RECHARGE THROUGH PRAYING & FASTING JANUARY 10-15, 2022



Dear NXTGEN Truth Seeker / Truth Guardian,

A joyful 2022 to you and your family!

As we face another year, my prayer and desire for all of us are to begin this year by focusing on God and growing our relationship with Jesus Christ, our LORD, and Savior. Practicing spiritual disciplines like Bible reading, Worship, Prayer, Fasting, Fellowship, Serving, Sharing the Gospel, and Tithing, when done consistently and faithfully eventually form into habits that help us deepen our faith and grow more in Christ-likeness.

1 Timothy 4:7 reads, "Discipline yourself for the purpose of godliness." This verse teaches us that the goal of disciplining ourselves is not for personal gain but for godliness. When you received Jesus as Lord and Savior of your life, you were born again into a new life and you were also given the Holy Spirit to work in you and give you supernatural power to live out the Christian life. But in spite of these, it doesn't mean that you'll be free from facing trials and temptations. In fact, you'll need these spiritual habits to be able to stand firm and live victoriously in this world.

I encourage you to join and participate in our church-wide Prayer & Fasting Week from January 10-15, 2022. Together, let us continue to discover who God is and His will for us through His Word, develop the habit of digging deeper into God's Word and praying through His Word. And most of all, that we will all (be able to) apply whatever God wants you to do for Him.

Have a meaningful and fruitful time with the Lord Jesus as we devote our time focusing on Him and learning from the His Word.

God bless you always.

WHAT IS FASTING?

Fasting is choosing to stop doing an activity to enjoy God's presence. When fasting, we decide not to do activities such as eating a meal, using our gadgets, playing games, watching movies, or any other action for a period of time. But we replace these activities with fruitful time with God, such as praying, reading the Bible, and worshipping Him. While most people stop eating food, it is best to talk with your parents and guardians about the things you will fast so they can guide you.

When we fast and pray, we talk to God and listen to Him. We check our actions and repent of sin. We align ourselves with God's heart by seeking His answers to our questions, praying for His provisions, and asking God for breakthroughs in our lives. Fasting shows our dependence on God. It shows that God is more important than what sustains our physical bodies.

Remember the letters P.R.A.Y. as you pray and fast this week.

P-ause & Worship \rightarrow Being still before God allows us to focus our inner being to who God is. This involves worship, singing praise, and thanksgiving.

R-epent & Resist → As we pray and fast, we become aware of our sins and ourselves. We come to confess how little we are before a great God. We decide to turn away from sin, turn to God, and obey Him.

A -sk → Knowing how little we are before God, we humbly ask for God's help with our needs and concerns.

Y -ield → We surrender to God's will and plan for us. This also means trusting that God's plan is always the best.



WHY SHOULD WE FAST?

GOD EXPECTS US TO FAST.

Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face. – Matthew 6:16-17

Jesus said "Whenever you fast", not "If you fast." This means that fasting, like prayer, is not an option. Fasting is part of the Christian life.

JESUS FASTED.

And after He had fasted forty days and forty nights, He then became hungry. – Matthew 4:2

Before Jesus' ministry, He fasted for forty days. He knew He needed spiritual strength to fulfill His purpose. Fasting makes us physically weak but spiritually stronger and more prepared to do God's work.

THE EARLY CHURCH FASTED.

Then, when they had fasted and prayed and laid their hands on them, they sent them away. – Acts 13:3 (see also Acts 14:23)

The Church fasted for Saul (Paul) and Barnabas. Later, Paul and Barnabas appointed leaders in various churches, fasting and praying before commending these leaders to the Lord.

FASTING SHOWS HUMILITY BEFORE GOD.

But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom.

– Psalm 35:13



HOW TO USE THIS BOOKLET?

BEFORE FASTING

- **Talk to your parents & guardians.** Not all people are allowed to fast. It is best to talk to them about the things you plan to fast so they can guide you well.
- Commit to a Fasting Plan. What activities will you stop doing? What fruitful time with God will you do instead?
- Accomplish My Gratitude List and My Prayer List.
- We will use **DISCOVER, DEVELOP, AND DEPLOY** as we pray, fast, dig deeper into God's Word, and apply what God revealed to us through the Bible.

DISCOYER

Let's discover who God is and His will through His Word.

- Read the assigned passages. Highlight or mark the words and phrases that mean the most to you or the passages that struck you.
- Write the things you discovered about God in the passage. What character
 of God is revealed in the passage? How would you describe God based on
 what you read?
- Use these descriptions to worship God in prayer.

