



# VINEYARD KIDS

## 21 DAYS OF PRAYER & FASTING

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### WELCOME & HOW TO USE THIS GUIDE

This January, we are joining Vineyard Churches UK & Ireland in 21 days of prayer and fasting.

This guide is designed to help families of all shapes and sizes spend a meaningful 3–5 minutes together each day, praying into the same themes as our wider Vineyard church family. It is flexible and easily adaptable for all ages, from toddlers (0) to older children (12).

### DAILY FORMAT

Each day follows a simple, five-part rhythm:

1. **Theme of the Day:** What we are focusing our prayers on.
2. **Family Connect:** A question to spark discussion & connection to the theme.
3. **Bible Verse:** A brief scripture to root your prayer.
4. **Pray Together:** There are two options for this each day:
  - a) Chat & Catch - a quicker time of prayer, using [the Chat & Catch model](#).
  - b) Prayer Activity - a slightly longer, more interactive time of prayer.
5. **Optional Extension:** If you have more time and interest.

Our encouragement - you don't need to be perfect or do everything, just give Jesus a few minutes together as a family. Go at your own pace!



## ADAPTABILITY TIPS FOR ALL AGES

Since we know families of all shapes, sizes, ages, and stages will be engaging with this resource, here are some top tips for adapting the content to suit your family.

### With Toddlers (0-4)

- Focus on the Physical: Use simple actions, drawing, or movements that go along with the prayer.
- Keep it Short: Repeat simple, one-sentence prayer phrases.
- Use Visuals: Incorporate simple pictures, photos, or objects.

### Primary Age (5-12)

- Ask for Input: Ask them what the theme means to them.
- Let Them Lead: Encourage older kids to read the verse or lead parts of the prayer time.
- Go Deeper: Follow their curiosity and ask age-appropriate, deeper questions.

### Additional Quick Tips:

- For families with mixed ages, it can also help to encourage the older ones to help the younger ones as you engage with this.
- The moment doesn't need to be perfect or tick off everything. Go at your own pace, and let your kids engage in a way that feels comfortable and genuine to them.

## FASTING FOR KIDS: A SIMPLE GUIDE FOR PARENTS

Fasting helps us to give us something to focus more on God. Linked with prayer, it is a powerful spiritual discipline demonstrated throughout the Bible, including in the life of Jesus. We also believe that there is no Junior Holy Spirit and children can have their own developing relationship with God.

### Healthy Fasting Guidance for Children:

- For children, it is important to keep the focus on the 'focusing on God' part, not the 'giving up' part, especially concerning food.



- Important: It is not advisable for children to fast for meals, as their growing bodies need consistent nutrition.
- A Note on Boundaries: Fasting should never feel like punishment or consequence. If your child is used to losing screen time as a disciplinary measure, choosing a screen fast might feel negative. Encourage them to choose something that helps them make space for God. It's about heart connection, not sacrificial size. Keep it joyful and simple.

### **Fasting Options for Children:**

Kids can learn the principles of intentional focus through non-food substitutions. Here are some healthy options of things that a child may choose to fast:

- Treats: Sweets, juice, or desserts.
- Screens: Video games, social media, or specific TV time.
- A Favourite Activity: A beloved toy or game.
- Complaining: Intentionally avoid complaining and substitute it with words of thanks.
- Free Time: Give up some free time to intentionally help someone else.

### **Resources to Explore**

Before embarking on a fast, it's important to discuss the biblical principles together. Here are some resources for Kids (Crossroads Kids' Club Videos):

- [Why Fast?](#)
- [What Is Fasting?](#)
- [How to Fast?](#)

For Parents, if you are interested in learning more yourself, [this is a great podcast](#).

## **BEFORE YOU BEGIN - EXPECT BIG THINGS**

God loves to speak to His children! There is no Jr. Holy Spirit! If at any point during these 21 days your child receives a word, picture, or sense from God that you believe may be helpful for our Vineyard family to hear, please let us know. We'd love to hear what God is saying to kids across the nation! E: [kidsnetwork@vcuki.org.uk](mailto:kidsnetwork@vcuki.org.uk)



## DAILY PRAYER THEMES & ACTIVITIES

### Day 1 – Nations (in the UK & Ireland)

Today, we're praying for the United Kingdom & Ireland, that people across our nations would know God's love.

