

**CPC Kids 2024**

# Heal The Land

**CPC CHILDREN'S GUIDE TO:  
21 DAYS OF PRAYER & FASTING**

## **Schedule**

**Begins: Sunday, January 7th**

**Ends: Sunday, January 28th**

## **Prayer**

**Monday, Wednesday and  
Friday Nights @ 7:00 PM**

# What to Eat

Eat your regular three meals a day:  
breakfast, lunch, and dinner.

Choose healthy snacks such as fruits, vegetables, crackers etc.

Avoid:

Sweets

Desserts

Pop

Junk Food: Chips, candy, cookies etc.

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# What to Do

During your time of fasting we want to connect with God by  
spending time with him.

LET'S GO

Things You SHOULD do:

Read your Bible

Pray

Complete your Fast Packet

Household Chores

Rest

ADVENTURE

AVOID

Video Games, Too Much TV, YouTube, Shopping, Social Media

## Prayer is our Guide

Learning what prayer is and how to pray is important to your everyday life and is one of the most important things you can do as a believer in Jesus. Praying is a way to talk to God, about our wins and losses. Praying and talking with Jesus can be the best part of our day.

### You can pray:

- Before the day begins
- Before you go to school
- Before you hang out with your friends
- Before practice
- Before you play a big game
- Before you go to bed
- When something bad happens
- When something good happens
- In every situation – PRAY FIRST!

### FOCUS SCRIPTURE

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Chronicles 7:14

## Fasting is A Journey

To fast means to give up something for a time. You can fast whenever you want for as long as you want. Fasting is a way to reconnect with God and reset our priorities! In the Bible fasting is almost always paired with prayer. It is meant to help us humble ourselves and recognize that there's nothing that we need more than Jesus.

Fasting reminds us that God is our provider of every good and perfect gift. Fasting helps us focus. The point of a fast is to focus on a particular issue, need, concern, or desire. Fasting is a biblical rule we follow as Christians not a punishment.



# ACTS

**A**doration, **C**onfession, **T**hanksgiving, **S**upplication

Fill In the Blanks, complete your ACTS prayer!

1. God you are \_\_\_\_\_  
I Love you because \_\_\_\_\_  
\_\_\_\_\_



2. I am sorry for \_\_\_\_\_  
\_\_\_\_\_  
Please forgive me for \_\_\_\_\_



3. Thank you for \_\_\_\_\_  
\_\_\_\_\_



4. Lord I am asking you to \_\_\_\_\_  
\_\_\_\_\_



**A** Ask God to take it- Pray  
(Lay Down your burdens)

**L** Let It Go

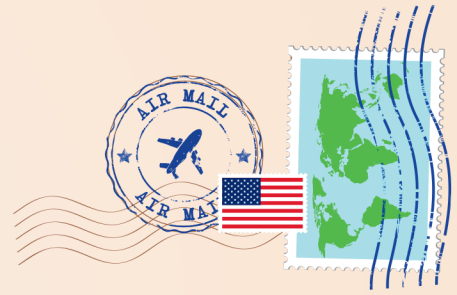
**T** Trust Him with It

**A** Accept It Is not yours to  
Carry

**R** Release It

After you ACT in Prayer do not  
forget to lay it at the ALTAR!

**GOD IS ABLE TO DO EVERYTHING  
WE ASK IN PRAYER!!**



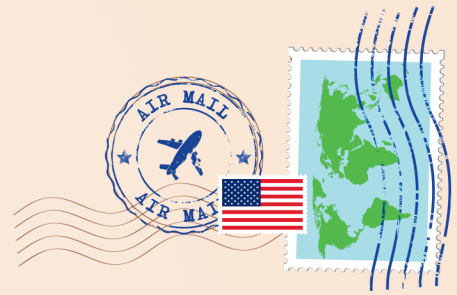
Prayer Postcard

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Prayer Postcard

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# Disobedience = Destruction

If you were God and you saw someone who was doing wrong things all the time, what would you do to that person? Do you think God ever punishes people when they do wrong things? How does God punish people?

This lesson is taken from Genesis 18:16-19:29 and covers the account of the Cities of Sodom and Gomorrah.

