



# UNDEFEATED

THE VICTORIOUS PRAYER LIFE

Midyear Prayer & Fasting Week 2024  
July 3 - 6, 2024

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# DEAR PARENTS & KIDS,

We are excited to join hands with our CCF Family for this special time of prayer and fasting. We hope this time will be meaningful, joy-filled, and full of God's amazing love for each one of you.

Here are some simple reminders to help you out:

## Before Fasting:

- Read aloud the NXTGEN Intercede Booklet together. Talk about the meaning and purpose of prayer and fasting.
- Complete the fasting guide together.
  - \* **Parents:** Help the kids decide which activities or food they will fast from. Encourage them to think about how they can spend that time with God instead.
  - \* **Kids:** Listen to your parents or guidance on what you can or cannot fast from. They will help you choose things to fast that suit you best.

## During Fasting:

- **READ:** Read aloud the assigned passages together. Older kids may read independently. Mark and emphasize key words in the passages.
- **REFLECT:** Answer the suggested reflective questions to make connections and deepen your understanding of the passage.
- **REINFORCE:** Engage in the suggested activities for each day to reinforce what you've learned.

Most importantly, ask for God's help and be patient. Always remember the redemptive work of the Gospel whenever you feel frustrated, discouraged, or impatient. Let's all remember that only through Jesus can we have an undefeated prayer life.

## WHAT IS PRAYER?

Prayer is talking and listening to God. It's like having a conversation with someone who loves us very much and wants to help us. We pray to tell God how much we love Him and to ask for His help. We pray in Jesus' name and with the guidance of the Holy Spirit. When we pray, we tell God how thankful we are for everything He's done for us, share our worries and needs, and ask Him to help us live the way He wants us to (Matthew 6:9-13; 1 John 5:14-15; John 16:23-24; Jude 20).

## WHAT IS FASTING?

Fasting is choosing to stop doing an activity to enjoy God's presence. When fasting, we decide not to do activities such as eating a meal, using gadgets, playing games, watching movies, or doing any other activity for a while. But we replace these activities with fruitful times with God, such as praying, reading the Bible, and worshipping Him. While most people stop eating food for fasting, it is best to talk with your parents and guardians about what you will fast so they can guide you well.

When we fast and pray, we talk to God and listen to Him. We think about our actions, ask for His forgiveness and turn away from sin. We seek His answers to our questions and pray for His provisions, healing, victory, and a deeper understanding of His Word. It shows our dependence on God. It shows that God is more important than our activities and what sustains our physical bodies.

# WHY DO WE FAST?

## **GOD EXPECTS US TO FAST.**

*When you give up eating, don't put on a sad face like the hypocrites. They make their faces look strange to show people that they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face.*

*Matthew 6:16-17 ICB*

**Jesus said, "Whenever you fast," not "If you fast."  
This means that fasting, like prayer, is not an option.  
Fasting is part of the Christian life.**

## **JESUS FASTED.**

*Jesus ate nothing for 40 days and nights.*

*After this, he was very hungry.*

*Matthew 4:2 ICB*

**Before Jesus' ministry, He fasted for forty days. He knew He needed spiritual strength to accomplish His purpose.**

**Fasting makes us physically weak  
but spiritually stronger and more prepared to do God's work.**

## **THE EARLY CHURCH FASTED.**

*So they gave up eating and prayed. They laid their hands on Barnabas and Saul and sent them out.*

*Acts 13:3 ICB*

**The Church fasted for Paul and Barnabas. Later, Paul and Barnabas appointed leaders in various churches, fasting and praying before commending these leaders to the Lord.**

## **FASTING SHOWS OUR HUMILITY BEFORE GOD.**

Fasting shows that we recognize our need for God. It shows that we cannot do anything on our own. It shows how small and weak we are before our Big God.



# FASTING GUIDE

## BEFORE FASTING

- **TALK TO YOUR PARENTS & GUARDIANS.** Not all people are allowed to fast or not eat food. It is best to talk to them about what you plan to fast so they can guide you.
- **COMMIT TO A FASTING PLAN.** What activities will you stop doing? What fruitful time with God will you do instead?
- **READ, REFLECT ON, AND REINFORCE** the assigned passages. Dig deeper into God's Word and apply what God revealed to you through the assigned passages.

## DURING FASTING

### LET'S READ

Let's discover who God is and His will through His Word. **READ ALOUD** the assigned passages. **MARK** the words and phrases that must be remembered and thought about.

### LET'S REFLECT

Let's develop a habit of digging deeper into God's Word by answering reflective questions. You may write or draw your answers.

### LET'S REINFORCE

Let's seek ways to apply what God has shown to us through His Word and our prayers. Write down your **I WILL** application statements. What do you plan to do as a result of what you've learned from God's Word? Next, do an activity with your family to process and apply each lesson. Most importantly, pray for the assigned focus of the day.

