

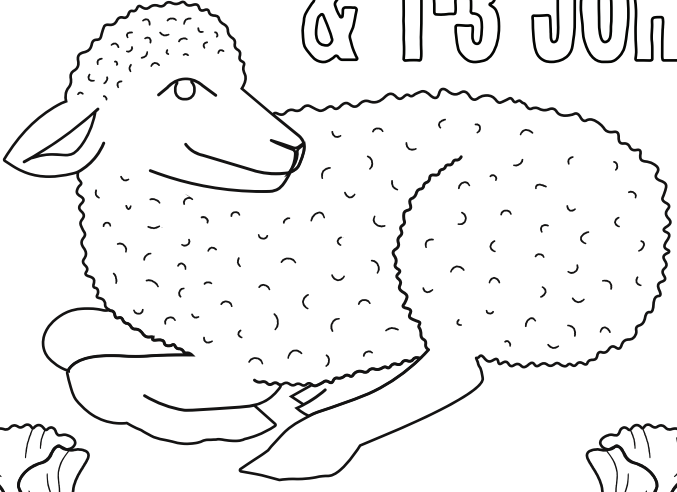


CHILDREN'S GUIDE
THE GOSPEL OF JOHN
& 1-3 JOHN



PREFACE

This devotional booklet is designed for elementary-aged children and the parents/guardians who want to help guide them through the fast on their level. This is an excellent opportunity to encourage children to experience Christ's presence through prayer and fasting under the watchful care and guidance of their guardians.

By introducing children to fasting at an early age, we help them understand and practice an important spiritual discipline that Jesus modeled. This helps them become authentic followers of Jesus. Whether you are new to fasting or have done it for years, know that it is okay to not have all the answers to your kids' questions. Stick to the basics, use the tips and tricks below, and don't hesitate to reach out to the children's ministry at your church for help and advice!

- **Focus on God:** Fasting is a way to focus on God and put him first.
- **Do it willingly:** Fasting is a discipline we willingly practice to grow closer to God.
- **Start small:** This booklet has material for a 10-day fast (rather than a 40-day fast) to encourage children's success, starting with a short-term fast they will likely be able to maintain.
- **Be an example:** Children will learn and understand more if you model biblical fasting for them.
- **Be gentle, patient, and encouraging:** Allow children to participate in age-appropriate ways and gently encourage them to go deeper. It will lay a foundation for more meaningful experiences in the future.
- **Let the children pick:**
 - **A specific need to pray about:** Encourage children to identify and write down a specific need, concern, or issue to focus on and refer to throughout their time of prayer and fasting. When they have a chance to give input, they're more likely to want to participate.
 - **A specific item to fast from:** Help them choose what to fast from (sweets, video games, screen time, a favorite food, etc.).

- **Something to replace that fasted item with:** Help them make different choices. For example,
 - If they choose to fast from candy, help them choose vegetables and fruits instead and spend time in prayer before eating.
 - If they are fasting from screen time, help them use the time wisely by filling up the empty time with something that helps focus on God and our relationship with Him. For example, consider taking that 20 minutes to read a Bible story and pray together instead! (Consider sharing the stories of Daniel, Paul, Anna, Esther, Moses, and Elijah with them to help understand the purpose and benefits of fasting).
- **Help them remember the focus:** Fasting isn't for a prize, reward, or treat. It's to grow our relationship with God. Give children positive, encouraging input and feedback.

DAY 1

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it” (John 1:1–5).

- Who is Jesus?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 2

"The next day John saw Jesus coming toward him and said, 'Look, the Lamb of God, who takes away the sin of the world! This is the one I told you about: 'After me comes a man who ranks ahead of me, because he existed before me'" (John 1:29-30).

- Why does John the Baptist call Jesus the "Lamb of God"?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 3

"For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him" (John 3:16–17).