DEVELOP

Let's develop a habit of digging deeper into God's Word and praying through His Word.

- What is the most important lesson you have learned from the passage?
- How can you **pray through this verse**? Pray to God through His Word.



DEPLOY

Let's seek ways to apply what God revealed to us through His word and our prayers.

- Write down "I Will" statements that you plan to do as a result of what you've learned from God's word. These statements must be specific actions with a timeframe.
- **Pray for the focus of each day** Nations, Church, Families, Youth & Kids, Self.
- You can do an activity with your family to seek ways to apply each lesson.

MY FASTING PLAN

Talk to your parents or guardians about the things you intend to fast so they can guide you well. Then, write down the activities or things that you commit to fast each day this week. Keep in mind that you will replace these activities with fruitful time with God through praying, reading the Bible, and worship.

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MY GRATITUDE LIST

Draw or list down the things you are thankful to God for in 2021.



MY PRAYER LIST

WRITE DOWN WHAT YOU WANT TO PRAY FOR UNDER THE FOLLOWING ITEMS: THE NATIONS THE CHURCH & CHURCH LEADERS **FAMILY & RELATIONSHIPS** HEALTH SINGLES, YOUTH, & KIDS YOURSELF



DISCOVER

READ

1 TIMOTHY 2:1-8 NIV

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 3 This is good, and pleases God our Savior, 4 who wants all people to be saved and to come to a knowledge of the truth. 5 For there is one God and one mediator between God and mankind, the man Christ Jesus, 6 who gave himself as a ransom for all people. This has now been witnessed to at the proper time. 7 And for this purpose I was appointed a herald and an apostle—I am telling the truth, I am not lying—and a true and faithful teacher of the Gentiles.

8 Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.

What did you discover about GOD from this passage?



LET'S DEVELOP THE HABIT OF DIGGING DEEPER INTO GOD'S WORD

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*	What is the most important lesson you have learned from the passage?
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*	How can you pray through this verse?
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Write down "I Will" statements that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions within a set timeframe.

Examples:

I will pray for healing for [cite a person's name] every night for the next 14 days. I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL

I WILL



Write down your prayer. The focus today is **PRAYING FOR THE NATIONS.** Use the Bible verses you know to pray. Praise Him using the attributes you discover in the Scriptures. Bring to God all the things in your prayer list.

SUGGESTED FAMILY ACTIVITIES

Option 1: Map of the World

- Print a world map that shows the names of the countries. Talk as a family about what is happening in your country and around the world. Locate them on the map to get a better geographical understanding. Talk about how the pandemic has affected the world. You may also talk about other things happening beyond the pandemic.
- Choose 3-5 countries that your family will specifically pray for on this day.
- You may write or draw what you would like to pray for each of the chosen countries and pin them on the map using sticky notes.
- Go to God in prayer as a family.

Option 2: Pail Prayers

- As a family, talk about the needs and concerns you see in your country and around the world.
- Use a mug or pail to create a prayer stick container. Decorate it with stickers or scrapbooking buttons. Using popsicle sticks and permanent markers, write down the needs and concerns you see in your country or in the world. Put the sticks in the mug or pail.
- As you gather as a family every day (devotion or meal), pick one or two items that you will bring to God in your prayers. You may assign someone to lead the prayer. Continue doing the activity even after the prayer and fasting week.

Option 3: Prayer Banners

- Talk about the needs and concerns you see in the Philippines, especially for the upcoming elections. Talk about the examples of godly leaders in the Bible.
 Dig deeper by talking about the sovereignty of God despite the problems we see in our country and around the world.
- Create a banner using fancy papers. Cut the papers into triangles, squares, or rectangles.
- Write the specific needs and concerns you talked about earlier. String them together.
- Hang it somewhere where your family can easily see it and be reminded to pray for the Philippines. Commit to praying for the Philippines, the government leaders, the upcoming election, and the protection of each person.

For family devotional materials, check M.O.T.I.V.A.T.E. 52-week Family Devo:

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DISCOVER

READ JOHN 17:20-26 NIV

20 "My prayer is not for them alone. I pray also for those who will believe in me through their message, 21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. 22 I have given them the glory that you gave me, that they may be one as we are one— 23 I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

24 "Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

25 "Righteous Father, though the world does not know you, I know you, and they know that you have sent me. 26 I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them."

What did you discover about GOD from this passage?



Write down your prayer. The focus today is **PRAYING FOR THE CHURCH**. Use the Bible verses you know to pray. Praise Him using the attributes you discover in the Scriptures. Bring to God all the things in your prayer list.

