

JESUS  
CHRIST

IS THE

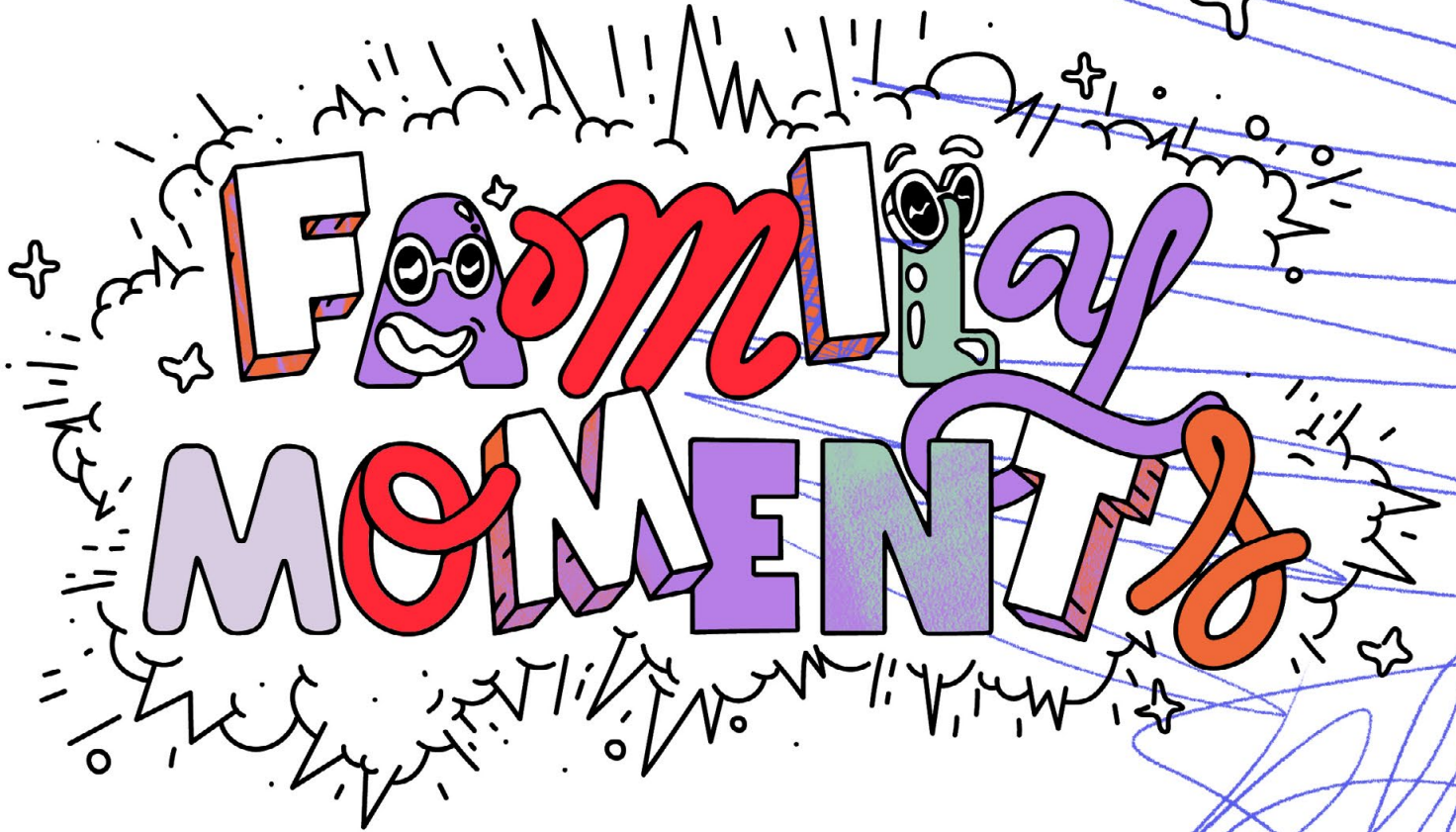
SAME  
YESTERDAY

TODAY AND

FOREVER

HEBREWS 13:8

21 Days of Prayer + Fasting 2023



# Family Moments

This Family Moments belongs to:

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## Prayer is for parents, too

Hey adults! Visit [FoursquarePrayer.org](https://FoursquarePrayer.org) to find Scripture and prayer points just for you. You can also sign up for daily email reminders, which will begin on Jan. 9, 2023.

