



# SACRED SEASON

2025 DEVOTIONAL

21 DAYS OF PRAYER & FASTING



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# Hey Calvary Kids,

It's a brand new year!! I know I am excited to see what amazing things God has in store for us this year. We are starting off the new year with a time of prayer and fasting. Fasting is saying "no" to certain foods for a period of time and prayer is saying "yes" to spending more time with God by talking to him and worshipping him. Sometimes people also choose to fast other things that are important to them or take up a lot of their time like maybe watching TV, playing with a certain toy or an activity you usually do. What's important is that you are showing God that there is nothing more special to you than Him!

In this journal you will learn all about the life of Daniel and how he took time to pray and fast as well. It goes along with our Calvary Kids messages each week so make sure to come to Calvary Kids so we can grow and learn together. At the end of the 21 days we have a special service called Sacred Sunday. On this day, we will pray together and give a special offering to God.

**Don't forget to follow @CalvaryFL Kids on facebook and Instagram for additional videos and activities to go along with your journal.**



*Write notes from today's message at Calvary Kids:*

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**WHAT ARE YOU  
FASTING THIS WEEK?**

**WHAT ARE YOU  
THANKFUL FOR?**

**WHAT OR WHO ARE  
YOU PRAYING FOR?**

**READ ABOUT IT:** (Daniel 1) It was the third year that Jehoiakim was king of Judah. Nebuchadnezzar, king of Babylon, came to Jerusalem. His armies surrounded the city and attacked it. The Lord handed Jehoiakim, the king of Judah, over to him. Nebuchadnezzar also took some of the objects from God's temple. He carried them off to the temple of his god in Babylon. He put them among the treasures of his god. The king gave Ashpenaz an order. Ashpenaz was the chief of Nebuchadnezzar's court officials. The king told him to bring him some of the Israelites. The king wanted them to serve him in his court. He wanted nobles and men from the royal family. He was looking for young men who were healthy and handsome. They had to be able to learn anything. They had to be well educated. They had to have the ability to understand new things quickly and easily. The king wanted men who could serve in his palace. Ashpenaz was supposed to teach them the Babylonian language and writings. The king had his servants give them food and wine from his own table. They received a certain amount every day. The young men had to be trained for three years. After that, they could begin to serve the king. Some of the men chosen were from Judah. Their names were Daniel, Hananiah, Mishael and Azariah. The chief official gave them new names. He gave Daniel the name Belteshazzar. He gave Hananiah the name Shadrach. He gave Mishael the name Meshach. And he gave Azariah the name Abednego.



**THINK ABOUT IT:**

Daniel and his friends were taken from their family and home and brought to a new and unfamiliar place. How do you think they must have felt?



**DRAW OR WRITE ABOUT IT:**

Think of a time you did something new. Write or draw how you felt in the space below:



**PRAY ABOUT IT:** Pray and ask God to help you with the new things he has planned for you this year.

**READ ABOUT IT:** (Daniel 1:8) Daniel decided not to make himself “unclean” by eating the king’s food and drinking his wine. So he asked the chief official for a favor. He wanted permission not to make himself “unclean” with the king’s food and wine. God had caused the official to be kind and friendly to Daniel. But the official refused to do what Daniel asked for. He said, “I’m afraid of the king. He is my master. He has decided what you and your three friends must eat and drink. Other young men are the same age as you. Why should he see you looking worse than them? When he sees how you look, he might kill me.” So Daniel spoke to one of the guards. The chief official had appointed him over Daniel, Hananiah, Mishael and Azariah. Daniel said to him, “Please test us for ten days. Give us nothing but vegetables to eat. And give us only water to drink. Then compare us with the young men who eat the king’s food. See how we look. After that, do what you want to.” So the guard agreed. He tested them for ten days.



**THINK ABOUT IT:**

Daniel could have eaten the very best food in the kingdom, but he knew that eating some of the foods would go against God’s laws, so he did not do it. What would you have done?



**DRAW OR WRITE ABOUT IT:**

What are some things that you say “No” to, because you want to please God? (ex: lying, hitting...) Write or draw them in the space below.



**PRAY ABOUT IT:** Pray and ask God to wash your heart clean of anything that doesn’t make him happy and to help you make the right choices.