#### Family Connect:

- If you could give one gift to everyone in the UK&I, what would it be?
- For Older Kids: What things might be happening in our country that make more people curious about Jesus?

#### Verse:

*"Ask me, and I will give you the nations."* (Psalm 2:8)

#### Pray:

##### Chat & Catch Prayers

Tell God one thing you love about living in the UK & Ireland?

Ask God what one thing he would love to change in the UK & Ireland right now?

##### Praying for our Nation

Find a map or a picture of the UK & Ireland. Ask God to bring healing, unity, and salvation across the UK, praying simple sentences for specific cities, communities, and national leaders. If you don't have a map, you could draw it or just brainstorm and write down places in the UK & Ireland that you can think of and pray for the people who live here. Note: If you are using a map, you could even lay your hands on that place!

#### Optional Extension:

- Look at a map of the UK&I and pray for cities, and your local MP or leaders.
- Draw the UK flag and write a prayer on it.
- Write a prayer card for someone in another part of the UK or Ireland.



## Day 2 – Our Communities

We're praying for our neighbourhoods, schools, and the places we live.

### Family Connect:

- Who do we know who lives near us?
- For older kids: What is one practical way our family could make our street better this week?

### Verse:

*"Love your neighbour as yourself."* (Matthew 22:39)

### Pray:

#### Chat & Catch Prayers

Tell God what it's like to live in this community.

Ask God what he thinks the best thing about your community is.

#### Window Prayers

Gather at a window that looks out onto your neighbourhood. Look out and pray for the people, houses, and places you can see. Pray short, simple prayers for neighbours, drivers, or local shops, asking that God's light and peace would fill your street. End by asking God to show your family how to be kind to the people who live near you.

### Optional Extension:

- Write a note or draw a picture for a neighbour.
- Go on a prayer walk around your street and neighbourhood.
- Make a heart and write the names of neighbours.
- Listen to [God of This City \(Chris Tomlin\)](#).



## Day 3 – Kingdom Impact

Today, we're asking God to use our church and family to make a difference.

### Family Connect:

- What do you think it means to make a difference for God?

**Verse:** *"Your Kingdom come, your will be done."* (Matthew 6:10)

### Pray:

#### Chat & Catch Prayers

Tell God what one of your favourite things about Him is.

Ask God how you can make a difference and build His Kingdom today.

#### Kingdom Builders

Remind your family that they carry God's love and power and can make a difference today. Take turns, laying hands on each individual and praying for them. As you do, invite the Holy Spirit to come, and ask God to help that person be a bold Kingdom Builder wherever they go today.

### Optional Extension:

- Share one way you could show God's love this week.
- Draw what you think "God's Kingdom" looks like.
- Pray for someone who is sick, that they would be healed.
- Sing [Build Your Kingdom Here \(Rend Collective\)](#).



## Day 4 – Training & Equipping

We're praying for people to grow and be equipped to serve God.

### Family Connect:

- What's something you've learned recently?
- For older kids: Why is it important to train before doing something big?

### Verse:

*"He gave gifts... to equip His people."* (Ephesians 4:12)

### Pray:

#### Chat & Catch Prayers

Tell God one thing you want to be really good at doing for Him when you grow up.  
Ask God what He thinks the most important quality for a good leader to have is.  
Pray that our leaders would be these things.

#### Building the Pathway Prayers

Find simple building materials (like blocks) and build a small path. The Vineyard helps adults grow as leaders through a Vineyard leadership pathway, which includes Vineyard Leadership Essentials, Vineyard Leadership College, and Vineyard Theological Training. Pray for these programs. Lay hands on your structure and pray for these spaces, places, and people. Ask God to help us train people well, in healthy and good ways, raising and building healthy leaders.

### Optional Extension:

- Ask older kids to teach younger ones something.
- Each person shares something they'd like to learn more about God.
- Write encouragement to someone growing in leadership/ministry.



## Day 5 – Worship

Today, we're thanking God because He is worthy of our praise.

