

2026

ENGEDI **Kids**

21

DAYS OF
PRAYER &
FASTING

COLORING BOOK BY



HEY KIDS!

WELCOME TO EVERYDAY MOMENTS WITH GOD!

You're about to go on a 21-day adventure to talk and listen to God in your everyday life. Prayer isn't just for church or bedtime—it's how we can spend time with God while walking to school, eating snacks, playing outside, or getting ready for bed.

Each day, you'll get:

- A Bible verse
- A short story to help you understand it
- A simple prayer you can say
- A coloring page to make it fun

Before you start, let's say a little prayer together:

"Dear God, thank You for being with me every day—when I wake up, play, eat, and go to bed. Help me talk to You and listen to You. Please help me see You in all the little moments today. I'm excited to spend time with You! Amen."

Grab your crayons, open your Bible, and let's start this adventure in your everyday life with God!

With love,
Jenni Sandstedt
Engedi Kids Pastor



WEEK 1

WHAT IS PRAYER?

WHY DO WE PRAY?

DAY 1:

GOD SPEAKS FIRST

“In the beginning, God said...”

GENESIS 1:1

**God talked first! Prayer starts when we listen to God’s Word.
Reading the Bible is like hearing God’s voice.**

Let’s Make It Real: Have you ever opened a book and felt like the story pulled you in right away? The Bible is like that—except it’s God’s real voice speaking to us. Before we say anything to Him, God is already speaking love, truth, and purpose over us. When you open your Bible, imagine God saying, “I’m excited to talk with you today!”

PRAY:

“God, help me hear what You want to say to me today.”

Fill in when you complete today’s devo!





DAY 2:

MADE FOR RELATIONSHIP

“My heart says of you, ‘Seek His face!’”

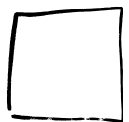
PSALM 27:8

God made us to be close to Him. Talking to God is like visiting a best friend.

Let’s Make It Real: Think about your closest friend—the one you can be totally yourself with. God designed you to feel that same closeness with Him! Prayer is your way of hanging out with God anytime, anywhere. He loves when you talk to Him about school, sports, friendships, and even silly stuff that made you laugh today.

PRAY:

“God, I want to spend time with You today.”





DAY 3:

WHY PRAY?

“Don’t worry about anything. Tell God everything.”

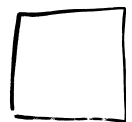
PHILIPPIANS 4:6

**Prayer isn’t just asking for stuff—it gives peace and comfort.
God helps us feel calm even when life is hard.**

Let’s Make It Real: Worries can stack up fast—like when something feels hard, confusing, or just doesn’t go your way. You might feel a little “tight” inside or even a bit upset. God cares about all of that. When you talk to Him about your worries, it’s like handing a heavy backpack to someone much stronger who can carry it for you. Suddenly your heart feels lighter. That’s the kind of peace God gives.

PRAY:

“God, thank You for listening to me.”





DAY 4:

OBJECTIONS TO PRAYER

“How long, Lord?”

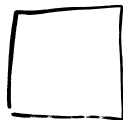
PSALM 13:1

Sometimes we feel like God isn't listening. That's okay! We can still pray and be honest with Him.

Let's Make It Real: Have you ever called out to a parent, teacher, or friend and they didn't answer right away? It can feel confusing or frustrating. Sometimes prayer feels like that too. But even when it seems quiet, God hears you right away—every single time. And you don't have to pretend everything is fine if it isn't. God wants your real questions, real sadness, and real frustrations. He loves when you come to Him just as you are.

PRAY:

“God, help me trust You even when it feels hard.”





DAY 5:

HONEST PRAYER

"I will never forget Your love."

LAMENTATIONS 3:22

God wants us to be real with Him. We can tell Him our feelings—happy, sad, or frustrated.