LET'S DEVELOP THE HABIT OF DIGGING DEEPER INTO GOD'S WORD

*	What is the most important lesson you have learned from the passage?
*	How can you pray through this verse?
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Write down "I Will" statements that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions within a set timeframe.

Examples:

I will pray for healing for [cite a person's name] every night for the next 14 days. I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL

I WILL



SUGGESTED FAMILY ACTIVITIES

Option 1: Sending A Note

- Talk as a family about God's people. Talk about the people volunteering and working in the church. Discuss how God's people are using their gifts and talents to serve so people can hear and learn from God's Word. Use examples to better illustrate the service people do.
- Talk about the role of discipleship groups such as the NXTGEN Squads in growing in faith. Let them share their experiences in NXTGEN—the things they like the most and the things they want to pray for this week.
- Pray as a family for the church and for the leaders.
- Encourage your kids to write a note of encouragement to the church leaders, specifically to their NXTGEN squad leaders. As parents, you may encourage their squad leaders as you partner with them in discipleship.

Option 2: The Mystery Bag

- Talk as a family about the people they know who are part of the church.
- On small strips of paper, instruct the kids to write the names of the people they know who are part of the church. Younger kids may opt to draw their own representation. Include the names of our church leaders and any volunteers you know.
- Put these strips of paper in a paper bag or mystery bag.
- Any member of the family may draw from the bag at any time and pray for the person they have drawn at any given time.

Option 3: The Body of Christ

- Talk as a family about God's people. Read 1 Corinthians 12:12-27. Let each member of the family share what they have learned from the passage about being part of the body of Christ.
- Using a big piece of kraft or manila paper, trace the body of the chosen member of the family.
- Using markers, write the names of the people they know who are part of God's people on different parts of traced body. Younger kids may opt to draw their own representation of these people.
- Pray together as a family for the people they wrote about in the paper.

For family devotional materials, check M.O.T.I.V.A.T.E. 52-week Family Devo: https://go.ccf.org.ph/MotivateDevo

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DISCOVER

READ

DEUTERONOMY 6:4-9 NIV

4 Hear, O Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. 8 Tie them as symbols on your hands and bind them on your foreheads. 9 Write them on the doorframes of your houses and on your gates.

What did you discover about GOD from this passage?



LET'S DEVELOP THE HABIT OF DIGGING DEEPER INTO GOD'S WORD

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Write down "I Will" statements that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions within a set timeframe.

Examples:

I will pray for healing for [cite a person's name] every night for the next 14 days. I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL

I WILL



Write down your prayer. The focus today is **PRAYING FOR FAMILIES AND RELATIONSHIPS.** Use the Bible verses you know to pray. Praise Him using the attributes you discover in the Scriptures. Bring to God all the things in your prayer list.

SUGGESTED FAMILY ACTIVITIES

Option 1: My Family In 2022

- Talk as a family about the blessings and struggles you have experienced in 2021. Take the time to talk about and tell each story of how God came through.
- Write them on pieces of paper and put them in a jar, or just list them on a piece of paper.
- Write the things your family will commit to doing to grow more in faith and love in 2022. Consider how your family will apply Deuteronomy 6:4-9 at this time and day.
- Bring these things to God in prayer and be amazed at how God will come through in 2022.

Option 2: Connected

- Gather as a family but sit apart from one another.
- The goal is to make a web by tossing a ball of yarn to each member of the family.
- Each one must share a trait they appreciate about a family member or their family.
- Toss the yarn to each member until the yarn runs out.
- Then, repeat the same process of tossing to roll the yarn again.
- Alternatives:
 - o Toss the yarn as the praise God.
 - Toss the yarn as they sing praises.
 - o Toss the yarn as they give thanks.

Option 3: Minefields

- Blindfold one person in the group. Then, set up an obstacle course or minefield around them. The goal is for the blindfolded person to cross the field without bumping into the "minefields" by listening to the instructions of another person.
- Talk about the importance of listening to God in relation to activity.
- Talk about the importance of clear communication and listening to one another as a family, as a parent, and a their child.
 - Why is clear communication important?
 - Why is listening to people who see and know the way important?
 - What usually causes misunderstandings in your family?
- Bring to God in prayer your family.

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DISCOVER

READ

JAMES 5:13-16 NIV

13 Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. 14 Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 15 And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

What did you discover about GOD from this passage?



