

21 DAY JOURNAL

Trinity Church Kids
A Ministry of Trinity Church of the Nazarene

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A Note to Parents, KIDS and Teachers

How to Use This Journal

Make this time of Fasting a committed time for the next 21 days in our Children's Ministry. The activities and questions that are in this prayer journal will help you engage your time of fasting in thought and by focusing on God. Write down in this Journal your experiences and what happened to you during this time. It will be a memorable moment for you and your family as we go through this time of 21 days. We have provided in each section a blank space for you to write down or draw a picture of your own thoughts, if you feel that some of the questions did not apply to you during this fasting period.

Possible Outcomes

Our desire is to see some growth in spiritual lives as the children journey through this time of fasting. We hope to see the results of the following:

- Begin a lifelong habits of regular devotion with the Lord
- Bring families together in prayer
- Know the importance of Bible Studies
- Know the value of Worshipping God
- Closer relationship with the Lord

Sharing This Journal

After you have completed each and every day's entry of your journal it is up to you to share this information with your parents or you may want to keep it private. However we do ask everyone to bring this Journal back to church with you on Sundays so that your teacher can do your in-class activities. There will be a chart for all the children during this fasting period and we will track your points as you earn them through the 21 days of fasting. If you have forgotten your FASTING JOURNAL you will lose 5 points for that day. Each student can collect up to 25 points per Sunday for all the various activities they are participating in.



Explanation of Method

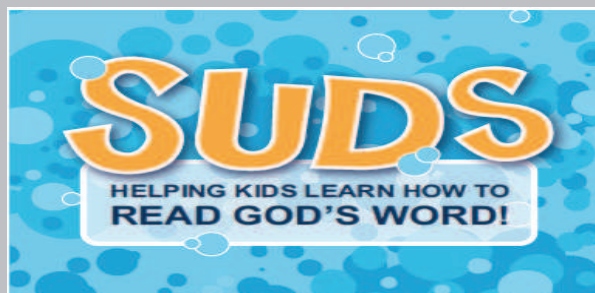
In this Journal you will see that we use the SUDS method to help the children see steps in their journaling. SUDS is a simple methods for personal devotion designed for kids and their families.

S See It – Make time every day to read the verse of the day. Take time to SEE what God has to say to you and write it down.

U Understand It – Talk with your parents and think about the verse until you UNDERSTAND IT.

D Do It – Think about how you can DO IT. God doesn't just want us to read His Word. He wants us to live it out! Record what you did in the Journal.

S Share It – SHARE IT with your friends or family. Encourage them to read God's Word so that we can all grow together.



Parents, as you read the Bible passages to your children, you can read it together or even read it as a story time to them. Keep in mind as you read the passages, read to them daily, pray with them about it and help them to make little SUDS of their own cleansing time with the LORD.





January 30th

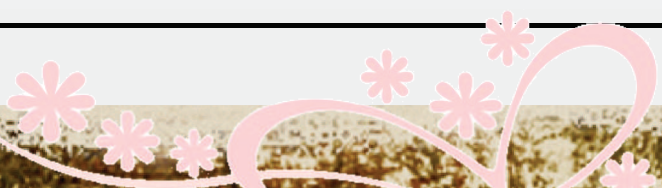
Day 1 – Fast Sugar, desserts and candy. Read: I Samuel 10:20-24

S See It –

U Understand It –

D Do It –

S Share It –





January 31st

Day 2 – Fast computer (except for school work) Read: Mark 4:1-20

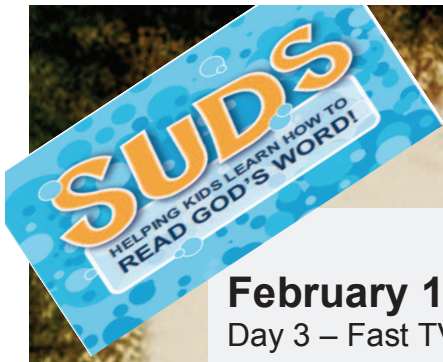
S See It –

U Understand It –

D Do It –

S Share It –





February 1st

Day 3 – Fast TV and movies. Read: I Samuel 11:15

S See It –

U Understand It –

D Do It –

S Share It –





February 2nd

Day 4 – Fast Sugar, desserts and candy. Read: I Samuel 12:20-22

S See It –

U Understand It –

D Do It –

S Share It –





February 3rd

Day 5 – Fast computer (except for school) and video games.

