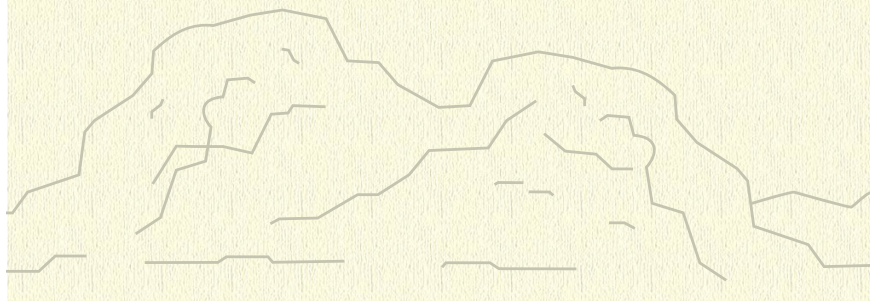




# 21 Days

of Prayer & Fasting

**GUIDE**



# Day 1 Mini-Sized Faith

**Read:** Matthew 17:20-21

**Devotional:** Would you rather have a large-sized candy bar or a mini one? Of course, a large-size one! But do you know that “mini” things can have a BIG impact?

In Matthew 17:20-21, Jesus talks about having faith the size of a mustard seed.

“Because your faith is much too small. What I’m about to tell you is true. If you have faith as small as a mustard seed, it is enough. You can say to this mountain, ‘Move from here to there.’ And it will move. Nothing will be impossible for you.”

Have you ever seen a mustard seed? It’s really, really small. It doesn’t look like it can do much but when it grows, it becomes a large tree.



In this Scripture, Jesus was trying to explain that even if you have a small amount of faith, God can do BIG things with it! Even as a child, you can have faith that God will not only answer, but do more than you can imagine.

Our faith grows as we trust God and see Him move mountains in our lives. So what do you need to have faith for right now?

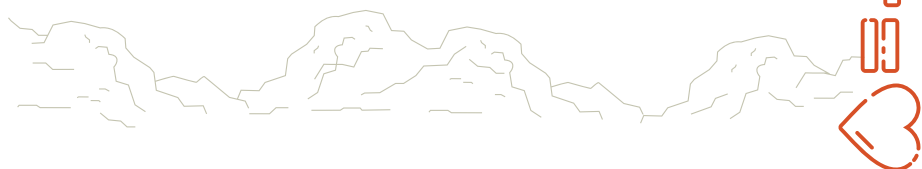
**Prayer:** Dear God, thank you for caring about me. (Share a specific prayer request you have with God.) Help my faith to grow just like a mustard seed. In your name, I pray. Amen.

## Activity: Faith Necklace

**What You Need:** Washer, String, Letter Stickers, Mustard Seed, and Glue

### Directions:

- Attach the string to the washer to make a necklace.
- Using the letter stickers, “write” FAITH or the Scripture reference on the washer. (You could also do this with a permanent marker.)
- Glue the mustard seed to the washer.
- Wear your necklace as a reminder of the power of our faith.





# Day 2 The Truth Will Set You Free

**Read:** Matthew 4:1-11

**Devotional:** Welcome to Day 2 of the 21 Days of Prayer and Fasting! For some of you walking through this devotional, it might be your first time ever fasting. This principle is one illustrated by Jesus throughout the Bible, and it's an example we follow even to this day. Fasting is all about giving up something to grow closer to God. Through times of fasting, we lean in to hear God's voice in a fresh way and learn more about His will for us.

In today's story, we see Jesus being tempted by the devil in the wilderness. After fasting for 40 days, Jesus was hungry. It was in this place that the devil showed up, trying to tempt Him. We see that for every lie that he tries to speak, Jesus combats it with the truth of God's Word. The devil, seeing that he can't win, finally leaves. God's truth defeated all of the lies, and Jesus' knowledge of the truth was a weapon to defeat temptation. impossible for you."

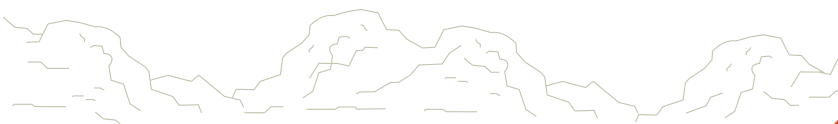
Throughout this time of fasting, it's important to learn more and more about the truth of God's Word. We do this by studying Scripture and asking God to show us more about Himself. When we know God's truth, we are able to combat any lies that our enemy might try to tempt us with.

As you practice fasting, seek God with all your heart and dive deep into the Bible. As you do this, you will know Him and be able to resist temptation

**Prayer:** “God, as I choose to fast from something I really enjoy, I pray that you would reveal yourself to me in a fresh way. I believe that you are an all-powerful God, and I trust in your goodness and power at work in my life. Help me to choose you every day. Amen.”

## Activity:

Take some time today to write down what you’re looking forward to during this fast. It can be a lesson you want to learn, a miracle you’re trusting God for, or maybe you want to hear from Him. Whatever it is, write it down and pray specifically for it.



# Day 3 P.R.A.Y.

**Read:** Mark 1:35

**Devotional:** What's the first thing you do each morning? Chances are, you probably wake up and do the same things most mornings. Did you know that when Jesus was here on earth, He had a routine each morning too? You might be giggling at that thought right now, but it's true. When Jesus was on this earth, He slept, woke up, and got ready for the day—just like you!

Mark 1:35 tells us that Jesus went and prayed in the early morning when it was still dark outside! If you struggle to get out of your warm-cozy bed in the mornings, that might sound crazy. But after reading this, maybe you'll want Jesus' morning routine.

But, what does it mean to pray? Prayer is having a conversation with God, like talking with a friend. When you talk with your friends more, you get to know them and they get to know you. God wants to know you and He wants you to know Him. God is never too busy for you and He is always listening.

One simple way to pray is called the P.R.A.Y. Model. Each letter gives us an action:

**P = Pause:** To start your prayer time, push your “pause” button. Head to a quiet space, take a few deep breaths and close your eyes to help focus your heart and mind on God.



