



# ***WELCOME TO THE 21 DAYS OF PRAYER AND FASTING!***

***We are so excited to spend the next few weeks learning about what it means to be planted as we pray and fast together as a church.***

***God uses each and every one of us, ordinary people, to accomplish His mission of reaching every man, woman and child with the GOOD NEWS of Jesus!***

***Over these next 21 days, we will focus on and learn more about the word for our church for this year, PLANTED. We pray that this journal is a tool for you and your family to discover what that means and how you are able to be fully PLANTED in God's word and His truths every single day.***



***This Journal belongs to:***

---



# DAY 1



## READ PSALM 1

Date / Time

Prayer for Today

Verse 3 talks about being like a tree planted beside flowing streams. What do you think this means?

# DAY 2



## READ PSALM 3

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

Find these words:

MOUNTAIN  
BLESS  
HOLY

SAFETY  
LORD  
VICTORY

ARISE  
RESCUE  
SHIELD



## READ PSALM 5

I'm sure there are a few things that you can think of that haven't gone your way, things that have hurt you or something that has caused you pain. Maybe you fell off your bike and scraped your knee, maybe you lost something that was really special to you, or maybe someone else did something unkind to you and they got away with it.

Even though it can be hard to see sometimes, the truth is that even in those moments, God is always with us! And even when other people don't act how we want them to or other things don't happen how we want them to, we know that God can use everything for His good. Journal a few sentences about what it means for God to work all things for His good. If possible, journal a few sentences about how looking back, you can see where God worked out something evil, for His good!

---

---

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# DAY 4



## READ PSALM 8

  
**TAKE ACTION!**

These verses remind us of how **WONDERFUL** and **MAJESTIC** our God is! Read these verses and have a trusted adult help you pull up the song below and worship God for how truly amazing He is!





