



CCF MIDYEAR PRAYER AND FASTING
July 16 - 19, 2025

KNOWING **GOD**

PRAY THROUGH HIS ATTRIBUTES

For Kids Ages 7 to 12



DEAR PARENTS & KIDS,

We are excited to join hands with our CCF Family for this special time of prayer and fasting. We hope this time will be meaningful, joy-filled, and full of God's amazing love for each one of you.

Here are some simple reminders to help you out:

BEFORE FASTING:

Read aloud the NXTGEN Intercede Booklet together. Talk about the meaning and purpose of prayer and fasting. Complete the fasting guide together.

PARENTS:

Help the kids decide which activities or food they will fast from. Encourage them to think about how they can spend that time with God instead.

KIDS:

Listen to your parents or guidance on what you can or cannot fast from. They will help you choose things to fast that suit you best.

DURING FASTING:

READ:

Read aloud the assigned passages together. Older kids may read independently. Mark and emphasize key words in the passages.

REFLECT:

Answer the suggested reflective questions to make connections and deepen your understanding of the passage.

REINFORCE:

Engage in the suggested activities for each day to reinforce what you've learned.

Most importantly, ask for God's help. Always remember the redemptive work of the Gospel whenever you feel frustrated, discouraged, or impatient. Jesus empowers us to persevere and finish the week well. Together, let's come as a community to honor God through this special week of prayer and fasting. We can't wait to see how God works in your lives!

WHAT IS PRAYER?

Prayer is talking and listening to God. It's like having a conversation with someone who loves us very much and wants to help us. We pray to tell God how much we love Him and to ask for His help.

We pray in Jesus' name and with the guidance of the Holy Spirit. When we pray, we tell God how thankful we are for everything He's done for us, share our worries and needs, and ask Him to help us live the way He wants us to (Matthew 6:9-13; 1 John 5:14-15; John 16:23-24; Jude 20).



WHAT IS FASTING?

Fasting is choosing to stop doing an activity to enjoy God's presence. When fasting, we decide not to do activities such as eating a meal, using gadgets, playing games, watching movies, or doing any other activity for a while.

But we replace these activities with fruitful times with God, such as praying, reading the Bible, and worshipping Him. While most people stop eating food for fasting, it is best to talk with your parents and guardians about what you will fast so they can guide you well.

When we fast and pray, we talk to God and listen to Him. We think about our actions, ask for His forgiveness, and turn away from sin. We seek His answers to our questions and pray for His provisions, healing, victory, and a deeper understanding of His Word. It shows our dependence on God. It shows that God is more important than our activities and what sustains our physical bodies.

WHY DO WE FAST?

GOD EXPECTS US TO FAST.

When you give up eating, don't put on a sad face like the hypocrites. They make their faces look strange to show people that they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. - Matthew 6:16-17 ICB

Jesus said, "Whenever you fast," not "If you fast." This means that fasting, like prayer, is not an option. Fasting is part of the Christian life.

JESUS FASTED.

Jesus ate nothing for 40 days and nights. After this, he was very hungry. - Matthew 4:2 ICB

Before Jesus' ministry, He fasted for forty days. He knew He needed spiritual strength to accomplish His purpose. Fasting makes us physically weak but spiritually stronger and more prepared to do God's work.

THE EARLY CHURCH FASTED.

So they gave up eating and prayed. They laid their hands on Barnabas and Saul and sent them out. - Acts 13:3 ICB

The Church fasted for Paul and Barnabas. Later, Paul and Barnabas appointed leaders in various churches, fasting and praying before commending these leaders to the Lord.

FASTING SHOWS OUR HUMILITY BEFORE GOD.

Fasting shows that we recognize our need for God. It shows that we cannot do anything on our own. It shows how small and weak we are before our Big God.

FASTING GUIDE



BEFORE FASTING



TALK TO YOUR PARENTS & GUARDIANS.

Not all people are allowed to fast or not eat food. It is best to talk to them about what you plan to fast so they can guide you.



COMMIT TO A FASTING PLAN.

What activities will you stop doing? What fruitful time with God will you do instead?



READ, REFLECT ON, AND REINFORCE THE ASSIGNED PASSAGES.

Dig deeper into God's Word and apply what God revealed to you through the assigned passages.

DURING FASTING

LET'S READ

Let's discover who God is and His will through His Word.

READ ALOUD the assigned passages. MARK the words that must be remembered and thought about.