LET'S DEVELOP THE HABIT OF DIGGING DEEPER INTO GOD'S WORD

*	What is the most important lesson you have learned from the passage?
*	How can you pray through this verse?
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Write down "I Will" statements that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions within a set timeframe.

Examples:

I will pray for healing for [cite a person's name] every night for the next 14 days. I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL

I WILL



Write down your prayer. The focus today is **PRAYING FOR HEALTH.** Use the Bible verses you know to pray. Praise Him using the attributes you discover in the Scriptures. Bring to God all the things in your prayer list.

SUGGESTED FAMILY ACTIVITIES

Option 1: Glow Up

- Make a chart as a family. Write down "Glowing Up" as the title.
- Fold the paper into quadrants. Write "MIND" at the top of one block, "BODY" in the second, "HEART" in the third, and "OTHERS" in the fourth.
- Write down what you intend to do in each quadrant in response to caring for our bodies. How will you take extra precautions to protect yourself during this pandemic?
- Think about ways to achieve your family's health goals.
- As a family, bring them to God in prayer.

Option 2: Healing Wall

- Talk about the people you know who are ill or sick. Talk about how sickness can affect families and other people.
- On a poster board, paste two band-aids or pieces of plaster together to form a cross.
- Each member of the family can write the names of people who need healing around the cross.
- Pray for them as a family.

Option 3: Wellness SKS (Stop-Keep-Start)

- Discuss the significance of maintaining a healthy body, especially in this time of the pandemic.
- As a family, create a wellness plan for 2022. Think of the habits that each of you must stop, keep, or start to care for your bodies:
 - What are the activities that each person must stop doing to be healthy?
 - What are the activities that each person must continue doing to be healthy?
 - What are the activities that each person must start doing to be healthy?
 - How can you help each other? How will you care for each other when someone is sick?
- As a family, bring each item to God in prayer. Remind each one that it is only through God's help that each one can accomplish their plan.

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DISCOVER

READ

PROVERBS 4:20-23 NIV

My son, pay attention to what I say; turn your ear to my words. 21 Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to one's whole body. 23 Above all else, guard your heart, for everything you do flows from it.

Jeremiah 17:9 NIV

The heart is deceitful above all things and beyond cure. Who can understand it?

Psalm 139:23-24 NIV

23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.

Proverbs 3:5-6 NIV

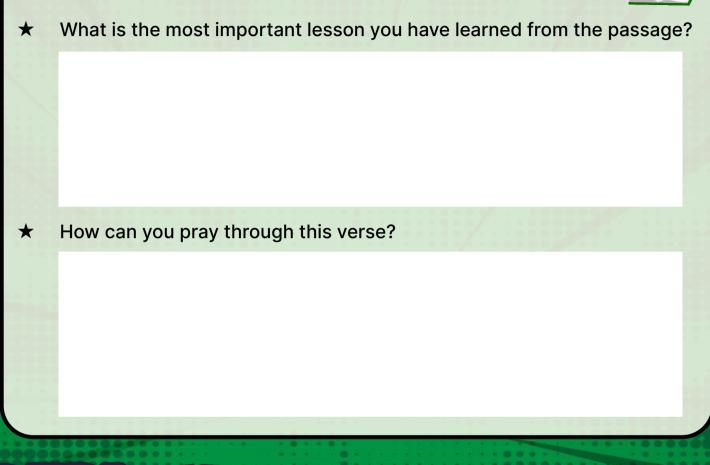
5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight

What did you discover about GOD from this passage?



DEVELOP

LET'S DEVELOP THE HABIT OF DIGGING DEEPER INTO GOD'S WORD



DEPLOY

Write down "I Will" statements that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions within a set timeframe.

Examples:

I will pray for healing for [cite a person's name] every night for the next 14 days.. I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL

I WILL



Write down your prayer. The focus today is **PRAYING FOR THE SINGLE PEOPLE**, **YOUTH**, **AND KIDS**. Use the Bible verses you know to pray. Praise Him using the attributes you discover in the Scriptures. Bring to God all the things in your prayer list.

SUGGESTED FAMILY ACTIVITIES

Option 1: People Chain

- Cut out a person chain paper.
- On each person of the chain, instruct the kids to write the name of a friend that you want to pray for and the things you will pray for about them.
- You may include the names of teachers and lifeshapers that God put in their lives. Talk about how these people have been used by God to impact their lives.
- Bring each one of them into prayer. Think of ways to show God's love and your appreciation for them.