**R = Rejoice:** Rejoice and thank God for who He is, what He has done, and even what He will do.

**A = Ask:** God wants you to share everything with Him. Every good thing, every silly thing, every hard thing, every sad thing... EVERYTHING.

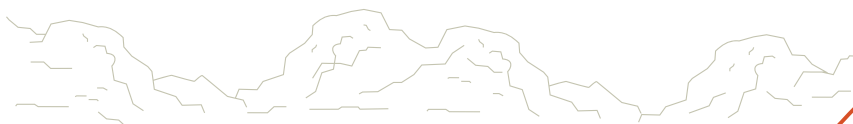
**Y = Yield:** God also wants you to trust Him. By yielding in your prayer, you pause and listen to what God is saying to you.

Jesus had a habit of prayer—His heart was to be close to God. God wanted to be close to Jesus and He wants to be close to you. So, today, where can you pause, rejoice, ask, and yield?

**Prayer:** “Dear God, thank you for who you are and all that you’ve done for me. Help me grow closer to you. As I make a habit of prayer, help me experience your presence and love in my life. Please speak to me in special ways that strengthen my relationship with you. God, I thank you and praise you. In Jesus name, amen!”

## Activity:

Find a notebook and make it your “Prayer Journal.” Then find a quiet place where you can focus your heart and mind on God. Write or draw things that God is showing you as you pray.



# Day 4 Peace Over Me

**Read:** Psalms 46:10

**Devotional:** Today's verse talks about surrendering our anxiety to the Lord. There's one key part of this verse that we need to acknowledge in order to do this: We need to be still and know that He is God.

Life can be very fast-paced and it can be really hard to focus on stillness. Whether it's homework, a sports game, or working to be a good friend, sometimes being still is the last thing on our minds. But this word from the Bible says that we must be still and know that He is God!

What does this teach us? It shows us that knowing God requires us to pause in the middle of the craziness of life in order to understand God more deeply. It's hard to run and try to read the Bible. It can feel really difficult to pray to God while you're distracted by all the things you need to get done. But sometimes, we choose to be still and know our video game a little better instead of seeking God.

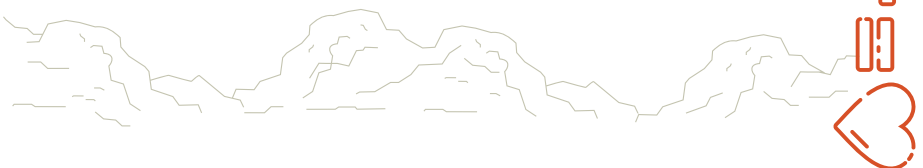


Whatever it may look like for you today, take a moment to reflect on who God is and what He is speaking to you. As we rest in Him, we will find peace and comfort in the goodness of who He is. He has done, and even what He will do.

**Prayer:** “God, help me to be still. Help me to seek you by pausing in your presence. As I stop to learn more about you, I pray that you will show yourself to me and help me know you a little bit better. In Jesus’ name, I pray, amen.”

### Activity:

Take 5-10 minutes to find a quiet space to pause and talk to God. Pray and ask Him to show Himself to you as you take this time to be still.



# Day 5 Rejoice in the Lord

**Read:** Philippians 4:4

**Devotional:** Have you ever been super joyful? Like when you wake up in the morning ready to have the best day ever? Or when you get the new toy, video game, or book you've been wanting? Or even when it's raining outside and your game got canceled?

Okay, well maybe not that last one. But it's easy to find times when we can have joy and be thankful to God for all that He does for us. But what about the times when it's not so easy...like when your game gets canceled? Or when you're home sick instead of hanging out with your friends? Or when you don't get the best grade on your test?

Often, when things get hard, we tend to forget about praising God. Instead of having joy, we start to complain, get frustrated, or become sad. But, Philippians 4:4 reminds us to, "Always be joyful because you belong to the Lord. I will say it again. Be joyful!"

What if we turned our frustration, anger, and sadness into joy no matter what was going on around us? If we decide to have joy in the times when it's hard, our view of

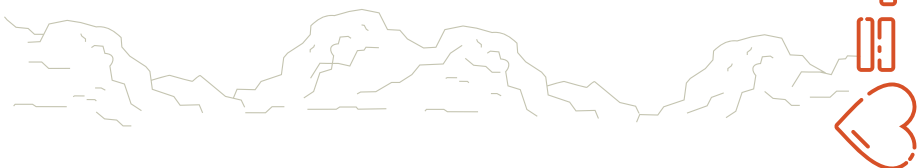
what's going on will change. We won't look at everything as something that is either good or bad. We will look at things as chances for us to continue praising God because He continues to love us, care for us, and give us what we need in each moment.

So as you go throughout today, what do you need to do to praise God in every moment?

**Prayer:** “God, thank you for everything you do for us! We can't even begin to describe all of the ways you care for us, provide for us, protect us, and love us. Help us to continue to be joyful in everything we face. Remind us that we belong to you, so there is no reason why we shouldn't praise you. In your name, I pray, amen.”

### Activity:

In the space below, write or draw a picture of some ways you can remember to have joy in every moment.





# Day 6 When You Ask, He Cares

**Read:** Philippians 4:4

**Devotional:** Did you know that there are 23 recorded miracles in the Gospels about Jesus healing someone? He made blind men see, a paralyzed man walk, a deaf man hear, and sick people well. The Bible says Jesus healed many, many others too. One thing that the people who were healed had in common was they asked Jesus to be healed. And they believed that Jesus could make them well!

Jesus wants to hear your “asks.” When you pray, you are talking to God. He wants to hear what is on your mind and what you need. If you’re hurt or someone you love is sick, you can ask God for healing. You can ask God for help. Maybe you have a test at school and you can’t concentrate. If you’re afraid, you can ask God for courage.