# DAY 5

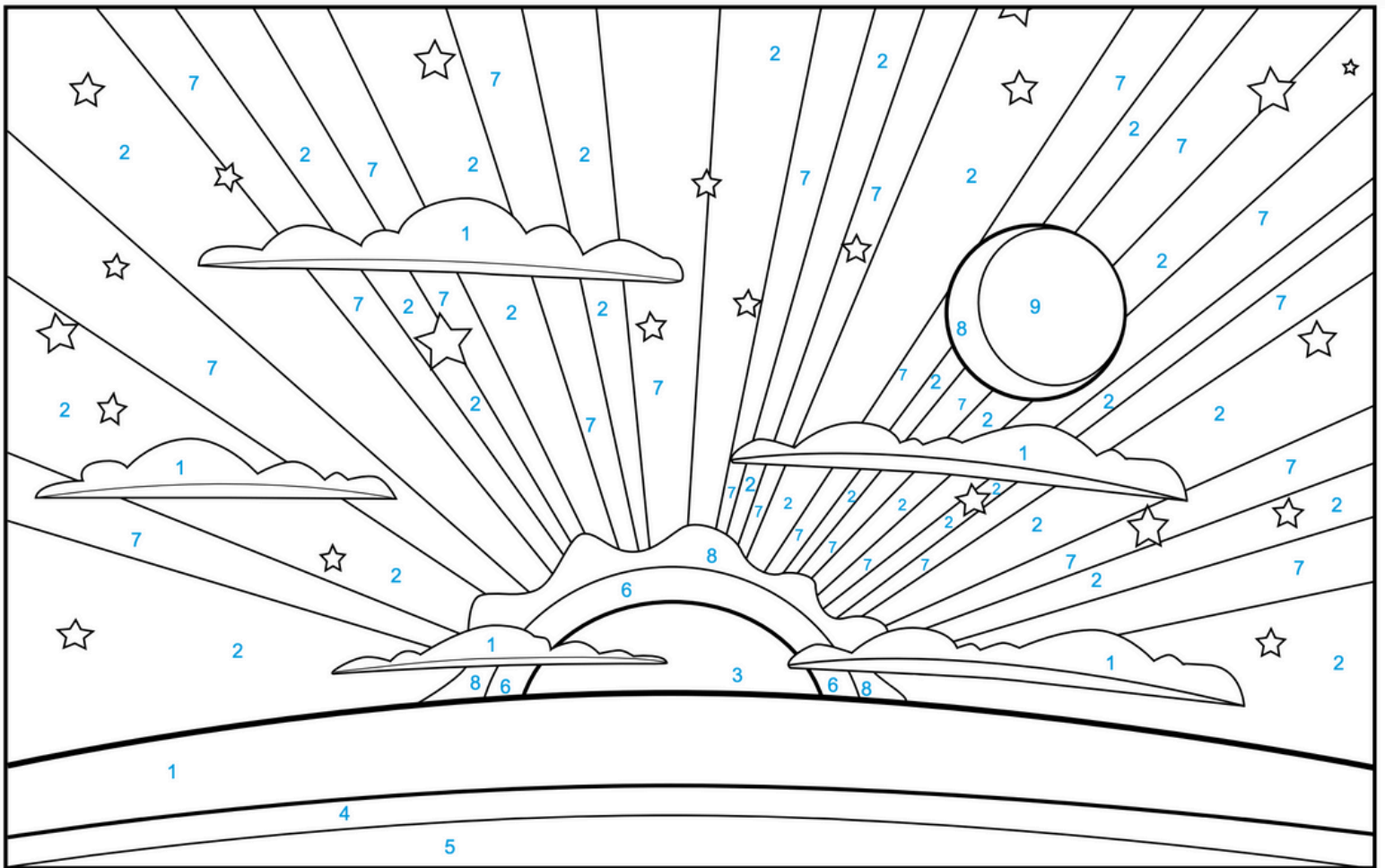
## READ PSALM 13

Copy this memory verse, and place it somewhere you can see, maybe beside your bed or on your mirror! Read it every time you pass it, and remember that God is with you and we can trust Him ALWAYS!

