

UNASHAMED

★ FAITH IN GOD ★



BODY

SOUL

SPIRIT

CONCORD
KIDS

WEEK 1 BODY

BIG IDEA

God made my body strong so I can serve Him and others.

SCRIPTURE

“Christ has paid the price for you. So use your bodies in a way that honors God.” – 1 Corinthians 6:20 (NIRV)

FINAL THOUGHT

Taking care of my body honors God!

PRAYER FOCUS

Jesus, help me take care of my body and use it for good things.

CK CHALLENGES

1. Do 20 jumping jacks.
2. Help someone at home or church.
3. Do 20 knee lifts.
4. Hop 20 times.
5. Go on a family walk.
6. Sweep a room or outdoor space.
7. Try a crab walk.
8. Move and dance to worship music.
9. Walk indoors or in place.
10. Skip around the room or yard
11. Choose fruit or water instead of sweets or soda.



Concord Kids—
Preschool and
Elementary—will
embark on a special
21 Days of Prayer and
Fasting journey!
Together, we will
grow in our
UNASHAMED faith as
we learn to honor God
with our bodies, souls,
and spirits.

Each week focuses on
a different part of
who God made us to
be, supported by a
Big Idea, Scripture,
Final Thought, Prayer
Point, and Challenge
Activities that the
whole family can
enjoy together.



WEEK 2 SOUL

BIG IDEA

God wants me to love Him with all my heart, soul, and strength.

SCRIPTURE

“Love the Lord your God with all your heart and with all your soul. Love Him with all your strength.” – Deuteronomy 6:5

FINAL THOUGHT

I can love God every day and in every way!

PRAYER FOCUS

Jesus, help me think good thoughts, say kind words, and love everyone.

CK CHALLENGES

1. Connect with nature, feel the grass, watch the stars, or enjoy the sunrise.
2. Say something kind to someone each day.
3. Sing a worship song in your room or with your family.
4. Read or listen to a Bible story.
5. Take a one-hour break from games or YouTube.
6. Memorize the week's bible verse.
7. Recite the Lord's Prayer
8. Say grace before every meal.
9. Serve others—donate clothes or toys.
10. Plan and enjoy family time together.
11. Show kindness—draw a picture for a relative or help a sibling with homework.

WEEK 3 **SPIRIT**

BIG IDEA

God hears my prayers.

SCRIPTURE

“At all times, pray by the power of the Spirit. Pray all kinds of prayers. Be watchful, so that you can pray. Always keep on praying for all the Lord’s people.” – Ephesians 6:18

FINAL THOUGHT

I can talk to God at any time about anything!

PRAYER FOCUS

Holy Spirit, help me to pray BIG prayers for myself and others.

CK CHALLENGES

1. Pray aloud at least once each day.
2. Play a board or card game to help process emotions.
3. Ask God to show you someone to pray for today.
4. Pray for a friend, teacher, or family member.
5. Sing a worship song with your family.
6. Spend time in nature admiring God’s creation.
7. Take a prayer walk and pray for your community.
8. Name three things you are grateful for today.
9. Have quiet reflection time for mental rest (about one minute per year of age, up to 30 minutes)
10. Journal or draw your prayers and thoughts.
11. Attending Sunday Service at Concord Church

FAMILY NOTE

Encourage your child throughout the 21 days! Celebrate their participation, talk about what they are learning, and pray together as a family. Let us raise a generation of **UNASHAMED** believers—kids who love God with their bodies, souls, and spirits!