

21 DAYS OF

PRAYER

DAY 1

2 Peter 1:3-8

3 By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. 4 And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. 5 In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, 6 and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, 7 and godliness with brotherly affection, and brotherly affection with love for everyone. 8 The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.

- 1.) Growing in Christ is for everyone who follows Jesus! What is an area of your walk with Christ that you'd like to grow in?
- 2.) According to verses 5-7, how can we grow in confidence in our faith?

Prayer Prompt:

"Lord, You have given us many promises in your word. Thank you that you are a promise keeper! As we pray together for these next 21 days, help my faith in you to grow!"

OPTIONAL ACTIVITY: God has a special plan for you! Name 3 things you want to do when you grow up.

DAY 3

Matthew 7:7-11

7 "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. 8 For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. 9 "You parents—if your children ask for a loaf of bread, do you give them a stone instead? 10 Or if they ask for a fish, do you give them a snake? Of course not! 11 So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

- 1.) What does Jesus promise in these verses?
- 2.) How can we give thanks to God for His good gifts to us?

Prayer Prompt:

"Jesus, You love me so much! You have such a great plan for my life and you love to give good gifts to your children. Thank you for all your great gifts! [mention some in prayer today!]"

OPTIONAL ACTIVITY: Play a couple rounds of hide and seek! Remind your kids, when we seek God, we will find Him.

DAY 5

Colossians 1:9-10

9 So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. 10 Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.

- 1.) What do you believe the will of God is for your life? How can we learn about his will for us?
- 2.) What can you do this week to learn more about the will of God?

Prayer Prompt:

"God thank you for giving me the ability to grow in my knowledge of your will. Thank you for desiring to help me to know you better. Help me to continue to seek after your will each and every day."

OPTIONAL ACTIVITY: Make a prayer request list to keep on your fridge. Fill them in as God answers your prayers!

DAY 2

Joshua 1:8-9

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. 9 This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.

- 1.) When have you needed to be “strong and courageous?”
- 2.) How does it make you feel to know that God promises to always be with us?

Prayer Prompt:

“Thank you, Jesus, for your promise to always be with me! When I’m frightened or lonely or sad, I know you will always be close. I want to be strong and courageous and walk with you every day!”

OPTIONAL ACTIVITY: Draw a picture that reminds you God is always with you. Hang it somewhere you can see everyday this month!

Dear Parents,

We are so thankful that your family is joining us for 21 Days of Prayer! Whether your kids are in preschool, high school or anywhere in between, this booklet will help you walk through Scripture and prayer time together daily. Take a few minutes at dinner, before bed, or any time it fits in your family’s schedule!

Each day, we provide Scripture to read together, discussion questions, and a prayer prompt to begin your time of prayer together. Feel free to adapt the questions to fit the ages of your kids. We pray that this time each day will help you grow in your faith and grow closer as a family as well!

Blessings!
Chapelhill Youth and Kids Leaders



DAY 6

Philippians 2:12-13

12 Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. 13 For God is working in you, giving you the desire and the power to do what pleases him.

- 1.) Why should we choose to obey God?
- 2.) Do you find it hard to obey God? Did you know that God Himself helps us to obey Him?

Prayer Prompt:

“Dear God thank you for providing Jesus to save me. I ask God that you help me to obey you so that I may live a life that shows the results of my salvation. God thank you for providing me with help through your spirit to do what pleases you. Help me God remember that you are always willing to help me to live a life of obedience to you.”

OPTIONAL ACTIVITY: Play a round of Simon says!

DAY 4

Ephesians 6:1-4

1 Children, obey your parents because you belong to the Lord, for this is the right thing to do. 2 “Honor your father and mother.” This is the first commandment with a promise: 3 If you honor your father and mother, “things will go well for you, and you will have a long life on the earth.” 4 Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.

- 1.) What does it mean to you to show honor to your parent/parents?
- 2.) Why do you think it is important to God for us to honor our families?

Prayer Prompt:

“Dear God, thank you for blessing me with a family to love and parents who are worthy of honor. Help me to honor my parents at all time, so that I may glorify you and receive the benefits of your promise. Thank you for the life that you have promised me today and forever!”