***“But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the Lord because He is good to me.” PSALM 13: 5-6***

# DAY 6

## READ PSALM 16



### COLOR BY NUMBER

1- LIGHT BLUE

2- LIGHT PURPLE

3- BRIGHT YELLOW

4- MEDIUM BLUE

5- DARK BLUE

6- ORANGE

7- DARK PURPLE

8 - LIGHT YELLOW

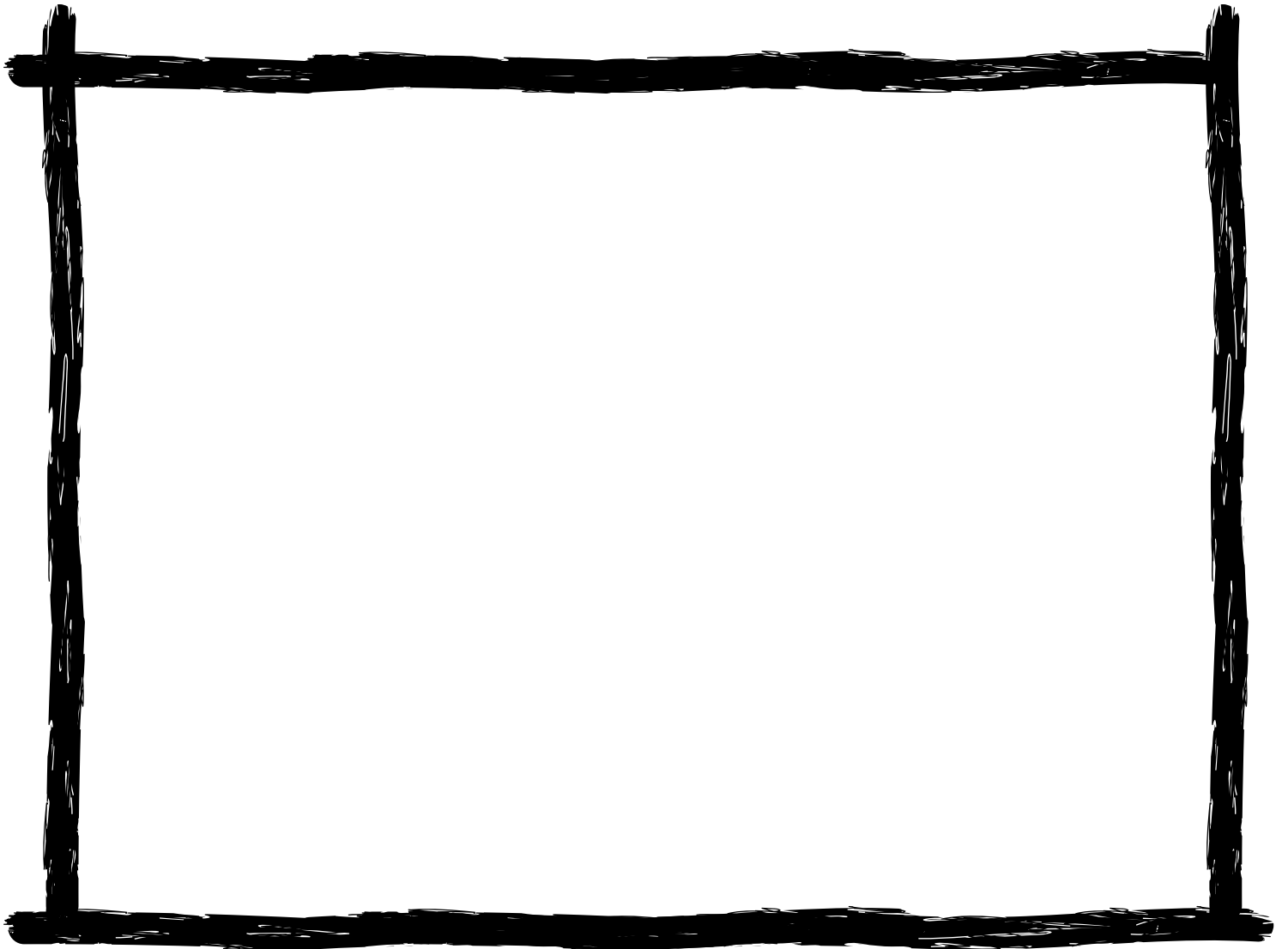
9- GRAY

# DAY 7

A stylized illustration of tree roots in a brown color, extending downwards from the bottom of the 'DAY 7' text.

## READ PSALM 18

This chapter talks about how God is our Protection, our Savior, our Rock! We can depend on Him for ANYTHING. It also says that He is our place of safety! Draw pictures of the things that make you feel safe. If you can, draw a picture of how God makes you feel safe.



# DAY 8

## READ PSALM 20

Date / Time

Prayer for Today

In this Chapter, David writes out a song. Try writing a few lines of a song sharing your heart with God.

# DAY 9

## READ PSALM 23

This verse is one that is often used in special church services or celebrations. It might even be one you have heard many times before! Fill in the blank with the words that belong. Try reading the verse once, closing your bible, and trying it from memory before opening your bible again to check!

