

My Prayer & Fasting Activity Book 2



"If you have faith as small as a mustard seed, you can say to this mountain to move." Matt.17:20

DAY 1: Kid, you'll move mountains



Bible Reading: Matthew 17:20-21 & Mark 11:22-24

The disciples asked Jesus why they couldn't drive a demon out. Jesus said, "If you have *faith as small as a tiny mustard seed*, you can say to this mountain, 'move from here to there' and it will move. Nothing is impossible for you." Matthew 17:20-21 (NIV)

Here is a little mustard seed. It's one of the smallest of all the seeds. The mustard seed is so small that you can hardly even see it.



Jesus was not saying that you and I must go around trying to move mountains. Jesus is teaching us to have "**faith in God**" - believe in God (Mark 11:22).

When we are praying, it is like we are sowing a small seed. Once we have asked for something in prayer, things start happening. Whether we are asleep or awake, God is at work, preparing an answer to our prayers.

Ask God for faith the size of a mustard seed so that we can see God do great things!



Dear Father,

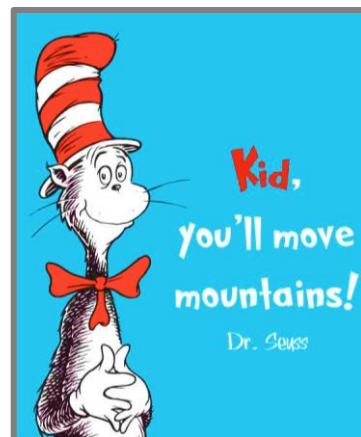
Today I ask for a mustard seed sized **FAITH**.

Help me to believe and never doubt Your mighty power to answer my prayers.

Other things I pray for (write them down):

In the name of Jesus, Amen.

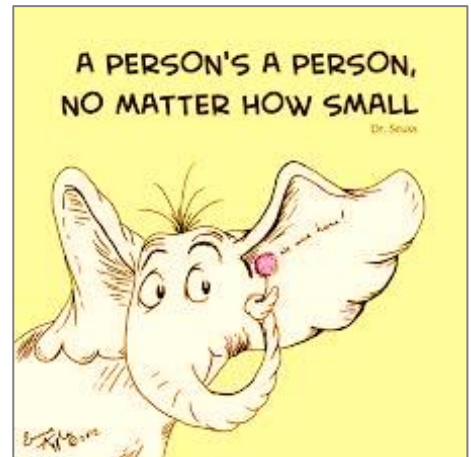
ACTIVITY: COLOUR THE PICTURE



DAY 2: Size Doesn't Matter

In the past year, many families have been affected by Covid-19 virus and the lockdown in S.A. Some people have been tested positive for the virus, while others have passed away. Schools were disrupted and even churches have closed their doors (*for now*).

But that doesn't mean that as children of God we are helpless. It doesn't matter how small you think you are - you can help others. Just like a tiny, tiny seed can grow into a huge tree. And just like that seed, you can do big things even though you are small.



Bible Reading: Matthew 13:31-32



*"Jesus told them another story: The kingdom of heaven is like what happens when a farmer plants a mustard seed in a field. Although it is the **smallest of all seeds**, it grows larger than any garden plant and becomes a tree. Birds even come and nest on its branches."*

The seeds of God's Word have been planted in your life as you've learned many Sunday School lessons and memory verses at church, now it is time for you to act on what you've learned. You might think that you are small and unimportant, but God listens when you are praying and praising (Psalm 8:2).

God can use the smallest of actions (just think of the boy who shared his lunch with Jesus) to make a big difference in the world.

How can you make a difference?

- a) Pray, pray and pray some more!
- b) Write a card to someone - drop it in their post box.
- c) Make a phone call to a friend or family member or leader.
- d) Be kind to someone.

e) My other ideas:

Dear Father,

Today I pray for **SAFETY** as in Psalm 4:8. "I can lie down and sleep soundly because you, LORD, will keep me safe."

I also pray for the safety of our doctors, nurses, policemen, and others doing dangerous work.

Other people I pray for (write them down):

In the name of Jesus, Amen.



Activities:

Plant seeds into a small pot (ask mommy or daddy to help you). Every time you water your seeds, pray that God would help you to make a difference in someone's life. When your plants are big, you can give it as a gift to someone to encourage them.