## Welcome to 21 Days of Prayer + Fasting 2023!

As we start 2023 together, we invite your family to experience the power of prayer! The Family Moments are designed to equip and encourage you to share in 21 Days of Prayer + Fasting with the whole family.

What is your family prayer for the new year ahead?  
How have you seen God at work in one another?  
What are you remembering and celebrating?

Take time to discover the answers to these questions and more by setting aside time each day and engaging in quality time together. As you pray, may you be encouraged by the ways that God is on the move, showing up and responding to your prayers.

Each day, for 21 days, we invite you to join with other families around the globe for a consistent and intentional time of prayer. Our prayer for your family is that you would be willing to create space to discover new ways of praying together. What a gift that we serve a God who hears our prayers!

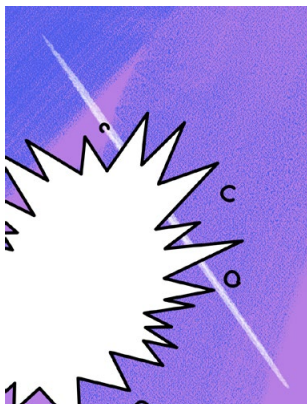
There are helpful resources available on both fasting and prayer at [FoursquarePrayer.org](https://FoursquarePrayer.org). Now, let's pray together, family!

The Foursquare Church



# Jesus is God

Jesus, “the one and only,” is worthy of our worship and exaltation today.



## Today’s Scripture

“The Word became flesh and made His dwelling among us. We have seen His glory, the glory of the one and only Son, who came from the Father, full of grace and truth.”

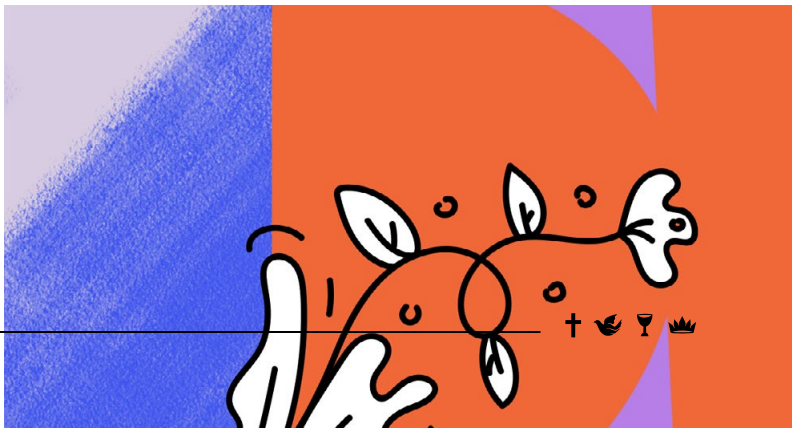
—John 1:14 (NIV)

“The Son is the radiance of God’s glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.”

—Hebrews 1:3 (NIV)

## Family Moment

Create a family prayer! Take turns writing down words of worship, thanksgiving, confession and requests that are special and unique to your family. Invite kids to add words or draw prayer pictures. This could become a prayer you frame and hang in your home to pray together regularly. Join hands and have each family member pray a part of the prayer aloud that is special to them.



# Jesus is Lord



Ask, seek and knock today as you approach the Lord for the desires of your heart.

## Today's Scripture

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, 'Anyone who believes in Him will never be put to shame.'"

—Romans 10:9-11 (NIV)

"But why do you call me 'Lord, Lord,' and not do the things which I say?"

—Luke 6:46 (NKJV)

"Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."

—Philippians 2:9-11 (NKJV)

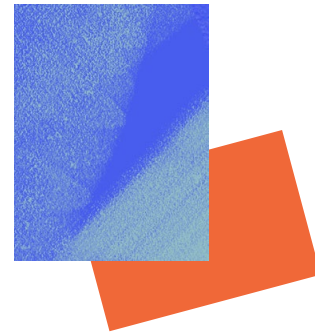
## Family Moment

Gather as a family and share your prayer requests. Take turns answering the question, "What would you like to tell Jesus today?" Maybe these are requests for things that you want, healing for people you know or His guidance for difficult situations. Talk to your kids about all the different types of prayer requests people might have. Commit to keeping those things in prayer as you continue asking, seeking and knocking. You may even want to start a family prayer journal!