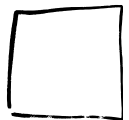
Let's Make It Real: Some days you feel great, and some days you feel like hiding under a blanket. We all have big feelings, and God isn't surprised by any of them. If you're mad, sad, excited, or confused, you can tell Him. God's love is bigger than every feeling you have, and He's with you in all of them.

Try This:

- 1. What feeling are you having today?**
- 2. Can you tell God about it in your own words?**
- 3. Who is one grown-up you can talk to when you have big feelings?**

PRAY:

"God, help me share my heart with You."





DAY 6:

WHEN NOTHING CHANGES

“My grace is enough for you.”

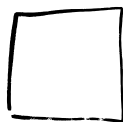
2 CORINTHIANS 12:9

**Sometimes prayers don't change what happens.
God's help and love are always enough.**

Let's Make It Real: Have you ever prayed for something to get better... and it didn't? Maybe a friend stayed sick, or a tough situation didn't go away. That can feel discouraging. But God promises something huge: His grace—His love, strength, and help—is enough even when things don't change. Sometimes God changes the situation, and sometimes He changes you in the middle of it.

PRAY:

“God, help me trust You even when things stay the same.”





DAY 7:

GOD WITH US

“The Lord is with you.”
MATTHEW 1:23

**Prayer isn't just asking—it's knowing God is with you.
You are never alone.**

Let's Make It Real: Sometimes things feel a little scary—like walking into a new classroom, going to bed with the lights off, or joining a new team. In moments like that, you might feel alone. But God promises that you are never alone. Not ever. When you pray, you're not trying to get God to come closer—you're remembering that He's already right beside you.

Try This:

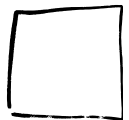
- 1. What is something that feels a little scary for you?**
- 2. How does it feel to know God is with you in that moment?**

Action Idea:

**Give yourself a little hug and say, “God is with me.”
Take one calm breath and imagine holding God's hand.**

PRAY:

“God, thank You for being with me always.”





WEEK 2

HOW DO I PRAY?

DAY 8: TEACH US TO PRAY

“Lord, teach us to pray.”

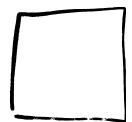
LUKE 11:1

Jesus taught His friends how to pray. We can follow
His example!

Let's Make It Real: Have you ever tried something for the first time—like riding a bike, learning a cheer, doing a cartwheel, or building a Lego set—and needed someone to show you how? Prayer is like that too! Jesus' friends didn't pretend they knew everything—they just asked, “Lord, teach us.” When we ask Jesus to teach us, He loves to help us grow. You don't have to be perfect at praying. You just have to start.

PRAY:

“Jesus, teach me how to pray.”





DAY 9:

ADORATION

“Great is the Lord!”

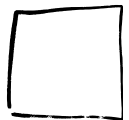
PSALM 145:3

**Start prayer by telling God how amazing He is. Saying
“I love You, God!” is called adoration.**

Let’s Make It Real: Think about when you get excited about something—your team wins, your new puppy does a trick, or you see a beautiful sunset. You naturally say, “WOW!” Adoration is our “WOW, GOD!” moment. It reminds us that God is bigger, kinder, wiser, and stronger than anything we face. When you start prayer with adoration, your heart opens up in a whole new way.

PRAY:

“God, You are awesome!”





DAY 10:

CONFESSION

“If we say we’ve sinned, God is faithful to forgive us.”

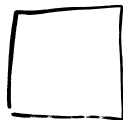
1 JOHN 1:9

**Confession is saying sorry to God. He always forgives
and helps us do better.**

**Let’s Make It Real: Have you ever broken something, said
something mean, or made a choice you wish you could take
back? Sometimes it feels scary to admit it. But God isn’t waiting
to yell at you—He’s waiting to forgive you. Confession is like
cleaning up a spill: when you wipe it up, the mess is gone.
When we confess to God, He wipes our hearts clean and helps
us grow.**

PRAY:

“God, I’m sorry for _____ please help me.”



SORRY



DAY 11:

THANKSGIVING

“Give thanks to the Lord!”

