

## Content for Social Media Posts

### 21 Days of Prayer and Fasting

#### Day 1: Dream Big for Your Family's Life

##### QUESTION OF THE DAY:

*What do you want to see God do in your life this year? Maybe make a new friend at school?*

Spend the next few minutes inviting God into those questions and invite your kids to answer them with you.

**Pray together as a family:** *Father, thank you for another day and another year. As our family heads into these 21 days of prayer and fasting, we pray that you would increase our faith. We want to be excited and expectant for what you are about to do in Jesus' name. Amen.*

#### Day 2: Dream Big for Your Family

##### Family Question of the day:

*What Do You Want God to Establish in your family? What do you want to see God do in your home? (ie: establish a quiet time routine that includes everyone or focus on spending 5 minutes every night before bed talking about how each person saw God throughout their day).*

Ask your family what their dreams are for your household and family. Pray together as a family and ask that God would *establish* himself in your family.

**Prayer:** *Dear God, thank you for our home and our family. This year, we pray that you will establish your presence in our house. When people come over, we pray they will feel loved and accepted. We pray that our home would be a place where people are encouraged and reminded that they matter and that God has a plan and a purpose for their life in Jesus' name. Amen.*

#### Day 3: Dream Big for Our Church

##### Family Question of the Day:

**What do you want to see God do in your church this year?**

Today, join us as we all pray for Red Rocks Church and Red Rocks Kids.

**Weekend Services:** Dear God, We pray that You bring the right people to church this weekend. We pray that people feel loved and welcomed no matter how from You they may be.

**Red Rocks Kids:** Dear God, Today we pray over Red Rocks Kids. We ask that you bring families that need to hear about Your love to church. We pray over every child who will get to hear about You through Red Rocks Kids and that they will come to know You through this ministry.

#### **Day 4: Dream Big for Those Far from God**

##### **Family Question of the Day:**

**Who is one person you want God to reach this year?**

Today, ask your kids today's question. Encourage your kids to ask God to save that person. And if there is a tangible way for your family to reach out and encourage them, do it. Maybe send them an encouraging video or have your kids write them a card. Each kid can pick different people and you can pray over all of them.

***Prayer:** Father, today our family prays for \_\_\_\_\_. We ask that they come to have a relationship with you. Whatever is going on in their life right now, please show them how much you love them. Thank you for dying for their sins, even if they can't see it or believe it yet. Lord, would you show them how much you love them and give us creative ways that we can help. Thank you that no one is too far gone for your love to reach in Jesus' name. Amen.*

#### **Day 5: Dream with Someone Else**

**Who is one other person your family would like to go through this 21-day journey with? Maybe it's another family that you know or grandparents.**

Reach out to whoever your family decides they want to do this with and invite them to pray and fast with you. Spend a few minutes telling them about all the ways you are dreaming with God this year, and then give them space to do the same thing.

***Prayer:** Lord, thank you for creating us for community. As we continue to go through these 21-days of fasting and prayer with \_\_\_\_\_, we pray that you would strengthen our relationship and be closer to you. Thank you for giving us people we can grow with, in Jesus' name. Amen.*

#### **Day 6: Establish a Firm Foundation**

##### **Family Question of the day:**

**What is one thing that you want to ask God to help you with that you want to get better at? Maybe it's getting mad at others and wanting to be slow to anger. Maybe it is getting annoyed when you are asked to help around the house and you want to have a helping heart!**

Ask your kids this question and encourage them to spend the next three weeks asking God to help conquer this so they can feel closer to Him.

**Prayer:** *Father, We want to build our lives on your truth. Today, we ask that you help us in whatever area we feel like we are lacking in. We don't want these things in our lives to have power, so today, we pray that you would help us make a change. Thank you that it's in our weakness that you are strong, in Jesus' name. Amen.*

## **Day 7: Now Dream Even Bigger**

### **Family Question of the Day:**

#### **Do You *Really* Believe God Can Do It?**

Read Ephesians 3:20 with your kids. Have your kids share with the family one thing that they want God to do *immeasurably more* in. Let's join Paul and get our hopes up for what God can do in our lives.

**Prayer:** *Father, would you increase our faith? We want to believe that you \can do immeasurably more than anything we could think or imagine. We want to believe that you are big enough. Would you show us just how loving you are this year, in Jesus' name. Amen.*

## **Day 8: Gratitude**

### **Family Question of the Day:**

#### **What Are You Thankful For?**

Life is a gift from God. Before we start asking God for what we don't have, let's spend an entire day saying thank you for what we do have. Invite your kids to spend a few minutes talking about all the things that they are grateful for and pray together as a family thanking God for everything He has given your family.