# FASTING PLAN

Talk to your parents about why you would like to participate in the Prayer & Fasting and about what you want to fast on.

Write or draw the activities you want to fast on each day. Keep in mind that you will replace these activities with fruitful times spent with God, such as praying, singing, reading the Bible, and worshipping.

## DAY 1

**ACTIVITY TO GIVE UP**



**FRUITFUL TIME WITH GOD**



## DAY 2

**ACTIVITY TO GIVE UP**



**FRUITFUL TIME WITH GOD**





# UNDEFEATED PRAYERS

## DAY 3

**ACTIVITY TO GIVE UP**



**FRUITFUL TIME WITH GOD**



## DAY 4

**ACTIVITY TO GIVE UP**



**FRUITFUL TIME WITH GOD**



# DAY 1

## UNDEFEATED FAMILIES

### LET'S READ

**DRAW HEARTS ON THE WORDS: DECIDED, BETTER, & WISDOM**

#### **Daniel 1:8,15, & 17** <sup>ICB</sup>

8 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.

15 After ten days they looked very healthy. They looked better than all of the young men who ate the king's food.

17 God gave these four men wisdom and the ability to learn. They learned many kinds of things people had written and studied. Daniel could also understand all kinds of visions and dreams.

### LET'S REFLECT

1. What did Daniel decide to do to honor God?

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2. What were the results of his decision (conviction) to honor God?

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# LET'S REINFORCE

## APPLICATION

Write **I WILL APPLICATION STATEMENTS** that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

*Example:*

*With God's help, I will show my love to [cite a person's name] every week by [cite an action].*

### WITH GOD'S HELP,

I will \_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

\_\_\_\_\_

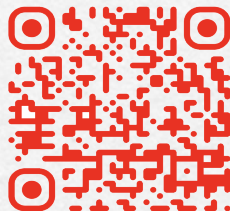
## FAMILY ACTIVITY

### FAMILY PLEDGE

- Write a family pledge that includes key convictions and values everyone agrees to uphold.
- Recite it together regularly and discuss what each part means.

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# UNDEFEATED

## PRAYERS FOR MY FAMILY

- Praise and thank God for your family members.
- Pray for the health and safety of each family member.
- Pray for wisdom and strength for your parents and guardians.
- Pray for opportunities to spend time together as a family.
- Ask God to help each one of you grow closer to Jesus and understand His love for each one of you.
- Ask God to help each one of you love, forgive, encourage, and serve each other.



# UNDEFEATED WORK & MONEY

## LET'S READ

### UNDERLINE WHAT PAUL DID FOR THE CHURCH AT EPHESUS

#### Acts 20:31-36 <sup>ICB</sup>

31 So be careful! Always remember this: For three years I never stopped warning each of you. I taught you night and day. I often cried over you. 32 'Now I am putting you in the care of God and the message about his grace. That message is able to give you strength, and it will give you the blessings that God has for all his holy people. 33 When I was with you, I never wanted anyone's money or fine clothes. 34 You know that I always worked to take care of my own needs and the needs of those who were with me. 35 I showed you in all things that you should work as I did and help the weak. I taught you to remember the words of Jesus. He said, "It is more blessed to give than to receive." 36 When Paul had said this, he knelt down with all of them and prayed.

## LET'S REFLECT

1. Describe Paul's response (attitude or feelings) toward his God-given tasks, money, and provision. \_\_\_\_\_

2. What is your response (attitude or feelings) towards your God-given responsibilities, money, and resources?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# LET'S REINFORCE

## APPLICATION

Write **I WILL APPLICATION STATEMENTS** that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

*Example:*

*With God's help, I will show my love to [cite a person's name] every week by [cite an action].*

### WITH GOD'S HELP,

I will \_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

\_\_\_\_\_

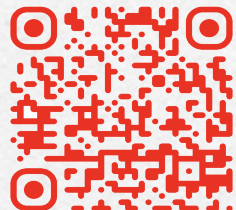
## FAMILY ACTIVITY

### BLESSING BOX

- Decorate a box and fill it with notes of gratitude for the resources that God has blessed your family with (e.g. food, clothes, home)
- Say a prayer thanking God for all these blessings.

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# UNDEFEATED

## PRAYERS FOR WORK & MONEY

- Pray that God will give you the wisdom to spend wisely all the money He has entrusted you.
- Pray that God will bless you financially so you can bless many others.
- Pray that God will give you the right feelings and attitude towards your schoolwork and other responsibilities.
- Pray that God will give you the desire to always give your best in whatever you do.
- Pray that God will help you remain focused and attentive during class.
- Pray that God will remind you of all the things you have learned so you can do well in your tests.
- Pray that God will keep you humble when working with your groupmates and help you contribute to completing school projects.
- Pray that you will always seek God's wisdom and guidance in all things and at all times.