LET'S REFLECT




Let's develop a habit of digging deeper into God's Word by answering reflective questions. You may write or draw your answers.




LET'S REINFORCE

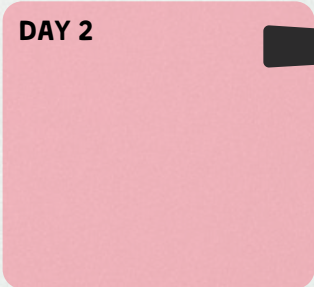
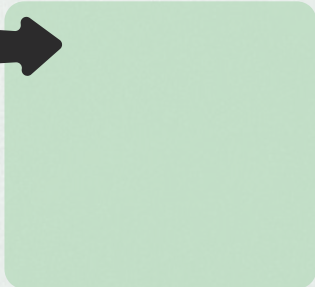

Let's seek ways to apply what God has shown you through His Word and prayer. Live out the lesson, and pray for the day's focus.

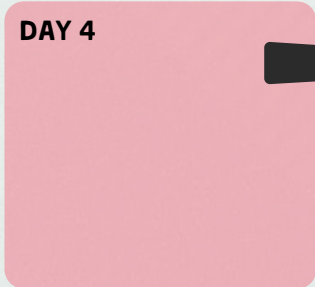


FASTING PLAN

Talk to your parents about why you would like to participate in the Prayer & Fasting and about what you want to fast on. Write or draw the activities you want to fast on each day. Keep in mind that you will replace these activities with fruitful times spent with God, such as praying, singing, reading the Bible, and worshipping.

ACTIVITY TO GIVE UP	FRUITFUL TIME WITH GOD
DAY 1 	 

ACTIVITY TO GIVE UP	FRUITFUL TIME WITH GOD
DAY 3 	 

DAY 2 	 
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DAY 4 	 
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DAY 1

GOD'S ATTRIBUTE: HIS SOVEREIGNTY OVER THE NATIONS



LET'S READ

ISAIAH 40:12-15 ICB

DRAW A TRIANGLE ON THE WORDS: HAND, LORD, NATIONS, DUST.

12 Who has measured the oceans in the palm of his hand? Who has used his hand to measure the sky? Who has used a bowl to measure all the dust of the earth? Who has used scales to weigh the mountains and hills? 13 Who has known the mind of the Lord? Who has been able to give the Lord advice? 14 Whom did the Lord ask for help? Who taught him the right way? Who taught the Lord knowledge? Who showed him the way to understanding? 15 The nations are like one small drop in a bucket. They are no more than the dust on his measuring scales. To him the islands are no more than fine dust on his scales.

LET'S REFLECT

List some attributes of God mentioned or shown in this passage (with parent's help):

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What do these verses tell us about God?

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What are some things only God can do?

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What do you think it means that no one gives God advice or teaches Him?

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LET'S REINFORCE

FAMILY ACTIVITY

God's Hands Art Craft

Trace your hand on a big piece of paper. Inside the hand, write or draw all the things God holds: oceans, skies, dust, mountains, you!

Around the hand, list the attributes of God found in the passage.

"If God's hand can hold
all of these, He can hold my
_____, too."
(example: family, fears, dreams, worries, etc.)

APPLICATION

Write I WILL APPLICATION STATEMENTS that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

Example:

With God's help, I will show my love to [cite a person's name] every week by [cite an action].

WITH GOD'S HELP,

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PRAYER POINTS FOR THE NATIONS

- Pray that people around the world will hear about Jesus.
- Pray for peace in countries that are experiencing hunger, war, or conflict.
- Ask God to guide world leaders to make wise and truthful decisions.
- Pray for the children in other countries who don't have enough food, shelter, or water.
- Thank God for the freedom to pray and worship Him in your country.
- Pray for missionaries who travel to share God's love in other nations.
- Ask God to protect countries affected by natural disasters.

MY PRAYER

What would you want to say to a God who is this big?

What are some things you can thank Him for today?

Is there something you can ask Him for this prayer and fasting?

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DAY 2

GOD'S ATTRIBUTE: HIS GRACE TOWARD HIS CHURCH



LET'S READ

1 PETER 5:6-11 ICB

DRAW A CROSS ABOVE THE WORDS:

GOD, POWERFUL, LIFE, GIVE, SUPPORT, GRACE, GLORY.