# Jesus is the Creator



Allow God to speak through you today, and remember you bear His image to the world.

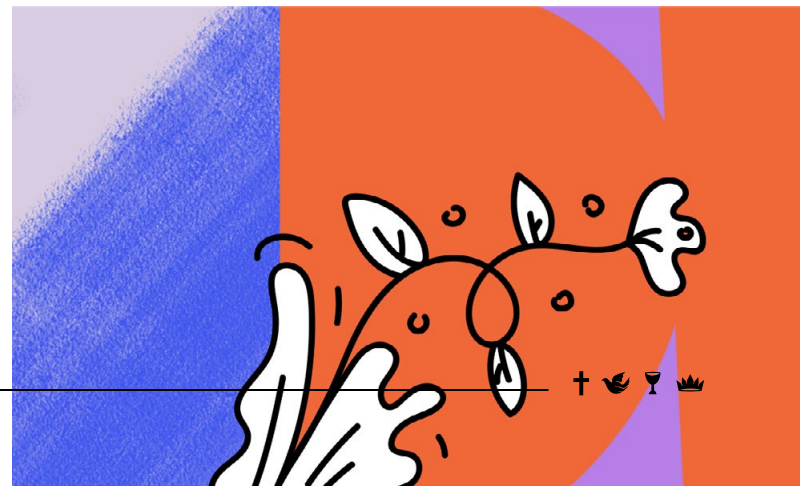
## Today's Scripture

“God, who at various times and in various ways spoke in time past to the fathers by the prophets, has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds.”

—**Hebrews 1:1-2 (NKJV)**

## Family Moment

You are made in the image of God! As followers of Jesus, one of the most important things we learn is who we are in Him. The Bible tells us that we are chosen, forgiven, loved and a new creation. Hand each family member a piece of paper and some markers. Sit quietly and individually ask Jesus to reveal to you who He says you are. Write or color your responses on the paper and take time to share your words or pictures as a family.





# Jesus is our Savior

When we accept and live as disciples for Christ, our lives should bear fruit.

## Today's Scripture

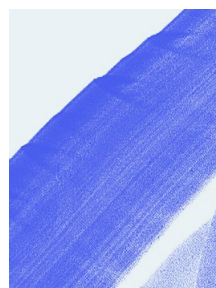
“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”

—Galatians 5:22-23 (NIV)

## Family Moment

When our lives display the fruit of the Spirit, others see the love and truth of Jesus. Write down each of the nine fruits of the Spirit on pieces of paper and place them in a jar. As a family, take turns pulling out a piece of paper and sharing examples of what that characteristic practically

looks like at work, school or home. End with a prayer of blessing for each family member: “May God continue to transform you. May His Spirit empower you to boldly display the fruit of the Spirit to the world.”



# Made alive in Jesus

It is by God's grace and that we live and breathe and have our being; thank Him for His protection and provision.



## Today's Scripture

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

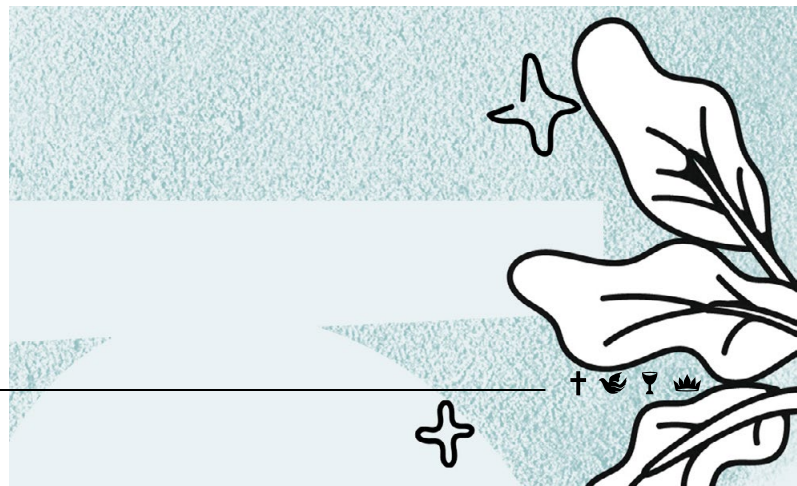
—2 Corinthians 5:17 (NIV)