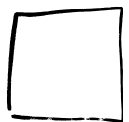
PSALM 100:4

**Thanking God is prayer too! We can thank Him for food,
friends, family, and fun.**

**Let's Make It Real: Have you ever opened a gift and felt so
excited you couldn't stop smiling? Thankfulness is like noticing
all the “gifts” in your life—big ones and small ones. The
sunshine, a warm bed, your favorite snack, a fun moment at
recess, a hug from someone who loves you. When we thank
God, it helps us remember how much He's already doing in our
lives.**

PRAY:

“God, thank You for _____.”





DAY 12:

PETITION

“Tell God what you need.”

PHILIPPIANS 4:6

Asking God for help is called petition. God wants us to bring our needs to Him.

Let's Make It Real: Do you ever need help with something—like homework, being brave, or feeling better when you're sad? Prayer is when we bring those needs to God. He loves to help us! You don't have to figure everything out on your own. Asking God for help doesn't mean you're weak—it means you trust Him.

Try This:

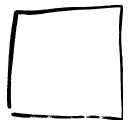
- 1. What is something you need help with today?**
- 2. Can you tell God about it in your own words?**

Action Idea:

**Hold your hands out like you're giving something to God
Take a deep breath and imagine placing that need into His hands.**

PRAY:

“God, please help me with _____.”





DAY 13:

INTERCESSION

“Pray for others.”

EXODUS 32:11-14

**Sometimes we pray for friends, family, or people far away.
God listens when we pray for others.**

Let’s Make It Real: Think about someone you care about—a friend who’s having a hard day, a family member who is sick, or a kid at school who seems lonely. When we pray for someone else, we’re asking God to help them. It’s like saying, “God, they need You too.” Praying for others is a powerful way to love like Jesus.

Try This:

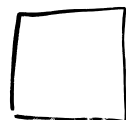
- 1. Who do you know that needs God’s help today?**
- 2. What is one thing you can pray for them?**

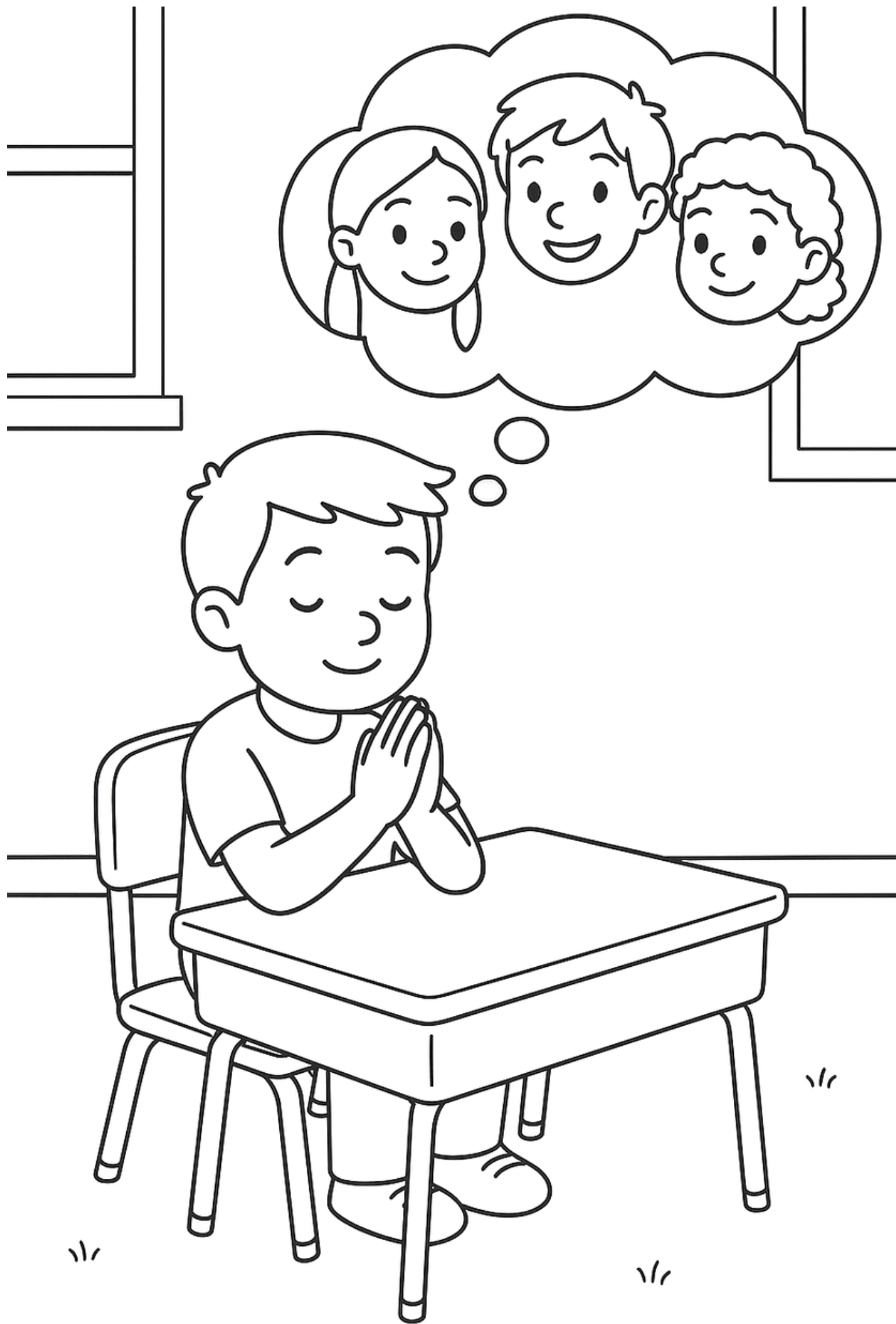
Action Idea:

