

Week One - Day One

Fasting Item: Fast Food, Sugar, Desserts & Candy

Daily Bible Reading: 1 Samuel 10:20-26

God's Choice

God doesn't always pick people who are the smartest. Instead He helps them by leading and guiding them. You see Saul was hiding because he didn't think he was ready. Even some of the people didn't think so either, but God chose him.

What do you think God may call you to do? Would it be scary if you didn't know how to do it? Ask God to help you in all that you do and to get to know him better through this fast.



Week One - Day Two

Fasting Item: Secular Music & TV

Daily Bible Reading: Mark 4:3-8

Grow In Love

Seeds need the right stuff to grow like good dirt, sun, and water. If the dirt is hard and dry the seed can't grow. If your heart is hard – always mad or upset or dry, sad or disappointed— how will God's love and His word grow in your heart?

Ask God to soften your Heart and give you joy so His love can grow in your heart. Tell 3 people God loves them today.



Week One - Day Three

Fasting Item: Texting, Phones, & Computers

Daily Bible Reading: 1 Samuel 11:2-5, 11

My Name is Victory!

Do you ever feel like giving up? That's how the people of Israel felt in this chapter! But when everyone else was afraid, God rushed in and helped King Saul lead the people to defeat their enemies.

The next time you feel discouraged; remember that fasting is one of the ways to get connected to God. He gives us power, strength, & energy to overcome any difficulties we may face.

Thank God now for VICTORY!



Week One - Day Four

Fasting Item: Fast Food, Sugar, desserts, & candy

Daily Bible Reading: 1 Samuel 12:12-15

Stand Out!

The people of Israel had it made — God was their King! He guided and protected them and gave them everything they needed. But other nations had a man for a king, so they wanted one too.

They wanted to be like the other people. Sometimes we do the same thing. We want to be like other people instead of being like God and depending on Him.

Today as you fast from sweets remember how sweet God is to you and how much he loves you! Thank God for his Love!



Week One - Day Five
Fasting Item: Secular TV, DVD, Videos, Movies, & Books
Daily Bible Reading: Mark 5:21-24, 35-36

Be Courageous!

Have you ever felt like things were impossible? When you can do nothing, that's the perfect time to let Jesus take over! Jesus told the father in these verses, "Do not fear, only believe".

We can do the same, **DON'T FEAR**, just BELIEVE! He can make things possible. What hard things do you need help with now? Pray now & give those things to Jesus today.



Week One - Day Six
Fasting Item: All Video & Computer Games
Daily Bible Reading: 1 Samuel 13:9-14

Waiting on God

Have you ever gotten tired of waiting? Well Saul did and decided to do things his way. In the end, he faced BIG consequences – he lost his crown, he couldn't be king anymore. If we learn to trust God and wait we can avoid a lot of big trouble.

Today, pray that God will strengthen you, even when you are tempted to play games.



Week One - Day Seven
Fasting Item: Secular Music & TV
Daily Bible Reading: 1 Samuel 14:11-13

All Things Are Possible

Jonathan takes a big risk in this chapter because he trusted in God. Even if you feel outnumbered, remember God is with you. Trust in God ability and watch Him do the impossible!

Today spend some time thinking of the greatness of God. Either make a list of 10 great things about God or draw a picture including at least 5.



Treasure Treat Check List

Though we know this fast will be beneficial for our children, long past these 21 days, we want them to see some benefit immediately. So we have created a reward system for children. Each week that they complete their devotionals and this sheet signed they will receive a "treasure treat". This small treat is aimed to keep the children encouraged about fasting and to thank them for their obedience. Please sign your name once your child(ren) have completed their daily devotion.

Week One Devotional Reading

Day One: _____ Day Four: _____
Day Two: _____ Day Five: _____
Day Three: _____ Day Six: _____
Day Seven: _____



How to Use this Study Guide

Very simple! Carve out a quiet time each day when you, along with your children can sit down and complete the daily devotion. It's best to do this in the morning. Why? Because once your day begins, there will be a million distractions. If you're not able to have devotion time in the morning, schedule it for another time. Maybe you can do it at night. This way, you can talk about the lesson again over breakfast. Also, plan to pray together before kids leave for school. These simple steps will make the fast meaningful, memorable, and VICTORIOUS for you and your children.



When Reading Your Devotionals... Remember Your SUDS!

1. **See** it: Make time every day to read your Bible and short devotion.
2. **Understand** it: Take time to UNDERSTAND it. Know what God is saying to you in those verses. If you don't understand it, ask God to show you.
3. **Do** It: Once you see it and understand it, now you need to do it. Make a choice to put the Word into action. Can you help someone today, show love to someone, help without being asked? Every day Just DO IT!
4. **Share** it: Share it with your friends and family so they can learn what you learned.

Yep, that flow spells: "**SUDS**" Wash your brain and your heart with the Word of God. It's very easy to remember. You can continue this practice in your daily time with Jesus.



Thank you for partnering with the Children's Ministry to help strengthen our children's faith and relationship with God. We believe 2012 is a year of manifested possibilities, not only for adults but for our children and youth as well.

*"...With man this is impossible, but with God all things are possible."
Matthew 19:26*

*Center For Hope Ministries
www.cfhministries.org*



CENTER FOR HOPE CHILDREN'S MINISTRY
2012 MANIFESTED POSSIBILITIES
JANUARY 9th—29th 2012

DAILY DEVOTIONALS

21 DAY FAST