6 So be humble under God's powerful hand. Then he will lift you up when the right time comes. 7 Give all your worries to him, because he cares for you. 8 Control yourselves and be careful! The devil is your enemy. And he goes around like a roaring lion looking for someone to eat. 9 Refuse to give in to the devil. Stand strong in your faith. You know that your Christian brothers and sisters all over the world are having the same sufferings you have. 10 Yes, you will suffer for a short time. But after that, God will make everything right. He will make you strong. He will support you and keep you from falling. He is the God who gives all grace. He called you to share in his glory in Christ. That glory will continue forever. 11 All power is his forever and ever. Amen.

LET'S REFLECT

List some attributes of God mentioned or shown in this passage (with parent's help):

What do these verses tell us about who God is?

What are some things God promises to do for us?

What kind of power does God have? How does He use it?

LET'S REINFORCE

FAMILY ACTIVITY

GOD'S PROMISES SCROLL

Make a scroll from paper and list promises from verses 10-11:

"He will make everything right."

"He will make you strong."

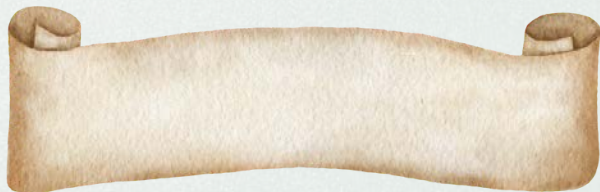
"He will support you."

"He will keep you from falling."

Decorate and hang it near your prayer area.

"Because God keeps His promises.

He will _____
write the promise you will hold on to.



APPLICATION

Write I WILL APPLICATION STATEMENTS that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

Example:

With God's help, I will show my love to [cite a person's name] every week by [cite an action].

WITH GOD'S HELP,

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PRAYER POINTS FOR THE CHURCH

- Thank God for your church and the people who serve there every week.
- Pray for the pastors to have wisdom, strength, and joy in leading the church.
- Ask God to help kids in your church grow in their faith.
- Pray for your church to be a place of love, truth, and kindness.
- Ask God to help you find ways to serve in your church.
- Pray for churches in places where Christians face danger for their faith.
- Pray that your church will grow and reach more people for Jesus.

MY PRAYER

What can you say to God when someone you love is going through something hard? What do you want to ask God to when you feel worried or scared?

This image shows a single sheet of yellow paper with horizontal dashed lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

DAY 3

GOD'S ATTRIBUTE: HE IS OUR HEALER



LET'S READ

EXODUS 15:26-27

**DRAW HEARTS ABOVE THE WORDS:
LORD, OBEY, KEEP, HEALS, PEOPLE.**

26 He said, "You must obey the Lord, your God. You must do what the Lord said is right. You must obey all his laws and keep his rules. If you do these things, I will not give you any of the sicknesses I gave the Egyptians. I am the Lord. I am the Lord who heals you." 27 Then the people traveled to Elim. At Elim there were 12 springs of water and 70 palm trees. So the people camped there near the water.

LET'S REFLECT

How does God describe Himself in this passage?

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What does it mean that God is the one who heals us?

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What does God say will happen if we obey Him and keep Him?

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How can obeying God help keep us healthy and safe?

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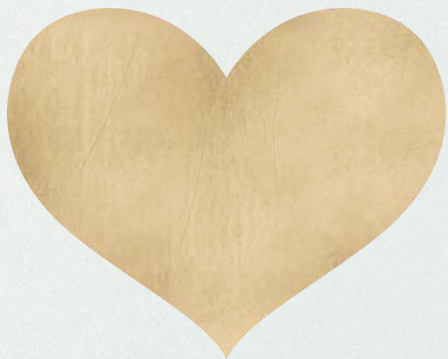
LET'S REINFORCE

FAMILY ACTIVITY

HEART OF HEALING CRAFT

Cut out a big heart from paper. Inside, write or draw ways God heals us (body, heart, feelings).

Around the heart, write "God is my healer" and decorate with colorful markers or stickers. Talk about how God's healing love surrounds us every day.



APPLICATION

Write I WILL APPLICATION STATEMENTS that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

Example:

With God's help, I will show my love to [cite a person's name] every week by [cite an action].

WITH GOD'S HELP,

PRAYER POINTS FOR HEALING

- Thank God for giving you a body that can move, play, and grow.
- Pray that anyone in your family who is feeling sick will get better soon.
- Pray for people around the world who don't have access to good healthcare.
- Thank God for giving us healthy food and clean water.
- Ask God to help you care for your body by eating well and exercising.
- Thank God for protecting you from sickness and harm.

MY PRAYER

How can you pray to God to help heal you or others?