Main points: God is patient but will judge sin. We should pray for others. We should flee from sin and temptation. God is gracious to save.

Want to See this story in action? Scan the QR Code to watch this YouTube video from ShareFaithKids on Sodom and Gomorrah.



One day, Abraham was sitting in his tent. He saw three men standing nearby and ran to greet them. Abraham told Sarah to prepare bread and he prepared meat for the three visitors. One of the men said, "I will return to you about the same time next year and Sarah your wife will have a son." The three were not just men at all. They were heavenly visitors (Angels)!



The Lord decided that He would reveal to Abraham what He was going to do next. "Sodom and Gomorrah are very wicked cities." The Lord said. "Their sin is so bad that I am going to the cities to see if it is as bad as I hear." Abraham remembered his nephew Lot lived in Sodom. He begged with God. "Will you punish the innocent with the guilty? What if there are fifty righteous men in the city?"

"I will spare the city for fifty." The Lord said. "What about forty-five?" "I will spare the city for forty-five," the Lord said. But Abraham could not find that many righteous men. So he continued to ask God if he would spare the city for the sake of the righteous. Each time, the Lord said He would spare the city for that many righteous. "What about ten?" Abraham asked one last time. "I will spare the city for ten."



## Disobedience = Destruction

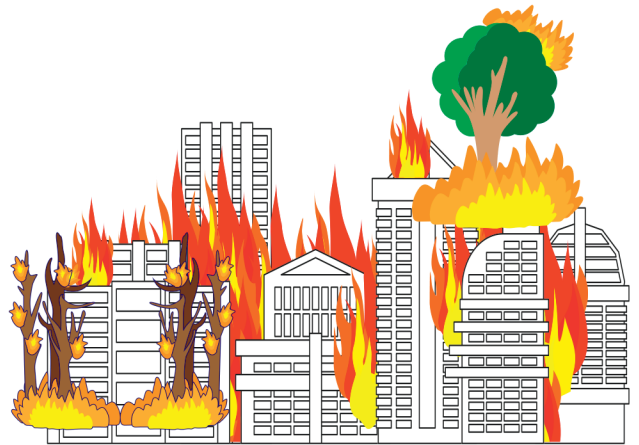
The two angels arrived in Sodom and met Lot. “Come to my home,” said Lot. Lot insisted that they come to his house. He prepared a meal for them. But the men of the city were very wicked. They came to Lot’s house.

**For the wages of  
sin is death, but  
the gift of God is  
eternal life in  
Christ Jesus our  
Lord.**

**Romans 6:23**

The angels pulled Lot in to the house. “This city is too wicked. If you have any family here, get them out. God sent us to destroy this city, because it is too evil.” Lot warned his extended family, but they didn’t listen to him. The angels woke up Lot and his wife and two of his daughters early the next morning. “Get out of the city! Quickly! Don’t look back or you will be destroyed too.”

God rained sulphur down to destroy the wicked cities. Everything was demolished on the whole plain including plants. Lot’s wife didn’t obey the angel’s command. She turned to look back, and she became a pillar of salt. Lot was spared, but God wiped the wicked cities from the earth.



Father, we know that You are so powerful, You can do anything, just like how you died for our sins. But You're not just powerful; You're also good. Your rules are good! Help us to follow your rules and be obedient so that we can be happy and so that You can be proud of us.

In Jesus' name we pray. Amen.

# Sodom and Gomorrah

U V E K G Z L S L G L B R O F Z H  
R Z G C U D E K C I W I W X A G E  
A O D R G X L G D H G I X N A Q V  
B F U V L V O L I H Q A O Y L G E  
R G J I S M L O T S M I Z D I O E  
A Z I I O M S E B E S C O G R E T  
H E B R D P O C V S A V I T O O A  
A M R C S U L T E A S J G P E Y M  
M A Y A S D I C A L M D M H C B I  
H Q R D Y A R Y E Y O Y B R T F L  
C A V V W E L G A B D W E L C T R  
H O M Z T N N T S H O M O K X D L  
Q B J N G A W X R F S O L W F Y K  
W C I P C J Z B E T A V R O R G M  
D H A S E U C G J F M G B R R B E  
Z B L G N T Z V F A I T H T R D J  
O V A I I P D B M S K Q J L K Y F