**READ ABOUT IT:** (Daniel 1:15) After the ten days Daniel and his friends looked healthy and well fed. In fact, they looked better than any of the young men who ate the king's food. So the guard didn't require them to eat the king's special food. He didn't require them to drink the king's wine either. He gave them vegetables instead. God gave knowledge and understanding to these four young men. So they understood all kinds of writings and subjects. And Daniel could understand all kinds of visions and dreams.



**THINK ABOUT IT:**

After ten days of only eating vegetables and drinking water, Daniel and his three friends were stronger and healthier than those who ate the king's food. How does choosing to follow God make us spiritually stronger and healthier.  
(Ex: less fear, more faith...)



**DRAW OR WRITE ABOUT IT:**

Draw a picture or write a short story of yourself as a superhero, strong and healthy and doing what's right!



**PRAY ABOUT IT:** Ask God to make you spiritually strong and healthy so that you can follow him and serve him every day.

**READ ABOUT IT:** (Daniel 1:18) The three years the king had set for their training ended. So the chief official brought them to Nebuchadnezzar. The king talked with them. He didn't find anyone equal to Daniel, Hananiah, Mishael and Azariah. So they began to serve the king. He asked them for advice in matters that required wisdom and understanding. The king always found their answers to be the best. Other men in his kingdom claimed to get knowledge by using magic. But the answers of Daniel and his friends were ten times better than theirs. Daniel served in Babylon until the first year Cyrus ruled over the land of Babylon. Cyrus was king of Persia.



**THINK ABOUT IT:**

After three whole years of training, Daniel and his three friends were not only stronger and healthier, but they were smarter and knew more than anyone in the whole kingdom. Because of this, they were chosen to serve the king. Why do you think God gave them these special abilities?



**DRAW OR WRITE ABOUT IT:**

What special gifts or abilities has God given to you? How can you use them to serve God and people? Draw or write about it in the space below.



**PRAY ABOUT IT:** Thank God for allowing you to serve in his kingdom. Ask him to show you how he wants to use you this year.

**READ ABOUT IT:** (Romans 12) Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



**THINK ABOUT IT:**

In our bible story this week, Daniel was far away from home without his parents or anyone else to tell him what to do, yet he still chose to do what was right. Why do you think he made this decision?



**DRAW OR WRITE ABOUT IT:**

God wants us to offer our lives to him in worship. Draw or write some ways in which you can worship God in the space below.



**PRAY ABOUT IT:** Dedicate this prayer time to worshipping God and giving your life to him.



**READ ABOUT IT:** (Matthew 22:37-38) Jesus replied, " 'Love the Lord your God with all your heart and with all your soul. Love him with all your mind.' This is the first and most important commandment.

**YOUR HEART** represents everything you love

**YOUR SOUL** represents the breath of life inside of you

**YOUR MIND** represents your thoughts



**THINK ABOUT IT:**

Daniel was determined to follow God with all of his heart, soul and mind. What does it mean to be determined to do something?



**DRAW OR WRITE ABOUT IT:**

How can you stay determined to follow God with all your heart, soul and mind? Write or draw in the space below.



**PRAY ABOUT IT:** Say this prayer today: Heavenly father, you are my first and truest love. Let my life bring you honor and glory with every beat of my heart, every breath that I take and every thought that I think. In Jesus' name, Amen





**READ ABOUT IT:** (Daniel 9) It was the first year that Darius was king of Babylon. He was from Media and was the son of Xerxes. In that year I learned from the Scriptures that Jerusalem would remain destroyed for 70 years. That was what the Lord had told Jeremiah the prophet. So I prayed to the Lord God. I begged him. I made many appeals to him. I didn't eat anything. I put on the rough clothing people wear when they're sad. And I sat down in ashes.



**THINK ABOUT IT:**

In Daniel chapter 1 we read where Daniel fasted by only eating vegetables and drinking water. Here in chapter 9, he is not eating anything at all for a period of time. Why do you think fasting was such an important part of Daniel's life?



**DRAW OR WRITE ABOUT IT:**

Fasting is a way of putting aside food or something else that is important to you for a period of time so that you can show God that he is the most important one in our lives. Draw or write some foods or other things that are important to you. On top of the picture write "God is Greater."