What is one thing you want to ask God to help heal

- maybe your heart, a friendship, or your body?

DAY 4

GOD'S ATTRIBUTE: HIS HOLINESS



LET'S READ

2 CORINTHIANS 6:16-18 ICB

**DRAW CROWNS ABOVE THE WORDS:
TEMPLE, GOD, LIVE, WALK, PEOPLE.**

16 The temple of God cannot have any agreement with idols. And we are the temple of the living God. As God said: "I will live with them and walk with them. And I will be their God. And they will be my people." 17 "Leave those people, and make yourselves pure, says the Lord. Touch nothing that is unclean, and I will accept you." 18 "I will be your father, and you will be my sons and daughters, says the Lord All-Powerful."

LET'S REFLECT

How does God describe Himself in this passage?

What do you think it means that God is holy?
What makes God different from everything else?

What are some "unclean" or bad things we should stay away from?

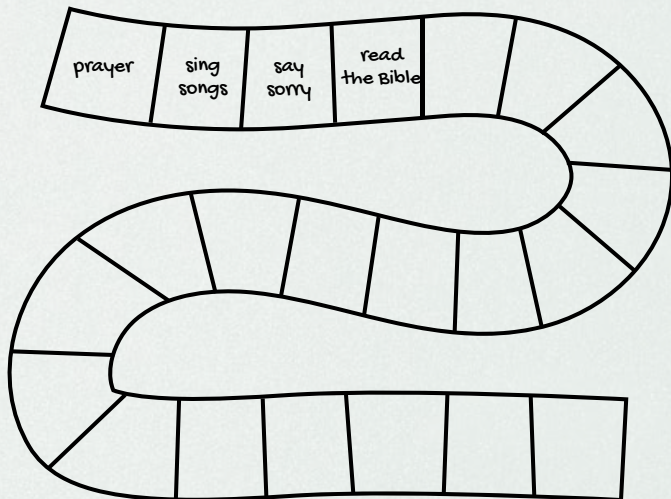
How can we "walk with God" like the verse says?

LET'S REINFORCE

FAMILY ACTIVITY

Walking With God Path Craft

Draw a path on paper. On each step, write or draw something that helps you stay close to God.



APPLICATION

Write I WILL APPLICATION STATEMENTS that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

Example:

With God's help, I will show my love to [cite a person's name] every week by [cite an action].

WITH GOD'S HELP,

.....

.....

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PRAYER POINTS

PERSONAL HOLINESS

- Thank God for loving you and helping you grow every day.
- Ask God to help you make wise choices that please Him.
- Pray for the courage to say no to things that aren't right.
- Pray for strength to do hard things with a joyful heart.
- Thank God for the talents and gifts He's given you.
- Pray that you will always love God with all your heart.
- Pray for a heart that loves to learn more about God.

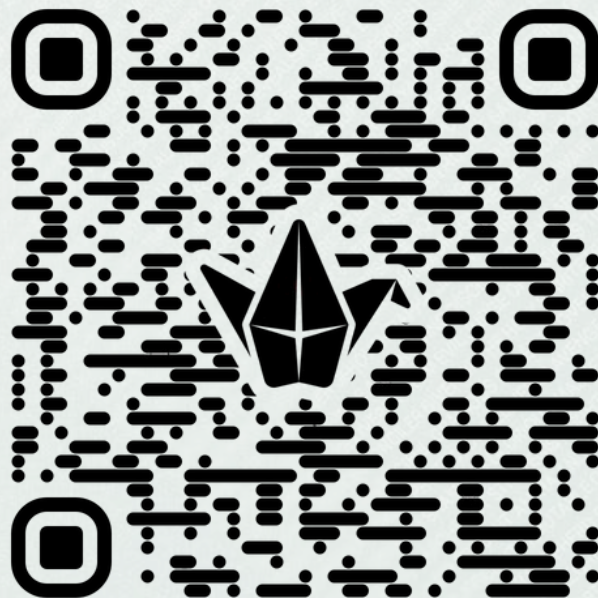
MY PRAYER

What would you want to say to a God who is Holy and Perfect? What would say to God asking for His for the things you stay must away from?

[illegible]

HOW DID **OUR BIG GOD** ANSWER YOUR PRAYER?

Share your prayers and how God has answered them by scanning the QR code or visiting our Padlet board.



<https://padlet.com/ccfnxtgen/Intercedekids2025>



NXTGEN CHILDREN'S MINISTRY

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