### Family Connect:

- What's something amazing about God?
- For Older Kids: If you could write a song for God right now, what would the chorus be about?

### Verse:

*"Let everything that has breath praise the LORD."* (Psalm 150:6)

### Pray:

#### A Breath of Praise

Take a deep breath in, and as you do, quietly thank God for who He is (e.g., "God, You are amazing"). Then, slowly breathe out, praying a simple phrase of love (e.g., "God, I love You"). Do this several times, making praise like breathing. Then, pray together that our church's worship would be filled with God's presence, and bless the people who write new worship songs.

#### Chat & Catch Prayers

Tell God what your favourite worship song is?

Ask God - if you could write a new song about him, what would he want you to say?

### Optional Extension:

- Have a mini family 'praise party'
- Draw or paint something that shows why God is amazing.
- Create a family worship playlist.
- Each family member shares what they love about God. You could turn this into a moment where you then sing/say a simple, spontaneous prayer song to the Lord, to encourage songwriting and spontaneity in worship within your kids.





## Day 6 – Compassion

Praying that God helps us care for others as He does.

### Family Connect:

- When have you helped someone recently?
- For older children: Why do you think helping people is important to Jesus?

### Verse:

*"Be kind and compassionate to one another."* (Ephesians 4:32)

### Pray:

#### Chat & Catch Prayers

Tell God about a time when you felt really happy and a time when you felt really sad. Ask God to show you a picture or give you a thought about how He comforts people when they are hurting.

#### Safe Space Huddle

Gather the family and huddle together under a blanket or a big hug. Talk about how the huddle feels like a safe, comforting place. Pray within the huddle for people who are sad, lonely, or hurting (homeless, sick, worried). Ask God to comfort them and pray that our church would be a place of refuge and hope for everyone who needs a safe space.

### Optional Extension:

- Choose a toy or item to give to someone in need.
- Write a prayer for someone who is hurting or lonely.
- Talk about someone you admire who helps people.
- Listen to [\*God of Justice\* \(Tim Hughes\)](#).



## Day 7 – Salvation

We're praying that many people will say yes to being friends forever with Jesus.

### Family Connect:

- What does it mean to follow Jesus?
- For Older Children: If your friend were curious about Jesus, what is the first thing you would tell them?

### Verse:

*"Everyone who calls on the name of the Lord will be saved."* (Romans 10:13)

### Pray:

#### Chat & Catch Prayers

Tell God about one thing that makes it hard to talk about Jesus with your friends. Ask God who he wants you to share Jesus with. And what he loves most about that person.

#### Sticky Note Prayers

Think of 3-5 people (friends, neighbours, family) who don't know Jesus yet. Write their names on sticky notes, small pieces of paper, or draw a simple picture of them. Place them on your fridge or a mirror. Pray for them by name today, asking God to help them know His love and to give your family courage to share Jesus with them. You can continue to pray for these names throughout the 21 days.

### Optional Extension:

- Read Luke 15 (Lost Sheep) briefly.
- Share your own faith story in simple terms.
- [Watch an episode of The Chosen Adventures.](#)



## Day 8 – Church Planting

Praying that more churches would be started to reach more people.

### Family Connect:

- Why is the church important?
- For Older Children: If you were starting a church, what would you want it to be like?

### Verse:

*"I will build my church."* (Matthew 16:18)

### Pray:

#### Chat & Catch Prayers

Tell God what you think the best bit about church is.

Ask God to show you where in the UK & Ireland needs a new Vineyard church.

#### Planting New Seeds

Find a small seed (a dried bean, pumpkin seed, or just a small stone) to hold. Talk about how a small seed grows into something big. Then, look at a map or globe and pray for specific places that need new churches. Ask God to send people to those places to plant new communities of hope and love, and to protect and grow the new churches that are already starting.

### Optional Extension:

- Build a church using blocks or Lego.
- Pray over a map for places without churches.
- Read Acts 2:42 (community).
- Write a card for someone planting a church.



## Day 9 – Global Missions

Today, we pray for people sharing Jesus around the world.

### Family Connect:

- What countries do you know?