Abraham

Angels

Faith

Gomorrah

Intercession

Judge

Lord

Lot

Mercy

Righteous

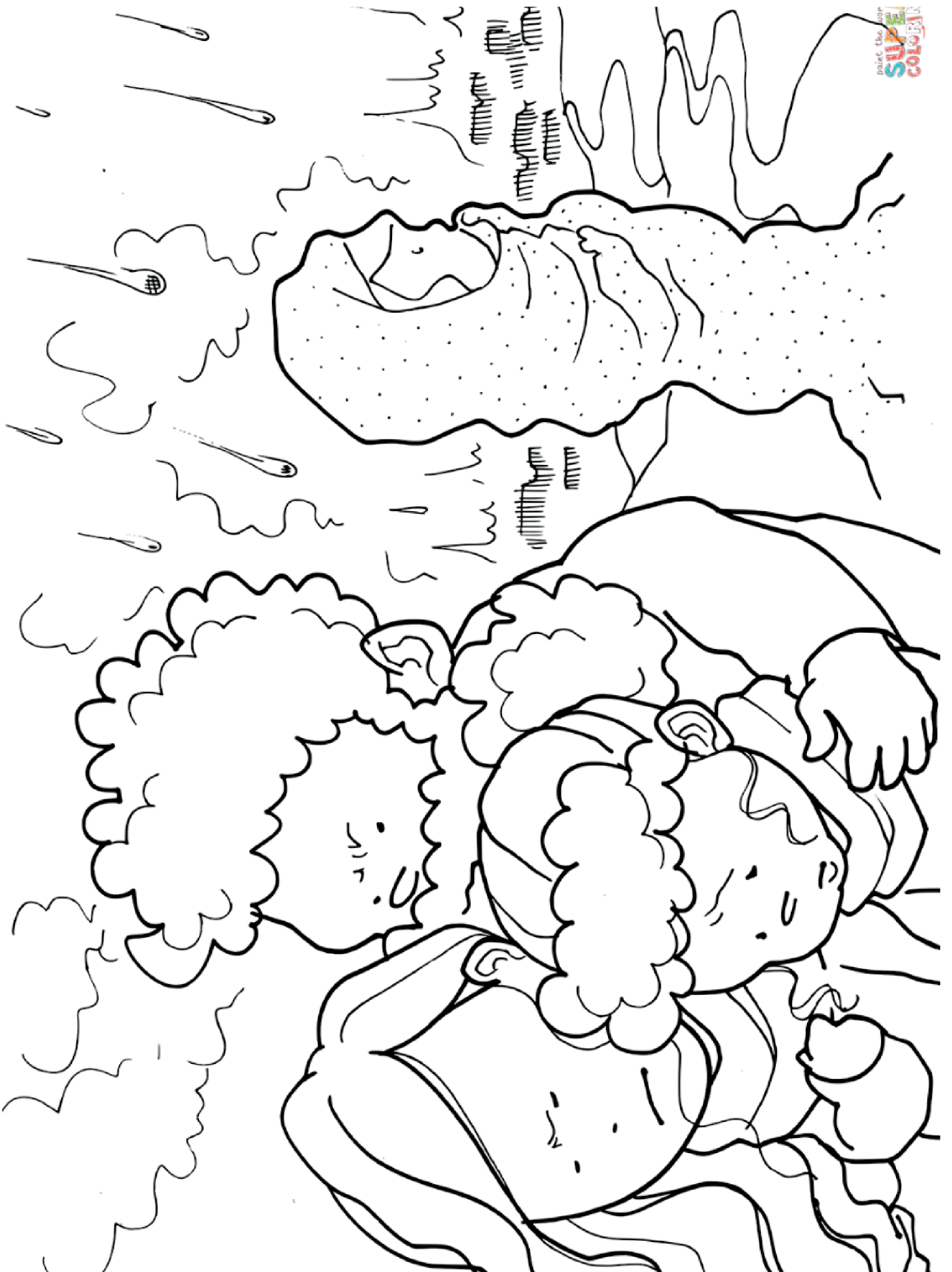
Salt

Sarah

Sodom

Wicked





# Obedience = Salvation

Have you ever been rewarded in school for following the directions of the teacher! It feels good to be seen, right? But God has an even greater reward for us in Heaven! But we first must follow His command!

