



REBUILDING ALTARS

21 DAYS OF PRAYER AND FASTING
JANUARY 5TH - JANUARY 25TH

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Dear Parents,

We are excited to invite your family to join our **Rebuilding Altars** devotional journey—designed especially to help children encounter God in a real and personal way.

We believe teaching spiritual disciplines such as prayer, worship, and fasting is essential, especially at a young age. If we want our kids to become lifelong followers of Jesus, they must learn early to seek Him, hear His voice, and build their lives around His presence—not merely know about Him.

Just as God works powerfully in the hearts of adults through prayer and fasting, we believe He desires to work in the hearts of children as well. Scripture reminds us in Proverbs 22:6 to “train up a child in the way he should go, and when he is old he will not depart from it.” These moments matter. What children experience now helps shape who they become later.

Over the years, we have seen that kids respond and grow spiritually when they are taught and given opportunities to participate. When children are invited into prayer, guided in worship, and encouraged to listen for God, their faith becomes personal—not borrowed. A season of prayer and fasting creates space for kids to encounter Jesus, not just learn about Him.

This devotional is designed to help your family build simple, meaningful “altars” together—moments where your children can talk to God, listen to Him, and experience His presence in age-appropriate ways. Whether it’s praying together, memorizing Scripture, worshiping, or giving something up as an act of surrender, these practices help faith move from head knowledge to heart transformation.

Thank you for partnering with us to disciple the next generation. We believe that God will use this time to plant seeds of faith that will grow for a lifetime.

With gratitude and expectation,

Danielle Major
BCKids and Family Pastor

DEVOTIONAL GUIDE

What is an altar?

An altar is a special place where we meet with God. We don't build one with rocks today—instead, we build altars in our hearts when we pray, worship, obey, and trust God.

Each day includes:

★ Big Idea (for kids)

📖 Bible Verse (short & simple)

💬 Kid Talk (easy explanation)

🙏 Kid Prayer

🎯 Kid Action

👨👩 Parent Connect (discussion or prayer cue)

Weekly Memory Verses

Week 1 (Days 1–7):

📖 Psalm 34:8 — "Taste and see that the Lord is good."

👉 God is good, and we can trust Him.

Week 2 (Days 8–14):

📖 Joshua 24:15b — "As for me and my family, we will serve the Lord."

👉 Our family chooses to follow God.

Week 3 (Days 15–21):

📖 Romans 15:13a "May the God of hope fill you with all joy and peace as you trust in him..."

👉 God gives us hope, joy, and peace.

Day 1 – A New Beginning (Noah)

 Genesis 8:20

★ Big Idea: God loves giving us fresh starts.

💬 Kid Talk: After the flood, Noah thanked God first. He knew God had kept him safe. When we go through hard things, God is still with us—and He loves giving new beginnings.

🙏 Kid Prayer: God, thank You for helping me start again. Amen.

🎯 Kid Action: Draw something God helped you with.

👪 Parent Connect: Ask: “What does a fresh start look like for our family?” Pray together, thanking God for His mercy.

Day 2 – God Keeps His Promises (Abraham)

 Genesis 12:7

★ Big Idea: God always keeps His promises.

💬 Kid Talk: God made big promises to Abraham, even before he could see them happen. Abraham trusted God.

🙏 Kid Prayer: God, help me trust You. Amen.

🎯 Kid Action: Say one promise from the Bible out loud.

👪 Parent Connect: Share a promise God has kept in your life.

Day 3 – God Is the One True God (Elijah)

 1 Kings 18:39

★ Big Idea: God is number one in our lives.

💬 Kid Talk: Elijah fixed God's altar before the miracle happened. God showed everyone He was real and powerful.

🙏 Kid Prayer: God, You are the only God I need. Amen.

🎯 Kid Action: Turn off a distraction and spend 2 minutes praying.

👨👩 Parent Connect: Talk about distractions that pull attention from God.

Day 4 – Worship Comes First (Israel)

 Psalm 95:6

★ Big Idea: Worship shows God we love Him.

💬 Kid Talk: God's people worshiped Him every day. Worship reminds us who God is.

🙏 Kid Prayer: God, I worship You because You are amazing. Amen.

🎯 Kid Action: Sing a worship song together.