**PRAY ABOUT IT:** Pray to God by telling him how great he is and how important he is to you.

**READ ABOUT IT:** (Daniel 9:4 ) I prayed to the Lord my God. I admitted that we had sinned. I said, "Lord, you are a great and wonderful God. You keep the covenant you made with all those who love you and obey your commandments. You show them your love. We have sinned and done what is wrong. We have been evil. We have refused to obey you. We have turned away from your commands and laws. We haven't listened to your servants the prophets. They spoke in your name to our kings, our princes and our people of long ago. They also brought your message to all our people in the land. "Lord, you always do what is right. But we are covered with shame today. We are the people of Judah and Jerusalem. All of us are Israelites, no matter where we live. We are now living in many countries. You scattered us among the nations because we weren't faithful to you. Lord, we are covered with shame. So are our kings and princes, and our people of long ago. We have sinned against you. You are the Lord our God. You show us your tender love. You forgive us. But we have turned against you. You are the Lord our God. But we haven't obeyed you. We haven't kept the laws you gave us through your servants the prophets. All the people of Israel have broken your law and turned away from it. They have refused to obey you.



**THINK ABOUT IT:**

Daniel humbled himself before God with prayer and fasting. What do you think it means to humble yourself?



**DRAW OR WRITE ABOUT IT:**

Daniel realized all the things that his people had done to sin against God. He also remembered God's faithful love to his people. Make two columns in the space below. On one side write " Ways we disobey God." On the other side write. "Ways God shows his love." List some answers in each column.



**PRAY ABOUT IT:** Ask God to forgive you of anything you've done to sin against him. Thank him for his faithful love and forgiveness to wash our sins away and give us a new beginning.

**READ ABOUT IT:** (Daniel 9:20) I was speaking and praying. I was admitting that I and my people Israel had sinned. I was making my appeal to the Lord my God. My appeal was about his holy mountain of Zion. While I was still praying, Gabriel came to me. I had seen him in my earlier vision. He flew over to me very quickly. It was about the time when the evening sacrifice is offered. He helped me understand. He said, "Daniel, I have come now to help you know and understand these things. You are highly respected. So as soon as you began to pray, the Lord gave you a message. I have come to tell you what it is. Here is how you must understand the vision.



**THINK ABOUT IT:**

While Daniel was fasting and praying, God sent an angel with a message to him to help him understand everything that was happening. Think about a time when you prayed and God helped you through a difficult time.



**DRAW OR WRITE ABOUT IT:**

Draw or write about ways that God has helped you through difficult times and ways that you can help others.



**PRAY ABOUT IT:** Thank the Holy Spirit for being our comforter. Ask him to help you with whatever you or someone you love may be facing today.

**READ ABOUT IT:** (Luke 4) Jesus, full of the Holy Spirit, left the Jordan River. The Spirit led him into the desert. There the devil tempted him for 40 days. Jesus ate nothing during that time. At the end of the 40 days, he was hungry.



**THINK ABOUT IT:**

Jesus fasted for forty days without any food or water! He was physically tired and hungry but he was spiritually strong enough to overcome the temptations of Satan. How do you feel like you are getting spiritually stronger as you fast and pray?



**DRAW OR WRITE ABOUT IT:**

Draw a picture or write a short story of you defeating the devil and his plans through prayer and fasting.



**PRAY ABOUT IT:** We are halfway through our Sacred Season fast. Ask God to give you the strength to not give up, but to keep going strong to the finish line.

**READ ABOUT IT:** (Matthew 6:33) But put God's kingdom first. Do what he wants you to do. Then all those things will also be given to you. So don't worry about tomorrow. Tomorrow will worry about itself. Exodus 20:3 "Do not put any other gods in place of me.



**THINK ABOUT IT:**

Prayer and Fasting are ways to show God that He has first place in our lives. When God is first, we can trust him to take care of everything else that matters to us. Think about some things you may have been worrying about and how you can trust God that he's in control.



**DRAW OR WRITE ABOUT IT:**

Draw a picture of a first place medal or trophy to remind yourself that God should always be come first in our hearts.



**PRAY ABOUT IT:** Make seeking God through prayer a priority by making it the very first thing you do every morning. Pray for a friend or family member who doesn't know God.



**READ ABOUT IT:** Jesus replied, "Love the Lord your God with all your heart and with all your soul. Love him with all your mind. This is the first and most important commandment. And the second is like it. 'Love your neighbor as you love yourself.'

## TODAY IS A SPECIAL CHALLENGE DAY!

Daniel served the king, even though he was far from home and in a new and different place. He knew that by giving his best to serve others that he was bringing glory to God.