The Parable of the Mustard Seed

Again he said, "What shall we say the kingdom of God is like, or what parable shall we use to describe it? It is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade." Mark 4:30-32 (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



T	E	G	B	W	J	C	D	M	F	A	R	L	Q	Y	O	H	X	Z	U	S	V	P	K	I	N
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

1. 23-11-12-11-4-13-2 _____
2. 24-25-26-3-8-16-9 _____
3. 9-20-21-1-11-12-8 _____
4. 21-2-2-8 _____
5. 23-13-11-26-1-2-8 _____
6. 21-9-11-13-13-2-21-1 _____
7. 13-11-12-3-2-21-1 _____
8. 23-13-11-26-1-21 _____
9. 4-25-12-8-21 _____
10. 26-2-21-1 _____

PLANTED SMALLEST	MUSTARD PARABLE	KINGDOM BIRDS	NEST LARGEST	PLANTS SEED
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DAY 3: Don't worry, God knows your Future

Kids around the world are asking a lot of questions about the Corona virus. Like you, their worlds turned upside down by the pandemic. Many had to stay at home, without school, friends, sports or usual outside activities.

Some are scared, worried and don't understand when things will get back to normal. We don't know when that will be, but we don't have to be scared or worried about our future, because we know Who hold our future...JESUS!

Charlie (5 yrs) says: "After this virus is over, I'm going back to not washing my hands."

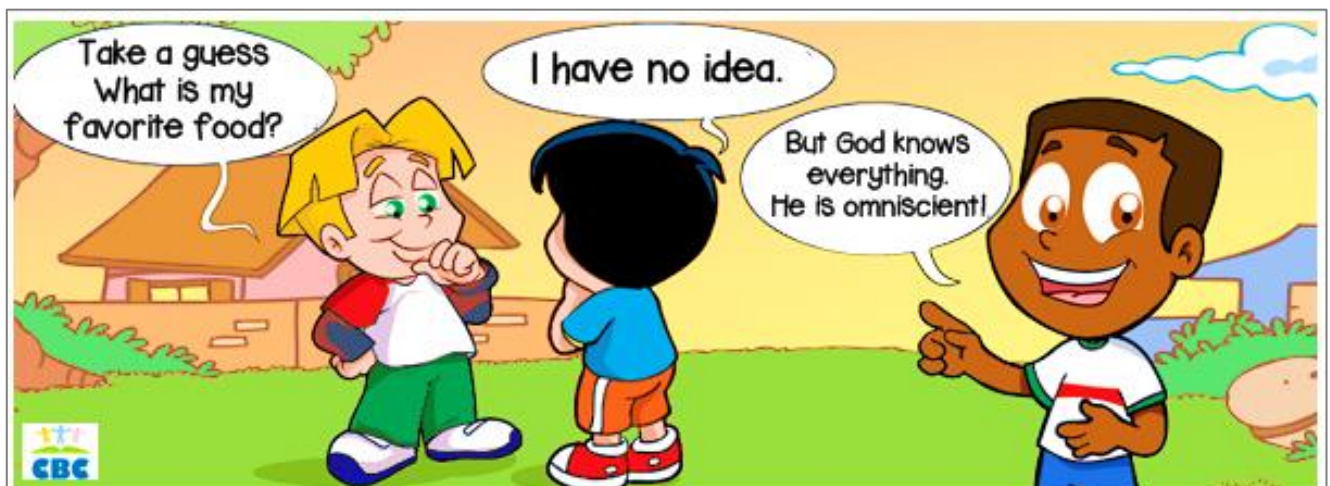


Bible Reading:

Psalm 139:15-16, "Nothing about me is hidden from you! I was secretly woven together deep in the earth below, but with your own eyes you saw my body being formed. Even before I was born, you had written in your book everything I would do." (CEV)

Jeremiah 29:11, "I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for. (GNB)

Jesus knows everything! Nothing surprises Him: the good things, the bad or the ugly things, and He has it all worked out. God knows everything, He knows the future and He has planned for it according to His perfect will. Don't worry!





Dear Father,

I don't know what the **FUTURE** hold, but I know You hold the future. I know that I can put my faith and trust in You and therefore I am not worried or scared. Thank you that You have it all worked out!

Other things I pray for (write them down):

In the name of Jesus, Amen.

