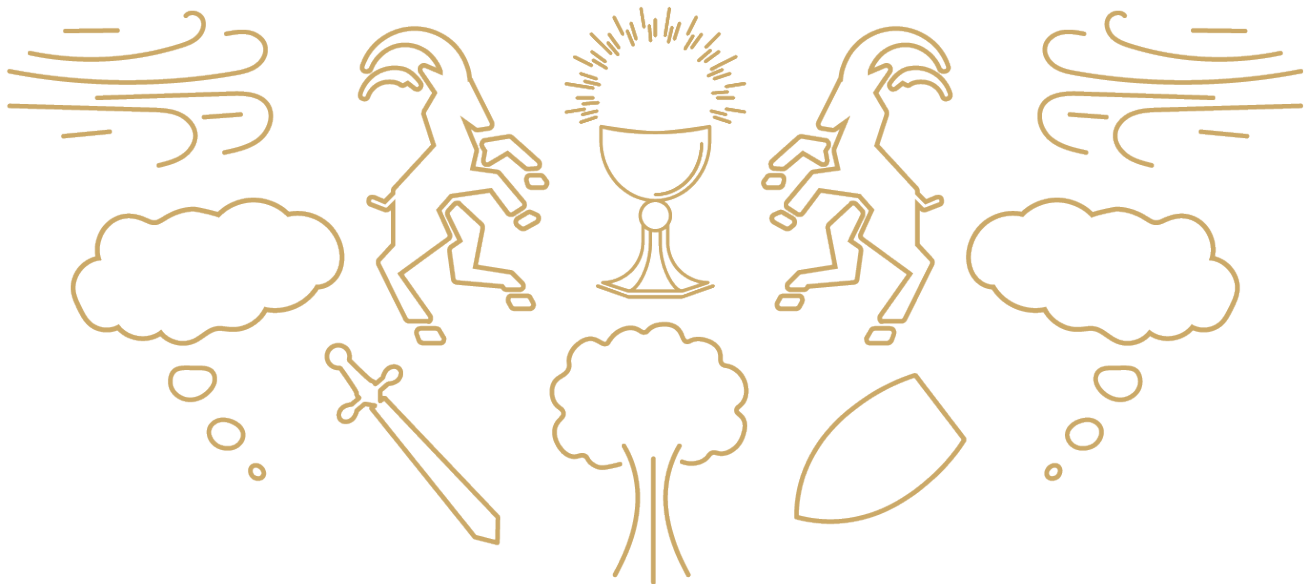


HIS KINGDOM COME



KIDS PRAYER, FASTING AND CONSECRATION
SEPTEMBER 14-18, 2020



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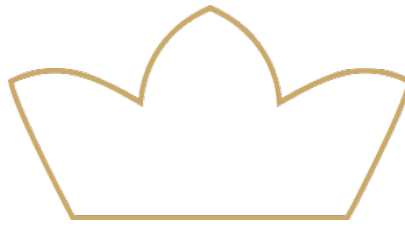
DEVOTIONAL



KING'S PARK
INTERNATIONAL CHURCH

King's Park International Church is a multi-ethnic, multi-generational church in the RTP/Durham area of North Carolina. Our mission is to know God, grow together, discover purpose and make a difference.
KINGSPARK.ORG

A PRACTICAL GUIDE TO FASTING



WHY FAST?

All of us have needs and wants. Needs are things that we cannot live without. Wants are things we would like to have. What are some of your needs? What are some of your wants? There are many things we need and want. But sometimes, we focus so much on our needs and wants that we put aside our relationship with God. Fasting lets us focus more on God by setting aside our needs and wants.

WHAT IS FASTING?

Fasting is stopping an activity (usually eating) for a period of time to focus more on God. We replace eating or using our gadgets with time with God. This means praying, worshiping and reading the Bible. These activities strengthen our relationship with God.

When our parents speak to us, we should pay attention and listen to them. Fasting helps us pay attention and listen to God. It helps us put aside distractions. We say to God, "I am going to listen to You because You are my Father. I trust You!"