**Prayer:** *Father, thank you. Thank you for our lives. Thank you for all the things you are doing in and through us this year. Thank you for our family and friends and all the people you put in our lives. Today, we thank you that we have a fresh start, a second chance. Would you show us just how much we have to be thankful for today, in Jesus' name. Amen.*

## **Day 9: Intercession**

### **Family Question of the Day:**

#### **What do you want to see God do in your life?**

There is a line in the Lord's Prayer is only three words long, but they are three incredibly important words. Jesus tells us to pray, "Your kingdom come" (Matthew 6:10a). Invite your kids to ask God for His will to be done in their lives.

**Prayer:** *Father, We know that prayer is powerful. When we pray, you listen. And so we boldly ask that your kingdom come in our home. Would you bless our family? We pray that our home will be unified and full of joy and laughter. God, would your kingdom come in our church. Would Red Rocks be a place where everyone feels welcome and where more and more prodigals continue to come home, in Jesus' name. Amen.*

### **Day 10: Surrender**

#### **Family Question of the Day:**

**Do you truly trust that God's way is better?**

Our job is not to try to figure God out; it's to trust that he really is our loving Father who wants what is best for us. Today, have your family practice opening your hands in surrender by praying this prayer together. Encourage your kids to physically hold their hands open as you pray so they can have a tangible idea of surrender.

**Prayer:** *Father, We trust you. Thank you for being a loving God who wants the best for us. It doesn't always make sense, but we know your ways are higher than our, and you know what is best. And so, we surrender today to you. We are ready for you to lead us because we know you will get us where we need to go. Thank you for being a good God in Jesus' name. Amen.*

### **Day 11: Provision**

#### Family Question of the Day

**What do you need God to do in your life today?**

The next line of the Lord's Prayer that Jesus prays, "Give us today our daily bread" (Matthew 6:11). There is nothing too big or too small to ask God for today. Have your kids share one thing that they want to ask God for today!

**Prayer:** *Father, thank you for being a good God who promises to provide. You know what we need, but you love when we ask, so today, we pray that you would bless us at school and wherever we go. Would you continue to open the right doors for us to walk through? Lord, we ask for quality time to spend with our family and friends. And we pray that you would keep our family healthy, in Jesus' name. Amen.*

### **Day 12: Repentance**

#### Family Question of the Day:

## **What is something in your life you need to ask God to help you stop doing?**

Repentance is a word that means to ask for forgiveness and stop doing something that you know is not good. Asking for forgiveness can be hard, but we can turn to God and ask Him to help us be better. Ask your kids this question and thank them for sharing! Encouraging them to be open will help strengthen their relationship with God.

**Prayer:** *Dear God, thank you for being a patient God. We fall short and do things that we are not supposed to. Today, we want to repent. Please help us be better and continue to do the things you want us to. We don't want the bad things in our lives, so please help us have a fresh start today. Help us move forward together in Jesus' name, Amen.*

## **Day 13: Forgive**

### **Is there anyone in your life you need to forgive?**

Sometimes, it is hard to forgive others who have hurt us. Jesus goes on to say, *"Forgive us our debt as we also have forgiven our debtors"* (Matthew 6:12). Invite your kids into a conversation about forgiving others and help them pray a prayer of forgiving others.

**Prayer:** *Father, forgiving someone can be hard. We pray that you would remind us how you forgave us. In turn, please help us show the same forgiveness to others, that you showed us, in Jesus' name. Amen.*

## **Day 14: Protection**

### **What temptations are you most prone to give into?**

Temptation is wanting to do something that you know is wrong. Jesus ends the Lord's Prayer by praying for protection: *"And lead us not into temptation, but deliver us from the evil one"* (Matthew 6:13). Ask your kids about what they might feel tempted by. Maybe it's wanting to hit when they are angry or lying to get what they want. Spend a couple of minutes asking for God's protection by praying this prayer with your family.

