



SACRED SEASON

2026 Devotional

THIS DEVOTIONAL BELONGS TO:

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!

This journal will go along with a series called "Be Different" and it takes us through Romans 12. 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:

**WHAT ARE
YOU FASTING
THIS WEEK?**

**WHAT ARE
YOU THANKFUL
FOR?**

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

Scripture:

Romans 12:1 - I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

Observation:

What does this scripture mean to me?

Activity:

Make a plan. What are you fasting during sacred season?
What are you believing for? Set some bible reading and prayer goals.

Prayer:

Lord, help me honor You with my choices during Sacred Season.

Scripture:

Romans 12:2 - Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Observation:

What does this scripture mean to me?

Activity:

To conform: means to adapt to fit a mold or pattern (like water taking a container's shape).

To transform: means to change from the inside out, becoming something new (like water becoming ice).

What comes to mind when you think of these words? List one way you want God to transform your thinking:

Prayer:

God, renew my mind so I can think and live the way You want.

Scripture:

Romans 12:3 - For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

Observation:

What does this scripture mean to me?

Activity:

What are 3 good qualities you have?

What are 3 things you need to work on?

Prayer:

Jesus, help me stay humble and see myself the way You see me.

Scripture:

Romans 12:4 - For as in one body we have many members, and the members do not all have the same function.

Observation:

What does this scripture mean to me?

Activity:

Draw a self portrait. Include hands and feet.

Prayer:

Lord, thank You for making me a unique part of Your body.

Scripture:

Romans 12:5 - so we, though many, are one body in Christ, and individually members one of another.

Observation:

What does this scripture mean to me?

Activity:

Family discussion - What does each family member bring to the table? Take turns telling each other what they bring to the family, and what you appreciate about them. (You can write your thoughts here).

Prayer:

God, help me work together with others in unity and love.

Scripture:

Romans 12:6 - Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith.

Observation:

What does this scripture mean to me?

Activity:

What are your gifts? (prayer, encouragement, sports, drawing, math, anything). You can list them or draw them. How can you use your gift to glorify God?

Prayer:

Lord, help me to use my gifts for Your glory.

Scripture:

Romans 12:7 - if service, in our serving; the one who teaches, in his teaching.

Observation:

What does this scripture mean to me?

Activity:

Serve someone (help mom with a task around the house, help a stranger, help a teacher, etc). Write what you helped with here.

Prayer:

Father, help me to live a life of service to You and to others.

Scripture:

Romans 12:8 - the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

Observation:

What does this scripture mean to me?

Activity:

Be generous today.

Prayer:

God, help me to encourage others, and to always be generous.

Scripture:

Romans 12:9 - Let love be genuine. Abhor what is evil; hold fast to what is good.

Observation:

What does this scripture mean to me?

Activity:

Good v/s evil - List out some things that are good on the left side of the page. Now list out some things that are bad on the right side.

Prayer:

Lord, please help me to see good and evil the way that you do. And let me hold fast to what is good.

Scripture:

Romans 12:10 - Love one another with brotherly affection. Outdo one another in showing honor.

Observation:

What does this scripture mean to me?

Activity:

Compliment Battle! Take turns complimenting a family member. See who can say the most. Write the winners name.

Prayer:

Jesus, help us to love each other like family and be kind in everything we do. Teach us to put others first, just like You do.

Scripture:

Romans 12:11 - Do not be slothful in zeal, be fervent in spirit, serve the Lord.

Observation:

What does this scripture mean to me?

Activity:

Can you think of an area of your life where you are being lazy? What can you do to change that? Start today.

Prayer:

Lord, help me stay full of passion and joy as I serve You. Keep my heart on fire for Your will and let everything I do bring honor to You.

Scripture:

Romans 12:12 - Rejoice in hope, be patient in tribulation, be constant in prayer.

Observation:

What does this scripture mean to me?

Activity:

Look back at your prayer goal from day 1.
Have you been consistent in prayer? If not, time to reset.
If so, has anything changed? Do you have anything new to add?

Prayer:

God, fill me with hope that brings joy, patience that strengthens me in hard times, and a heart that stays faithful in prayer. Help me trust You in every season.

Scripture:

Romans 12:13 - Contribute to the needs of the saints and seek to show hospitality.

Observation:

What does this scripture mean to me?

Activity:

Think of a way you can bless a leader from the church. Someone who has show you kindness, how can you show them kindness?

Prayer:

Lord, help me share with others and be kind. Show me how to give, help, and care for people the way You do.

Scripture:

Romans 12:14 - Bless those who persecute you; bless and do not curse them.

Observation:

What does this scripture mean to me?

Activity:

Think of someone who has been mean to you. Instead of getting angry, take time to pray for them today. Pray God's blessings over their life.

Prayer:

Lord, help me be kind even when others are unkind. Teach me to bless, forgive, and show Your love no matter what.

Scripture:

Romans 12:15 - Rejoice with those who rejoice, weep with those who weep.

Observation:

What does this scripture mean to me?

Activity:

Do you know anyone who is sad? Make a card or a note for them. If not, you can just pick someone who you want to rejoice with and do it for them.

Prayer:

Lord, help us to love others the way You call us to love. Give us hearts that celebrate with those who are joyful and compassion that comforts those who are hurting.

Scripture:

Romans 12:16 - Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight.

Observation:

What does this scripture mean to me?

Activity:

Choose a friend to bless today. Either with a treat, or a kind thought.

Prayer:

Lord, help us to live in harmony with others and to treat everyone with respect. Teach us to value others above ourselves and to serve without pride or selfishness. Give us hearts that seek unity. Amen

Scripture:

Romans 12:17 - Repay no one evil for evil, but give thought to do what is honorable in the sight of all.

Observation:

What does this scripture mean to me?

Activity:

Random act of kindness today. Write it here.

Prayer:

Lord, teach us to do what is right, even when others hurt us. Give us the strength to show love, patience, and kindness in every situation. Help us to always forgive. Amen

Scripture:

Romans 12:18 - If possible, so far as it depends on you, live peaceably with all.

Observation:

What does this scripture mean to me?

Activity:

If you find yourself in a disagreement today, find a peaceful way to resolve it. You don't always have to be right, but you always have to be kind.

Prayer:

Lord, help us to pursue peace with our friends, family, and everyone we know. Teach us to do our part to make things right with one another and to love one another just as your word says. Amen.

Scripture:

Romans 12:19 - Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'Vengeance is mine, I will repay, says the Lord.'

Observation:

What does this scripture mean to me?

Activity:

Draw a picture of God fighting your battle for you while you relax.

Prayer:

Lord, help us to trust and never take revenge into our own hands. Teach us to release our anger and forgive. Give us peace in knowing You are fighting our battles. Amen.

Scripture:

Romans 12:20 - To the contrary, 'if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head.'

Observation:

What does this scripture mean to me?

Activity:

If someone has been mean to you, do something kind for them today.
If not, today can be a random act of kindness day.

Prayer:

Jesus, help me to always choose kindness, no matter what.
Help me to love those who are not kind to me.

Scripture:

Romans 12:21 - Do not be overcome by evil, but overcome evil with good.

Observation:

What does this scripture mean to me?

Activity:

Review - look back over the last 21 days.
How has God changed you?

Prayer:

God, thank You for helping me to transform during Sacred Season. Please help me to continually try and be more like you ever day. Help me to remember to read my bible, pray, and worship you daily.



CALVARY
Kids