This lesson is taken from Exodus 13:17-22; 14:1-31; 15:1 and covers the account of Moses and the Children of Israel.

Main points: God is more powerful than any challenge or problem we face. God is able to save us from our sins if we will trust in Jesus.

Want to See this story in action? Scan the QR code to watch the story from ShareFaithKids on YouTube!



God spoke to Moses through a burning bush and told him to go back to Egypt to lead the Israelites out of slavery. Moses was afraid and had a hard time trusting God because Moses didn't feel like he was good enough for such a big job.



The time finally came for Moses to go back to Egypt. God had promised that Aaron would help him speak to Pharaoh, since Moses had difficulty speaking. Aaron met him in the desert and together they went before Pharaoh to ask him to free the Israelites from slavery. The Israelites were in slavery in Egypt. Pharaoh made them work long hours making bricks to build temples and pyramids all over Egypt.

Pharaoh didn't know the One True God. He only knew about puny little Egyptian gods who didn't have any real power. So Pharaoh had no idea how powerful God really is! He soon would though... Not only did Pharaoh refuse to let the Israelites go, but from then on he made their work even harder! He said that the slaves would have to keep making the same number of bricks, but they wouldn't be provided with the straw they needed. That meant they would have to go gather their own straw before they could make their bricks. Now the work would take even longer!



# Obedience = Salvation

The people were angry! They didn't want to work even harder, but because of Moses and Aaron their lives were even worse than before. They didn't believe that God was really going to rescue them from Pharaoh. They had forgotten how powerful God was and how much He cared for them.

**Blessed is the one  
who always trembles  
before God, but  
whoever hardens  
their heart falls into  
trouble.**

**Proverbs 28:14**

Moses felt terrible and he went before God and asked Him why things were so much worse. God reminded Moses that He was the God of Abraham, Isaac, and Jacob. God didn't forget about the covenant He had made to Abraham years and years earlier to give His people their own land. Let's hear again from God's Word what else God said to Moses. God told Moses to return to Pharaoh and this time they would perform a sign (or miracle) that would demonstrate God's power to him. God told Aaron to throw his staff down on the ground, and when he did, it became a snake!

Pharaoh had hardened his heart against God even though God performed a miracle in front of him. But God had sent Moses before Pharaoh to free the Israelites and God did just that. He sent 10 plagues to Egypt but gave special instructions to the Israelites to follow to spare them from destruction. Moses' and the children of Israel's obedience to God saved them and delivered them from the hand of their enemy.