OPTIONAL ACTIVITY: Have everyone take turns saying something kind about each other.

DAY 7

1 John 2:15-17

15 Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. 16 For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world. 17 And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever.

- 1.) What do you think "God's will" means?
- 2.) We want things sometimes that aren't pleasing to God. How can we replace those wants with what God wants for us?

Prayer Prompt:

"God, we know that You know what is best for us! Help us remember you always have our good in store when we want to go our own way."

OPTIONAL ACTIVITY: Play "hot potato" at the table to remind us to not hold things too tight.

DAY 9

Ephesians 6:10-11

10 A final word: Be strong in the Lord and in his mighty power. 11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

- 1.) What is the "armor of God"?
- 2.) How can we rely on God's strength and not our own?

Prayer Prompt:

"God, we believe that You make us strong enough to face anything that comes our way! Help us to equip ourselves all the good things You give us!"

OPTIONAL ACTIVITY: Hold a family arm wrestle competition!

DAY 11

John 15:5-8

5 "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. 6 Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. 7 But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! 8 When you produce much fruit, you are my true disciples. This brings great glory to my Father.

- 1.) Have you ever tried to do something without God? How did it go?
- 2.) What kind of "fruit" should our lives produce when we are connected to God?

Prayer Prompt:

"Father, we don't want to do anything without you! Thank you for letting us live our lives connected to you! Help us remember You are always there to help us."

OPTIONAL ACTIVITY: Draw a picture of a tree with branches that reach long!

DAY 13

1 Corinthians 6:15-20

15 Don't you realize that your bodies are actually parts of Christ? Should a man take his body, which is part of Christ, and join it to a prostitute? Never! 16 And don't you realize that if a man joins himself to a prostitute, he becomes one body with her? For the Scriptures say, "The two are united into one." 17 But the person who is joined to the Lord is one spirit with him. 18 Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.

- 1.) What do you think it looks like to "honor God with our bodies"?
- 2.) Why is it important to remember that we are a temple of the Holy Spirit?

Prayer Prompt:

"Holy Spirit, we believe that you are living inside of us and our bodies belong to You! We pray that you help us honor you with our bodies!"

OPTIONAL ACTIVITY: Draw a picture of you doing something that is honors God with your body!

DAY 10

John 16:33

33 I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

- 1.) Name something in your life that is hard for you.
- 2.) What does it mean when the scripture says that Jesus has "overcome the world"?

Prayer Prompt:

"Jesus, I pray that you give me your peace today. Help me to trust that no matter what happens you will always be there to help me. You are here to protect me from all of my troubles. Help me to be faithful to remain in you no matter how hard things may get."

OPTIONAL ACTIVITY: Life can get crazy but God can help us pause and have peace. Play a round of freeze dance!

DAY 8

Matthew 6:28-33

28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? 31 "So don't worry about these things, saying, "What will we eat? What will we drink? What will we wear?" 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

- 1.) What are some things that you worry about?
- 2.) How can we "seek first the kingdom of God"?

Prayer Prompt:

"God, help us to not worry about our lives, but focus on seeking your kingdom first! We believe that you give us everything that we need and you will always take care of us!"

OPTIONAL ACTIVITY: Draw a picture of something beautiful that God created.

DAY 14

Philippians 4:12-13

12 I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. 13 For I can do everything through Christ, who gives me strength.

- 1.) When can it be hard to be content with what you have?
- 2.) How does remembering God gives us everything we need change the way we live?

Prayer Prompt:

"God, thank you that you will always give us everything that we need! [List things you are grateful for] We know that, even when it doesn't feel like it, we have enough."

OPTIONAL ACTIVITY: Have a family pushup challenge! Who can do the most?

DAY 12

Psalms 56:9-12

*9 My enemies will retreat when I call to you for help.
This I know: God is on my side!
10 I praise God for what he has promised;
yes, I praise the Lord for what he has promised.
11 I trust in God, so why should I be afraid?
What can mere mortals do to me?
12 I will fulfill my vows to you, O God,
and will offer a sacrifice of thanks for your help.*

- 1.) What is one way that God rescues us from our troubles?
- 2.) Why is it important to run to God when we feel overwhelmed or hurt?