“But because of His great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, in order that in the coming ages He might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”

—Ephesians 2:4-9 (NIV)

## Family Moment

Jesus' death on the cross and resurrection from the grave made the way for people to be a part of God's family. Read 2 Corinthians 5:17. When we choose to follow Jesus, our old selves are gone, and He transforms our hearts. It's Jesus living in us that makes us a new creation! Celebrate that truth by taking turns sharing how you see Jesus on display in each family member.



# Forgiven by Jesus

What a gift we have in Christ, in His forgiveness and freedom from condemnation!

## Today's Scripture

“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”

—**Romans 8:1-2** (NIV)

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

—**1 John 1:9** (NKJV)

## Family Moment

Look up the word “freedom” together in the dictionary or online and talk about what freedom means. Now read Romans 8:1-2 and discuss what the Bible says about the freedom that Jesus gives us. How has God shown you forgiveness? How can you show forgiveness to others? End by speaking the following blessing over one another: “May you know God’s forgiveness this week. May you forgive others as He has forgiven you.”





# Unity in Jesus

How can we unite in such divided times? Only through the love and bond of Christ.

## Today's Scripture

“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one—I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.”

—**John 17:20-23 (NIV)**

“How good and pleasant it is when God's people live together in unity! It is like precious oil poured on the head... For there the Lord bestows his blessing, even life forevermore.”

—**Psalms 133:1-3 (NIV)**

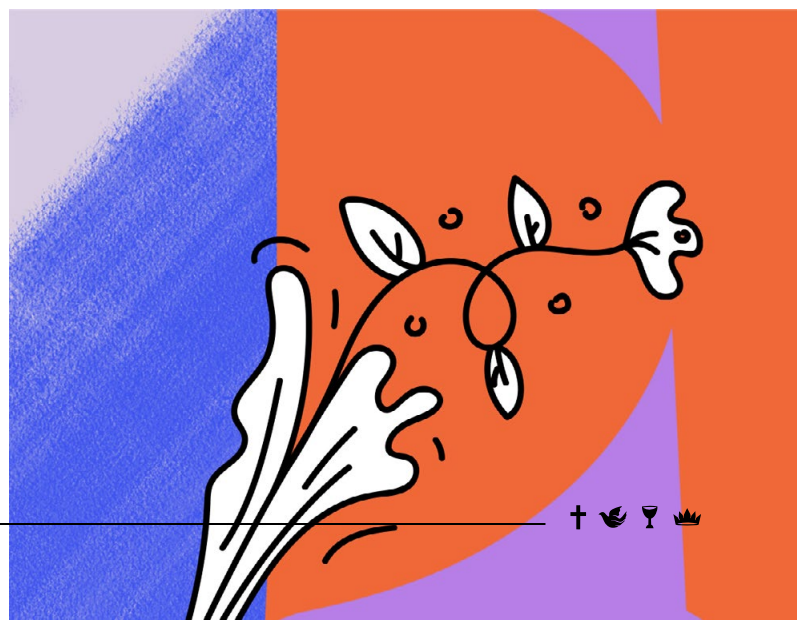
“Make every effort to keep the unity of the Spirit through the bond of peace.”

—**Ephesians 4:3 (NIV)**

## Family Moment

Sometimes loving others can be hard! The good news is that Jesus doesn't expect us to be able to love others on our own. Followers of Jesus are filled with the Holy Spirit, and He gives us the power to love. The Holy Spirit brings us together and unifies us as one community.

Read John 17:20-23. When you hear the word “one,” encourage family members to shout, “Go unity!” Take time to share what stood out to you in the verses. How can you show God's love to others this week?





# Jesus is the Healer

Healing was central to Jesus' ministry; let's make it central to our ministry, too.

## Today's Scripture

"When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: 'He Himself took our infirmities and bore our sicknesses.'"