Draw a simple heart or write a name to remind you to pray for that person today.

PRAY:

“God, please help _____.”
(friends/family)





DAY 14:

EFFECTIVE PRAYER

“The prayer of a righteous person is powerful.”

JAMES 5:16

All honest prayers matter. God hears prayers from hearts that love Him.

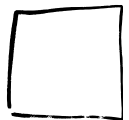
Let’s Make It Real: You might wonder, “Does my prayer really matter?” The answer is YES! The Bible says prayer is powerful—like turning on a light in a dark room. Even small, simple prayers can make a big difference because God is the one who gives them power. When you talk to God honestly and from your heart, He always listens.

Try This:

- 1. What is something small you could pray about today?**
- 2. How does it feel to know God hears you every time?**

PRAY:

“God, help my prayers be from my heart.”





DAY 15:

MY SHEEP HEAR MY VOICE

“My sheep listen to my voice.”

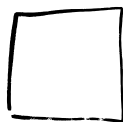
JOHN 10:27

**God’s people can hear Him. Listening to God
is part of prayer too.**

Let’s Make It Real: Think about how you can recognize your parent’s or friend’s voice even in a crowded room. You don’t have to see them—you just know it’s them. Jesus says we can learn to recognize His voice the same way. The more you spend time with Him—reading the Bible, praying, worshiping—the easier it gets to hear Him guiding you, comforting you, or reminding you of what’s true.

PRAY:

“God, help me hear Your voice.”





DAY 16:

SCRIPTURE SPEAKS

“All Scripture is from God.”

2 TIMOTHY 3:16

**God talks to us through the Bible. Reading it
is like hearing Him speak.**

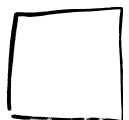
Let’s Make It Real: Have you ever gotten a note in your lunchbox, a message from a friend, or a birthday card that made you smile? The Bible is like that—it’s God’s message to you! It’s full of His love, His promises, and His truth. When you read the Bible, you’re not just reading old stories. You’re hearing God say things like, “I love you,” “I’m with you,” and “You can trust Me.” Every verse is a chance for God to speak to your heart.