The Bible tells us not to worry about anything, but to bring EVERYTHING to God in prayer. And we are to do it with a thankful heart. That may sound crazy when you think about it because worrying and giving thanks don’t go together. But, when we take the time to be thankful—even when we are worried—it puts our focus back on the One who can help us and gives us peace about each situation.

One last thing to remember is to never give up. When you don’t think your prayer is going to be answered, keep praying. It brings you closer to God. He hears you and will take care of you because He loves you!

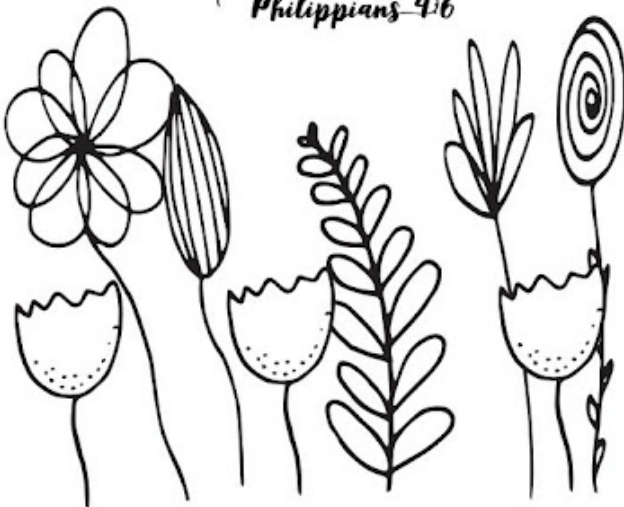
**Prayer:** “God, I am so glad I can come to you when things in my life are hard. I am thankful for your help, that you heal me when I am hurt or sick, and that you love me no matter what. Help me not to worry but to come to you with my “asks” and remind me of what I can give thanks for. Amen.”

## Activity:

Take some time today to color the picture as a reminder to give God everything.

**DO NOT BE ANXIOUS  
ABOUT ANYTHING,  
BUT IN EVERY SITUATION,  
BY PRAYER AND PETITION,  
WITH THANKSGIVING,  
PRESENT YOUR REQUESTS  
TO GOD.**

*Philippians 4:6*



# Day 7 Humble Submission

**Read:** James 4:6

**Devotional:** Have you ever seen these signs on the road?



The yield sign on the road reminds drivers that they need to look out for other cars and let them pass before they begin driving again. They need to submit their driving rights to the other drivers before they continue driving.

In the same way, we have to yield or submit ourselves to God for Him to work in and through us. But when it comes to yielding to God, we tend to let ourselves get in the way. We think we know what's best. We've got our own plans. We want what we want when we want it!

This is especially true when it comes to prayer. We thank God for everything and we ask Him for everything we want—but we may forget to actually stop to let Him know that we are good with what He wants for us. Prayer isn't just about presenting

all of our problems and needs to God. It's about talking to Him and reminding ourselves that He is in control, so we don't have to worry about anything.

When we stop, humble ourselves, and yield to His will, we are allowing God to work in and through us. We are reminding ourselves that God is in control and we are there to follow His plan

So how can you remember to yield to God's will when you pray?

**Prayer:** "God, thank you for all that you do for me. Thank you for the opportunity I have to present my requests and needs to you. Help me remember that it's not all about what you can do for me, but about how I can yield to your plan. I want to grow closer to you and follow everything you have for us. In your name, I pray, amen."

### Activity:

Grab some paper and colored pencils. Draw a yield sign and write down some ways you can remember to submit to God's plan.





# Day 8 Seek & Find

**Read:** Jeremiah 29:13

**Devotional:** My favorite game growing up was hide-and-seek. I loved finding a really great place to sneak away; but even more than hiding, I LOVED being the seeker. The reward of finding who I was looking for after giving my all to find them was an amazing feeling.

The Bible says that when you seek God with all of your heart, you'll find Him. The best thing about God, though, is that as you chase after Him, He also comes closer to you. In your life, you may chase after a lot of things. Maybe you're chasing after peace because you are holding onto a lot of fear. Maybe you're holding onto sadness because there's a lot going on in your life right now.

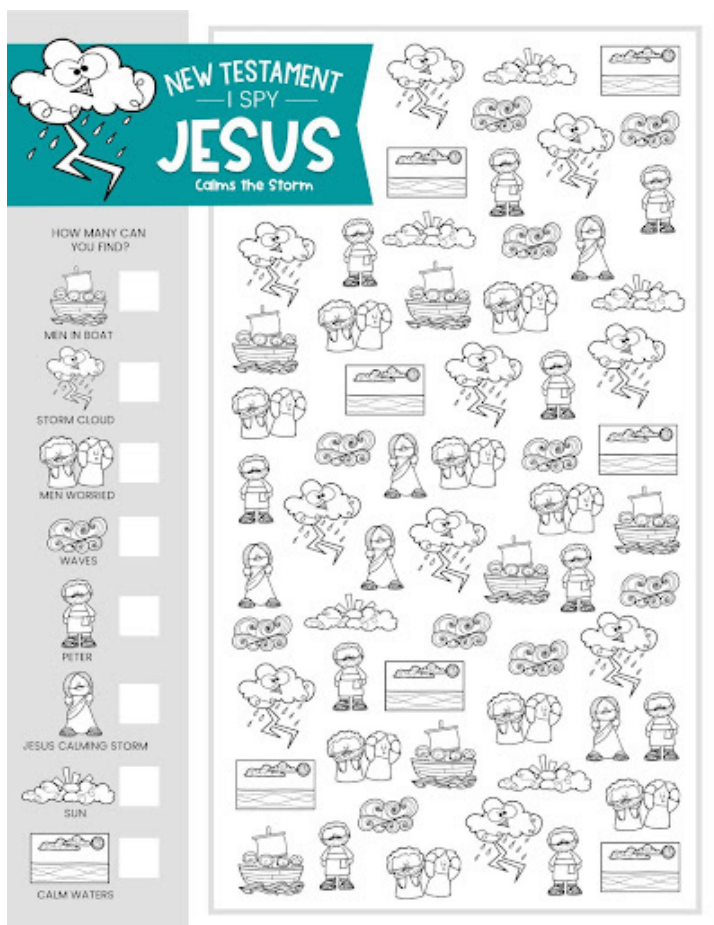
When we seek God through prayer and walk with Him daily, not only do we find Him but we find all of the characteristics of God that heal us, restore us, and revive us. We can find peace for our anxiety, hope for our doubt, and love for our loneliness. Anything that you're looking for or chasing after, you will find in God as you seek Him.

