



INTERCEDE
JANUARY 12-17, 2026

BROKENNESS

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.

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 what you would like 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.

DAY 1

ACTIVITY TO FAST



FRUITFUL TIME
WITH GOD

DAY 2

ACTIVITY TO FAST



FRUITFUL TIME
WITH GOD

DAY 3

ACTIVITY TO FAST



FRUITFUL TIME
WITH GOD

DAY 4

ACTIVITY TO FAST



FRUITFUL TIME
WITH GOD

DAY 5

ACTIVITY TO FAST



FRUITFUL TIME
WITH GOD

DAY 6

ACTIVITY TO FAST



FRUITFUL TIME
WITH GOD

BIG WORDS

Sometimes we hear big or special words while we pray and fast this week. Read the words below out loud to help you understand what they mean in a way that's easy to remember! Each word is like a key that helps you unlock what God wants to teach you this week.

BROKENNESS

- Means knowing in your heart that you cannot do everything on your own, that you make mistakes, and that you need God. It to help us grow and come closer to Him.

BLESSINGS

- The good and special gifts God gives us every day—like love, family, friends, and joy!

WORK & FINANCES

- any job or task someone does to help others, take care of their needs, or any God-given task you have at your age. For kids, this can be chores, schoolwork, helping at home, or serving others. Finances are about the money and other resources we receive, spend, save, or give. It's about learning to be good stewards of what God gives us.

BREAKTHROUGH

- is when God helps you in a big way, especially when something feels hard, stuck, or impossible. Something finally is changing for the better after a long time of waiting, trying, or praying.

HUMILITY

- Being willing to admit we need God and others, not thinking we are better than anyone else.

CONTENTMENT

- Being happy with what you have and trusting God to provide.

FIRST LOVE

- Loving Jesus above everything else, like we did when we first met Him.

THE NATIONS

DAY 1

LET'S READ

2 Chronicles 7:12-18 ICB

¹² Then the Lord appeared to Solomon at night. The Lord said, "Solomon, I have heard your prayer. And I have chosen this place for myself to be a Temple for sacrifices. ¹³ "I may stop the sky from sending rain. I may command the locusts to destroy the land. I may send sicknesses to my people. ¹⁴ Then my people, who are called by my name, will be sorry for what they have done. They will pray and obey me and stop their evil ways. If they do, I will hear them from heaven. I will forgive their sin, and I will heal their land. ¹⁵ Now I will see them. And I will listen to the prayers prayed in this place. ¹⁶ I have chosen this Temple and made it holy. So I will be worshiped here forever. Yes, I will always watch over it and love it. ¹⁷ "Solomon, obey me as your father David did. Obey all I have commanded. Obey my laws and rules. ¹⁸ If you do, I will make your kingdom strong. This is the agreement I made with your father David. I told him, 'David, someone from your family will always be king in Israel.'

LET'S REFLECT

Draw or write the hard times God said might happen.

What should God's people do when things get tough?

What does God promise when His people pray and turn back to Him? Find those words on the passage above and draw a heart around them.

LET'S REINFORCE

FAMILY ACTIVITY

HANDS FOR NATIONS

Trace your hand on paper. On each finger, write the name of a country or group of people you want to pray for. Fold your hands and pray over each one, asking God to help and bless them.



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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THE CHURCH

DAY 2

LET'S READ

Revelation 2:1-7 ICB

2 "Write this to the angel of the church in Ephesus: "The One who holds the seven stars in his right hand and walks among the seven golden lampstands says this to you. 2 I know what you do. You work hard, and you never give up. I know that you do not accept evil people. You have tested those who say that they are apostles but really are not. You found that they are liars. 3 You continue to serve me. You have suffered troubles for my name, and you have not given up. 4 "But I have this against you: You have left the love you had in the beginning. 5 So remember where you were before you fell. Change your hearts and do what you did at first. If you do not change, I will come to you. I will take away your lampstand from its place. 6 But there is something you do that is right: You hate what the Nicolaitans^[a] do, as much as I. 7 "Every person who has ears should listen to what the Spirit says to the churches. To him who wins the victory I will give the right to eat the fruit from the tree of life. This tree is in the garden of God.

LET'S REFLECT

What good things did Jesus notice that the church in Ephesus was doing?

What is the one thing Jesus is not happy about?

What wonderful promise does Jesus give to the church? Find those words on the passage above and draw a heart around them.

LET'S REINFORCE

FAMILY ACTIVITY

FIRST LOVE REFLECTION

Close your eyes and think about ways you can love Jesus more every day. Write or draw one thing you can do to show your first love for Jesus at home, school, or church.



APPLICATION

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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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FAMILY & YOUTH

DAY 3

LET'S READ

2 Kings 22:2, 8, 11, 13, 19 ICB

² Josiah did what the Lord said was right. He did good things as his ancestor David had done. Josiah did not stop doing what was right.

⁸ Hilkiah the high priest said to Shaphan the royal assistant, "I've found the Book of the Teachings. It was in the Temple of the Lord." He gave it to Shaphan, who read it.

¹¹ The king heard the words of the Book of the Teachings. Then he tore his clothes to show how upset he was.

¹³ "Go and ask the Lord about the words in the book that has been found. Ask for me and for all the people and for all Judah. The Lord's anger is burning against us because our ancestors did not obey the words of this book. They did not do all the things written for us to do!"

¹⁹ You heard my words against this place and its people. You became sorry in the Lord's presence for what you had done. I said they would become cursed and would be destroyed. Then you tore your clothes to show how upset you were. And you cried in my presence. This is why I have heard you, says the Lord.

