

DEAR JKIDS FAMILIES,

Welcome to our Kids Bible Challenge! We're excited to embark on this four-week journey of faith with your children. This challenge is designed to help your child deepen their relationship with God through Bible exploration, prayer, fasting, and praise. Below are instructions for each category.

KIDS BIBLE EXPERIENCE

Download the YouVersion Bible App on your or your child's device, if you haven't already done so. Each day there will be a new scripture with a corresponding devotional for your child to complete.

- Open the YouVersion Bible App.
- Scroll all the way down to the bottom of the homepage.
- Click on the Kids Bible Experience.
- Each day a new scripture focus will appear in this section. (*You will not be able to view previous days.*)

PRAY (THE TACOS WAY!)

Encourage your child to spend time in prayer using the TACOS model. TACOS stands for:

- **Thanksgiving:** Teach your child to express gratitude to God for the blessings in their life. Encourage them to think of at least three things they are thankful for each day.
- **Adoration:** Help your child praise and adore God for who He is. Teach them to reflect on God's character and attributes, such as love, wisdom, and faithfulness.
- **Confession:** Guide your child in confessing their sins and asking for forgiveness. Teach them the importance of repentance and the assurance of God's forgiveness.
- **Others:** Encourage your child to pray for the needs of others, such as family, friends, teachers, and those who are less fortunate.
- **Self:** Teach your child to present their personal requests and desires to God. Help them develop a habit of seeking God's guidance and sharing their heart with Him.

WEEKLY FASTING

Fasting is a way to focus our attention on God and seek Him more intentionally. While fasting from food may not be suitable for children, here are some alternative fasting ideas:

- **Screen Fast:** Encourage your child to take a break from screens (TV, video games, social media) for a set period each day/week. Use this time for prayer, reading the Bible, or engaging in other enriching activities.
- **Treat Fast:** Invite your child to give up a favorite treat or snack for a day. Talk about why they are doing this—to demonstrate self-control and to focus on their relationship with God.
- **Activity Fast:** Encourage your child to choose an activity they enjoy and refrain from it for a designated time. This can help them redirect their energy and attention towards God.

PRAISE

Teach your child different ways to praise God. Here are some simple examples for kids to praise God:

- **Singing:** Encourage your child to sing songs of praise to God. They can sing along to worship songs or create their own melodies expressing their love for Him.
- **Thanking God:** Teach your child to thank God for specific things throughout the day. Help them recognize His provision, protection, and blessings in their lives.
- **Creation Appreciation:** Encourage your child to spend time in nature, observing and appreciating God's beautiful creation. They can praise God for the diversity and wonder of the world around them.

Remember to sign the habit tracker card each week once your child has completed the tasks. Return each week's signed card to us on Sunday so your child can get a prize! We hope this weekly Bible Challenge will be an enriching and transformational experience for your child and your whole family! If you have any questions or need further assistance, please don't hesitate to reach out to us. Let's embark on this faith-filled journey together. We can't wait to celebrate your child's spiritual growth with you.

Blessings,

THE JOURNEY KIDS TEAM