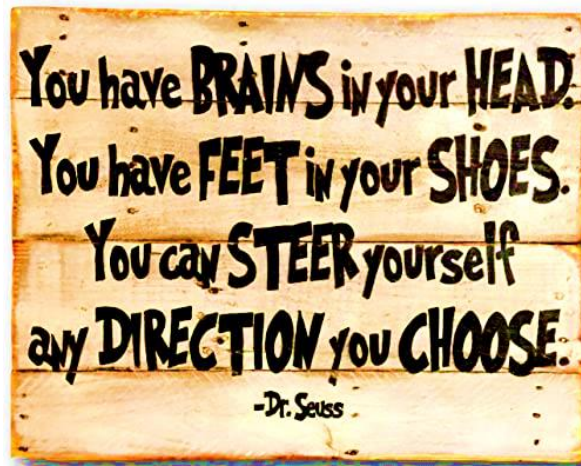
ACTIVITY:

Jeremiah 29:11



PLANS
PROSPER
FUTURE
HOPE
FOLLOW
SIGNS
PRAYER
FAITH
GOD
TRUST
JEREMIAH
DAVID
SAMUEL
SAUL

DAY 4: Use your Brains



The Lockdown has had an affect on our Education. For many months children had to do home-schooling or on-line classes - with mommy being their Teacher! Even now, we're not sure what to expect when we go back to school. But we can PRAY for our EDUCATION.

Bible Reading:



Proverbs 2:6 "It is the LORD who gives wisdom; from Him come knowledge and understanding." (GNB)

Proverbs 4:13 "Always remember what you have learned. Your education is your life—guard it well." (GNB)

What is the difference between knowledge and wisdom?

- © Knowledge is about facts and ideas that we learn through study, reading, etc.
- © Wisdom is the ability to tell right from wrong, true and false, and learning from our mistakes.

King Solomon could ask for anything in the world from God - money, fame or a long life, but instead he asked God to give him wisdom. (1 Kings 3:9)

Being wise is more than being clever/smart. It means learning from our mistakes and making better choices next time. Ask others to help us when we don't know something and ask God to give us wisdom.

Things to pray for at **SCHOOL**:

1. Lord help me in my academic skills and efforts.
2. Give me a desire to learn.
3. Help me not to become discouraged when I cannot understand something but ask someone who knows.
4. I want to gain wisdom to understand what is right and true.
5. Let me be an example for my friends.
6. Please bless my principal: _____
7. Please bless my teacher: _____

Other things I pray for (write them down):

In the name of Jesus, Amen.



ACTIVITY:

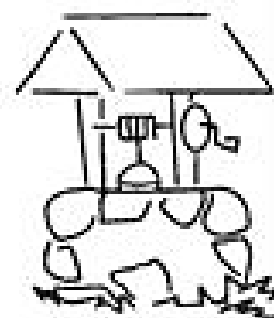
BibleWise








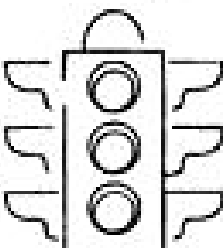
True Wisdom

—James 1–4

Be Wise

Solve this picture puzzle to learn how to get true wisdom. Read James 4:8 to check your answer.



	-	N	+	M	=	_____
		N	+		=	_____
				2	=	_____
			+	D	=	_____
				&	=	_____
	-	S	E	P	=	_____
	-	E	+	I	=	_____
	-	N	+	M	=	_____
		N	+		=	_____
				2	=	_____
				U	=	_____



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DAY 5: Me & My Family

1. Children are a gift from God



Bible Reading: Psalm 127:3

"Children are a blessing and a gift from the LORD." (ERV)


The Bible tell us that God made families and that God gives us children. Children are a gift from God. Did you ever think of yourself as a gift to your mom and dad?




2. Obey your parents

Bible Reading:



 Eph. 6:1-3 *"Children, you belong to the Lord, and you do the right thing when you obey your parents. The first commandment with a promise says, 'Obey your father and your mother, and you will have a long and happy life.'"*

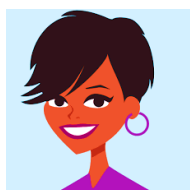
 Proverbs 15:20 *"Wise children make their parents happy."*

 Proverbs 5:5 *"Don't be a fool and disobey your parents. Be smart! Accept correction."*

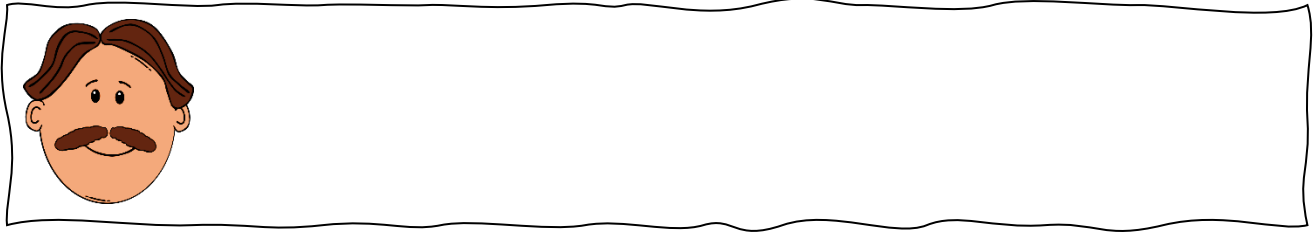
 Col. 3:20 *"Children must always obey their parents. This pleases the Lord."*

Everyone in a family has different jobs to do.

