
21 CHALLENGES IN 21 DAYS

WHY DO WE FAST?

Fasting is not a discipline that we can ignore in our journey with Christ. Instead, it must become a significant part of our faith walk with Him. In the Sermon on the Mount, Jesus addresses the discipline of fasting. He said to the crowd, "And WHEN you fast ..." He was implying that fasting would be something they would engage in regularly in their life. If fasting was an expectation of the first followers of Christ, it is also expected of 21st century believers. One of the main purposes of a fast is to remove yourself from the hectic and noisy lifestyle we often live in order to draw near to and hear more clearly the voice of God. The time normally spent eating should be replaced with time spent with God in prayer and reading His Word.

WAYS KIDS AND TEENS CAN FAST

While fasting from meals is not always the safest or wisest choice for kids and teens, there are still plenty of other options for what they can fast during the 21 days of prayer and fasting to get them into the habit of participating in this vital spiritual discipline. Below are four different examples of fasts they could do for one day, all 21, or that they could rotate throughout the 21 days.

Things to Give Up: Sweets, sodas, video games, phones, iPads, total or limited screen time, junk food, and social media.

Practicing Silence: The goal of practicing silence is to help us hear God's voice. Suggestions: turning off music players, and television, eating a meal in silence, and picking strategic times throughout the day to be silent.

Desires and Rights: Your kids can use the 21 days as an opportunity to practice laying down their desires and rights. Examples: picking what show to watch, where to sit at dinner or on a car ride, who gets to go first, etc. Use this as an opportunity to talk to them about Jesus' teaching from Mark 10:41-45.

Things to Start: The 21 days can also be a great place for your kids to start practices that can benefit their spiritual formation. Examples: daily Bible reading, scripture memorization, acts of kindness, inviting others to church, and time in worship and prayer.

WHAT IS 21 CHALLENGES IN 21 DAYS?

In this resource, we are encouraging your children and teens to leverage the 21 days of prayer and fasting for spiritual formation. Each day, there is a challenge themed around the number 21. Some days, the challenge has been adapted to include one for children and one for teens, but most days, the challenge will fit both age groups. At the top of each day is also a suggested reading guide that goes through the gospel of John and 21 selected Psalms.

We encourage you to do the challenges with your children and celebrate with them as they accomplish each. You may also want to set a prize if they can accomplish all 21 (or a certain number that you set). This will give them something to aim for and be excited about. We would also encourage you to post pictures or videos of their journey through the 21 challenges on social media.

CHALLENGES WEEK 1

JOHN 1 | PSALM 1

MAKE A LIST OF AT LEAST 21 THINGS THAT YOU ARE THANKFUL FOR.

JOHN 2 | PSALM 3

FIND 21 DIFFERENT TIMES TO PRAY (SHORT PRAYERS COUNT!) OR PRAY 2 TIMES FOR 10 MINUTES AND 30 SECONDS FOR A TOTAL OF 21 MINUTES.

JOHN 3 | PSALM 8

GO THROUGH YOUR HOME AND FIND UP TO 21 DIFFERENT ITEMS YOU CAN DONATE TO A LOCAL MISSION.

JOHN 4 | PSALM 19

SPEND 21 MINUTES WRITING ENCOURAGING NOTES OR SENDING ENCOURAGING TEXTS TO FAMILY MEMBERS AND FRIENDS.

JOHN 5 | PSALM 23

KIDS SPEND 2 MINUTES 10 SECONDS IN PRAYER TODAY.

TEENS SPEND AT LEAST 21 MINUTES IN PRAYER TODAY.

JOHN 6 | PSALM 27

LIMIT YOUR TOTAL SCREEN TIME TODAY TO 21 MINUTES.

JOHN 7 | PSALM 34

MAKE A LIST OF 21 NICE THINGS ABOUT SOMEONE IMPORTANT IN YOUR LIFE AND THEN GIVE IT TO THEM.

CHALLENGES WEEK 2

JOHN 8 | PSALM 42

WRITE DOWN A
SCRIPTURE YOU WANT
TO MEMORIZE AND
REVIEW IT AT LEAST 21
TIMES TODAY.

JOHN 9 | PSALM 46

SPEND 21 MINUTES IN
WORSHIP.

JOHN 10 | PSALM 51

MAKE 2 BATCHES OF 10
COOKIES FOR TWO
INDIVIDUALS OR
FAMILIES. WRITE THEM
A NOTE LETTING THEM
KNOW THAT YOU ARE
PRAYING FOR THEM.

JOHN 11 | PSALM 63

SPEND 21 MINUTES
DOING A CHORE FOR
SOMEONE IN YOUR
HOME.

JOHN 12 | PSALM 84

TAKE A 21 MINUTE WALK
OR CAR RIDE WITH A
PARENT, AND
PRAY FOR YOUR
NEIGHBORHOOD.

JOHN 13 | PSALM 85

KIDS SPEND 2 MINUTES
AND 10 SECONDS IN
SILENCE THINKING
ABOUT GOD'S LOVE.

TEENS SPEND 21
MINUTES.

JOHN 14 | PSALM 90

KIDS READ 21 VERSES
WITH 1 OF YOUR
PARENTS TODAY.

TEENS READ YOUR
BIBLE FOR 21 MINUTES
TODAY.

CHALLENGES WEEK 3

JOHN 15 | PSALM 91

**KIDS PRAY FOR 2
PEOPLE TODAY WITH 1
OF YOUR PARENTS.**

**TEENS PRAY FOR 21
DIFFERENT PEOPLE
TODAY.**

JOHN 16 | PSALM 100

**PRAY FOR 21 DIFFERENT
COUNTRIES AND/OR
MISSIONARIES TODAY.**

JOHN 17 | PSALM 103

**KIDS 2 TIMES TODAY
SPEND 10 MINUTES
READING THE BIBLE
WITH A PARENT.**

**TEENS SPEND 21
MINUTES USING THE
S.O.A.P. BIBLE STUDY
METHOD TODAY.**

JOHN 18 | PSALM 121

**SAY A SHORT PRAYER
EACH HOUR NEAR THE
21 MINUTE MARK (8:21,
9:21, 10:21 ETC.).**

JOHN 19 | PSALM 136

**WITH A PARENT,
RESEARCH 10
UNREACHED PEOPLE
GROUPS AND PRAY
FOR THEM 2 TIMES
TODAY.**

JOHN 20 | PSALM 139

**PRAY 2 TIMES TODAY
FOR A LIST OF 10
PEOPLE THAT YOUR
FAMILY IS BELIEVING
TO COME TO FAITH IN
JESUS.**

JOHN 21 | PSALM 145

**RESEARCH AND WRITE
OUT 21 DIFFERENT
NAMES OR ATTRIBUTES
OF GOD.**