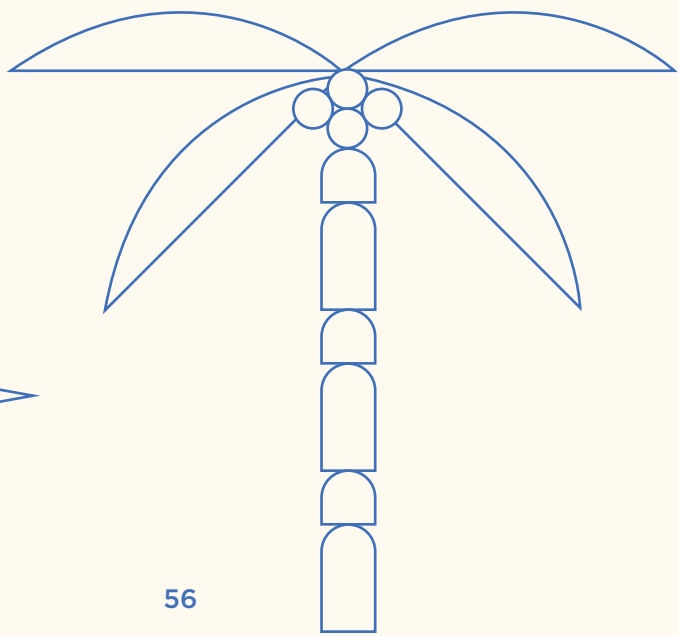
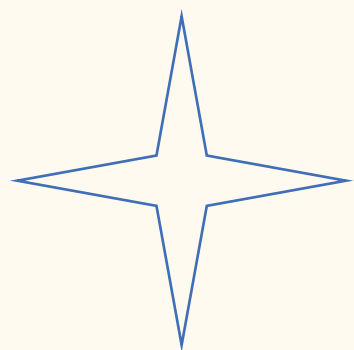


COMMISS





SIONED





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