**Prayer:** *Dear God, Today, we pray that as we go throughout our day, that you would lead us down the path that you want us to go. We know that it is easy to fall into temptation, so, Lord, protect us from anything that may come our way that is not what you desire, in Jesus' name. Amen.*

## **Day 15: Pray for Those Who Are Hurting**

### **As you fast, are you remembering those who go without food every day?**

Have a conversation with your kids about how there are people who do not have the same resources as your family. There are people who do not have food to eat. We encourage your family to buy food for someone in need or donate food to a local food bank. Bring your kids into the process and have them help!

Prayer: Dear God, Today we thank you for the resources you have given us. We know that not everyone has those same resources. Please give our family an opportunity to help someone in need. We pray over all the people who are in need, In Jesus Name, Amen.

### **Day 16: Pray for our Local Outreach Partners**

#### **Do you remember to pray for our outreach partners?**

We get to partner with many amazing ministries and today we want to pray over 3 specific Outreach Partners. Sit for a moment and talk to your kids about the Outreach Partner in your area and pray for them!

Prayer: Dear God, Today we pray for \_\_\_\_\_. We thank you for the work that you're doing through them in our city. Please protect them and bless them. Help them reach people in need and be the hands and feet of Jesus, In Jesus' Name, Amen.

#### **Denver**

##### **Hope House**

Learn More: <https://www.hopehousecolorado.org>

#### **Austin**

##### **The Refuge Ranch**

Learn More: <https://therefugedmst.org>

#### **Brussels**

##### **A5 Refugee Ministry**

Learn More: <https://m.facebook.com/A5ministries>

### **Day 17: Pray for our Pastors**

#### **Are you in the habit of praying for our Pastors?**

**Spend some time with your family talking about our Pastors Shawn and Jill and your Red Rocks Kids Pastors. Pray for Protection, Provision, Wisdom as they lead our church and Kids' Ministry.**

*Prayer: Father, thank you for Pastor Shawn and Pastor Jill. Thank you for their heart for this church and for all the hard work and dedication they've given to leading our church over the*

*years. Thank you for our Red Rocks Kids Pastors. Thank you for their hearts to love the families of or church and share Jesus with every child who walks through their doors. Today, I pray that you would bless them and protect them. Surround them with protection as they continue to try to pastor us well, in Jesus' name. Amen.*

### **Day 18: Pray for the Government**

**When was the last time you prayed for politicians?**

**Politics has consumed our lives recently and kids have picked up on it. Today, let's put our political beliefs aside and encourage our kids that the best thing that we can do is pray for people in government. Encourage your kids to pray for the leaders of your state and country!**

*Prayer: Father, thank you for the political leaders who are working to make this country run. Today, we ask that you be with them and that you would give them all wisdom. Would you speak to them and give them divine insight into what you want to see happen in our land in Jesus' name, Amen.*

### **Day 19: Pray for Those Who Wrong You**

**Are you willing to pray for the people you don't get along with?**

Jesus says, "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you" (Matthew 5:43-44). Encourage your kids to pray for the people who have hurt them today! Have a conversation about Matthew 5 and maybe share a time you have been hurt but chose to pray for that person instead.

*Prayer: Father, thank you for \_\_\_\_\_. Even though I don't always see eye to eye with them or get along with them, they are a human being made in your image. I pray that you will bless them today. Provide for them. Be with their family and continue to protect them in Jesus' name, Amen.*

### **Day 20: Pray for Everyone You See**

**What if you prayed for everyone you talked to today?**

What if we became people who prayed for each person we saw? Encourage your kids to thank God with every person they interact with today and follow up with them. No one is perfect at this, but reminding your kids that every person is someone that God loves could help them understand the importance of others.

**Prayer:** *Lord, thank you for another day. Would you help us see every person we interact with today as an opportunity to bless? Remind me throughout the day, that each person is special in God's eyes and they deserve my love and respect. I pray in Jesus' name, Amen.*

## **Day 21: Just Getting Started**

### **Do you believe God is just getting started in your family's life?**

As you get ready to break your fast, take a moment and think about the rest of the year. *What is one way you can continue to fast for the rest of the year? How can you continue to make prayer a priority in your life?* Continue to build a routine of prayer with your family and kids. We want to be a church that prioritizes prayer at all ages of life. Invite them into a conversation of how they can make God a priority this year and hold your family accountable!

**Prayer:** *Father, thank you for all the amazing things you've done in our family's life over the last 21 days. Thank you for this fresh start, and thank you that you are just getting started. Would you help us continue to make prayer a priority this year? We commit all our plans to you and are excited to see how you are going to establish yourself in our household! In Jesus' name, Amen.*