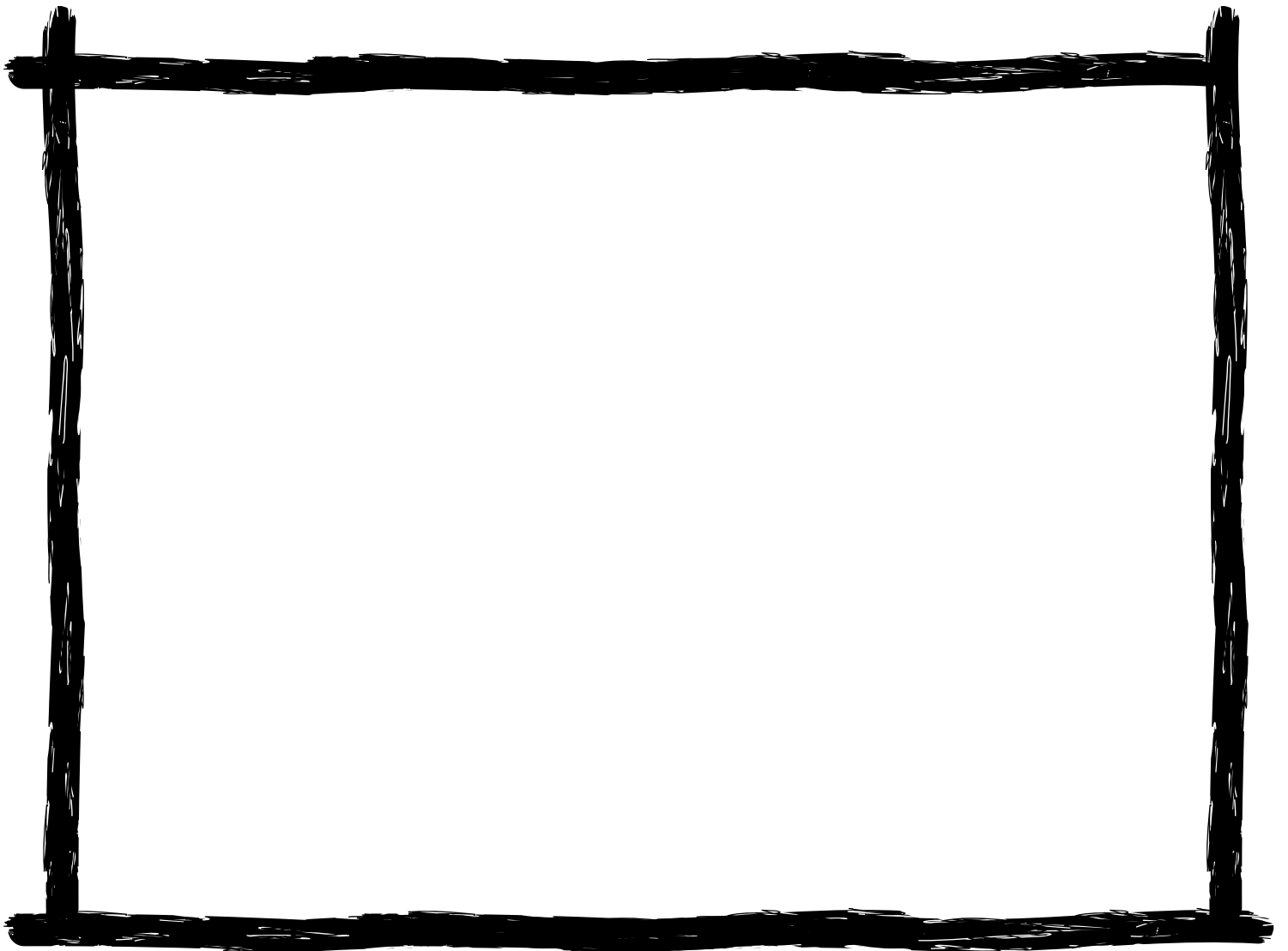
**The \_\_\_\_\_ is my shepherd;  
I have all that I \_\_\_\_\_.  
He lets me \_\_\_\_\_ in green  
meadows; He leads \_\_\_\_\_  
beside peaceful \_\_\_\_\_.**

# DAY 10

A graphic of brown, branching roots extending downwards from the text 'DAY 10'.

## READ PSALM 27

The first verse in this chapter says, “The Lord is my light and my salvation - so why should I be afraid?” David ends with saying “Be brave and courageous.” Draw a picture of something you think of when you hear the words brave and courageous.