### Verse:

*"Go and make disciples of all nations."* (Matthew 28:19)

### Pray:

#### Chat & Catch Prayers

Tell God, if you could go anywhere in the world, where would you go?

Ask God if there's a country he wants you to start praying for.

#### Globe Spin

Use a globe or a world map (or look up a map on a tablet/phone). Have each family member spin the globe or point to a different country or continent. Pray for the people who live there to know Jesus. Ask God to strengthen and protect missionaries and workers who are sharing the Gospel in that place.

### Optional Extension:

- Send a message or prayer to a real missionary.
- Print or draw a world map; pray for nations.
- Learn to say "Jesus loves you" in another language.
- Read a story about a missionary.



## Day 10 – Workplace

Praying for people to shine for Jesus where they work.

### Family Connect:

- What jobs do people in our family or church do?
- For Older Children: What does it look like to be kind or fair when you are doing your work (at school, nursery, or your job)?

### Verse:

*"Whatever you do, work at it with all your heart."* (Colossians 3:23)

### Pray:

#### Chat & Catch Prayers

Tell God about one person you saw today who was doing their job really well. Ask God for one way you can show kindness or fairness in your "work" (school or job) today.

#### Trading Places Prayer

We're praying for the places we spend our time working and learning. The children can pray for their parents'/guardians' jobs, work environments, and colleagues. Then, the parents/guardians pray for the children's work (their school, nursery, friendships, and home chores). Pray that everyone would carry Jesus's character and wisdom into their daily environments.

### Optional Extension:

- Dress up as different job roles.
- Write/draw a thank-you card for someone who works.



## Day 11 – Households

Praying that homes would reflect God's love and peace.

### Family Connect:

- What makes a happy home?
- For Older Children: If our home had a motto or special rule about love or peace, what would it be?

**Verse:** *"As for me and my house, we will serve the Lord."* (Joshua 24:15)

### Pray:

#### Chat & Catch Prayers

Tell God your favourite thing about your house and family.

Ask God to show you a picture or give you a thought about how He wants your home to feel for anyone who visits.

#### Holy Spirit House Walk

Take a quick prayer walk through your house, moving from room to room (kitchen, living room, bedrooms). In each room, stop and lay hands on a wall or piece of furniture. Pray that the Holy Spirit would fill that place with peace, joy, and protection. As you pray for your home, expand that prayer to include all the homes and families across our Vineyard movement and nation.

### Optional Extension:

- Draw or build your "dream home" and write prayers inside it.
- Create a family prayer or blessing.
- Listen to [The Blessing \(Kari Jobe\)](#).
- Each person gives one compliment to another family member
- Clean one area of your house together, as an act of service.



## Day 12 – Revival

Praying for a fresh move of God in our church and nation.

### Family Connect:

- What is the biggest, most exciting thing you wish God would do in our town this year?
- For Older Children: What would it look like if lots of people (e.g. everyone in your school) started praying and worshipping Jesus?

**Verse:** *"Will You not revive us again?"* (Psalm 85:6)

### Pray:

#### Chat & Catch Prayers

Tell God the biggest, most exciting thing you wish He would do in your town this year.

Ask God what He wants your family to be ready for revival.

#### On Our Knees Prayer

Get down on your knees as a family to pray for revival. Explain that revival is like God's Spirit being poured out like a powerful flood or a huge, warm fire that makes people hungry for Jesus. Pray this simple request together: "God, send your fire! Make people hungry for You!" Ask God to change hearts and to awaken thousands to faith across our nation.

### Optional Extension:

- Worship with all your heart.
- Light a candle and pray for God's fire to fall on His people.
- Read briefly about Pentecost (Acts 2).
- Write a dream for what God could do in your city.



## Day 13 – Children

Praying for children to know Jesus deeply.

### Family Connect:

- If Jesus came to your school, what do you think he would teach the kids?

**Verse:** *"Let the little children come to me."* (Matthew 19:14)

### Pray:

#### Chat & Catch Prayers

Tell God what the best thing about being a kid is.

Ask God what he loves most about you.

#### Blessing Our Children

We're praying for the children in our church and family to know and love Jesus deeply. Lay hands on and pray a simple blessing over each child in your household today. Ask God to fill them with the Holy Spirit and give them boldness to show Jesus's love to their friends.