👨👩 Parent Connect: Ask: "How do we show God love as a family?"

Day 5 – Choosing God’s Way (Jacob)

 Genesis 28:20

★ Big Idea: We can choose to follow God.

💬 Kid Talk: Jacob decided to trust God instead of doing things his own way.

🙏 Kid Prayer: God, help me choose You. Amen.

🎯 Kid Action: Obey quickly today.

👨👩 Parent Connect: Share a time obedience was hard but good.

Day 6 – Serving with Love (Paul)

 Acts 20:24

★ Big Idea: Serving others makes God happy.

💬 Kid Talk: Paul served God with his whole life. We can serve too!

🙏 Kid Prayer: Jesus, help me serve others. Amen.

🎯 Kid Action: Help someone without being asked.

👨👩 Parent Connect: Model joyful serving today.

Day 7 – Praise Is Powerful (David)

 Psalm 34:1

★ Big Idea: We can praise God anytime.

💬 Kid Talk: David praised God with joy. Praise helps us remember God is good.

🙏 Kid Prayer: God, I praise You! Amen.

🎯 Kid Action: Say three things you love about God.

👨👩 Parent Connect: Praise God out loud together.

Day 8 – Remember What God Has Done (Joshua)

 Joshua 4:7

★ Big Idea: Remembering builds faith.

💬 Kid Talk: The stones reminded people of God's miracle.

🙏 Kid Prayer: Thank You, God, for helping me. Amen.

🎯 Kid Action: Write or draw a testimony.

👨👩 Parent Connect: Share a family testimony.

Day 9 – Living for God (Romans)

 Romans 12:1

★ Big Idea: Our lives are gifts to God.

💬 Kid Talk: We worship God by how we live.

🙏 Kid Prayer: God, I give You my life. Amen.

🎯 Kid Action: Give up one small comfort today.

👨👩 Parent Connect: Explain sacrifice in kid terms.

Day 10 – Praying for Others (Abraham)

 Genesis 18:23

★ Big Idea: God wants us to pray for people.

💬 Kid Talk: Abraham prayed for others because he cared.

🙏 Kid Prayer: God, please help _____. Amen.

🎯 Kid Action: Pray for one person by name.

👨👩 Parent Connect: Pray together for needs.

Day 11 – Talking to God (Solomon)

 1 Kings 8:28

★ Big Idea: God loves when we talk to Him.

💬 Kid Talk: Prayer connects us to God.

🙏 Kid Prayer: God, thank You for listening. Amen.

🎯 Kid Action: Set a family prayer time.

👨👩 Parent Connect: Keep prayer simple and consistent.

Day 12 – God Never Changes (Isaac)

 Genesis 26:24

★ Big Idea: God is always faithful.

💬 Kid Talk: God kept His promises to Isaac just like Abraham.

🙏 Kid Prayer: God, I trust You. Amen.

🎯 Kid Action: Stay faithful in a hard thing.

👨👩 Parent Connect: Talk about consistency.

Day 13 – Obey Right Away (Moses)

 Exodus 24:7

★ Big Idea: Obedience pleases God.

💬 Kid Talk: God's people said yes to His Word.

🙏 Kid Prayer: God, help me obey. Amen.

🎯 Kid Action: Obey quickly today.

👨👩 Parent Connect: Celebrate obedience.

Day 14 – Forgiving Like God (Psalmist)

 Psalm 130:4

★ Big Idea: God forgives us, and we forgive others.

💬 Kid Talk: Forgiveness helps our hearts heal.

🙏 Kid Prayer: God, help me forgive. Amen.

🎯 Kid Action: Say "I forgive you."

👨👩 Parent Connect: Model forgiveness.

Day 15 – Saying Thank You (Jesus)

 Matthew 26:27

★ Big Idea: Gratitude shows trust.

💬 Kid Talk: Jesus thanked God even when things were hard.

🙏 Kid Prayer: Thank You, God. Amen.

🎯 Kid Action: List 3 things you're thankful for.

👨👩 Parent Connect: Practice gratitude together.

Day 16 – God Heals (Hezekiah)

 2 Kings 20:5

★ Big Idea: God cares about our hurts.

💬 Kid Talk: God heard Hezekiah's prayer.