—**Matthew 8:16-17 (NKJV)**

"And He was preaching in their synagogues throughout all Galilee and casting out demons. Now a leper came to Him, imploring Him, kneeling down to Him and saying to Him, 'If you are willing, you can make me clean.' Then Jesus, moved with compassion, stretched out His hand and touched him, and said to him, 'I am willing; be cleansed.' As soon as He had spoken, immediately the leprosy left him, and he was cleansed."

—**Mark 1:39-42 (NKJV)**

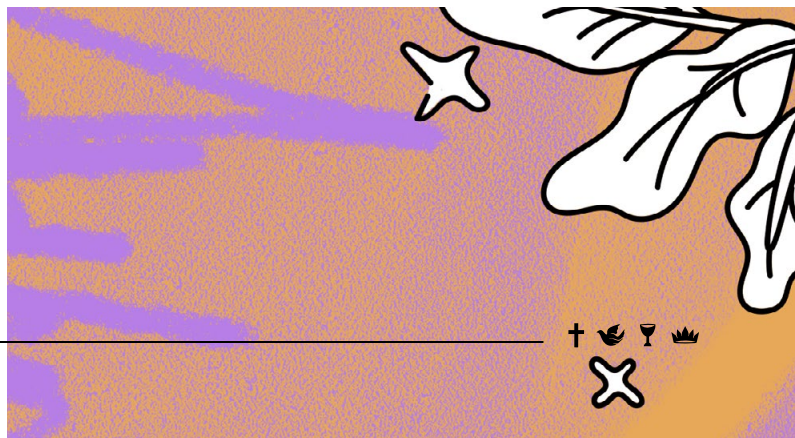
"Praise the Lord, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases."

—**Psalms 103:2-3 (NIV)**

## Family Moment

Lights, camera, action! Read Mark 1:39-42, and take a few minutes to gather props and costumes. Select a family member to re-read the passage slowly as narrator, and encourage the rest of the family members to act out the passage. What stood out to you in the story? What did you learn about Jesus? Take time

to respond and then pray for people you know who need physical or spiritual healing.



# Jesus is a miracle-worker

God is at work all around us, and miracles are everywhere, if we just open our eyes.

## Today's Scripture

“Now, Lord, look on their threats, and grant to your servants that with all boldness they may speak your word, by stretching out your hand to heal, and that signs and wonders may be done through the name of your holy Servant Jesus.”

—Acts 4:29-30 (NKJV)

“He replied, ‘You of little faith, why are you so afraid?’ Then He got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, ‘What kind of man is this? Even the winds and the waves obey him!’”

—Matthew 8:26-27 (NIV)

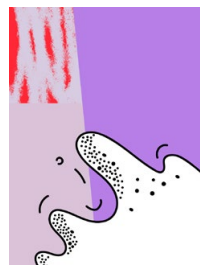
“Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You.”

—Jeremiah 32:17 (NKJV)

## Family Moment

What are miracles? When we see God at work in little ways or big ways, we're witnessing miracles! Take turns sharing little miracles (God sightings) you encountered this week. Next, celebrate the “big” miracles you've witnessed in your life.

Maybe the healing of a disease, provision to pay a debt that seemed insurmountable or someone



coming to know the Lord personally. Grab a pen and paper and write a letter to God. Ask Him for a specific big miracle or thank Him for the little miracles we see every day.

# Jesus is our Deliverer

Praise the Lord—He breaks the chains that bind us to sin and the world.

## Today's Scripture

“As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.”

—Ephesians 2:1-7 (NIV)

“By this you know the Spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh is of God, and every spirit that does not confess that Jesus Christ has come in the flesh is not of God. And this is the spirit of the Antichrist, which you have heard was coming, and is now already in the world. You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.”

—1 John 4:2-4 (NKJV)

“And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.” “And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.”

—Colossians 2:15 (NIV)

## Family Moment

In advance, prepare a small paper chain. Gather with your family and ask, “What comes to mind when you hear the word deliver?” To deliver someone means to save or to set free. Read Ephesians 2:1-7. Jesus is our Deliverer. Jesus wants to break our chains to sin and bring us into a life of freedom. Take a moment to quietly talk with God. Remember that Jesus is the Deliverer, not only of sins, but also of all kinds of pains, sorrows, fears and worries. Gather back together and invite every family member to break off a chain link as a reminder that Jesus is our Deliverer.