### Optional Extension:

- Draw yourself with Jesus.
- Read Matthew 19:14.
- Listen to [Jesus Loves Me \(Listener Kids\)](#).
- Pick a friend to invite to church this week.





## Day 14 – Next Generation

Praying that young people will be bold and passionate for Jesus.

### Family Connect:

- Who do you know who is a youth, or young adult?

### Verse:

*"Don't let anyone think less of you because you are young."* (1 Timothy 4:12)

### Pray:

#### Chat & Catch Prayers

Tell God what the hardest part about being a kid, youth or young adult is.

Ask God what He wants young people - kids, youth and young adults - to be most known for in our nation.

#### Revival History Prayer

We are praying for the next generation (kids, youth and young adults) to be at the heart of God's revival. Find a small object that represents a big, brave or strong thing (like a toy superhero or a small stone). Hold it and pray for the young people you know (in your church or community). Ask God to give them courage, conviction, and a passion to follow Him, just like the young people in revivals throughout history.

### Optional Extension:

- Draw a picture for a youth or young adult you know.
- Pray over technology/social media influence.
- Pray that the Holy Spirit would fill a youth or young adult you know.
- Build a fort at home, and pray for the DTI Festival.



## Day 15 – Young Adults

Praying for young adults to walk closely with God.

### Family Connect:

- What are some big decisions grown-ups have to make that they need God's wisdom for?
- For Older Kids: Did you know lots of young people are starting to go to church? Why do you think that is?

### Verse:

*"Seek first his Kingdom."* (Matthew 6:33)

### Pray:

#### Chat & Catch Prayers

Tell God about a young adult that you know.

Ask God to show you a picture or give you a thought that would encourage a young adult you know.

#### Encouragement Art

Think of a young adult you know (in your family, church, or community). Draw them a simple picture or write them a short, encouraging note. While you draw, ask God what He wants to say to them, perhaps a word of wisdom, direction, or hope. Pray that young adults will be grounded in Scripture and guided by God in their big decisions (like jobs, school, and relationships). If possible, send the picture/note to them!

### Optional Extension:

- Look at a college or university near you and pray for the students there.
- Discuss choices and challenges they face.
- Read about David being chosen when he was young (1 Samuel 16).
- Pray for wisdom in school, work, or future.



## Day 16 – Multiplication

Praying for growth and more disciples.

### Family Connect:

- What happens when you plant a seed?

### Verse:

*"Make disciples."* (Matthew 28:19)

### Pray:

#### Chat & Catch Prayers

Tell God about one thing in the world, if there could be more and more of it, what would you multiply?

Ask God to show you one person who you could tell about Jesus this year?

#### The Five Loaves and Two Fish

Remind the family of the story where Jesus took a little bit of food (five loaves and two fish) and multiplied it to feed thousands (Matthew 14:13-21). Find five small objects (like coins or pebbles). Hold them and ask God to multiply the good things He has given us: multiply our faith, multiply the leaders in our church, multiply the number of people who know Him, and multiply the number of churches being planted.

### Optional Extension:

- Plant a seed or draw one.
- Pray for more small groups/churches.
- Use Lego: build one block, then many.
- Read the Story of Feeding of the 5000.



## Day 17 – Health & Growth

Praying for health - spiritually, emotionally & physically.

### Family Connect:

- What makes something healthy?
- What does something need to grow?

### Verse:

*"I came that they may have life."* (John 10:10)

### Pray:

#### Chat & Catch Prayers

Tell God about something that makes you feel strong and something that makes you feel weak.

Ask God: what is one thing He wants our church movement to do to become healthier this year?

#### Rooted & Strong

We're praying for the health and growth of our church movement - spiritually, relationally, and physically. Stand up tall and hold your arms out like the branches of a healthy tree. Pray that our church would have deep roots (like a tree's roots) to keep it strong. Then, point to different parts of your body (head, heart, hands) and pray that the "Church Body" (our congregation) would be healthy, whole, and growing stronger.

