

**NXT  
GEN**

CCF Prayer and Fasting 2025

**PRAY**

**TO THE GOD OF  
LOVE AND TRUTH**

For kids Ages 8 to 12



## 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. Jesus empowers us to persevere and finish the week well. Together, let's come as a family and community to honor God through this special week of prayer and fasting. We can't wait to see how God works in your lives!

## 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.


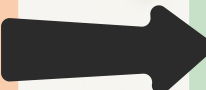
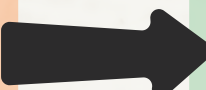
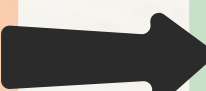
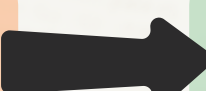

# Fasting Plan



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.

## ACTIVITY TO GIVE UP

## FRUITFUL TIME WITH GOD

<b>DAY 1</b>		
<b>DAY 2</b>		
<b>DAY 3</b>		
<b>DAY 4</b>		
<b>DAY 5</b>		
<b>DAY 6</b>		

# DAY 1



# COUNTRY & NATIONS

## LET'S READ

### 1 CHRONICLES 29:10-11 ICB

Draw hearts on the words: Praise, Lord, Everything.

David praised the Lord in front of all of the people who were gathered. He said: “We praise you, Lord. You are the God of our father Israel. We praise you forever and ever. Lord, you are great and powerful. You have glory, victory and honor. Everything in heaven and on earth belongs to you. The kingdom belongs to you, Lord. You are the ruler over everything.

## LET'S REFLECT

1. Why was David blessing the LORD? (Read 1 Chronicles 28:1-8 for background).

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2. King David highlights attributes of God in his prayer in 1 Chronicles 29:10-11. List them below. Then, pray and worship the Lord using your listed attributes.

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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,

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With God's help,

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## FAMILY ACTIVITY

(CHOOSE ONE)

### Map Prayer:

Use a world map or globe. Pick one country and pray for its people and leaders.

### News Prayer:

Read or watch a simple news story about another country and pray that God will bring peace and love there.

Share your prayers and how God has answered them on our Padlet board!



Scan the QR code or visit the link:  
<https://padlet.com/ccfnxtgen/intercedekids2025>





# FOR COUNTRY & NATIONS

- Pray that people around the world will hear about Jesus.
- Pray for peace in countries that are experiencing hunger, war, or conflict.
- Ask God to guide world leaders to make wise and truthful decisions.
- Pray for children in other countries who don't have enough food, shelter, or water.
- Thank God for the freedom to pray and worship Him in your country.
- Pray for missionaries who travel to share God's love in other nations.
- Ask God to protect countries affected by natural disasters.

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# DAY 2



# WORK & FINANCE

## LET'S READ

### 1 Chronicles 29:12-13 ICB

Draw hearts on the words: riches, honor, everything, God.

Riches and honor come from you. You rule everything. You have the power and strength to make anyone great and strong. Now, our God, we thank you. And we praise your glorious name.

## LET'S REFLECT

1. Read 1 Chronicles 29:2-9. What were the king and the people doing as they prepared to build up the Temple of God?

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2. How did they contribute to the work?

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3. What was King David's response to God's blessings and resources?

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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:

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## FAMILY ACTIVITY

(CHOOSE ONE)

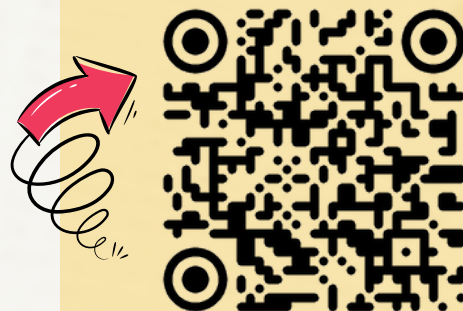
### Handprint Blessing:

Trace your hands and write/draw ways God strengthens your hands for work.

### Blessing Jobs:

Pray for each family member's job, schoolwork, or daily tasks.

Share your prayers and how God has answered them on our Padlet board!



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# FOR WORK & FINANCE

- Thank God for your parents' or caregivers' jobs and hard work.
- Pray for people who don't have jobs to find good work.
- Ask God to help your family be wise with money and generous to others.
- Thank God for the food, clothes, and home He provides for your family.
- Pray for business owners to make decisions that honor God.
- Pray for people struggling with finances to trust God's provision.
- Ask God to help you be a good steward of the blessings He's given you.

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# DAY 3



# THE CHURCH

## LET'S READ

### 1 CHRONICLES 29:14-16 ICB

Draw hearts on the words: people, back, hope, foreigners, strangers

These things did not really come from me and my people. Everything comes from you. We have given you back what you gave us. We are like foreigners and strangers. All our ancestors were also foreigners and strangers. Our time on earth is like a shadow. There is no hope. Lord our God, we have gathered all this to build your Temple. We will build it for worship to you. But everything has come from you. Everything belongs to you.

## LET'S REFLECT

1. In King David's prayer, how did he see the people of God? What did he compare them to?

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2. Read 1 Chronicles 28:20-21. How were the people supposed to serve God in their jobs or roles?

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3. What is your role in helping build God's family and the church? What are some things you can do to encourage and help others in God's family?

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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,

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With God's help,

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## FAMILY ACTIVITY

(CHOOSE ONE)

### Church Postcard:

Write or draw a thank-you note for your pastor or church leader.

### Church Anthem:

Sing a favorite hymn or worship song together.

Share your prayers and how God has answered them on our Padlet board!