- What does it mean to have eternal life? Who gives us eternal life?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 4

“Jesus said, ‘Everyone who drinks from this water will get thirsty again. But whoever drinks from the water that I will give him will never get thirsty again. In fact, the water I will give him will become a well of water springing up in him for eternal life’” (John 4:13–14).

- Just like we have a thirst for water in our bodies, we all have a thirst for God in our hearts. Who is the only one who can satisfy that thirst and give us access to God’s water forever?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 5

"When this man heard that Jesus had come from Judea into Galilee, he went to him and pleaded with him to come down and heal his son, since he was about to die.

Jesus told him, 'Unless you people see signs and wonders, you will not believe.'

'Sir,' the official said to him, 'come down before my boy dies.'

'Go,' Jesus told him, 'your son will live.' The man believed what Jesus said to him and departed" (John 4:47–50).

- Why did this man come and ask Jesus to save his son?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 6

"Jesus replied, 'Truly I tell you, the Son is not able to do anything on his own, but only what he sees the Father doing. For whatever the Father does, the Son likewise does these things. For the Father loves the Son and shows him everything he is doing, and he will show him greater works than these so that you will be amazed. And just as the Father raises the dead and gives them life, so the Son also gives life to whom he wants'" (John 5:19–21).

- Can you remember a time when someone you loved showed you how to do something good? Who can always help you do what is right?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 7

"There's a boy here who has five barley loaves and two fish—but what are they for so many?"

Jesus said, 'Have the people sit down.'

There was plenty of grass in that place; so they sat down. The men numbered about five thousand. Then Jesus took the loaves, and after giving thanks he distributed them to those who were seated—so also with the fish, as much as they wanted.

When they were full, he told his disciples, 'Collect the leftovers so that nothing is wasted.' So they collected them and filled twelve baskets with the pieces from the five barley loaves that were left over by those who had eaten.

When the people saw the sign he had done, they said, 'This truly is the Prophet who is to come into the world'" (John 6:9–14).

- The disciples were faced with a real problem. Have you ever had a problem you could not solve on your own? How can you lean on God when you face challenges?
- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 8

“Truly I tell you, anyone who believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven so that anyone may eat of it and not die. I am the living bread that came down from heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is my flesh” (John 6:47–51).

- No snack or food will ever truly satisfy us, but knowing Jesus will give us life forever. How can we be hungry for Jesus in the same way that we get hungry for a snack?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE**ANOTHER****REPENT****YOURSELF**

DAY 9

“When the festival was already half over, Jesus went up into the temple and began to teach. Then the Jews were amazed and said, ‘How is this man so learned, since he hasn’t been trained?’

Jesus answered them, ‘My teaching isn’t mine but is from the one who sent me. If anyone wants to do his will, he will know whether the teaching is from God or whether I am speaking on my own. The one who speaks on his own seeks his own glory; but he who seeks the glory of the one who sent him is true, and there is no unrighteousness in him’” (John 7:14–18).

- What are choices you can make today and every day that praise God?
- What is one thing you can do to worship God today? What is one thing you can do to serve others today?

Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF

DAY 10

“On the last and most important day of the festival, Jesus stood up and cried out, ‘If anyone is thirsty, let him come to me and drink. The one who believes in me, as the Scripture has said, will have streams of living water flow from deep within him.’ He said this about the Spirit. Those who believed in Jesus were going to receive the Spirit, for the Spirit had not yet been given because Jesus had not yet been glorified” (John 7:37–39).

- Why do we need the Holy Spirit like we need food and water?

- What is one thing you can do to worship God today? What is one thing you can do to serve others today?


Write down your prayers using the P.R.A.Y. model below.

PRAISE

ANOTHER

REPENT

YOURSELF



LOOK, THE LAMB OF GOD,
WHO TAKES AWAY THE SIN
OF THE WORLD!

-JOHN 1:29

Thank you for going through the Fast Booklet with your child this year! We would love your feedback so we can continue improving and growing our materials and process. Scan the QR code to leave your feedback.