# Jesus is the Baptizer with the Holy Spirit

Let's join and pray for a fresh infilling of the Holy Spirit in us.



## Today's Scripture

“When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.”

—Acts 2:1-4 (NIV)

“Then John gave this testimony: ‘I saw the Spirit come down from heaven as a dove and remain on Him. I would not have known Him, except that the one who sent me to baptize with water told me, ‘The man on whom you see the Spirit come down and remain is He who will baptize with the Holy Spirit.’”

—John 1:32-33 (NIV)



## Family Moment

Make a campfire in the house! Gather some candles and light them in a safe place or build a fire in the fireplace. For some added fun and coziness, add some comfy pillows, blankets and hot cocoa. Turn off the lights and read Acts 2 around the fire. Let conversation about the Holy Spirit flow freely around the campfire. What was your favorite part of the story? What did you learn about the Holy Spirit from the story?

# Abiding in Jesus

How can we ensure that our lives will bear fruit?

## Today's Scripture

“I am the true vine, and My Father is the vinedresser. Every branch in me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples.”

—John 15:1-8 (NKJV)

## Family Moment

Take a field trip! It could be to the front yard, backyard, local park (wherever there are trees/bushes). Gather around the tree or bush and point out the branches. Invite your kids to discover what the branches are connected to. Share: “If I pulled off this branch, could it still produce the flower or fruit? No! That’s how we are connected to God.” Read John 15:1-8. We are the branch connected to Jesus. What does it mean to bear fruit? How do we “remain in” Jesus?





# Jesus is the Soon-Coming King

As we look forward to His coming, let's prepare for Jesus' return with love and celebration.

## Today's Scripture

"May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones."

—1 Thessalonians 3:12-13 (NIV)

"Now I saw heaven opened, and behold, a white horse. And He who sat on him was called Faithful and True, and in righteousness He judges and makes war. His eyes were like a flame of fire, and on His head were many crowns. He had a name written that no one knew except Himself. He was clothed with a robe dipped in blood, and His name is called the Word of God. And the armies in heaven, clothed in fine linen, white and clean, followed Him on white horses. Now out of His mouth goes a sharp sword, that with it He should strike the nations. And He Himself will rule them with a rod of iron. He Himself treads the winepress of the fierceness and wrath of Almighty God. And He has on His robe and on His thigh a name written: King of Kings and Lord of Lords."

—Revelation 19:11-16 (NKJV)

## Family Moment

For dinner tonight, prepare a royal feast (aka some family favorites). Have kids create homemade table decorations, use your finest dishes and wear your best clothing for the feast. Read 1 Thessalonians 3:12-13 and talk about what you love about each person at the table. Ask your family what comes to mind when they hear Jesus is our Soon-Coming King. Celebrate the truth that Jesus promises to return. How do we prepare for this? We are called to love each other, including our neighbors and people in our community.



# Jesus is our present and future hope

We put our hope in our Soon-Coming King and His promise of forever.

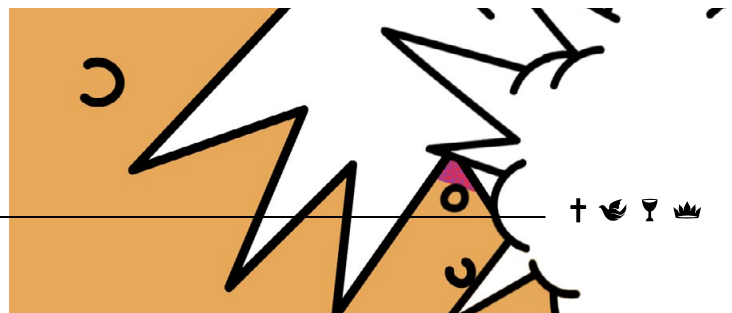
## Today's Scripture

“Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also there was no more sea. Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from heaven saying, ‘Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.’ Then He who sat on the throne said, ‘Behold, I make all things new.’ And He said to me, ‘Write, for these words are true and faithful.’”

—Revelation 21:1-5 (NKJV)

## Family Moment

The word “hope” means waiting and expecting for something good to happen. What are some things you hope for? It’s easy to view hope more like a wish list. I wish I had more money; I wish I had a new toy; the list goes on. As we respond to the truth that Jesus is both our present and future hope, let’s take some time to build a family “hope list” that focuses on the promises of God. What do you hope for (have confidence in) when you think about the promises of God? Invite family members to write or draw responses on paper.





