

RKIDS

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FAST

21

**21 DAY
DEVOTIONAL GUIDE**

Gather as a family, have Pastor Dale's Fasting guide with you, read the scripture and devotion, and discuss the questions below. Make this a real family focus!



DAY 1

Future Plans

James 4:13-16 (NIV)

Discuss as a family:

- 1. What is the best way we can make plans?**
- 2. How can we keep our plans flexible but wise?**



DAY 2

Managing Time

Psalms 90:12 (NLT)

Ephesians 5:15-17 (NLT)

Discuss as a family:

- 1. How do you spend your time?
Write down all the ways**
- 2. Where do you spend most of your time? Are you managing your time well?**
- 3. What changes do you need to make to make the best use of your time?**



DAY 3

Go for the Goal

2 Timothy 2:15 (NLT)

Discuss as a family:

1. Take a few moments and record your responses to the questions above (See Adult Guide). Write out a plan to start actively pursuing these goals, have your parents, or guardian help.

2. Also share your plans and work on them together as a family



DAY 4

Reasons to Rejoice

Romans 5:1-5 (NIV)

Discuss as a family:

1. Why do some people think Christians are boring? Is this true or false thinking?

2. Why should we rejoice even when we have difficult times?

3. What help you when you have difficult times?



DAY 5

Ambassadors on Assignment

Discuss as a family:

2 Corinthians 5:20 (NIV)

1. What do you think is means to be "reconciled" to God through Christ?

2. What does it mean to be "Christ's ambassador"?

3. What message and mission do we have as these ambassadors have?

4. What are some practical ways you can begin to fulfill your role as a good ambassador of Jesus Christ?



DAY 6

Standing Firm in the Fight

Ephesians 6:10-12 (NIV)

Discuss as a family:

What is "spiritual warfare"? How would you describe this in your own words based on Ephesians 6:10-18?

1. What is Jesus' role in this spiritual warfare?

2. What is our role in spiritual warfare as followers of Jesus? What can you do to be more effective as a warrior in His army?



DAY 7

Satisfaction Guaranteed

Isaiah 55:1, 2 (NIV)

Discuss as a family:

- 1. Why do you think we so often seek satisfaction in things and people rather than God?**
- 2. What have you gone after or wanted in your life that you thought would bring fulfillment but left you empty? What did you learn from this experience?**
- 3. In what ways does God satisfy our deepest longings or desires? How has He satisfied you?**



DAY 9

Silence

Psalms 4:4, 5 (NIV)

Discuss as a family:

- 1. How difficult is it for you to be silent (quite) before God? Why do you think this is challenging?**
- 2. How can silence help you prepare and tune your heart to listen and hear God's voice and receive His grace?**



DAY 8

From Hurting to Helping

2 Corinthians 1:3, 4 (NIV)

Discuss as a family:

- 1. How do you respond when someone hurts you? What can you learn about this from Joseph based on Genesis 50:20?**
- 2. In what ways has God healed and helped you?**
- 3. How do you think God could use that experience you had to help others who are hurting?**



DAY 10

The Call of Inconvenience

Luke 9:23, 24 (NIV)

Discuss as a family:

- 1. What do you think Jesus means when He says disciples must "take up their cross daily"?**
- 2. What should this look like in your life?**
- 3. In what sense is an "inconvenient" life also an "abundant" life when you are following Jesus?**



DAY 11

Plentiful Promises

Jeremiah 29:11 (NIV)

Discuss as a family:

- 1. How can believing God's promises make a difference in your life?**
- 2. What promise in Scripture has been especially meaningful to you? Why?**
- 3. Choose two of the promises listed in this devotion and work on memorizing them this week.**



DAY 12

Breakthroughs

James 4:7, 8 (NLT)

Discuss as a family:

- 1. What bad habits do you need to break?**
- 2. What points (principles) from today's study do you need to put into practice in order to overcome them?**



DAY 13

Self-Control

Galatians 5:22, 23 (NLT)

Discuss as a family:

- 1. What are your biggest struggles with self-control?**
- 2. What have you learned from today's study that will help you win this battle with these struggles?**



DAY 14

What We Really Need

Matthew 4:1-4, 11 (NLT)

Discuss as a family:

- 1. What are the biggest needs in your life right now?**
- 2. What suggestions is the devil offering you to satisfy these needs? What will be your response?**



DAY 15

Community

Acts 13:2, 3 (NIV)

Discuss as a family:

1. What is the value of fasting and praying together as a community of believers?

2. How does God use the church—His people—to help you grow in Christ?



DAY 16

Brokenness

Psalm 51:17 (NIV)

Discuss as a family:

1. In what ways do you think God wants to use brokenness in your life?

2. How can this prepare you to help broken people that God wants to heal?



DAY 17

Secrecy

Matthew 6:16-18 (NIV)

Discuss as a family:

1. Why is it so important to desire the Lord's approval rather than the applause or approval of others?

2. How can the discipline of secrecy help you overcome pride and create humility in your life?



DAY 18

Faith

Hebrews 11:1, 6 (NIV)

Discuss as a family:

1. How can fasting help build your faith in Jesus?

2. What is God asking you to believe Him for during this time of fasting?



DAY 19

Temptation

Matthew 26:41 (NIV)

Discuss as a family:

- 1. What temptations to sin are strongest in your life right now?**
- 2. How can prayer and fasting help you over these temptations?**



DAY 20

Tests

James 1:2-4 (NLT)

Discuss as a family:

- 1. How does God develop spiritual maturity (growth) in you through tests and trials?**
- 2. What are you learning in this season of growth and fasting about trusting God through your trials?**



DAY 21

Masterpiece

Ephesians 2:10 (NLT)

Discuss as a family:

- 1. What does it mean to you to be God's masterpiece?**
- 2. List some of the reasons God made you. What will you do to daily remind yourself of your God-designed purpose?**