### Optional Extension:

- Pray for someone who is hurting.
- Do stretches or exercises to pray for physical health.
- Draw someone growing (plant, tree, child).
- Share what helps spiritual health.



## Day 18 – Unity

Praying that the church would be united.

### Family Connect:

- What happens when we work together?
- For Older Children: What does it mean that the church should be a home for people of every background?

### Verse:

*"Make them one."* (John 17:21)

### Pray:

#### Chat & Catch Prayers

Tell God about a time when you and a friend or sibling disagreed, and how you worked it out.

Ask God what He thinks is the most beautiful thing about having many different kinds of people in the church?

#### The Strong Chain

Stand in a circle and link arms, hold hands, or link fingers to create a chain. Remind everyone that Christians should be united and work together like a strong chain.

Pray for unity (getting along) among Christians in our city and across the world. Ask God to help us welcome people of every background and nation into our church family.

### Optional Extension:

- Build something together.
- Think about whether there's anyone you need to forgive
- Draw all family members as a team.



## Day 19 – Gatherings

Praying for powerful times when the church meets.

### Family Connect:

- If you could plan one part of a Sunday service to help people meet Jesus, what would it be?

### Verse:

*"Where two or three gather in my name..."* (Matthew 18:20)

### Pray:

#### Chat & Catch Prayers

Tell God what your favourite event or moment at church is.

Ask God what he's most excited about doing this year across all of our church services and events.

#### Drawing Prayers

Draw a picture of a church gathering, this could be Sunday services or any of the Vineyard Gatherings throughout the Year, e.g. Vineyard Leaders' Gathering, Scottish Leaders' Gathering, Legacy, Dreaming the Impossible and The Cause to Live For. As you draw, ask God to fill every gathering with more of His presence and power.

Draw what that might look like. Ask God to use these times to ignite faith in the next generation and bring renewal and a clear vision to leaders.

### Optional Extension:

- Role-play a church service (sing, read, pray).
- Draw a gathering of people worshipping Jesus.
- Share favourite church memories.



## Day 20 – Leadership

Praying for leaders to be wise and Spirit-led.

### Family Connect:

- What makes a good leader?
- For Older Children: If you were helping lead our church, what's one thing you would ask God for every day?

### Verse:

*"Lead them like a shepherd."* (Psalm 78:72)

### Pray:

#### Chat & Catch Prayers

Tell God one thing you would change in the world if you were in charge.

Ask God what He wants to say to the leaders of your church.

#### Sending Out Blessing

We're praying for the wisdom and strength of all our leaders, from kids leaders to our National Directors, John and Debby Wright. Ask God to give them wisdom, courage, and a clear vision. If your child receives a prophetic word or picture for any specific leaders (like John and Debby), email us at - [kidsnetwork@vcuki.org.uk](mailto:kidsnetwork@vcuki.org.uk) - and we can pass these on. It would be great to pray in particular for John and Debby as they lead Vineyard in the UK and Ireland, and as they step into leadership of the Global Vineyard too.

### Optional Extension:

- Draw/write a 'thank you' to a leader.
- Pray for children's leaders.
- Build a "fortress of support" for leaders.



## Day 21 – For 2026

Praying in faith for the future, and believing God for great things!

### Family Connect:

- If God could answer one massive, exciting prayer for our family and church this coming year, what would it be?
- For Older Children: Did you know lots of Christians are reading their Bible more often? Why is that important for the future?

### Verse:

*"For I know the plans I have for you..."* (Jeremiah 29:11)

### Pray:

#### Chat & Catch Prayers

Tell God what you are most excited about for 2026.

Ask God what he wants the Vineyard to do this year. What is he excited about in our churches and spaces?

#### Boldly Drawing the Future

This is the last day! Find paper and pens/crayons. Ask each person to draw or write one big, bold prayer or dream they have for the church or the family for the coming year. Lay hands on the drawings and pray with confidence: "Jesus, lead us into the future! We pray boldly for 2026. Do more than we can imagine! Increase faith, Bible reading, and courage across our church!"

### Optional Extension:

- Each person writes/draws a dream for the church/family in 2026.
- Celebrate what God has done over 21 days.
- Start a "2026 Prayer Jar" - write things you hope to see God do in the year.