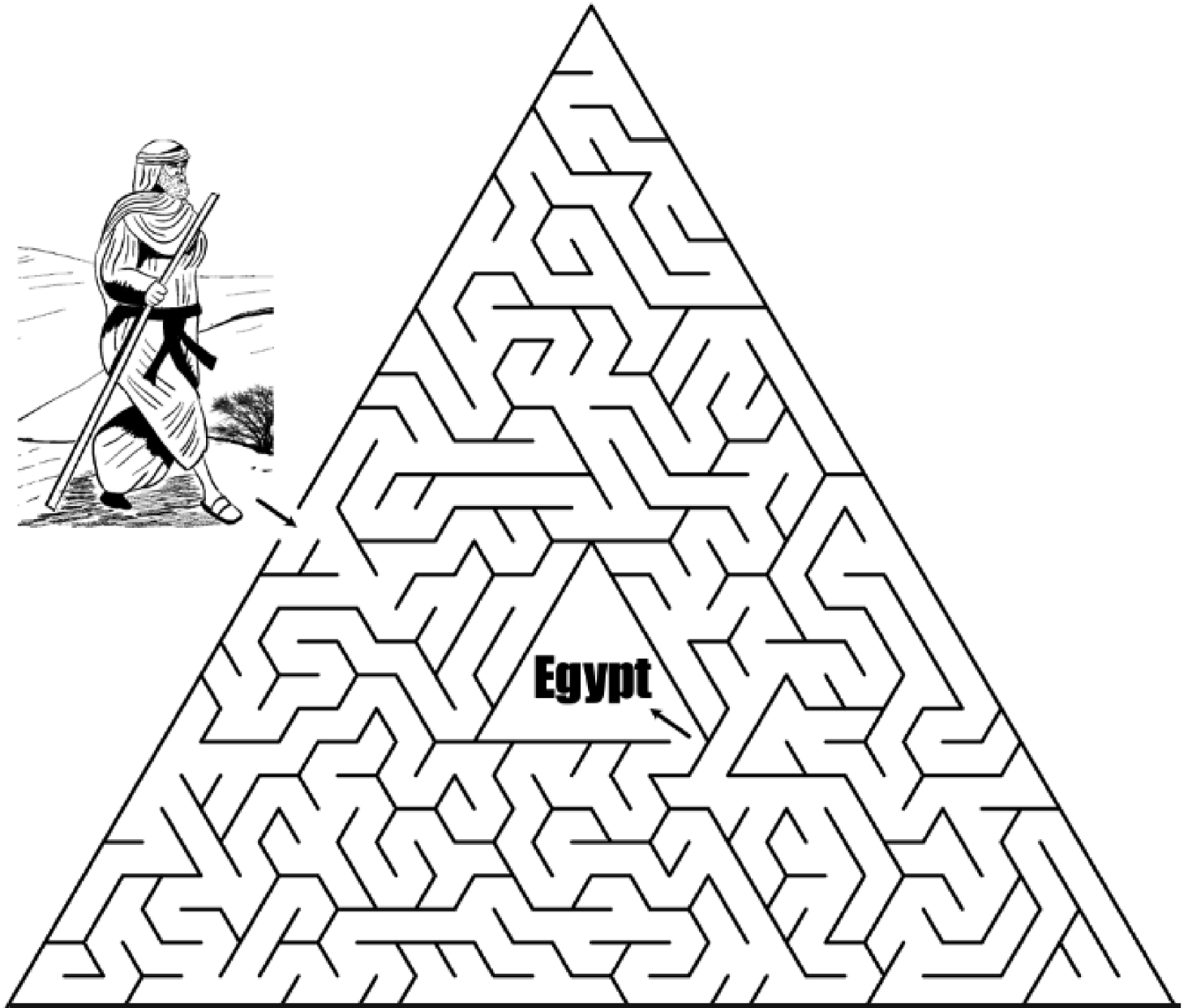


Father, we know that You are so powerful, You can do anything, just like how you saved the Israelites. But You're not just powerful; You're also good. Your ways are good! Help us to follow your ways and be obedient so that we can be happy and so that You can be proud of us.

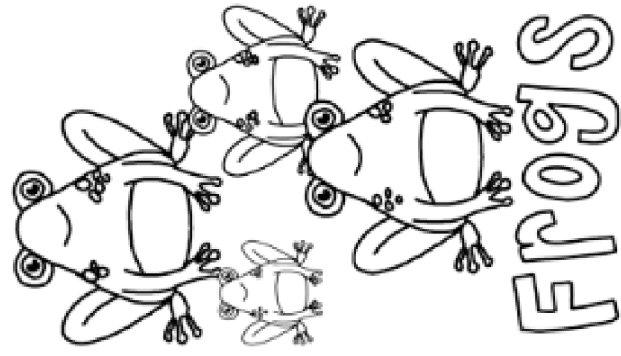
In Jesus' name we pray. Amen.

# MAZE

Guide Moses and His family to Egypt.