When you play hide and seek, sometimes you have to give up because the person has hidden away a little too well. With God, He promises that when you search for Him, you will find Him. This is an amazing promise that you can trust in today. As you seek God, you will find Him!

**Prayer:** “God, I pray that as I seek you, you will make yourself known to me. Help me to know that I can trust in you every day of my life and in every area of my life. As I seek you, help me to grow closer to you. Renew my heart and help me to be more like you every day. Amen.”

## Activity:

See how many of each image you can spy in the picture below.



# Day 9 Good News!

**Read:** Matthew 28:18-20

**Devotional:** Have you ever seen a Disney commercial and wanted to go so bad? Maybe you could smell the fresh popcorn in the air and hear the sounds of the rides all around you. And, all you wanted to do was go and experience it for yourself. That commercial showed you what you could be part of—if you went to Disney.

Similarly, as believers, we get opportunities to share the best news ever with someone. This is the news that will outlast any Disney vacation. It is the greatest news of all time! As followers of Christ, we are called to share the Good News with others. Scripture is very clear when it says “Go.” This isn’t meant to be something complicated. Instead, we are called to share what Jesus has done in our lives with others.

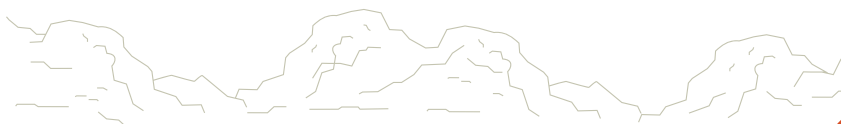
As you head into your classrooms or practice on the sports fields this week, look for opportunities to share about Jesus with others. Let your actions display what God has done for you so that you can be a messenger through your words and actions each and every day.

**Prayer:** “Dear Lord, thank you for sending your Son to die on the cross for us so that we can have an eternal relationship with you. I pray that I will look for opportunities to share with others what you have done in my life. Equip me with the strength and courage to boldly share your Good News with others. Use me to be a messenger for your Kingdom. In Jesus’ name, amen.”

## Activity:

Take some time this week to ask yourself these questions:

1. What is your key takeaway from Matthew 28:18-20?
2. What are 2 ways that you can share the Good News this week?
3. Get creative and create a card to invite someone to church.
4. Who is it that you can pray for?





# Day 10

## The Forgiveness Project

**Read:** Matthew 18:21-22 & Ephesians 4:32

**Devotional:** Has your sibling or your friend ever done something to upset you? Maybe they pulled your hair, didn't share their new game, or were mean to you. If these situations happen one time and they apologize for it, it can be easy to forgive them. But when it happens a lot or when it's something really mean or hurtful, it's probably harder to extend forgiveness.

Jesus gives us very clear instructions in the Bible that we **MUST** forgive others, even when it's hard. Even when we feel we are right or that we deserve something better. We can't let our prideful feelings get in the way of us being kind, loving, patient, and forgiving.

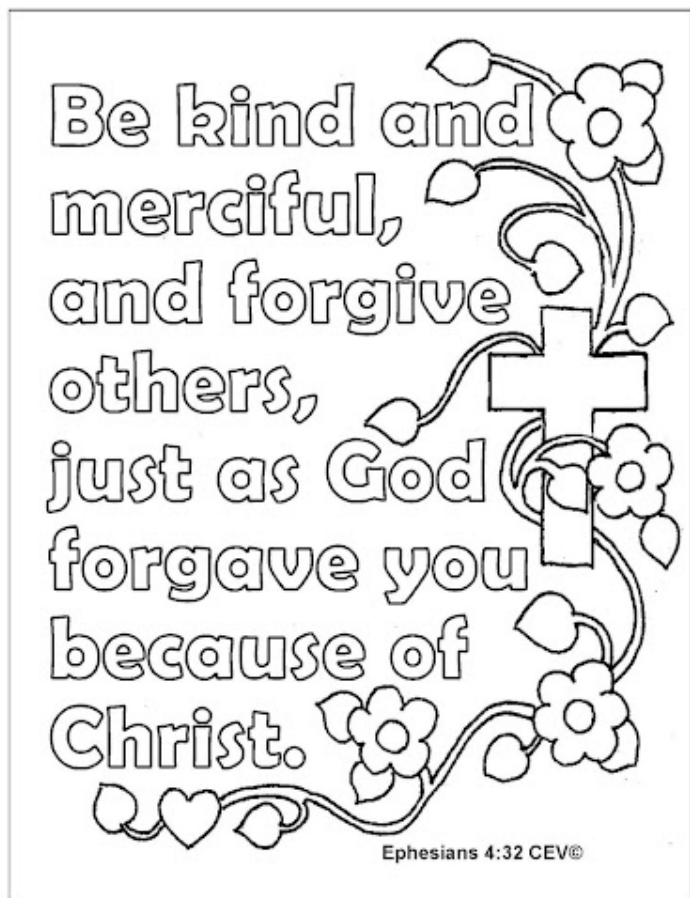
Jesus did not say to wait to forgive until the other person is sorry. He didn't say forgive a person only one time or even seven times. He actually said we need to forgive 70 times 7 times. What He meant was that we must forgive over and over and over again, so much that we don't even keep track of how many times we forgive someone!

Jesus paid the price for **ALL** of our sins when He died on the cross. And God forgives us every time we repent and ask for forgiveness. When we follow Jesus, we must choose to be kind and forgive others, just like He forgives us!