Read: Mark 5:21-43

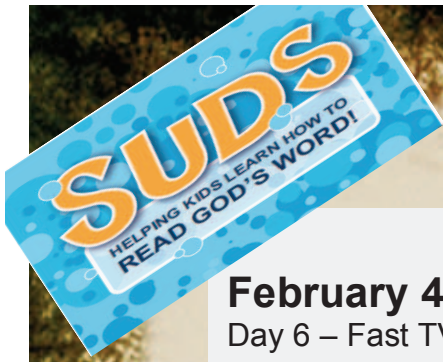
S See It –

U Understand It –

D Do It –

S Share It –





February 4th

Day 6 – Fast TV and Movies. Read: I Samuel 13:1-15

S See It –

U Understand It –

D Do It –

S Share It –





February 5th

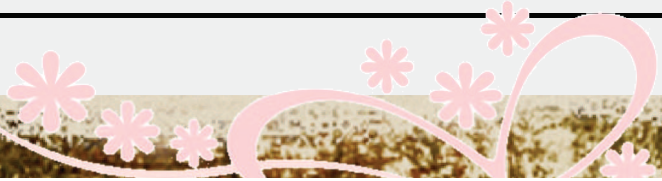
Day 7 – Fast sugars, desserts and candy. Read: I Samuel 14:1-23

S See It –

U Understand It –

D Do It –

S Share It –



February 5, 2012 – Sunday School

S.U.D.S.: See it, Understand it, Do it, Share it.

1. **See It** — Read the Memory Verse

- a. Ezra 8:23 “So we didn’t eat anything. We prayed to our God about all of those matters. And he answered our prayers.”

2. **Understand it** — QUESTIONS to Talk about

- a. What does fasting mean?
- b. Who can fast?
- c. Do you just have to give up food when fasting?
- d. What does it mean to “earnestly pray”?
- e. Why did the people from this scripture fast and pray?
- f. What did God do when they prayed?

3. **Do it** — ACTIONS AT HOME – Fasting Journal commitment

- a. What are some things you can fast?

- b. What are some things you can pray about?

4. **Share it** — ACTIONS TO DO WITH OTHERS – Fasting Journal Sharing

- a. How can you share fasting with your friends?



February 6th

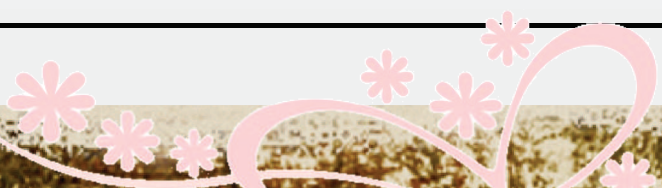
Day 8 – Fast Sugar, desserts and candy. Read: Mark 6:30-44

S See It –

U Understand It –

D Do It –

S Share It –





February 7th

Day 9 – Fast computer (except for School) and video games.

Read: 1 Samuel 15:10-11

S See It –

U Understand It –

D Do It –

S Share It –





February 8th

Day 10 – Fast TV and movies.

Read: 1 Samuel 16:1-13

S See It –

U Understand It –

D Do It –

S Share It –





February 9th

Day 11 – Fast sugars desserts and candy.

Read: Psalm 56:3-4

S See It –

U Understand It –

D Do It –

S Share It –





February 10th

Day 12 – Fast computer (except for School) and video games.

Read: 1 Samuel 17

S See It –

U Understand It –

D Do It –

S Share It –





February 11th

Day 13 – Fast TV and movies.

Read: 1 Samuel 18:12-16

S See It –

U Understand It –

D Do It –

S Share It –





February 12th

Day 14 – Fast sugars, desserts and candy.

Read: Mark 7:1-23

S See It –

U Understand It –

D Do It –

S Share It –



February 12, 2012 – Sunday School

S.U.D.S.: See it, Understand it, Do it, Share it.

1. **See It** — Read the Memory Verse

a. James 5:16

“So admit to one another that you have sinned. Pray for one another so that you might be healed. The prayer of a godly person is powerful. It makes things happen.”

2. **Understand it** — QUESTIONS to Talk about

a. What does it mean to “confess”?

b. Why do we pray for each other?

c. Whose prayers are powerful?

d. Who is that?

3. **Do it** — ACTIONS AT HOME – Fasting Journal commitment

a. What are some things you can pray about?

b. What are some places you can pray for one another?

4. **Share it** — ACTIONS TO DO WITH OTHERS – Fasting Journal Sharing

a. How can you share prayer with a friend?

b. What are your prayer needs this week?



February 13th

Day 15 – Fast sugars, desserts and candy.