Scan the QR code or visit the link:  
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# FOR THE CHURCH

- Thank God for your church and the people who serve there every week.
- Pray for the pastors to have wisdom, strength, and joy in leading the church.
- Ask God to help kids in your church grow in their faith.
- Pray for your church to be a place of love, truth, and kindness.
- Ask God to help you find ways to serve in your church.
- Pray for churches in places where Christians face danger for their faith.
- Pray that your church will grow and reach more people for Jesus.

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# DAY 4



# PERSONAL GROWTH

## LET'S READ

### 1 CHRONICLES 29:17-18 ICB

Draw hearts on the words: people, right, serve, obey.

I know, my God, that you test people's hearts. You are happy when people do what is right. I was happy to give all these things. I gave with an honest heart. Your people gathered here are happy to give to you. I am happy to see their giving. Lord, you are the God of our ancestors. You are the God of Abraham, Isaac and Jacob. Please help your people to want to serve you always. And help them to want to obey you always.

## LET'S REFLECT

1. According to King David's prayer, What does God look at first in a person's life? (1 Chronicles 29:17)

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2. Read 1 Chronicles 28:9-10. What instruction did David give Solomon to help him live well and follow God?

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3. What are some things that might stop us from doing what God wants in our lives? How can we make sure our hearts are following God's plans?

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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,

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With God's help,

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## FAMILY ACTIVITY

### Heart Reflection:

Ask, "What can I do this year to grow closer to God?" Pray about it.

### Growth Chart:

Draw a tree and write areas where each family member wants to grow spiritually.

### Integrity Game:

Share a scenario and ask, "What's the truthful/loving thing to do?"

Share your prayers and how God has answered them on our Padlet board!



Scan the QR code or visit the link:  
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# FOR PERSONAL GROWTH

- Thank God for loving you and helping you grow every day.
- Ask God to help you make wise choices that please Him.
- Pray for the courage to say no to things that aren't right.
- Ask God to help you speak truth and kindness to others.
- Pray for strength to do hard things with a joyful heart.
- Thank God for the talents and gifts He's given you.
- Ask God to help you forgive others when they hurt you.
- Pray that you will always love God with all your heart.
- Thank God for being with you when you feel scared or alone.
- Pray for a heart that loves to learn more about God.

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# DAY 5



# FAMILY & YOUTH

## LET'S READ

### 1 CHRONICLES 29:18-19 ICB

Draw hearts on the words: serve, obey, help, commands.

Lord, you are the God of our ancestors. You are the God of Abraham, Isaac and Jacob. Please help your people to want to serve you always. And help them to want to obey you always. Give my son Solomon a strong desire to serve you. Help him always obey your commands, laws and rules. Help him build the Temple for which I have prepared.

## LET'S REFLECT

1. Why is God called the God of Abraham, Isaac, and Israel (Jacob)? How do you think God is working in different generations, like with Abraham, Isaac, Jacob, and even us today?

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2. What did King David ask God to help Solomon with as he became the new king?

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3. Read 1 Chronicles 28:6-8. What promise did God give to King David about his son Solomon?

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# LET'S REINFORCE

## APPLICATION

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Example:

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With God's help,

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With God's help,

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## FAMILY ACTIVITY

(CHOOSE ONE)

### Family Circle Prayer:

Hold hands and pray blessings over each other.

### Family Tree Craft:

Draw a family tree and thank God for your relatives.

### Build Together:

Assemble a puzzle or Lego set while talking about unity.

Share your prayers and how God has answered them on our Padlet board!



Scan the QR code or visit the link:  
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# FOR FAMILY & YOUTH

- Thank God for your family and how they care for you.
- Pray for your parents to have wisdom and strength every day.
- Ask God to bless your siblings and help you get along with them.
- Pray for grandparents, aunts, uncles, and cousins to be healthy and happy.
- Pray for kids and teens in your neighborhood or school to know Jesus.
- Ask God to help your family love and forgive each other.
- Pray for families who don't have homes or enough food.
- Thank God for the joy and laughter He brings to your family.
- Ask God to help your family be a light for Him wherever you go.

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# DAY 6



# HEALTH & HEALING

## LET'S READ

### 1 CHRONICLES 29:20, 28a ICB

Draw hearts on the words: praise, Lord, give honor.

Then David said to all the people who were gathered, “Praise the Lord your God.” So they all praised the Lord, the God their ancestors worshiped. They bowed to the ground to give honor to the Lord and the king.

David died when he was old. He had lived a good, long life. He had received many riches and honors. And David’s son Solomon became king after him.

## LET'S REFLECT

1. What was King David’s attitude about life and health?

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2. How did King David invite others to worship God?

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3. Read Psalm 30:1-5. This was David’s prayer at the dedication of the Temple—how did he ask God for healing? What words did David use to ask God to heal him? How did David show that he trusted God?

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# LET'S REINFORCE

## APPLICATION

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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,

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With God's help,

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## FAMILY ACTIVITY

**(CHOOSE ONE)**

### Body Prayer:

Stretch or do light exercise while praying for health.

### Healthy Goals:

Talk about one healthy habit you can adopt (e.g., drink more water).

### Thank You Notes:

Write thank-you notes to people who care for you or for healthcare workers you know.

Share your prayers and how God has answered them on our Padlet board!



Scan the QR code or visit the link:  
<https://padlet.com/ccfnxtgen/intercedekids2025>



# FOR HEALTH & HEALING

- Thank God for giving you a body that can move, play, and grow.
- Pray that anyone in your family who is feeling sick will get better soon.
- Pray for people around the world who don't have access to good healthcare.
- Thank God for giving us healthy food and clean water.
- Ask God to help you care for your body by eating well and exercising.
- Thank God for protecting you from sickness and harm.

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# NOTES

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# NOTES

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**NXTGEN CHILDREN'S MINISTRY**  
Christ's Commission Fellowship  
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Pasig City 1604

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