

# My Family Prayer & Fasting



Momandministry.com  
Love. Mothering. Love. Ministering.

# My Family Prayer & Fasting

## SCHEDULE

We Are Praying and Fasting  
For/Because

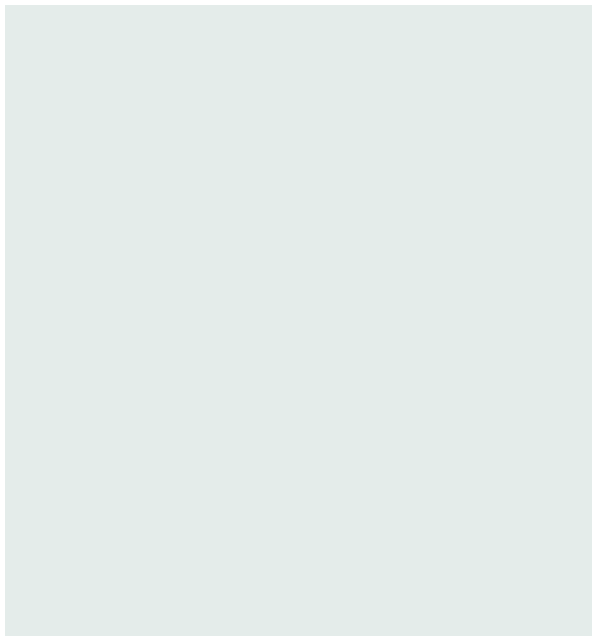
Period of Prayer & Fasting

Family Members Involved

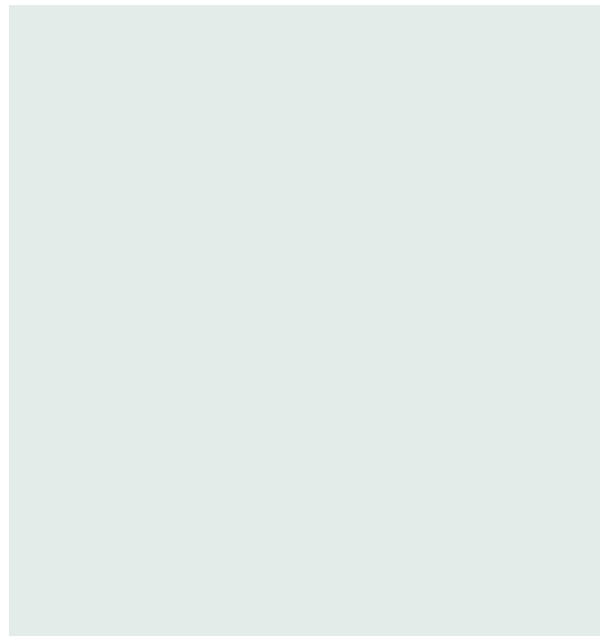
# My Family Prayer & Fasting

DAY \_\_\_\_\_ Period of Prayer & Fasting \_\_\_\_\_ am TO \_\_\_\_\_ pm

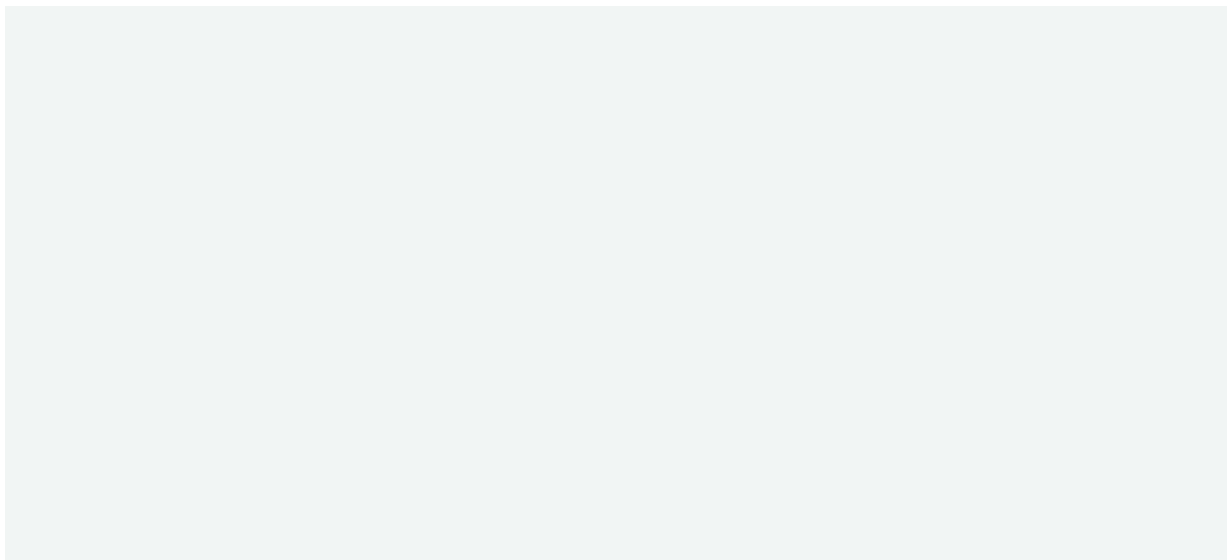
**We Are Praying and  
Fasting For/Because**