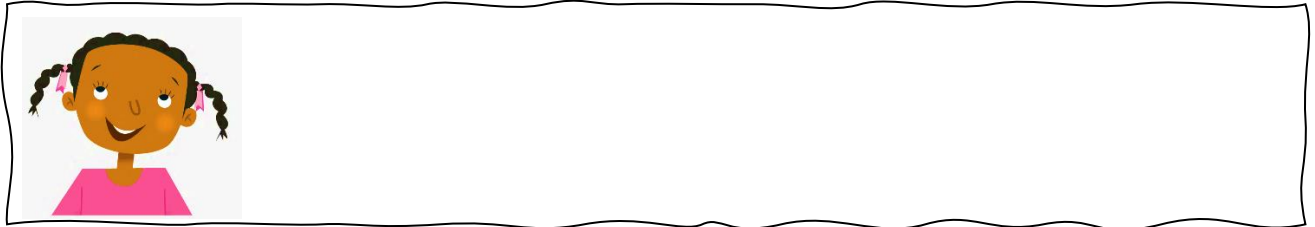
Name some things that **MOM** does:



Name some things that **DAD** does:



Name some things that **do**:



The Bible says that it is our job as a child to obey our parents. Obey means do what mommy or daddy asked you to do, e.g. help with the dishes, sweep the floor, pick up the dog's, etc.

3. Parents are to love their children

Bible Reading:



Ephesians 6:4, "Parents, don't be hard on your children. Raise them properly. Teach them and instruct them about the Lord."



Proverbs 13:24, "If you love your children, you will correct them; if you don't love them, you won't correct them."

Parents have another job too - to love and take care for you! This is another reason why God made families.

We are all a
little weird and
life's a little weird,
and when we find someone whose
weirdness is compatible
with ours, we join up
with them and fall in
mutual weirdness and
call it love.





Dear Father,

Thank you for my **FAMILY**. I pray that you will help us to love each other and help one another. Help me also to be obedient. I pray that you will protect and provide for mommy & daddy too. !

Other things I pray for (write them down):

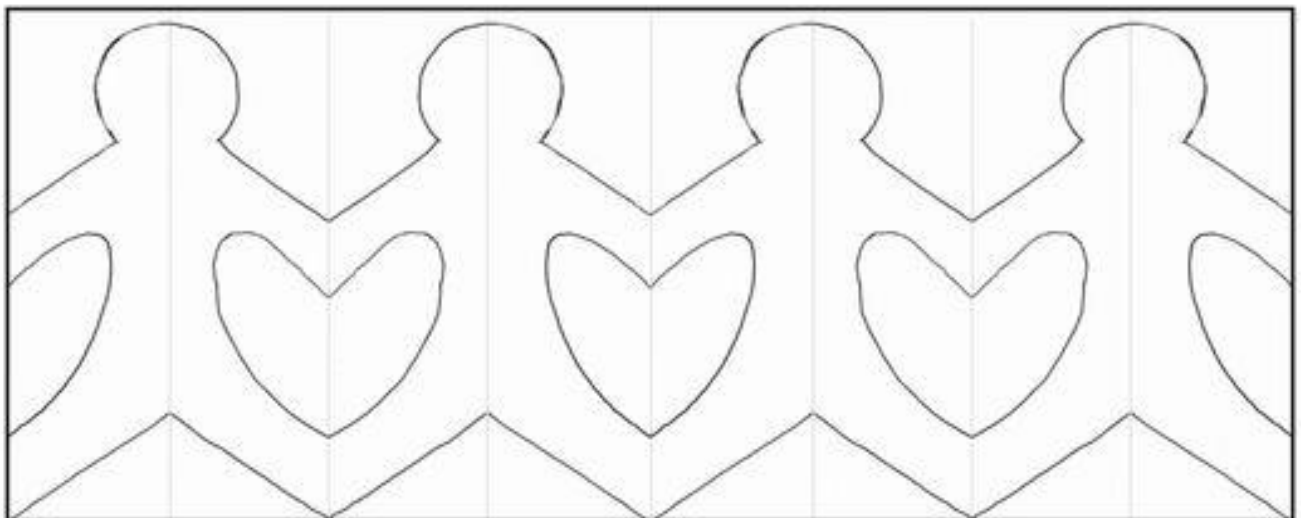
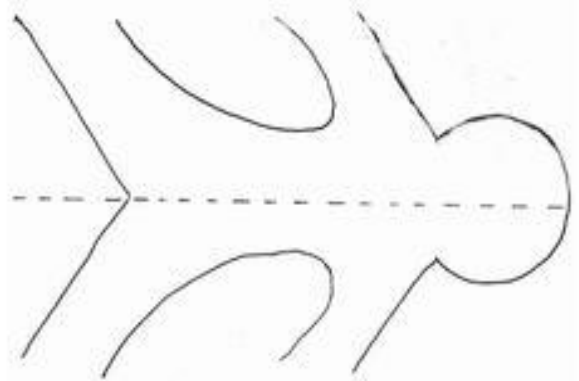
In the name of Jesus, Amen.