Prayer Prompt:

"Jesus, I pray that I run to you when I feel the most troubled. I pray that you protect me from anything that does not look like your plan for my life. Help me to remember that you are there for me and that you are worthy to be praised, even when things aren't going my way."

OPTIONAL ACTIVITY: Sing your favorite "praise song"!

DAY 15

Ephesians 4:1-7

1 Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God. 2 Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. 3 Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. 4 For there is one body and one Spirit, just as you have been called to one glorious hope for the future.

- 1.) How can we be gentle with our words and actions even when we don't agree with someone?
- 2.) What gifts do you have that can help bring people together?

Prayer Prompt:

"Dear God, we are so grateful that you have made us for friendships with one another! [List friends you are grateful for]. We pray you help us to always show You with our words and actions. We pray you help us bring others together."

OPTIONAL ACTIVITY: Play a staring contest, first person to smile loses!

DAY 17

Romans 8:14-16

14 For all who are led by the Spirit of God are children of God. 15 So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." 16 For his Spirit joins with our spirit to affirm that we are God's children.

- 1.) How do we know we are children of God?
- 2.) God does not give us fear, how do we put our trust in God during scary times?

Prayer Prompt:

"Father, we celebrate that we are your children! Thank you for taking our fear and replacing it with your love!"

OPTIONAL ACTIVITY: Fear can be a lot like being blindfolded. Take turns being blindfolded and let someone else feed you (you can throw in a food surprise!)

DAY 19

Acts 1:4-5

4 Once when he was eating with them, he commanded them, "Do not leave Jerusalem until the Father sends you the gift he promised, as I told you before. 5 John baptized with water, but in just a few days you will be baptized with the Holy Spirit."

1. Why was it important to Jesus that the Disciples wait in Jerusalem?
2. What do you think it means to be baptized in the Holy Spirit?

Prayer Prompt:

"Lord I pray that you help me to be still and wait on your perfect timing, and that you open my ears to hear, and my heart to learn so that I can be more like you. Lord I pray that as you did with the disciples, I too will receive the baptism in the Holy Spirit."

OPTIONAL ACTIVITY: Play round of red light, green light to remind us to wait on God's direction.

DAY 21

Proverbs 22:9

"Blessed are those who are generous, because they feed the poor."

- 1.) If I share with others, why should I expect a blessing for doing what is right?
- 2.) What do "I" have that I can share?

Prayer Prompt:

"Jesus I pray that you help me to learn to be generous with anything that I have, and that I discover the true joy in Giving."

OPTIONAL ACTIVITY: Pick someone you can share with today!

DAY 18

Matthew 11:28-30

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

- 1.) What does "God's rest" mean to you?
- 2.) What is something you need God to help you carry?

Prayer Prompt:

"God, thank you for giving us rest! We know we don't have to carry heavy things on our own. Help us trust you with everything."

OPTIONAL ACTIVITY: Play the quiet game! Get creative and try to make each other laugh with your best funny faces.

DAY 16

Isaiah 41:10-11

10 Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.
11 "See, all your angry enemies lie there,
confused and humiliated.
Anyone who opposes you will die
and come to nothing."

- 1.) When was a time that you have felt God with you?
- 2.) When you are treated unfair, how does remembering God is in control change the way you act?

Prayer Prompt:

"Dear God, we believe you are always with us! When life feels scary or unfair, help us to remember to come to you for our help."

OPTIONAL ACTIVITY: Draw a picture of you in God's hand!

DAY 20

Matthew 28:18-20

"18 Jesus came and told his disciples, "I have been given all authority in heaven and on earth. 19 Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. 20 Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

- 1.) What is a disciple?
- 2.) How can I disciple others?

Prayer Prompt:

"Father I pray that you will give me the courage, confidence, and knowledge that even at my age, I too can be a disciple and help lead others to you."

OPTIONAL ACTIVITY: Play a game of freeze tag!