**Activities**



**Pray Points, Requests and Praise Reports**



# My Family Prayer & Fasting

## SCHEDULE

### DAY 1

#### 6:00A.M. - 12 P.M

6:00 am - Parents Early Morning With The Lord

7:00 am - Family Devotions and Prayer Time

8:00 am - Special Breakfast (FOR CHILDREN) (e.g. Fruit and Yogurt)

8:30 am - Showers

9:00 am - Homeschool Bible Based Curriculum (please add breaks)  
<https://kidsofintegrity.com/lesson/consideration/>

11:15 am - Dance and Sing

11:40am - Special Prayer Time To Noon

12:00pm - Read Psalm 121 Aloud

### DAY 2

#### 6:00A.M. - 1:30 P.M

6:00 am - Parents Early Morning With The Lord

7:00 am - Family Devotions and Prayer Time

8:00 am - Special Breakfast (FOR CHILDREN) (e.g. Fruit Salad/Cereal)

8:30 am - Showers

9:00 am - Homeschool Bible Based Curriculum (please add break)  
<https://kidsofintegrity.com/lesson/righteousness/>

11:15 am - Bible Based Show/App Use

11:40am - Special Prayer Time To Noon

12:00pm- Read Psalm 91 Aloud

12:15pm - Special Lunch (FOR CHILDREN) (e.g. Vegetable Soup)

12:45pm - Prayer Call - Call another family to pray with them

12: 55pm - Dance and Sing

01:15 pm - Prayer Time

You Can Follow Our Schedule If You Wish

# My Family Prayer & Fasting

## SCHEDULE

### DAY 3

#### 6:00A.M. - 3:00 P.M

6:00 am - Parents Early Morning With The Lord

7:00 am - Family Devotions and Prayer Time

8:00 am - Special Breakfast (FOR CHILDREN) (e.g. Oatmeal & Fruits)

8:30 am - Showers

9:00 am - Homeschool Bible Based Curriculum (please add break)  
<https://kidsofintegrity.com/lesson/gratitude/>

11:15 am - Dance and Sing

11:40am - Thanksgiving Prayer Time To Noon

12:00pm- Read Psalm 34 Aloud

12:15pm - Special Lunch (FOR CHILDREN) (e.g. Vegetable Noodles)

12:45pm - Nature Walk - Thank God For Creation & The Things Around Us

01:30pm - Rest Time/Free Moment

2:15 pm - Prayer and Praise Time

Use Prayer card to write special requests and prayers of thanksgiving

3:00pm - Bible Verse declarations (Aloud)

Select Bible verses related to your prayer and fasting season.

Please note that if you are using the lessons from Kid of Integrity some preparation. They are wonderful free lessons that include several activities to choose from.

# My Family Prayer & Fasting

## BLANK PRAYER CARDS



My Family  
Prayer & Fasting

PRAYER CARDS

New Season Prayer Card

**Prayer Scripture**

**To every thing there  
is a season, and a  
time to every  
purpose under the  
heaven:**

**Ecclesiastes 3:1**



Seeking God Prayer Card

**Prayer Scripture**

**Seek the Lord  
and  
His strength;  
seek His presence  
continually!**

**1 Chronicles 16:11**



Family Covering Prayer Card

**Prayer Scripture**

**Fear not, for I am with  
you; be not dismayed,  
for I am your God; I will  
strengthen you, I will  
help you, I will uphold  
you with my righteous  
right hand.**

**Isaiah 41:10**



Thanksgiving Prayer Card

**Prayer Scripture**

**Give thanks in all  
circumstances;  
for this is God's  
will for you in  
Christ Jesus**

**1 Thessalonians 5:18**



# My Family Prayer & Fasting

## RESOURCES AND SITES

Here are some of the resources and sites that are great to use during prayer and fasting.

**Disclaimer:** We do not own or are affiliates of these sites, we enjoy using these sites to help with our children grow spiritually. You are free to use them if you desire to.

### Homeschool Bible Based Curriculum

#### Kids Of Integrity

<https://kidsofintegrity.com>

#### Easy Peasy All In One Homeschool

<https://allinonehomeschool.com/getting-ready-1/>

### Bible Based Apps

#### Youversion Kids Bible App

<https://www.bible.com/kids>

#### Superbook Bible App

<https://us-en.superbook.cbn.com/app>

### Gospel Music List for Children

#### The Rizers

<https://youtu.be/Tgj42fdzJpl>

#### Proclaim MKC

<https://youtu.be/BhJd8C7GGeY>

#### Child Evangelism Fellowship

<https://youtube.com/playlist?list=PLXttVd9iRBk2F1RhAZMBZFE4Fcw7nur6o>

#### Group Lifetree Kids

[https://youtube.com/playlist?list=PL2tCC8DLcOfGOtTDUI2kxiBmTMsjnO\\_yx](https://youtube.com/playlist?list=PL2tCC8DLcOfGOtTDUI2kxiBmTMsjnO_yx)