ACTIVITY: Make a Family Chain on a separate piece of paper.

Family Paper chain

*Fold the Paper and cut out the figures
Now open it up and see all the neighbors!*

1. Cut out the box below along the heavy black lines.
2. Fold the paper on the faint gray lines.
3. Now cut out the figure.
4. See all the neighbors!
5. Do you notice what holds the neighbors together?
6. If you wish, copy the pattern at the right onto another piece of paper to make another chain. These can be taped together if you wish.



DAY 6: Praying for my Friends



Bible Reading: John 17: 6-18; Prov. 17:17; 18:24

a) Jesus prays for his friends

Jesus prayed for his friends (vs. 9). Jesus prayed for that they may obey God's Word, their safety, that they may have joy and that they may be holy.

b) I can pray for my friends

God wants us to pray for each other. We pray for our Christian friends, but also those who are in trouble or having a hard time & people who don't believe in Jesus.

Dear Father,

Thank you for my **FRIENDS**. I pray that you will help them to obey You and be holy. May you protect them and may they find their joy and salvation in You.

- Pray for a friend that is sick.
- Pray for a friend that is going through a difficult time.
- Pray for a friend that doesn't believe in Jesus.
- Pray for all your friends to make good choices that keep them safe, honour their parents and are pleasing to Jesus.

Other things I pray for (write them down):

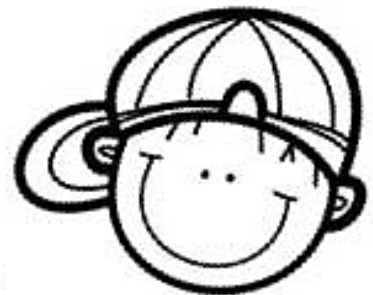
In the name of Jesus, Amen.



Friends

_____ name

My Friends



We like to _____



DAY 7: Be Thankful

Ever since you were small, your parents had to teach you 2 very important words:

thank you

When someone gives you something, what two words do you say? "Thank you." Those two words are drilled into our heads. We expect it when we do something nice for someone else. But how often do we mean it? Is saying thanks just something we do out of habit, or do we really mean it when we say, "Thank you?"

One of the most important things we can be thankful for is the God who created us. God made each one of us unique and loves us so much. He gave us a family and friends.



Bible Reading: Jeremiah 1 & 1 Thes. 5:18

God had warned the people long ago that he would punish them if they ever forgot him. God needed a man to remind Israel of that warning, someone brave and bold who would share God's message without fear. God chose Jeremiah for that very reason.

Jeremiah didn't believe he had it in him to be a prophet, but when the judgment for their sin came, it was Jeremiah who reminded the people why they were being punished and showed them the way they could repent of their sin.

God made each of us for a special purpose, just as he did Jeremiah. We need to thank God for the gifts he's given us, and we need to use our gifts to show the world God loves us.

God loves to hear our prayers, and he really loves when we are thankful. Remember when Jeremiah said, "I'm too young?" God told Jeremiah his age didn't matter. God can use you, even though you are still kids, to bless others.

Let us give thanks to God every day in prayer for the things he has given us. And let us show him how thankful we are by putting those gifts to work so others can give thanks to God as well.



Dear Father,

Today I want to say **THANK YOU** that you have been listening to my prayers and that You are already answering some of them. Thank you that I can have faith, even if it's only small like a mustard seed. Thank you that you are in control of my future. Thank you for giving me brains so that I can learn and get a good education. Thank you for my family and friends. But most of all I **THANK YOU** that I am Your child - blessed, favoured and loved by an Almighty God. **I LOVE YOU, LORD!**

Other things that you are thankful for (write it here):

In the name of Jesus, Amen.



ACTIVITY:

I AM THANKFUL FOR...

Read 1 Thessalonians 5:18. Fill up the jar with the things you're thankful for.