### THINK ABOUT IT:

What is one way you can serve in your home or in your community today?



### DRAW OR WRITE ABOUT IT:

Draw or write about what you did to serve and how it felt or made the other person feel.



**PRAY ABOUT IT:** Ask God to open your eyes every day to ways you can show his love by serving others.





**READ ABOUT IT:** (Daniel 6:1) It pleased Darius to appoint 120 royal rulers over his entire kingdom. He placed three leaders over them. One of the leaders was Daniel. The royal rulers were made accountable to the three leaders. Then the king wouldn't lose any of his wealth. Daniel did a better job than the other two leaders or any of the royal rulers. He was an unusually good and able man. So the king planned to put him in charge of the whole kingdom. But the other two leaders and the royal rulers heard about it. So they looked for a reason to bring charges against Daniel. They tried to find something wrong with the way he ran the government. But they weren't able to. They couldn't find any fault with his work. He could always be trusted. He never did anything wrong. And he always did what he was supposed to. Finally these men said, "We want to bring charges against this man Daniel. But It's almost impossible for us to come up with a reason to do it. If we find a reason, it will have to be in connection with the law of his God."



**THINK ABOUT IT:**

Daniel served God and served the king faithfully. He received opportunities that the other rulers didn't get to have. Think of a time when you dared to do what was right and you were rewarded.



**DRAW OR WRITE ABOUT IT:**

Draw or write about how it made you feel to be rewarded for doing the right thing.



**PRAY ABOUT IT:** Is there a difficult decision you must make about doing what is right and what is wrong? Maybe it's about choosing the right group of friends or not watching a certain TV show your parents don't want you to watch. Pray and ask God to help you do what its right.

**READ ABOUT IT:** (Daniel 6:6) So the two leaders and the royal rulers went as a group to the king. They said, "King Darius, may you live forever! All the royal leaders, high officials, royal rulers, advisers and governors want to make a suggestion. We've agreed that you should give an order. And you should make sure it's obeyed. Your Majesty, here is the command you should make your people obey for the next 30 days. Don't let any of your people pray to any god or human being except to you. If they do, throw them into the lions' den. Now give the order. Write it down in the law of the Medes and Persians. Then it can't be changed." So King Darius put the order in writing. Daniel found out that the king had signed the order. In spite of that, he did just as he had always done before. He went home to his upstairs room. Its windows opened toward Jerusalem. He went to his room three times a day to pray. He got down on his knees and gave thanks to his God. Some of the other royal officials went to where Daniel was staying. They saw him praying and asking God for help. So they went to the king. They spoke to him about his royal order. They said, "Your Majesty, didn't you sign an official order? It said that for the next 30 days your people could pray only to you. They could not pray to anyone else, whether god or human being. If they did, they would be thrown into the lions' den." The king answered, "The order must still be obeyed. It's what the law of the Medes and Persians requires. So it can't be changed."



**THINK ABOUT IT:**

The evil rulers tricked the king into making a law against praying to anyone but the king or they would be thrown into the lion's den. Daniel dared to pray to God anyways. What do you think would you have done in this situation?



**DRAW OR WRITE ABOUT IT:**

Draw or write about the place where you usually spend time praying to God.



**PRAY ABOUT IT:** Thank God for the gift of prayer. Ask him to take you deeper in your prayer life this year.

**READ ABOUT IT:** (Daniel 6:16) So the king gave the order. Daniel was brought out and thrown into the lions' den. The king said to him, "You always serve your God faithfully. So may he save you!" A stone was brought and placed over the opening of the den. The king sealed it with his own special ring. He also sealed it with the rings of his nobles. Then nothing could be done to help Daniel. The king returned to his palace. He didn't eat anything that night. He didn't ask for anything to be brought to him for his enjoyment. And he couldn't sleep. As soon as the sun began to rise, the king got up. He hurried to the lions' den. When he got near it, he called out to Daniel. His voice was filled with great concern. He said, "Daniel! You serve the living God. You always serve him faithfully. So has he been able to save you from the lions?" Daniel answered, "Your Majesty, may you live forever! My God sent his angel. And his angel shut the mouths of the lions. They haven't hurt me at all. That's because I haven't done anything wrong in God's sight. I've never done anything wrong to you either, Your Majesty." The king was filled with joy. He ordered his servants to lift Daniel out of the den. So they did. They didn't see any wounds on him. That's because he had trusted in his God.