# DAY 11



## PSALM 31



**S**cripture: Read Psalm 31: 19-20

**O**bservation:  
Who is this verse talking about? \_\_\_\_\_  
What is being said about them? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**A**pplication:  
What do you need to do or think differently based on what you read?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**P**rayer:  
Write your prayer based on your observation and application:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# DAY 12

## READ PSALM 32

**TAKE ACTION!**

The author of these verses, David, writes a song about confessing his sins. He says, “What joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty!”

Sharing with God the things we know that we have done wrong, allows us to receive His forgiveness and His grace. If there is someone in your life that you need to apologize to, or confess that you did something wrong, take action! Share with them how today's scriptures encouraged you to live in complete honesty.



# DAY 13

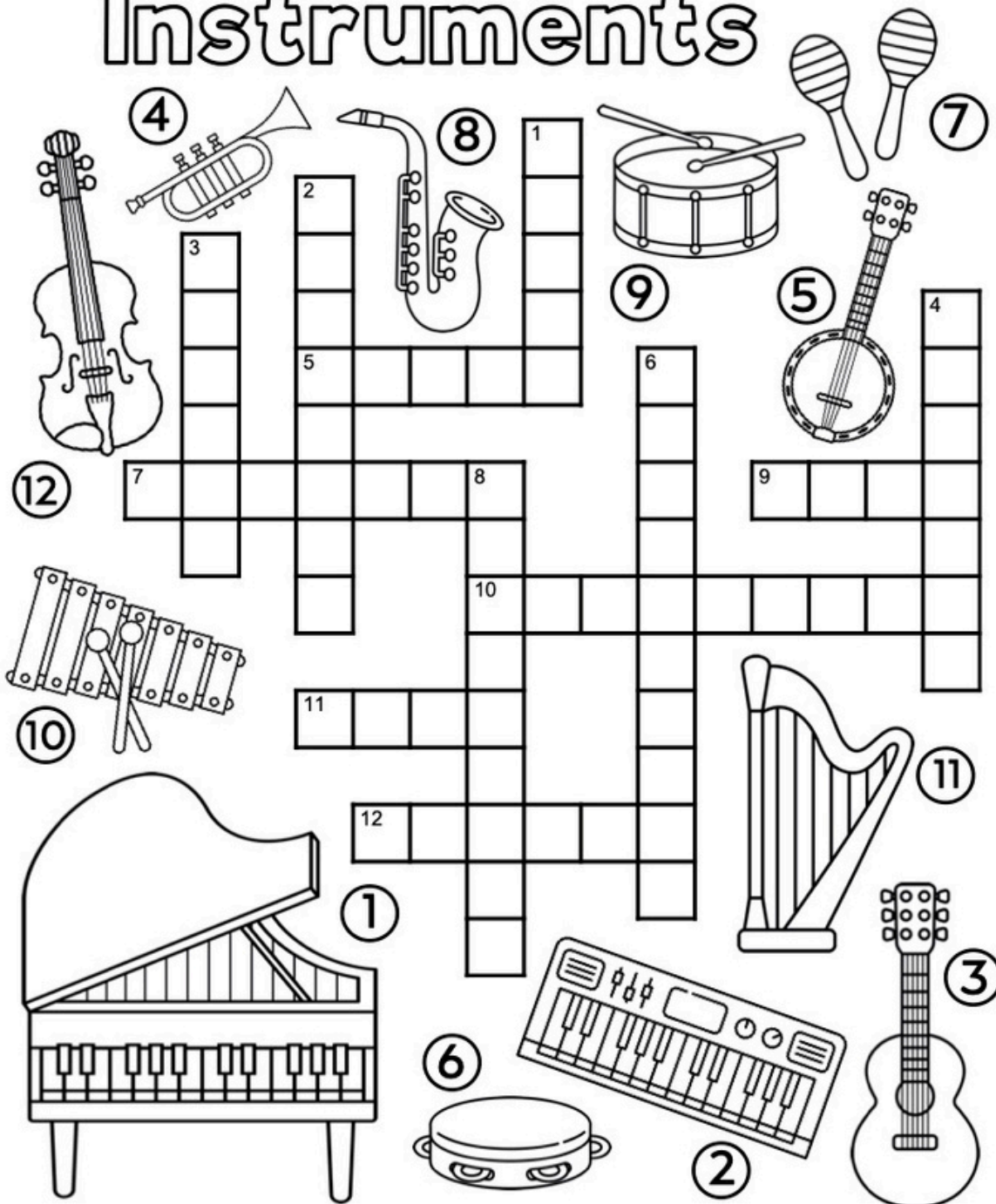
## READ PSALM 62

Copy this memory verse, and place it somewhere you can see, maybe beside your bed or on your mirror! Read it every time you pass it, and remember that sometimes it takes waiting and silence for us to have the chance to hear what God is trying to say to us.

***“Let all that I am wait quietly  
before God, for my hope is in  
Him.” PSALM 62:5***

# DAY 14

## Musical Instruments



## READ PSALM 92

Today's scriptures are written to be a song to God! It speaks of the instruments used to make beautiful music as a song of thanksgiving. Complete the crossword of the names of different types of musical instruments.

# DAY 15

A graphic of brown, branching roots extending downwards from the text 'DAY 15'.

**READ PSALM 63:1-8**

Date / Time

Prayer for Today

In these verses, David shares how he wants to be close to God, so so very much. What are things you can do to be close to God?

# DAY 16



## READ PSALM 103

These verses begin by saying, “Let all that I am praise the Lord; with my whole heart, I will praise His holy name.” When we read that verse, it sounds beautiful and something we would easily agree that we want to do! But when it says let ALL that I am praise the Lord, it means the good parts of us AND the bad parts of us too.

This line is actually repeated more than once, which means it must be something really important, and good for us to pay special attention to! “All that I am” includes the things we are really good at and the things we are not. It includes the things about us that are “good” or pleasing to God, and the things we do that make Him sad.

This means that we can praise God, when we feel like we are doing good things that God likes, and when we make mistakes and sin. Praising Him with ALL that we have opens up the opportunity for us to always be praising God. Journal below about how we can always be praising God, in our good and bad moments.