Jesus gave us an example of fasting in Matthew 4. Jesus knew that He would need strength and power for His ministry. He prepared by fasting for forty days in the desert. During this time, He was tempted by Satan. His response to that temptation is the truth we can hold on to for strength when we fast:

“People do not live by bread alone, but by every word that comes from the mouth of God.” Matthew 4:4 (NLT)

Fasting is usually keeping yourself from eating and drinking as you devote more time for God. But you can also fast from different media (TV, video games) and technology (gadgets, internet) if you cannot fast from food. The important thing is to keep your focus away from the things the world offers to spend more time with God.

BEFORE FASTING

Pray. Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your specific prayer requests for your family, friends, church and nation.

Commit. Pray about the kind of fast that you will do and commit to it ahead of time. Ask God for grace to help you follow through with your decision. Also, ask your parents and maybe even your doctor if you are allowed to do a specific type of food fast.

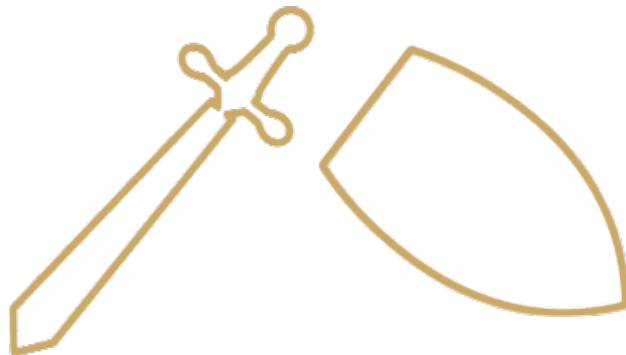
Act. If you will be fasting from food, start eating smaller portions a few days before you fast. Avoid sugary and fatty foods. Ask someone to be your prayer partner throughout the fast.

WHILE FASTING

Focus. Set aside time to read God's Word and pray. This devotional will help you go through your fast. Just be ready to listen to God's voice and do what the Holy Spirit is telling you.

Pray. If you can, join at least one prayer meeting in your church. Pray for your family, church, pastors, nation, campuses and missions throughout the week.

Fill Up. During mealtimes, if you're fasting from food, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Keep in mind that you may find yourself becoming physically weak, tired, impatient or irritated. If you're doing a different type of fast, read the Bible and pray during the time you would normally do what you are fasting from (for example, browsing through social media or playing video games).



AFTER FASTING

Eat. If you fasted from food, reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices and salad, then add more vegetables. Eat small portions throughout the day. It may be tempting, but try not to eat junk food and sweets right away. If you've finished a different type of fast, remember what God revealed to you as you spent time with Him. Take what you learned from the fast into your everyday life.

Pray. Don't stop praying! Trust that God will keep His promises and knows what He's doing. Don't stop believing in and listening to God all year. Be in faith and expect God to answer your prayers!

MY FASTING PLAN

DAY 1

- SOCIAL MEDIA FAST
- GADGET FAST
- SKIP ONE MEAL
- OTHER _____

DAY 2

- SOCIAL MEDIA FAST
- GADGET FAST
- SKIP ONE MEAL
- OTHER _____

DAY 3

- SOCIAL MEDIA FAST
- GADGET FAST
- SKIP ONE MEAL
- OTHER _____

DAY 4

- SOCIAL MEDIA FAST
- GADGET FAST
- SKIP ONE MEAL
- OTHER _____

DAY 5

- SOCIAL MEDIA FAST
- GADGET FAST
- SKIP ONE MEAL
- OTHER _____

MY PRAYER PLAN

I AM BELIEVING GOD FOR:

- Personal Faith Goals

- My Family

- My Education/Career

- My Ministry

I AM COMMITTING TO PRAY FOR:

- My Church

• **My Community**

• **My Nation & The World**

•

*Participate in daily prayer calls at 12PM by calling 919-551-8101.
Join us for daily prayer walks on the church campus at 7PM.*