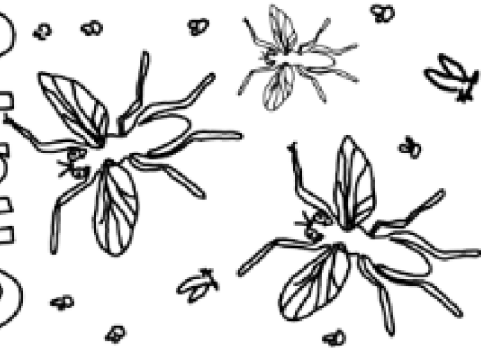


Water  
turns to  
blood

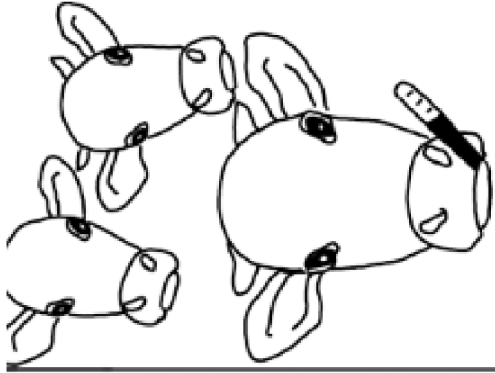


FROGS

Gnats

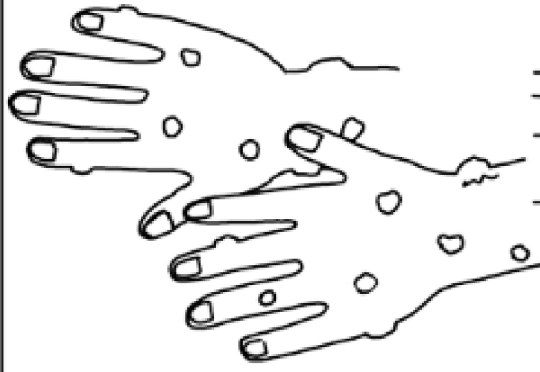


FLIES



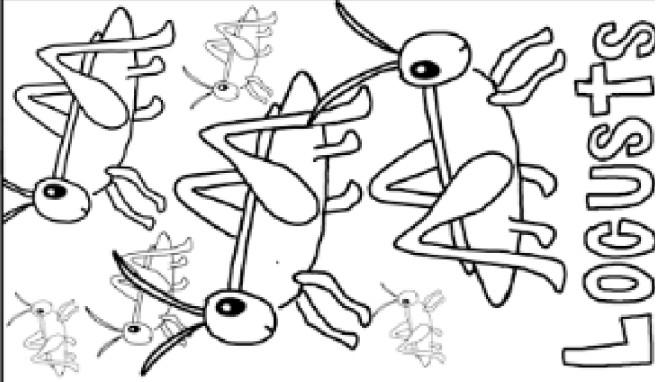
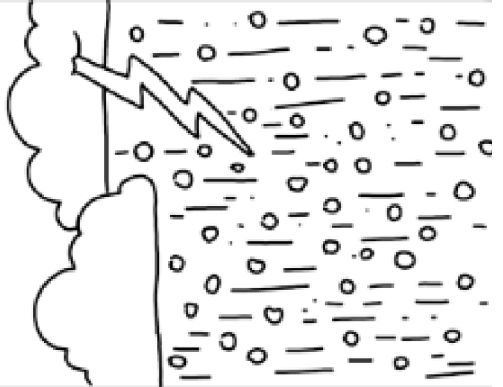
disease on  
livestock

# The 10 Plagues of Egypt



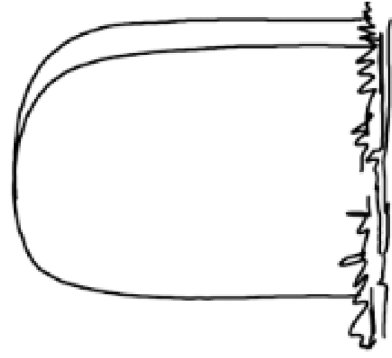
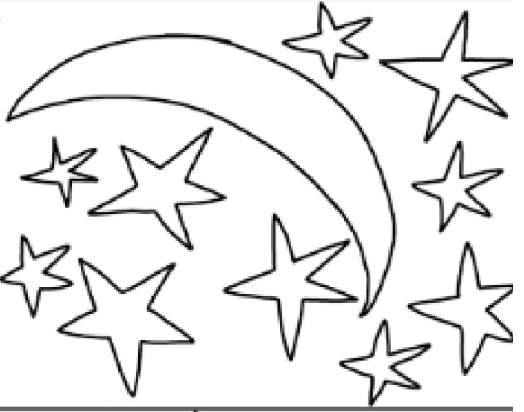
unheatable  
Boils

Hail



LOCUSTS

Darkness



death of the  
firstborn



**CORNERSTONE**  
PENTECOSTAL CHURCH

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