---

---

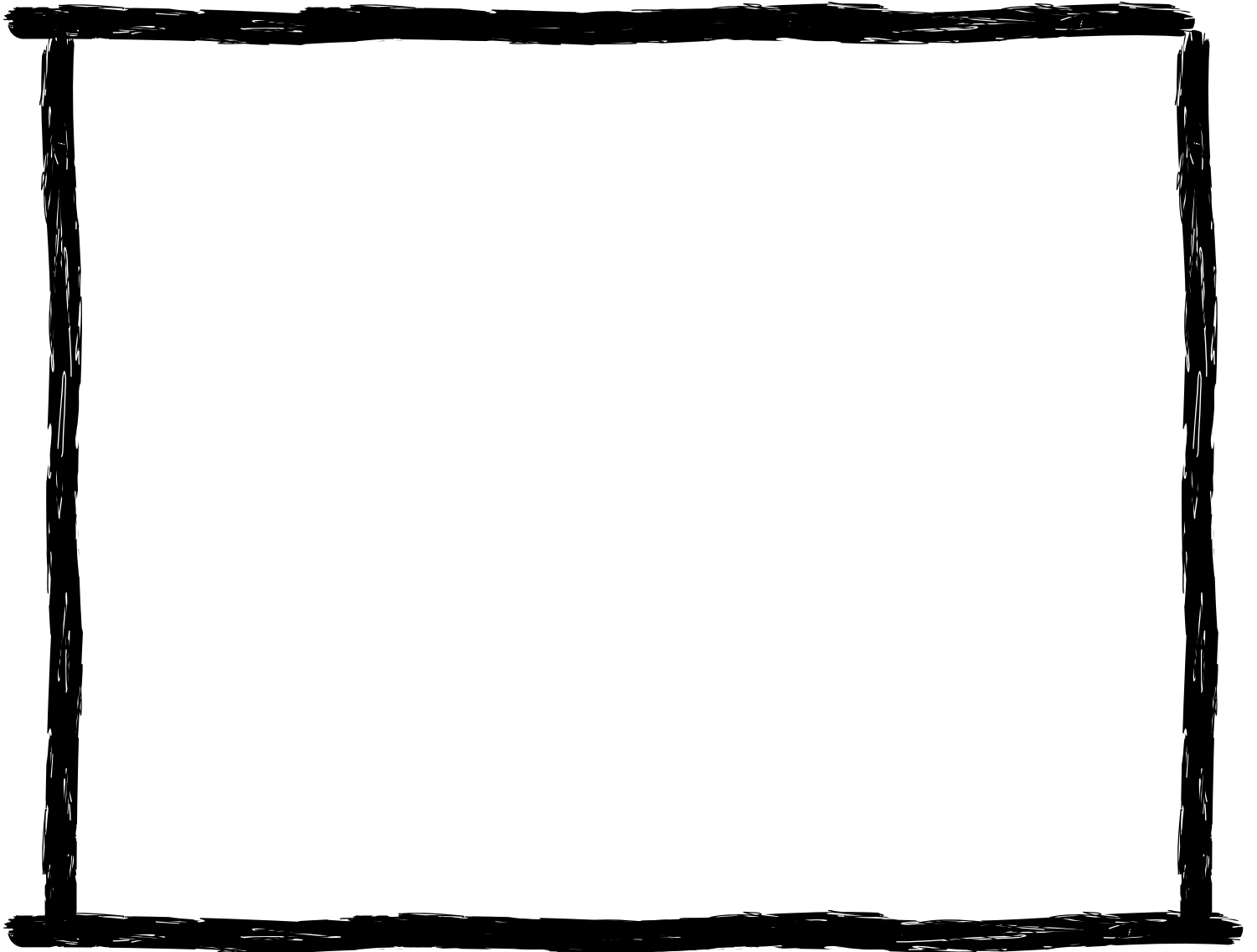


# DAY 17

A graphic of brown, branching roots extending downwards from the text 'DAY 17'.

## READ PSALM 104

These verses have a lot of beautiful descriptions! As you read, it's easy to visualize the many things that David is talking about. Draw some of these images out to help you remember today's scriptures.



# DAY 18



## READ PSALM 118

There are many times in scripture where the author repeats themselves, possibly signaling the importance of what they are saying. The second part of this verse is repeated 4 times, just in the first 4 verses of this chapter! Copy this memory verse and place it somewhere you can see, maybe beside your bed or on your mirror.

Read it every time you pass it and give thanks to God!

***“Give thanks to the Lord, for  
He is good! His faithful love  
endured forever.”***

***PSALM 118: 1***

# DAY 19

## READ PSALM 131

Fill in the blank with the words that belong. Try reading the verse once, closing your bible, and trying it from memory before opening your bible again to check!

O \_\_\_\_\_,  
put your \_\_\_\_\_  
in the \_\_\_\_\_  
now and \_\_\_\_\_.



# DAY 20



## READ PSALM 139



**S**cripture: Read Psalm 139:1-6

**O**bservation:  
What is this verse talking about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do we learn about God in these verses? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**A**pplication:  
What do you need to do or think differently based on what you read?  
\_\_\_\_\_  
\_\_\_\_\_

**P**rayer:  
Write your prayer based on your observation and application:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## READ PSALM 150

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

Find these words:

SANCTUARY  
GREATNESS  
TRUMPET  
GOD

LORD  
CYMBALS  
PRAISE  
POWER

STRINGS  
HARP  
HEAVENS  
BREATH