My Prayer Partner:

DEVOTIONAL

1 KINGDOM IDENTITY

SCRIPTURE READING: **DANIEL 1**

PRAYER FOCUS: **DANIEL 1:6-8 (ICB)**

Among those young men were some from the people of Judah. These were Daniel, Hananiah, Mishael and Azariah. Then Ashpenaz, the chief officer, gave them Babylonian names. Daniel's new name was Belteshazzar. Hananiah's was Shadrach. Mishael's was Meshach. And Azariah's new name was Abednego. Daniel decided not to eat the king's food and wine because that would make him unclean. So he asked Ashpenaz for permission not to make himself unclean in this way.

PRAYER

God, thank You that my identity comes from You alone. Even though the world around me tries to define me, just like Daniel and his friends, I believe that what You say is true and Your Word is final. I am who You say I am.

2 KINGDOM FOREVER

SCRIPTURE READING: **DANIEL 2**

PRAYER FOCUS: **DANIEL 2:34-35 (ICB)**

While you were looking at the statue, you saw a rock cut free. But no human being touched the rock. It hit the statue on its feet of iron and clay and smashed them. Then the iron, clay, bronze, silver and gold broke to pieces at the same time. They became like chaff on a threshing floor in the summertime. The wind blew them away, and there was nothing left. Then the rock that hit the statue became a very large mountain. It filled the whole earth.

PRAYER

God, thank You that Your Kingdom lasts forever. Your Kingdom will never be destroyed! Thank You that I can have hope in difficult times, because I know that You are always ruling over the earth and in every situation I face.

3 KINGDOM LOVE

SCRIPTURE READING: DANIEL 3

PRAYER FOCUS: DANIEL 3:16-18 (ICB)

Shadrach, Meshach and Abednego answered the king. They said, "Nebuchadnezzar, we do not need to defend ourselves to you. You can throw us into the blazing furnace. The God we serve is able to save us from the furnace and your power. If he does this, it is good. But even if God does not save us, we want you, our king, to know this: We will not serve your gods. We will not worship the gold statue you have set up."

PRAYER

God, thank You that You give me courage to serve You no matter what. Jesus loved me even though it cost Him everything, including His life! Help me to love You even if it costs me something too.

4 KINGDOM HUMILITY

SCRIPTURE READING: DANIEL 5

PRAYER FOCUS: DANIEL 5:22-23 (ICB)

"But, Belshazzar, you already knew these things. You are a descendant of Nebuchadnezzar. But still you have not been sorry for what you have done. Instead, you have turned against the Lord of heaven. You ordered the drinking cups from the Temple of the Lord to be brought to you. Then you and your royal guests drank wine from them. Your wives and your slave women also drank wine from them. You praised the gods of silver, gold, bronze, iron, wood and stone. They are not really gods. They cannot see or hear or understand anything. But you did not honor God. He is the One who has power over your life and everything you do."

PRAYER

God, thank You that You have power over my life and everything I do. Please help me to love You as I should. Show me anything in my life that might be getting in the way of loving You and help me to remove whatever it is by the power of Your Spirit.

5 KINGDOM RESCUER

SCRIPTURE READING: DANIEL 6

PRAYER FOCUS: DANIEL 6:19-23 (ICB)

The next morning King Darius got up at dawn. He hurried to the lions' den. As he came near the den, he was worried. He called out to Daniel. He said, "Daniel, servant of the living God! Has your God that you always worship been able to save you from the lions?" Daniel answered, "My king, live forever! My God sent his angel to close the lions' mouths. They have not hurt me, because my God knows I am innocent. I never did anything wrong to you, my king."

PRAYER

God, thank You that You are the Great Rescuer! Even though I am not fully innocent and rightly deserve death, Jesus came to take my place. Through Jesus' life, death and resurrection, I can be saved from something worse than the jaws of a lion—death and hell. Help me to love and worship You, and see Your Kingdom come in and through my life.

