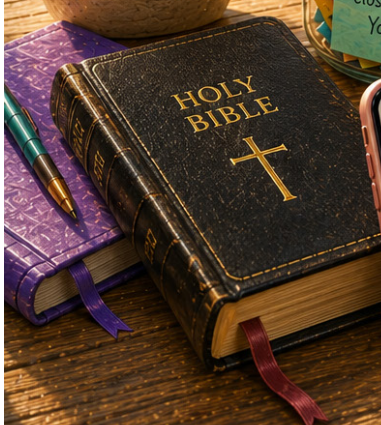


SHAPED BY SCRIPTURE

Draw Near: A Life of Prayer and Fasting





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JUNE 2026



Draw Near

A Life of Prayer and Fasting

Kid's Idea: Prayer and getting closer to God

Parents, as you read through your devotionals this week, include your child by recapping what you learn and review the memory verse together. Prepare together each week as a family to learn more about the theme verse on Sunday. This month's theme brings a deeper understanding to prayer and fasting.

Note: Many verses are shortened or paraphrased to help young children understand and memorize. Read the full version of each verse to your child and discuss words they do not know.

Week 1: What is Prayer?

“When you pray, go into your room and close the door and pray to your Father who is in secret.” - Matthew 6:6

This week the verse reveals how important it is for us to be connected to God through prayer.

Family Activities

Activity 1: Read the Lord’s Prayer together and talk about the different parts of it.

Activity 2: Practice praying together - Then challenge each person to go somewhere private and pray.

Activity 3: Make a “Praying Hand” to help remember the parts of a prayer. (Thumb- Praise
Pointer - Thanks. Middle - Sorry. Ring- Ask. Pinky- Others)

Dinner Conversations

Monday: What is prayer?

Tuesday: What is something you can talk to God about today?

Wednesday: Did you pray today?

Thursday: Why is prayer important?

Friday: Can you say the verse?

Week 2: What is worry?

“Give your worries to the Lord. He will take care of you.”

- Psalm 55:22

This week explains worry and how we can give our fears and anxiety to God through prayer.

Family Activities

Activity 1: Talk about fears, worry, and other things that make us anxious. Discuss how you can pray to God about those things and know that He will care for us. Review Proverbs 3:5-6 and discuss how we can trust the Lord with our worry.

Activity 2: Play outside with your child, doing what they want to do. Ask your child if they feel happy and safe when they are playing with you. Explain how when we pray to God about our fears, we can feel happy and safe too.

Activity 3: Make a “Worry Jar” and draw or write down things you are worried or scared about. Place them in the jar to symbolize “giving” them to God.

Dinner Conversations

Monday: What is worry?

Tuesday: Do you talk to God about your fears?

Wednesday: Why do you think God wants to hear your worries?

Thursday: How does praying to God about your worries make you feel better?

Friday: Can you write the verse? (*Younger: Can you say the verse?*)

Week 3: What is fasting?

“But when you fast, anoint your head and wash your face that your fasting may not be seen by others but by your Father who is in secret.” - Matthew 6:17-18

This week is about what fasting means and how we can skip something to grow closer to God.

Family Activities

Activity 1: The “Give Up Fill Up” Challenge: Take 2 plastic cups and label them “Give Up” and “Fill Up.” Write down things that the family can go without and put them in the first jar. Then write down what to replace those things with to grow closer to God. Do one each day of this week. For more on this challenge, check out this link:



Activity 2: Delay a meal by 30 minutes or make a food/drink swap (*water instead of soda; veggies instead of chips, etc.*)

Activity 3: Do a technology fast as a family.

Dinner Conversations

Monday: What is fasting?

Tuesday: Why do you think fasting from food or things helps us be closer to God?

Wednesday: Have you been able to pray more as you fast from _____?

Thursday: Do you remember when Jesus fasted so He could pray? (*Read Matthew 4:1-11*)

Friday: Can you say the verse?

Week 4: Prayer is Powerful

“Confess your sins to one another and pray for each other.”
- James 5:16

This week is we wrap up our discussion on prayer with an important lesson on confessing our sins and praying for one another.

Family Activities

Activity 1: Create a family prayer jar to write down confessions or prayers for others.

Activity 2: Put it into practice! Take time to talk through sins committed that day and pray for one another.

Activity 3: Outside/Inside Prayer - use a dry erase marker to write on windows where you look outside to remember to pray for others outside your home. Write on a bathroom mirror or tub wall to remember to pray for your family.

Dinner Conversations

Monday: What does it mean to confess?

Tuesday: Have you prayed for someone else today?

Wednesday: Do you tell God your sins too?

Thursday: How can we pray for others?

Friday: Can you explain the verse in your own words?



EXALT CHRIST



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