Read: 1 Samuel 19:1-10

S See It –

U Understand It –

D Do It –

S Share It –





February 14th

Day 16 – Fast computer (except for School) and video games.

Read: 1 Samuel 20:32-34

S See It –

U Understand It –

D Do It –

S Share It –





February 15th

Day 17 – Fast TV and movies

Read: Mark 8:1-10

S See It –

U Understand It –

D Do It –

S Share It –





February 16th

Day 18 – Fast sugar, dessert and candy

Read: I Samuel 21:10-15

S See It –

U Understand It –

D Do It –

S Share It –





February 17th

Day 19 – Fast TV and movies , computer (except for school) and video games

Read: I Samuel 22:1-2

S See It –

U Understand It –

D Do It –

S Share It –





February 18th

Day 20 – Fast sugar, desserts and candy , computer (except for school) and video games

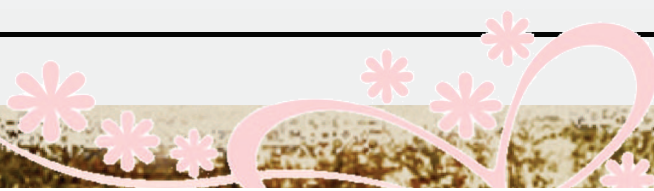
Read: Mark 9:2-8

S See It –

U Understand It –

D Do It –

S Share It –





February 19th

Day 21 – Fast sugars, desserts, candy, TV, computer (except for school) and video games

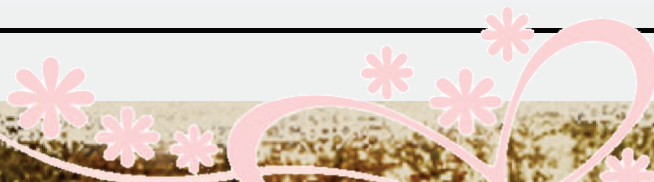
Read: 1 Samuel 23:1-5

S See It –

U Understand It –

D Do It –

S Share It –



February 19, 2012 – Sunday School

S.U.D.S.: See it, Understand it, Do it, Share it.

1. **See It** — Read the Memory Verse

a. John 1:14

“The Word became a human being. He made his home with us. We have seen His glory. It is the glory of the one and only son. He came from the Father. And he was full of grace truth.”

2. **Understand it** — QUESTIONS to Talk about

a. The Bible says that “In the beginning was the Word, and the Word was with god, and the Word was God.” John 1:1 Who do you think is the Word?

b. So when we get to know God’s Word, who are we getting to know?

c. When you are getting to know a friend, and you are spending a LOT of time with that friend do you get to know that friend quickly or slowly?

d. When you are getting to know a friend, and you are spending a TINY BIT of time with that friend, do you get to know that friend quickly or slowly?

e. So, if we spend a LOT of time in God’s Word, do we get to know Him quickly or slowly?

f. And, if we spend a TINY BIT of time in God’s Word, do we get to know Him quickly or slowly?

g. So if you want to get to know God, how much time should you spend in God’s Word a TINY BIT or a LOT?

3. **Do it** — ACTIONS AT HOME – Fasting Journal commitment

a. Are you doing your SUDS reading everyday?

b. Are you able to do the filling in all by yourself? _____

4. **Share it** — ACTIONS TO DO WITH OTHERS – Fasting Journal Sharing

a. How can you share Bible with a friend?

b. When do you usually spend time with the LORD?

February 26, 2012 – Sunday School

S.U.D.S.: See it, Understand it, Do it, Share it.

1. **See It** — Read the Memory Verse

a. Jeremiah 29:12-13

“Then you will call out to me. You will come and pray to me. And I will listen to you. When you look for me with all your heart, you will find me.”

2. **Understand it** — QUESTIONS to Talk about

- a. Who is God talking to here? Any Guesses?
- b. And, who are God’s people today?
- c. When we call on God what does he do?
- d. What does worship mean to you?

3. **Do it** — ACTIONS AT HOME – Fasting Journal commitment

a. What are some ways we can seek God?

b. What are some ways we worship? _____

4. **Share it** — ACTIONS TO DO WITH OTHERS – Fasting Journal Sharing

a. How can you share worship with your friends?

b. What are ways can you worship God this week?

Blank Sheet *(This sheet is inserted behind each daily sheet so that there is a space for the younger ones to express themselves daily)*

S.U.D.S.: See it, Understand it, Do it, Share it.

Draw a Picture below to show how this verse spoke to you. Be creative!