**Prayer:** “Dear God, help me to forgive others, just like you have forgiven me. In Jesus’ name, amen.”

## Activity:

Color the picture below to remind you to forgive others this week.



# Day 11 Expectant Prayers

**Read:** Matthew 21:22 & Romans 12:12

**Devotional:** Picture this: it's Christmas morning. All season long, you've been telling your parents about this new Lego set you want. You wrote it on your wish list and every time you see it in the store, you show them. You've even told your friends that your parents are going to get it for you. Now, under the tree, you see a box that's the same shape and size as the set. When you open it, it's the exact set you asked for!

Now, let's take a few steps back. If you had only asked for it one time, would you have expected to get that Lego set? Probably not, right? But because you had asked for and talked about it, you were expectant.

Today's passages show that this applies to our prayers. Romans 12:12 tells us that we need to be faithful when we pray while Matthew 21:22 reminds us that if we believe, we'll receive what we ask for when we pray. When you're intentional with your prayers and you take the time to pray specifically and continually for what you need, God answers you.

Now, if you asked God to give you a pony every day for a year or you asked God to help you make good grades in school every day this year, He might answer them in different ways. The key to our expectant prayers is if they fall in line with His plan.



A couple of days ago, we talked about what it means to yield to God’s plan. Our expectant prayers need to line up with God’s plan because He’s not a genie that grants all our wishes. Instead, He asks us to continually bring Him our needs—but ultimately, to submit to His will for our lives.

So what do you need to pray expectantly for this week?

**Prayer:** “God, I am so grateful that you allow me to present my requests to you. Thank you that you never get tired of hearing my prayers and that you’re ready to answer me in your timing and your will. Help me to remember that I can pray continually to you, expectant for how you’re going to work in the situations I bring you. In your name, I pray, amen.”

**Activity:**

In the space below, write down your expectant prayer. Every day this week, come back and pray that prayer.

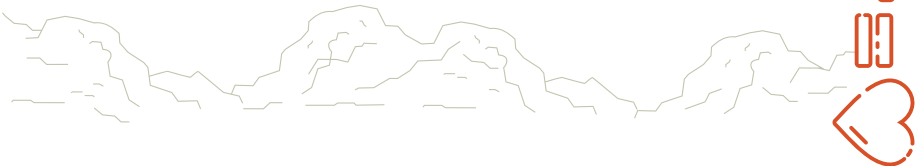
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# Day 12 Who's Around You

**Read:** Luke 5:17-26

**Devotional:** Think about a time when you've been playing with your friends and suddenly got hurt. Your friends probably helped get you up and brought you home to your parents, right? They knew what to do to get you help.

In today's reading, four friends helped bring their paralyzed friend to the One who could help him: Jesus! These friends did everything, including lowering their friend through the roof to get him the help he needed.

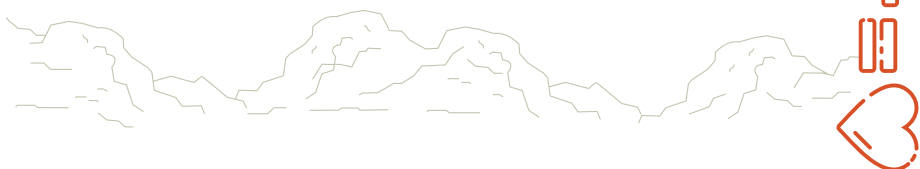
Can you imagine having friends like these? We can learn a lot from them. They had faith that Jesus could heal their friend and they didn't give up when it looked impossible. They figured out a way to help their friend get close to Jesus.

So, who are the friends around you? Are they helping you grow closer to Jesus? Also, what kind of friend are you? Who do you need to help get closer to Jesus?

**Prayer:** “Dear God, thank you for creating us to be in community with one another. Thank you for the friends you’ve brought into my life that help bring me closer to you. I also pray that you’ll make me a good friend that brings people closer to you. I love you, and in Jesus’s name, AMEN!”

## Activity:

In the space below, write down the 3 friends that help you grow closer to Jesus. Then, write down the 3 people you need to be a good friend to. Ask God to help you be a good friend to those people this week.





# Day 13

## Forgiven and Free

**Read:** Matthew 4:17 & 1 John 1:9

**Devotional:** Light pushes out darkness. This is a truth that we see time and time again in the Bible, and it has a very powerful effect when we apply it to our lives. When Adam and Eve disobeyed God in Genesis, sin entered the world. And now, sin is a part of our everyday lives.

The amazing thing is that through Jesus dying on the cross for us, we are forgiven for all of our sins—past, present, and future—and we are new creations in God's eyes! While that is really amazing, we still have a part to play. We must let the light of Jesus shine through the dark spaces in our lives.

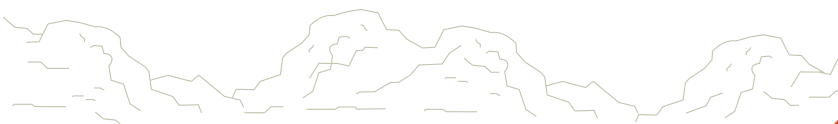
You might be wondering what that means for your life. It means taking hold of your new identity as forgiven and free, and bringing all of your sins and fears to God. Sometimes, that can be really hard to do. It can be easy to let shame hold us back from bringing everything to Him. But you can find peace knowing that God loves you so much and wants you to come to Him with all your problems, fears, and failures.

What do you need to bring to God today? As you come to God, He draws near to you. Nothing can separate you from the love of God—confessing our sins and shortcomings to Him brings us peace, freedom, and hope.

**Prayer:** “Jesus, help me to bring all of my sins to you. I know you are full of love and grace for me. Give me the courage to come to you even when it may be hard. Push the darkness out of my life with the light of your truth. In Jesus’ name, I pray, amen.”

### Activity:

Look up some verses that remind you that you are forgiven and free. Highlight them in your Bible or write them down on an index card. Whenever you feel down or think that your sin is too much for God’s love, pull out these verses and remind yourself that you are forgiven and free.