LET'S REFLECT

Who was Josiah?

What words were used to describe him?

What did Josiah do after hearing God's Word? Underline those words.

How did Josiah's broken heart and humility lead to God's blessing?

LET'S REINFORCE

FAMILY ACTIVITY

TEAR AND TRUST

Take a small piece of paper. Write or draw that one thing that keeps you away from God. Tear it (like Josiah tore his clothes), and pray for God to help you be humble and listen to Him.



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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NEED FOR HEALING

DAY 4

LET'S READ

Mark 7:24-30 ICB

²⁴ Jesus left that place and went to the area around Tyre. He went into a house and did not want anyone to know he was there. But Jesus could not stay hidden. ²⁵ A woman heard that he was there. Her little daughter had an evil spirit in her. So the woman quickly came to Jesus and fell at his feet. ²⁶ She was not Jewish. She was Greek, born in Phoenicia, in Syria. She begged Jesus to force the demon out of her daughter. ²⁷ Jesus told the woman: "It is not right to take the children's bread and give it to the dogs. First let the children eat all they want." ²⁸ She answered, "That is true, Lord. But the dogs under the table can eat the pieces of food that the children don't eat." ²⁹ Then Jesus said, "That is a very good answer. You may go. The demon has left your daughter." ³⁰ The woman went home and found her daughter lying in bed. The demon was gone.

LET'S REFLECT

Who was the woman, and why was it surprising that she asked Jesus for help?

What did Jesus first say to the woman? Underline the words in the passage.

What did the woman say that showed she trusted Jesus? Highlight the words.

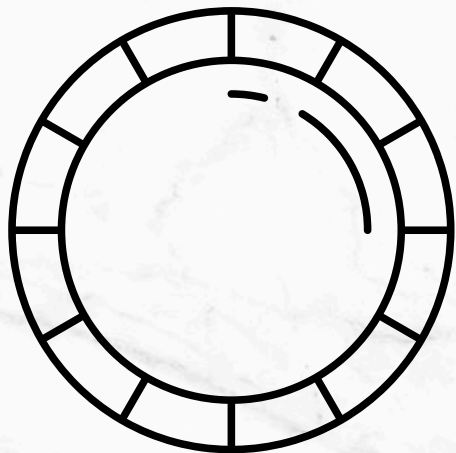
What does this story teach us about coming to Jesus when we need help?

LET'S REINFORCE

FAMILY ACTIVITY

FAITH CRUMBS

Draw a plate with "crumbs" and write small things you trust God with. Pray that He will take even the little things in your life and make them big blessings.



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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WORK & FINANCES

DAY 5

LET'S READ

Philippians 4:10-13 ICB

¹⁰ I am very happy in the Lord that you have shown your care for me again. You continued to care about me, but there was no way for you to show it. ¹¹ I am telling you this, but it is not because I need anything. I have learned to be satisfied with the things I have and with everything that happens. ¹² I know how to live when I am poor. And I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens. I have learned to be happy when I have enough to eat and when I do not have enough to eat. I have learned to be happy when I have all that I need and when I do not have the things I need. ¹³ I can do all things through Christ because he gives me strength.

LET'S REFLECT

Paul was in prison and had many needs. What are your most important needs right now?

Even through hard times, Paul learned something important. What did he learn about being happy or content?

Paul worked hard and tried not to be a burden to others. What does this teach you about how we should live and help others?

LET'S REINFORCE

FAMILY ACTIVITY

GRATITUDE TREE

Draw a tree on paper and write or draw things you are thankful for on the leaves. Thank God for giving you what you have and for teaching you to be content.



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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NEED FOR BREAKTHROUGH

DAY 6

LET'S READ

Luke 22:39-44 ICB

³⁹⁻⁴⁰ Jesus left the city and went to the Mount of Olives. His followers went with him. (Jesus went there often.) He said to his followers, “Pray for strength against temptation. ⁴¹ Then Jesus went about a stone’s throw away from them. He knelt down and prayed, ⁴² “Father, if it is what you want, then let me not have this cup of suffering. But do what you want, not what I want.” ⁴³ Then an angel from heaven appeared to him to help him. ⁴⁴ Jesus was full of pain; he prayed even more. Sweat dripped from his face as if he were bleeding.

LET'S REFLECT

Draw or write what was happening around Jesus as He prayed.

What does Jesus’ prayer in Luke 22:42 teach us about talking to God?

How did Jesus’ prayer in a time of sadness and brokenness lead to blessing?

LET'S REINFORCE

FAMILY ACTIVITY

YOUR WILL, NOT MINE

Practice praying like Jesus: "God, I want this, but I trust You. Let Your will be done." Draw a cup or symbol of something you are asking God about.

"GOD, I WANT

-----,

BUT I TRUST YOU.

LET YOUR WILL BE DONE."

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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HOW DID OUR BIG GOD

ANSWER YOUR PRAYERS?

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



[https://padlet.com/ccfnxtgen/
Intercedekids2026](https://padlet.com/ccfnxtgen/Intercedekids2026)

NXTGEN

FAMILY RESOURCES

SCAN & GROW TOGETHER AT HOME

- Kids' Weekly Journals
- Weekly Parent's Guide
- NXTGEN Dgroup Sign-Up
- Adults' Dgroup Sign-up
- NXTGEN Viber Community Link
- NXTGEN Spotify
- Contact Us



linktr.ee/NXTGENFamilyResources

REGISTER YOUR FAMILY DGROUP



[https://across.ccf.org.ph/
register-your-family/](https://across.ccf.org.ph/register-your-family/)

NOTES



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