# DAY 3

## UNDEFEATED HEALING

### LET'S READ

**DRAW STARS ON THE WORDS:  
BLEEDING, TOUCH, BELIEVED, & HEALED.**

#### **Matthew 9:20-22** <sup>ICB</sup>

20 Then a woman who had been bleeding for 12 years came behind Jesus and touched the edge of his coat. 21 She was thinking, "If I can touch his coat, then I will be healed." 22 Jesus turned and saw the woman. He said, "Be happy, dear woman. You are made well because you believed." And the woman was healed at once.

### LET'S REFLECT

1. What was the woman experiencing?

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2. What did she believe would happen?

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3. What happened when she acted on what she believed?

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4. Who among your family members and friends needs healing?

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# LET'S REINFORCE

## APPLICATION

Write **I WILL APPLICATION STATEMENTS** that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

*Example:*

*With God's help, I will show my love to [cite a person's name] every week by [cite an action].*

### WITH GOD'S HELP,

I will \_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

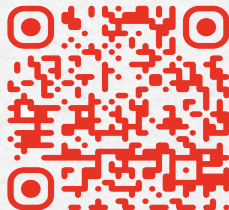
\_\_\_\_\_

## FAMILY ACTIVITY

### PRAYER CHAIN

- Make a paper chain where each link represents a person or situation needing healing.
- Add a new link each time or day as you pray for someone.

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## PRAYERS FOR HEALING

- \* Pray for the health of your parents and grandparents.
- \* Pray for people who are sick to feel better and get well soon.
- \* Pray for the kids who are in the hospital.
- \* Pray for physical strength to do our God-given tasks.
- \* Pray for friends who are arguing or fighting to forgive each other and to become friends again.
- \* Pray that everyone in your family will always choose to love and respect each other.
- \* Pray for anyone who got hurt to feel better and heal fast.
- \* Pray for you and your siblings to get along and understand each other.





# UNDEFEATED CHURCH & NATIONS

## LET'S READ

**UNDERLINE THE PHRASES THAT TELL HOW PETER GOT OUT**

**Acts 12:4-9, 12** <sup>ICB</sup>

4 After Herod arrested Peter, he put him in jail and handed him over to be guarded by 16 soldiers. Herod planned to bring Peter before the people for trial after the Passover Feast. 5 So Peter was kept in jail. But the church kept on praying to God for him. 6 The night before Herod was to bring him to trial, Peter was sleeping. He was between two soldiers, bound with two chains. Other soldiers were guarding the door of the jail. 7 Suddenly, an angel of the Lord stood there. A light shined in the room. The angel touched Peter on the side and woke him up. The angel said, 'Hurry! Get up!' And the chains fell off Peter's hands. 8 The angel said to him, 'Get dressed and put on your sandals.' And so Peter did this. Then the angel said, 'Put on your coat and follow me.' 9 So the angel went out, and Peter followed him.

12 When he realized this, he went to the home of Mary. She was the mother of John. (John was also called Mark.) Many people were gathered there, praying.

## LET'S REFLECT

1. What happened to Peter? \_\_\_\_\_
2. What did the church (people believing in Jesus) do while Peter was in prison? \_\_\_\_\_
3. What were the results of the church's action? \_\_\_\_\_

# LET'S REINFORCE

## APPLICATION

Write **I WILL APPLICATION STATEMENTS** that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions with a set timeframe.

*Example:*

*With God's help, I will show my love to [cite a person's name] every week by [cite an action].*

### WITH GOD'S HELP,

**I will** \_\_\_\_\_  
\_\_\_\_\_

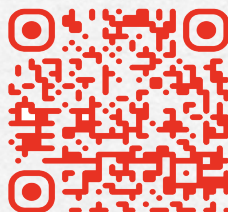
**I will** \_\_\_\_\_  
\_\_\_\_\_

## FAMILY ACTIVITY

### PRAYER WALK AT CHURCH

- \* Take a walk around your church building or area.
- \* Pray for each area (sanctuary, classrooms, cafeteria, parking space, fellowship hall, staircases, among others) and the activities that happen there.

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# UNDEFEATED

## PRAYERS FOR THE CHURCH & NATIONS

- \* Praise and thank God for our Church and the members.
- \* Pray that our church members will share the gospel of Jesus courageously with many people.
- \* Pray for wisdom for our pastors and church leaders as they make decisions for our church.
- \* Ask God to give our NXTGEN teachers love and patience as they teach us.
- \* Pray for families around the world to experience and share God's love.
- \* Pray for God's help for children and families who don't have enough food, safe home, or clean water.
- \* Ask for wisdom and courage for world leaders to make good choices for their countries.
- \* Pray that those affected by wars and calamities will experience God's love despite their situation.



# UNDEFEATED

**NXTGEN CHILDREN'S MINISTRY**

Christ's Commission Fellowship  
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