# Jesus is our refuge in suffering

Jesus' sacrifice reminds us that we can have joy despite our trials.

## Today's Scripture

“Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken.”

—Psalm 62:1-2 (NIV)

“Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when His glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. If you suffer, it should not be as a murderer or thief or any other kind of criminal, or even as a meddler. However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name. For it is time for judgment to begin with God's household; and if it begins with us, what will the outcome be for those who do not obey the gospel of God? And 'If it is hard for the righteous to be saved, what will become of the ungodly and

the sinner?' So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good.”

—1 Peter 4:12-19 (NIV)

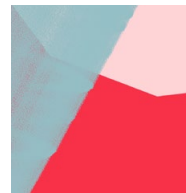
## Family Moment

What comes to mind when you think of suffering? Talk about how God helps us when we are suffering or how you have personally experienced God's presence in suffering. Think of someone you know who is suffering and pray for them as a family. Discuss how you could share the love of Jesus with them—maybe writing a card or preparing a meal to remind them God is with them. To conclude, speak Psalm 62:1-2 as a prayer over your family.



# Jesus is our Peace

Let's remember and pursue the peace  
"which surpasses all understanding."



## Today's Scripture

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

—**Philippians 4:6-7 (NIV)**

"May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may He work in us what is pleasing to Him, through Jesus Christ, to whom be glory for ever and ever. Amen."

—**Hebrews 13:20-21 (NIV)**

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

—**John 16:33 (NIV)**

## Family Moment

What do you think of when you hear the word "peace"? Can you think of a time you've experienced God's peace? The Bible says God's peace doesn't make sense to most people. It can be with us even when sad or bad things are happening. It fills up our hearts, reminding us of God's presence and love. It is something only God can give. Let's think about different times throughout the day when we feel God with us and thank Him for being with us during those times—even when we don't feel Him. End by speaking Philippians 4:6-7 as a blessing over each family member.



# The priority of knowing and loving Jesus

What should we do before anything else?

## Today's Scripture

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

—**Matthew 6:33-34** (NIV)

“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people.”

—**Ephesians 1:17-18** (NIV)



## Family Moment

Build a family obstacle course! Take turns making your way through the course before regrouping as a family. Similar to the obstacle course, life will bring challenges and hurdles that can distract us from living for Jesus. Can you think of ways we might be distracted? There's good news! God gives us the gift of the Holy Spirit. Read Matthew 6:33-34. What does it look like for us to seek God first?



# Praise the name of Jesus

Spend special time today in worship and praise.



## Today's Scripture

“Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him with joyful songs. Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture. Enter His gates with thanksgiving and his courts with praise; give thanks to Him and praise His name. For the Lord is good and His love endures forever; His faithfulness continues through all generations.”

—**Psalm 100** (NIV)

“It is good to give thanks to the Lord, and to sing praises to your name, O Most High.”

—**Psalm 92:1** (NKJV)

“Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.”

—**Ephesians 1:3** (NIV)

## Family Moment

What are different ways we can worship and praise Jesus? Read Psalm 100. Today we get to create a psalm of praise! Select a family member to record the psalm. Start with a greeting to God. Next lines: “God we praise You because You are...” “God, we are thanking You for...” “God You are bigger than...” “God, You are more wonderful than...” Close by telling God what you love about Him. You wrote a psalm! Read the psalm aloud. Feeling extra creative? Turn it into a song!

# Praying in Jesus' name

When we pray, we must have the faith to ask for what we need in Jesus' name.



## Today's Scripture

“Most assuredly, I say to you, he who believes in me, the works that I do he will do also; and greater works than these he will do, because I go to my Father. And whatever you ask in my name, that I will do, that the Father may be glorified in the Son.”