Try This:

- 1. What is one thing you know is true about God from the Bible?**
- 2. How does it feel to know God speaks to you through His Word?**

PRAY:

“God, show me what You want to say in the Bible.”





DAY 17:

THE WHISPER

“He was in a gentle whisper.”

1 KINGS 19:12

**God sometimes speaks softly, like a whisper in our hearts.
We need quiet to hear Him.**

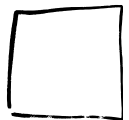
Let’s Make It Real: Life can feel really loud—there are games, talking, music, screens, and lots of busy moments. But God often speaks to us in the quiet. It might be during a calm moment, at bedtime, in worship, or when you stop for a little bit. It’s kind of like hearing a whisper—you have to slow down and pay attention. God’s voice is gentle and full of peace. When we get still, it helps us hear Him better.

Try This:

- 1. When do you feel calm during your day?**
- 2. Where could you find a quiet spot to listen to God?**

PRAY:

“God, help me listen for Your gentle voice.”





DAY 18:

SPIRIT PROMPTS

“The Spirit guided them.”

ACTS 16:6-7

**God’s Spirit can guide us, like a nudge or feeling
to do what’s right.**

**Let’s Make It Real: Have you ever suddenly felt like you should
go sit by someone who’s alone, or say sorry even when it’s
hard, or help without being asked? That little “nudge” or “I
think I should do this” moment is often the Holy Spirit guiding
you. He doesn’t shout—He leads gently. The more we listen, the
easier it becomes to follow His direction.**

PRAY:

“God, help me follow Your Spirit.”





DAY 19:

TESTING THE VOICE

“Test everything; hold on to what is good.”

1 JOHN 4:1

**Sometimes we need to make sure a voice
is really from God. He never asks us to do wrong.**

**Let’s Make It Real: Kids hear lots of things every day—friends talking,
teachers, parents, TV, videos, and even their own thoughts. But not
everything we hear is true or kind. So how do we know if something is
from God?**

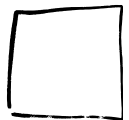
Here are two simple ways:

- 1. Does it match the Bible? God never tells us to be mean or unkind.**
- 2. Does it help me be like Jesus? Jesus is loving and gentle.**

**If it doesn’t sound like Jesus, we don’t have to listen to it. God always
helps us choose what is good.**

PRAY:

“God, help me know Your voice.”





DAY 20:

KEEP IN STEP WITH THE SPIRIT

“Live by the Spirit.”

GALATIANS 5:25

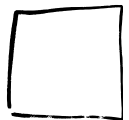
**Walking with God means letting Him guide
your steps every day.**