🙏 Kid Prayer: God, please heal _____. Amen.

🎯 Kid Action: Pray for healing.

👨👩 Parent Connect: Encourage faith-filled prayer.

Day 17 – God Restores (Ezra)

 Ezra 3:2

★ Big Idea: God makes things new.

💬 Kid Talk: Worship helped God's people rebuild.

🙏 Kid Prayer: God, restore my heart. Amen.

🎯 Kid Action: Return to prayer or worship.

👨👩 Parent Connect: Discuss spiritual habits.

Day 18 – Growing Together (Nehemiah)

 Nehemiah 8:1

★ Big Idea: We grow better together.

💬 Kid Talk: God's people learned together.

🙏 Kid Prayer: God, thank You for my church family. Amen.

🎯 Kid Action: Encourage someone.

👨👩 Parent Connect: Talk about community.

Day 19 – God’s Truth Sets Us Free (Jesus)

 John 8:32

★ Big Idea: God’s Word helps us choose right.

💬 Kid Talk: Jesus shows us the truth.

🙏 Kid Prayer: Jesus, teach me truth. Amen.

🎯 Kid Action: Read a Bible verse.

👨👩 Parent Connect: Replace lies with truth.

Day 20 – Hope in God (Paul)

 Romans 15:13

★ Big Idea: God fills us with hope.

💬 Kid Talk: Hope helps us not give up.

🙏 Kid Prayer: God, help me hope. Amen.

🎯 Kid Action: Speak hope.

👨👩 Parent Connect: Encourage hope-filled language.

Day 21 – Passing Faith On (Timothy)

 2 Timothy 1:5

★ Big Idea: Our faith helps others.

💬 Kid Talk: Timothy learned faith from his family.

🙏 Kid Prayer: God, help me love You forever. Amen.

🎯 Kid Action: Pray for someone younger.

👨👩 Parent Connect: Pray a blessing over your child.

Prayer & Fasting Guides for kids

Prayer: Talking to God Every Day

Prayer is how we talk to God—and how we listen to Him too! During these 21 days, we want to practice praying every day. Prayer isn't just something we do once in a while. It's something we can do all the time as part of our life with God.

Prayer Tips for Kids

1. Pick a Prayer Time: Choose a time every day to talk to God. It could be:

- In the morning when you wake up
- Before meals
- Before bed

Think of it like making a special appointment with God—and try your best to keep it!

2. Pick a Prayer Place: Find a quiet place where you can focus on God.

It might be:

- Your bed
- A chair
- A special spot in your room

Having a prayer place helps us pay attention and talk to God without distractions.

3. Have a Prayer Plan: Prayer can look different every day—and that's okay!

You can:

- Sing a worship song
- Read a Bible verse
- Thank God for good things
- Ask God for help
- Sit quietly and listen

You don't have to pray the same way every time. Having a plan just helps us remember to spend time with God.

Remember

God loves hearing from you. You can talk to Him anytime, anywhere, about anything!

Fasting

- ...helps us focus on God instead of our comforts and conveniences.
- ...reminds us that God provides every good and perfect gift.
- ...helps us open our hearts to hear from God, no matter our age.

Remind your child that whenever they feel a strong desire for “that thing” they’re fasting from, they should use that desire as a reminder to pray, focus on God, and tell Him how much they love Him. Seek God, pray big prayers, pray for people to come to Christ, and ask God

for breakthroughs for ourselves and others. We believe we will see God do some amazing things during these 21 days.

Practical Ways for Kids to Fast

Make Different Food Choices

We do not recommend that children skip meals or drastically reduce their food intake, but modifying their diet might be an easy place to start. Fasting from specific items, such as sweets, fried foods, sodas, or even meat and bread, is a safe and healthy way for children to participate. They could also simply choose healthy snacks instead of “junk food.” Please note that you should always check with your child’s pediatrician before beginning any food fasting with your children.

A Digital Fast

Another great way for kids to fast is to reduce the time and energy they spend watching TV, playing video games, or using the computer or phone. Instead, encourage them to spend time praying, reading their Bible, or serving others. This could be as simple as not using a tablet or playing video games for one day a week, or as advanced as complete abstinence for 21 days.



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