# Day 14 Celebration Parade

**Read:** Matthew 21:6-9 & Philippians 2:5-11

**Devotional:** Today, on Palm Sunday, Christians all across the world are beginning to celebrate what is traditionally referred to as “Holy Week.” This is an opportunity for those who call Jesus their Lord and Savior to remember His journey to the cross, His resurrection, and His sacrifice for each of us.

What takes place on this day seems a little out of place with the rest of the week’s events. After all, the day essentially involves a parade. As Jesus enters Jerusalem, Matthew 21:9 says, “A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road.” It goes on to share in verse 9 that they shouted great things about Jesus. They called Him the Son of David, which is a very high honor. They shouted something directly from Scripture: “Blessed is He who comes in the name of the Lord!” They even cried out, “Hosanna in the highest Heaven!” in hopes that Jesus was coming to save them. They were right that He was coming to save them, but it was not from the rulers of their land.

This moment has all the elements we might see in a parade for a team that has won a championship. There are large crowds, people are excited to see someone important, they shout great things about those that pass by, and they even throw streamers and confetti.

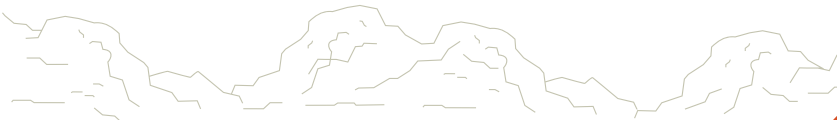
However, just like a championship parade, eventually, the excitement around Jesus would subside and Jesus would continue with His mission to save us all. In Philippians 2, the apostle Paul reminds us of what Jesus's mission was all about. He says in verse 7 that Jesus, "made himself nothing by taking the very nature of a servant."

As we begin this Holy Week, let's celebrate Jesus—never forgetting that He came for a purpose. That purpose was to be a sacrifice for each of us and an example of how we should lovingly serve one another. So this week, let's look for ways that we can put someone else first and be a servant to them.

**Prayer:** "Heavenly Father, I ask that you would help me to love my family more. I need your help to be more like Jesus to those closest to me. Thank you for your sacrifice. Over this next week, help me to keep my focus on why your sacrifice is so important and to put others first."

### Activity:

Go on a walk with your family and talk about ways you may be able to sacrifice for those around you so they can know more about Jesus.





# Day 15

## Cleansing the Temple

**Read:** Matthew 21:12-13

**Devotional:** In Matthew 21:12-13, Jesus gets very upset when people start using the holy temple as a place to sell things. He gets so mad that He flips over their tables and tells them they are turning the Lord's house into a "den for robbers."

Jesus wanted to make sure the people understood just how important the temple is. Not because it's a cool building, but because it's where they're meant to worship the Lord!

The Bible also compares our bodies to the Temple. 1 Corinthians 6:19-20 says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."

Our bodies and minds are the Temple for the Holy Spirit—it's the place where He lives. But sometimes, we forget this when we listen to bad music, watch scary movies, or when we say and do sinful things. When this happens, we need Jesus to flip the tables in our minds and clean out the junk we've put there!

We can ask Jesus to cleanse us, just like He cleansed the temple. So, what do you need Jesus to cleanse in you today?

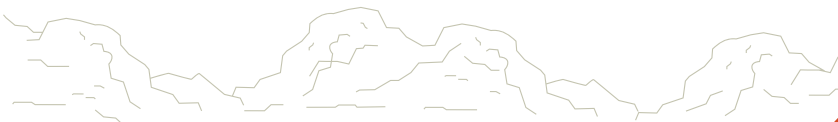
**Prayer:** “Lord, thank you for giving us verses like this to remind us who you are. Through this time of prayer and fasting, cleanse me of my poor habits. Remind me that my body is your Temple—and help me keep my Temple clean. I love and thank you, Jesus. Amen.”

## **Activity:** Bad Habits Plate

**What You Need:** Glass Plate, Dry Erase Marker, Cup of Water, and Parent Permission

### **What You Do:**

- Lightly write one of your bad habits on the plate with the dry-erase marker.
- Now take your glass of water and very slowly start to pour it onto the edge of your plate.
- You’ll notice that the letters of your word will lift off of the plate so that they are no longer stuck. This is what Jesus does when we ask Him to cleanse us!



# Day 16 Be a Light!

**Read:** John 12:44-47

**Devotional:** A few years ago, a big storm came through and the power went out. Our house got really dark. The bad thing was that the power didn't come back on for two weeks!

During that time, we had to rely on candles and flashlights so that we could walk through our house without bumping into things and to see what we were doing, like my kids' homework. It was a crazy two weeks, but here is what I know...even a small light at the darkest time of the day made a big difference!

Before Jesus came to Earth, people were walking in the darkness—not like a dark room but in their hearts. As Jesus went from town to town, teaching and healing people, He was being a light.

Just like Jesus, we can be a light to those around us by praying for them, inviting them to church, and serving them. God can use you to bring light and hope to a dark world.

**Prayer:** “God, thank you for sending Jesus to be a light to the world. Help me become more like you so that I can be a light to others. Help me lead others to you. Amen.”

## Activity: Light Jar

**What You Need:** Foil, 1 nail, 1 permanent marker, 1 mason jar, 1 battery-operated tea light

### What You Do:

- Using the permanent marker, draw a design on the foil to remind you to be a light to those around you. (For example: a star, candle, light bulb, etc.)
- Using the nail, carefully poke holes in the foil on the outline of your design.
- Place the foil inside the jar so that it covers the glass.
- Place your tealight in the bottom of your jar and turn it on.)
- Place the lid on the jar.
- Turn off the lights and see the beautiful “light jar” you created.
- Use it to remind you of the light that Jesus brings to our lives so we can share it with others!



# Day 17 The Gift of Love

**Read:** Mark 14:3-11

**Devotional:** Have you ever had something really special to give? This woman did! The perfume she had was exceptional and very expensive—it cost what someone would earn in an entire year. That’s a whole lot of money! But this woman gave that perfume away to Jesus. And not only did she give it away, but she poured it on His feet!