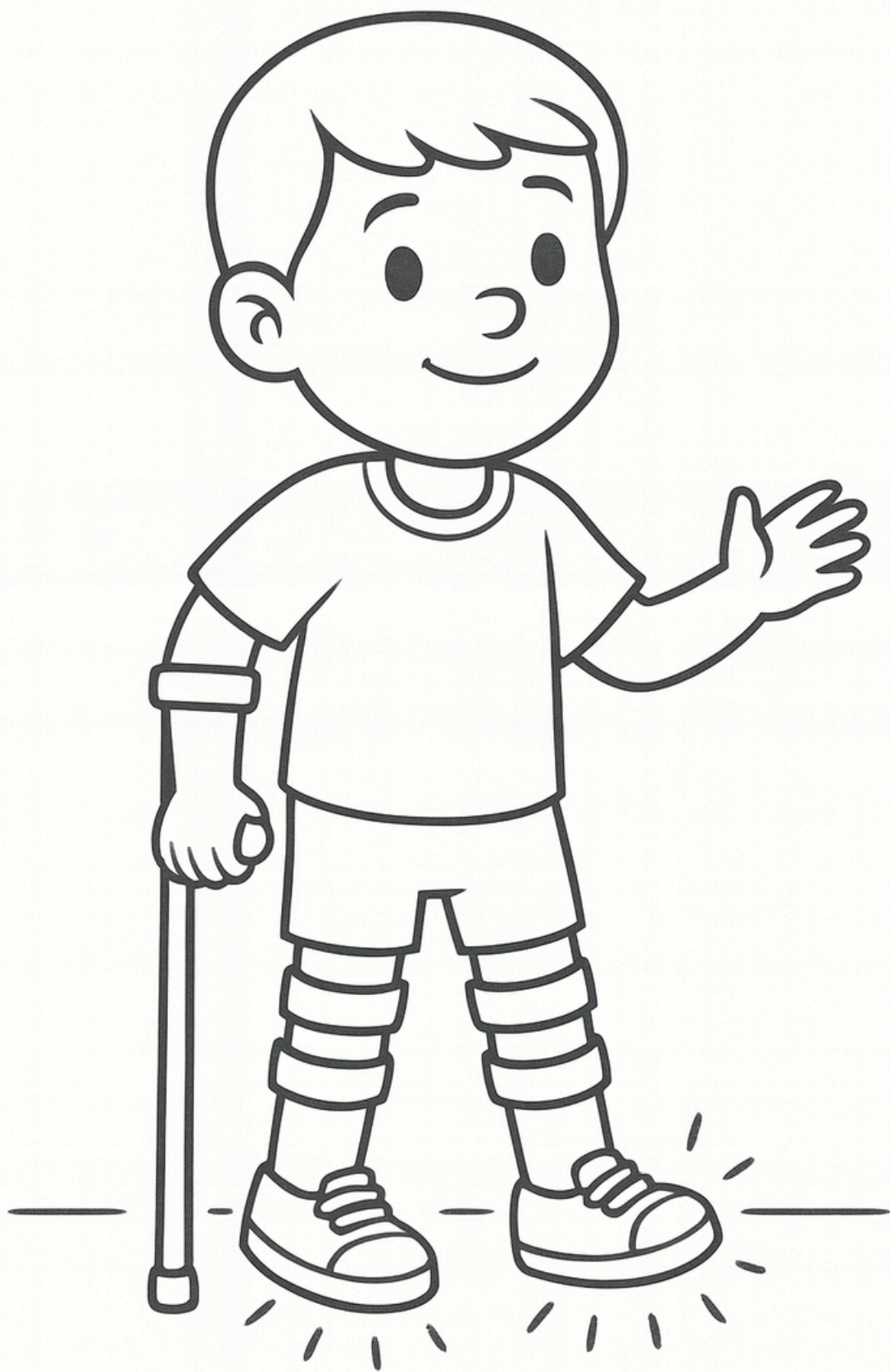
**Let's Make It Real: Imagine you and a friend walking together.
If one person runs too fast or stays too far behind, it's hard to
stay close. But when you walk side by side, you can hear each
other and stay together.**

**That's what it's like to walk with God. We stay close to Him all
day—at school, at home, playing, eating, and being with
friends. We follow Him by being kind, listening, and choosing
what's right**

PRAY:

“God, help me follow You closely.”





DAY 21:

A TWO-WAY LIFE

“Abide in Me.”

JOHN 15:4

Prayer is talking and listening. Staying close to God every day makes Him part of everything we do.

Let’s Make It Real: Imagine you and a friend walking together. If one person runs too fast or stays too far behind, it’s hard to stay close. But when you walk side by side, you can hear each other and stay together.

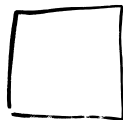
That’s what it’s like to walk with God. We stay close to Him all day—at school, playing, eating, and being with friends. We follow Him by being kind, listening, and choosing what’s right.

Try This:

- 1. What is one way you can stay close to God today?**

PRAY:

“God, help me live talking and listening to You all the time.”





DRAW

**HOW GOD SPOKE TO YOU
DURING THE PAST THREE WEEKS!**