Option 2: Alphabet Praise

- Place a large piece of easel paper on the wall with the alphabet written on one side.
- Think and write a word that begins with each letter of the alphabet that will bring praise to God in the lives of the NXTGEN Kids.
 For example,
 - A for "God, you're AWESOME for you continue to protect us."
 - B for "Thank you, God for BRINGING kids to NXTGEN."
 - o C for "We thank you for CARING for me every day."

Option 3: Paper Chain

- Instruct the kids to write the names of their friends on a sheet of paper.
- Glue the sheets together to form a paper chain.
- They talk about how they can invite their friends to attend NXTGEN.
- Pray as a family for guidance on how they can invite their friends to attend NXTGEN.

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DISCOVER

READ

HEBREWS 5:7-9 NIV

7 During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. 8 Son though he was, he learned obedience from what he suffered 9 and, once made perfect, he became the source of eternal salvation for all who obey him.

What did you discover about GOD from this passage?



LET'S DEVELOP THE HABIT OF DIGGING DEEPER INTO GOD'S WORD

*	What is the most important lesson you have learned from the passage?
*	How can you pray through this verse?
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Write down "I Will" statements that you plan to do as a result of what you've learned from God's Word. These statements must be specific actions within a set timeframe.

Examples:

I will pray for healing for [cite a person's name] every night for the next 14 days. I will ask forgiveness from [cite a name] for [cite an offense you did] this week.

I WILL

I WILL



Write down your prayer. The focus today is **PRAYER FOR YOUR PERSONAL REQUESTS.** Use the Bible verses you know to pray. Praise Him using the attributes you discover in the Scriptures. Bring to God all the things in your prayer list.

SUGGESTED FAMILY ACTIVITIES

Option 1: Praying Buddies

- Allow each member of your family to share 1-2 items on their personal prayer list and the reason they're praying for these items.
- Allow each member of your family to share 1-2 items on their personal prayer list and the reason why they're praying for these items.
- As a family, talk about your experiences during this prayer and fasting week.
 - What did you discover about God this week?
 - Which passage struck you the most?
 - How does each intend to follow through with their application (I will) statements?
 - Prayer and fasting do not end this week. In what way will your family continue to pray and fast for nations, churches, families, and other people?
- Pair up the members of your family. Each pair will pray for each other during the week. Shuffle the pairs as the weeks go by.

Option 2: Tower Of Praise

- As a family, convene to give God all the praise and thanksgiving.
- Each family member will recall the personal blessings he or she has received from God.
- Each family member will stack a piece of Lego or a block as he or she praises and thanks God for each blessing.
- After praying, process as a family into the tower of praise and thanksgiving you have made. Talk about how God has blessed each one of us.

Option 3: Promise Tree

- Make a "Promise Tree" using thumbprints. On a white piece of paper, draw the trunk of a tree.
- Ask everyone to make thumbprints to make leaves and branches of the tree. As
 they make their prints, they talk about their "I WILL" statements for this year. Talk
 about yielding to God all the promises they have made. Remind them that
 accomplishing those promises can only be done by walking by the Spirit.
- Pray together as a family.

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Praying through God's Word means reciting selected verses or passages and letting each word be our thoughts and words in prayer. The following verses are some ways you can pray through God's Word. You may use the attributes or descriptions of God that you discover from from the Bible. You may restate the passage that speaks what you want to say to God.

2 Corinthians 1:3-4

We praise You God, the Father of compassion. You are the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from You.

Romans 15:13

Heavenly Father, our God of Hope, we pray that fill **[cite a name]** with all joy and peace as **[name]** trust in You, so that **[name]** may overflow with hope by the power of the Holy Spirit.

Ephesians 3:14-19

Heavenly Father, I pray that out of Your glorious riches that may strengthen **[name]** with power through Your Spirit so that Christ may dwell in **[name]** hearts through faith. And I pray that **[name]**, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ.

Psalm 139:23-24

Search me, God, and know my heart; test me and know my anxious thoughts. Help me see if there is any offensive way in me, and lead me in the way everlasting.

Romans 8:28

We trust You, God, in our current situation because we know that in all things You work for the good of those who love You and have been called according to Your purpose. We know that You will use our situation for Your purpose.

Proverbs 3:5-6

I trust in You, Lord, with all my heart. Help me not lean on my own understanding. Thank you for the promise that You will make our paths straight as we submit to You.

Ephesians 3:20

Heavenly Father, You are able to do immeasurably more than all we ask or imagine. We know that You will do more than we ask or imagine this 2022.

Download and print

Praying Through the God's Word

Board to train your Bible navigation skills and use the verses to pray.









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