That sounds crazy, doesn’t it? But it actually wasn’t crazy because what the woman with the jar did was very important. You see, Jesus was getting ready to die on the cross on Friday (in 2 days, we will be remembering that special day as Good Friday). By pouring this perfume on Jesus’ feet, the woman was honoring Him and preparing Jesus for His death and burial. She gave what she had to take care of Jesus, and He promised that people would remember her for what she had done.

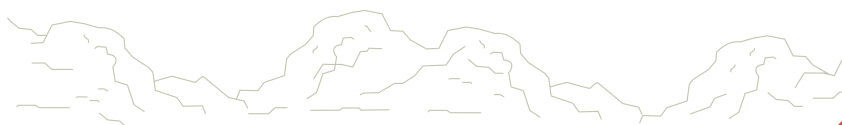
You may not have the opportunity to pour perfume on Jesus’ feet, but that’s okay. Why? Because there are a lot of other ways that we can show Jesus how much we love and care for Him.

In Matthew 27:31-46, Jesus taught us that whatever we do for others—showing them love, care, and attention—we actually do for Him. So when you do something kind for someone else, you are being kind to Jesus! As we celebrate Easter week, let's find ways to be like the woman with the perfume and give up something special in order to show Jesus how much we love Him.

**Prayer:** “Dear God, thank you for sending Jesus to die on the cross for my sins. I’m so glad He rose from the dead 3 days later. Help me to be willing to give up things that are special to me so that I can show you that you matter most to me! In Jesus’ name, amen.”

## Activity:

What’s something that you can give away for Jesus? Maybe it’s a toy that you want to donate to a kid who doesn’t have any, or some birthday money you want to give in the offering at church, or a card you want to make for a neighbor. Find one thing to give away today to show everyone how much you love Jesus!



# Day 18 United in Love

**Read:** John 13:34-35 & John 17:21-23

**Devotional:** Do you play sports or belong to a club at your school? Or maybe you're part of a team that helps serve in your community. Have you noticed that you could do so much more TOGETHER than you could do on your own? When we get the opportunity to work alongside others to accomplish the same goal, we are displaying unity.

Jesus spoke about unity among His followers. On His last night on Earth, before He was arrested and crucified, Jesus spent time with His disciples and gave them a new, fresh commandment. "Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

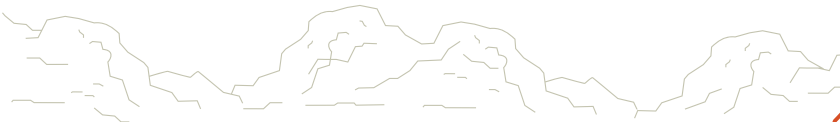
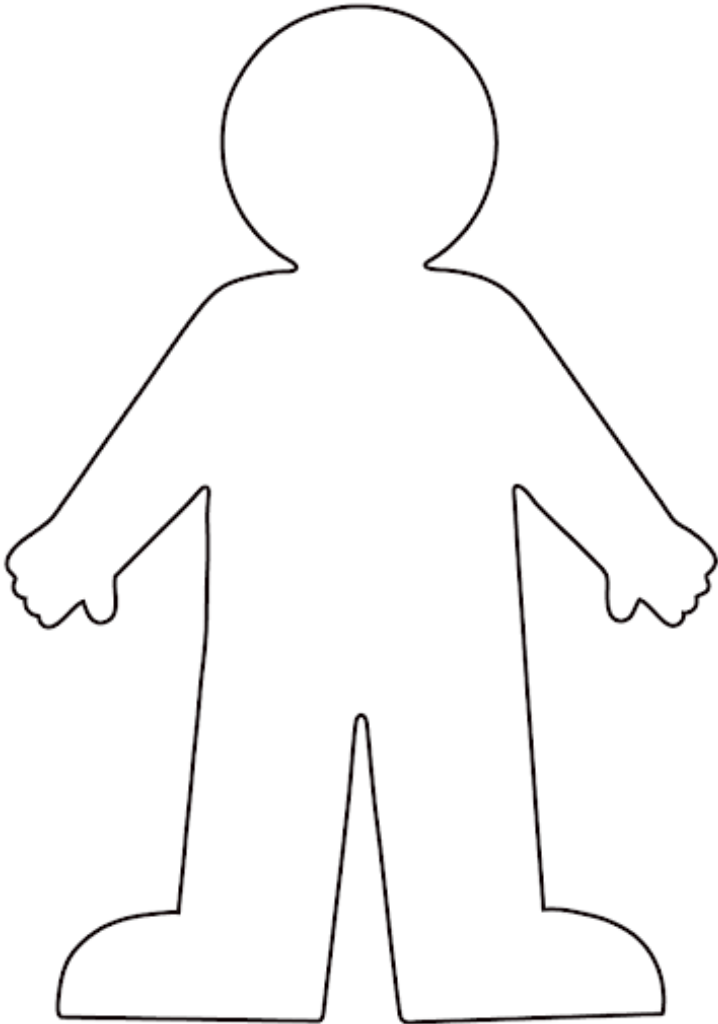
This command to love others applies to you too! He sent the Holy Spirit to live inside us to help us show this unconditional love to others. We are a reflection of His love for others to see. His love unites us with one another. It marks your relationship with Jesus and brings glory to God.

**Prayer:** "Father, thank you for loving me. Thank you for sending Jesus to show me what it means to love others. Help me to see others through your eyes and show them how much they are loved. I pray that the world would see your Church united in this love and that God would be glorified through these relationships. Amen."



## Activity:

Talk about all the ways you can show others they are loved. In the outline below, write these ideas inside the person. This week, look for opportunities to say these words or phrases to one another.





# Day 19 What's So Good About Good Friday?

**Read:** Mark 15:25-39

**Devotional:** Many of us know that there is a day we celebrate a few days before Easter called “Good Friday.” But what is it? And why is it good? Before we answer those questions, let’s talk about what happened on this day. We read in Mark 15:25:

“It was nine o’clock in the morning when they crucified him.”