—**John 14:12-13 (NKJV)**

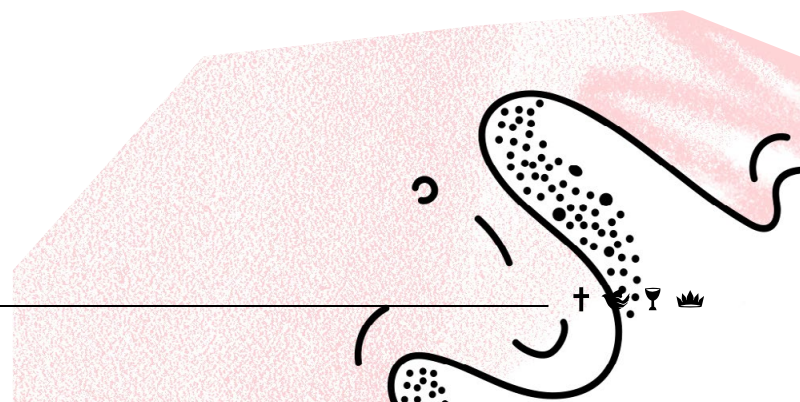
“Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.”

—**John 16:24 (NIV)**

## Family Moment

Write the name “Jesus” on the center of a paper plate (or cut a large circle out of a piece of paper).

Draw lines outward and write or draw prayer requests you have. Read John 16:24 and then take turns praying for each of the requests.



# The light of Jesus to a dark world



Because God blesses us with His vision,  
we can share His light in our communities.

## Today's Scripture

“Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day He visits us.”

—1 Peter 2:11-12 (NIV)

“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”

—Matthew 5:14-16 (NKJV)

## Family Moment

Turn off all the lights. Using a flashlight or candle, add light into the dark room. What happens to the darkness? Light always wins! Read Matthew 5:14-16 with the flashlight or candle illuminated. What stands out to you in these verses? We are called to shine the light of Jesus to a dark world. Share examples of when you've shared the light of Jesus. What did that look like?

# Obeying the commission of Jesus

To the ends of the earth, to the end of the age—we are to take God’s Good News everywhere.

## Today’s Scripture

“Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them. When they saw Him, they worshiped Him; but some doubted. And Jesus came and spoke to them, saying, ‘All authority has been given to me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.’”

—Matthew 28:16-20 (NKJV)

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

—Acts 1:8 (NIV)

## Family Moment

Read Matthew 28:16-20. Jesus is the Good News! Someone shared that Good News with us, and now we get to share it with others! Telling your story is a powerful way of sharing the Good News of Jesus. Practice as a family sharing about how you first heard the Good News and how He changed your life. Or, share what He’s taught you during these 21 Days of Prayer + Fasting. After practicing as a family, invite extended family members or friends over for a meal and share your story around the table.



## Keep track of your prayer journey

Create your own “prayer chain”! Cut out the strips and staple the ends together around the previous day’s task. Each day, complete the activity and remove the link.

**DAY 1:** Create a family prayer.

**DAY 2:** What would you like to tell Jesus today?

**DAY 3:** Who does Jesus say you are?

**DAY 4:** Read about the fruit of the Spirit (Gal. 5:22-23).

**DAY 5:** Read 2 Cor. 5:17. Share how you see Jesus on display in each family member.

**DAY 6:** Read Rom. 8:1-2 and discover the word “freedom.”

**DAY 7:** Read John 17:20-23. How can you show God’s love to others this week?

**DAY 8:** Read Mark 1:39-42 and act out the story!

**DAY 9:** What are miracles? Take turns sharing little and big miracles you’ve witnessed.

**DAY 10:** Read Eph.2:1-7. What does it mean to say, “Jesus is our Deliverer”?

**DAY 11:** Read Acts 2. What did you learn about the Holy Spirit?

**DAY 12:** Read John 15:1-8. How do we “remain in” Jesus?

**DAY 13:** Read 1 Thess. 3:12-13 and talk about what you love about each person at the table.

**DAY 14:** What do you hope for (have confidence in) when you think about the promises of God?

**DAY 15:** Read Ps. 62:1-2 as a prayer over your family.

**DAY 16:** How have you experienced God’s peace? Read Phil. 4:6-7 as a blessing.

**DAY 17:** Build a family obstacle course! Read Matt. 6:33-34.

**DAY 18:** Read Ps. 100. Create a family psalm of praise!

**DAY 19:** Read John 16:24. Draw and share your prayer requests.

**DAY 20:** Read Matt. 5:14-16. Share examples of when you’ve shared the light of Jesus.

**DAY 21:** Share your Jesus story!