**THINK ABOUT IT:**

Daniel trusted that his God, the true and living God was in control of the situation. Think about a time when you had to trust in God even when you didn't understand what was happening.



**DRAW OR WRITE ABOUT IT:**

Draw a picture of the angel shutting the mouth of the ferocious, hungry lions.



**PRAY ABOUT IT:** What situation are trusting God in right now? Give it to him in prayer and trust that his perfect plan will be done.

**READ ABOUT IT:** (Daniel 6:24) Then the king gave another order. The men who had said bad things about Daniel were brought in. They were thrown into the lions' den. So were their wives and children. Before they hit the bottom of the den, the lions attacked them. And the lions crushed all their bones. Then King Darius wrote to people of all nations, no matter what language they spoke. He said, "May you have great success! I order people in every part of my kingdom to respect and honor Daniel's God. He is the living God. He will live forever. His kingdom will not be destroyed. His rule will never end. He sets people free and saves them. He does miraculous signs and wonders. He does them in the heavens and on the earth. He has saved Daniel from the power of the lions." So Daniel had success while Darius was king. Things went well with Daniel during the rule of Cyrus, the Persian.



**THINK ABOUT IT:**

The whole kingdom heard about the miracle God did by shutting the mouths of the lions. Think about a time when God has done a miracle in your life or family.



**DRAW OR WRITE ABOUT IT:**

The king wrote a poem or song declaring how good God is. Write a song or poem or draw a picture about how good God is.



**PRAY ABOUT IT:** What miracles are you asking God to do this year?  
Dare to pray for God to do those big things!

**READ ABOUT IT:** (Daniel 7:1) It was the first year that Belshazzar was king of Babylon. Daniel had a dream. He was lying in bed. In his dream, visions passed through his mind. He wrote down what he saw. Daniel said, "I had a vision at night. I looked up and saw the four winds of heaven. They were stirring up the Mediterranean Sea. Four large animals came up out of the sea. Each one was different from the others. "The first animal was like a lion. It had the wings of an eagle. I watched until its wings were torn off. Then it was lifted up from the ground. It stood on two feet like a human being. And the mind of a human being was given to it. "I saw a second animal. It looked like a bear. It was raised up on one of its sides. And it had three ribs between its teeth. It was told, 'Get up! Eat meat until you are full!' "After that, I saw another animal. It looked like a leopard. On its back were four wings like the wings of a bird. The animal I saw had four heads. And it was given authority to rule.

**Additional reading:** Joel 2:28



**THINK ABOUT IT:**

God gave special dreams and visions to Daniel about the future. Think about a time when God prepared you for something that was going to happen in your life or family.



**DRAW OR WRITE ABOUT IT:**

What are some dreams that you have had?  
Draw or write about it in the space below:



**PRAY ABOUT IT:** Thank God that he is in our past, present and in our future.  
Ask him to speak to you through dreams and visions.



**READ ABOUT IT:** (Daniel 7:7) "After that, in my vision I looked up and saw a fourth animal. It was terrifying and very powerful. It had large iron teeth. It crushed those it attacked and ate them up. It stomped on anything that was left. It was different from the other animals. And it had ten horns. "I thought about the horns. Then I saw another horn. It was a little one. It grew up among the other horns. Three of the first horns were pulled up by their roots to make room for it. The little horn had eyes like the eyes of a human being. Its mouth was always bragging. "As I watched," thrones were set in place. The Eternal God took his seat. His clothes were as white as snow. The hair on his head was white like wool. His throne was blazing with fire. And flames were all around its wheels. A river of fire was flowing. It was coming out from in front of God. Thousands and thousands of angels served him. Millions of them stood in front of him. The court was seated. And the books were opened."

**Additional reading:** 'Blessed are the pure in heart for they will see God.'" (Matthew 5:8)



**THINK ABOUT IT:**

In Daniel's dream he saw a vision of God himself. What are some things God has been showing you as you have been fasting and praying?



**DRAW OR WRITE ABOUT IT:**

Draw or write about who God is to you and how amazing he is.



**PRAY ABOUT IT:** Because Daniel had a pure heart God showed him spiritual things that can't be seen with our natural eyes. Pray and ask God to show you who he is in a greater way.







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