You see, it was on this day that Jesus died on the cross for our sins. God sent His only Son to Earth to do that for us. He took all our sins onto Himself. And now, because Jesus did that, we are given eternal life with Him and we are forgiven for all of our sins if we will just trust in Jesus. Maybe now you can understand why we call it “Good” Friday. Because it was the day that Jesus did that for us.

However, for everyone else back then, this was not a good day. It was the day that Jesus died and they had to bury Him. You can imagine how sad that must have been. But that’s because they didn’t know the end of the story, like we do. We know that 3 days later, Jesus is raised from the dead and that He is still alive today!

Even though we know the end of the story, we never want to forget what Jesus did for us and how He took our sin and our pain so that we wouldn’t have to go through that.

So that is why we celebrate Good Friday. To remember. To think about what Jesus did for us so that we can be with Him forever.

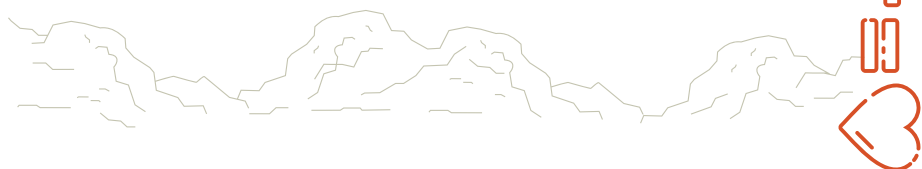
**Prayer:** “God, help us never to forget why we celebrate Good Friday. Thank you for sending your only Son to Earth to die on the cross and take our sins away. Help us to always remember what you did for us on this day. Thank you for loving us and for giving us a way to spend forever with you. In Jesus name, amen.”

## **Activity:** Make A Cross

**What You Need:** Find some materials around the house to create a cross. You could use craft sticks, Legos, paper, or anything you have at home that would work!

**What You Do:**

- Make a cross and put it in a place where you can see it so that when you look at it, you can remember what Jesus did for you on Good Friday.





# Day 20 Hope is on the Horizon

**Read:** Luke 23:55-56

**Devotional:** Have you ever been in a situation that feels impossible? How did you feel? Sad? Overwhelmed? Nervous? In today's verses, we see Jesus' friends burying His body after He gave His life for us on the cross.

This story, though, is about more than these ladies laying Jesus in His grave. When Jesus died, the people living this story didn't know the end of the story like we do. We know now that Jesus rose again on the third day, keeping the promise God had made for thousands and thousands of years. But on the day this story took place, the hope these friends held about who Jesus is went to the grave with His body.

Do you have something in your life that feels that way? Maybe you have a friend or family member that's far from God and it feels like it will never change. Maybe you got sad news from the doctor about your health. Whatever the circumstance, here's what we can cling to: God brings dead things to life!

In this story, hope was on the horizon—even if the women didn't know it yet. We know that at the end of this story, Jesus breathes again and walks out of that tomb. His resurrection was just the beginning of the full life Jesus

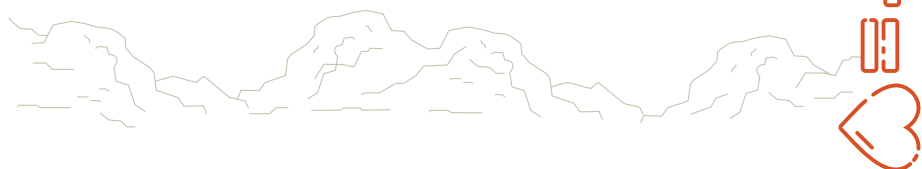
came to bring. And if you're feeling hopeless today, you can cling to the fact that Jesus is alive in your life and He has come to bring hope.

No matter what may come your way, hope is on the horizon!

**Prayer:** "Thank you Jesus for bringing me hope when things may not go the way I expected. I am so grateful that you have a full life for me, and I will trust you in every area of my life. I pray that you would breathe into the areas of my life that feel hopeless. Remind me that even when I might not see it, you're working in my life. In Jesus' name, I pray, amen."

## Activity:

Write down the areas of your life that you need God to breathe life into, and take some time to intentionally pray over them.





# Day 21

## It's Easter Sunday!

**Read:** Mark 16:2-6

**Devotional:** Close your eyes and think of the biggest surprise you've ever received. Maybe it was a present that someone gave you, your parents took you somewhere you weren't expecting, or maybe it was someone you didn't expect to see but they showed up at the perfect moment.

In Mark 16:2-6, these women who loved Jesus were on their way to His tomb to prepare His body for burial. They were probably sad because Jesus was dead. They were probably afraid because they had lost their leader and their friend. They were probably also worried! The tomb would be sealed with a large stone and they were probably worried about how they would move it.

But guess what?!?! When they arrived, the stone was already rolled away! SURPRISE! Can you imagine the surprise, excitement, and joy they must have felt? And not just because they didn't have to move the heavy stone, but because JESUS WAS ALIVE!

The angel in the tomb told the women not to be alarmed. Why? Because Jesus wasn't there! He had risen from the dead, just as He said He would. That's the most incredible surprise: Jesus defeated death, and He is alive forever!

You might be sad sometimes. You might be afraid sometimes. You might be worried sometimes. But Jesus is alive! He is with you, helping you face every situation.

You don't need to be afraid because He conquered the ultimate challenge: death. You can have new life in Him! May you be filled with joy and excitement today as you celebrate the resurrection of Jesus!

**Prayer:** "Dear God, thank you for this day! Thank you that the tomb was empty! Fill me with love, joy, and hope today. Remind me that I serve a God who is alive and well! Thank you for forgiving my sins and for giving me a new life in Jesus. I pray that many people all over the world will find new life in you today! In Jesus name, amen."

### Activity:

Check out this link to learn how to make Resurrection Rolls. Take some time to bake them as a family today.

Bake Resurrection  
Rolls with your  
family!



[cf.church/resurrection-rolls](https://cf.church/resurrection-rolls)

