

21 Days of Prayer & Fasting

January 11-31, 2026

A day-by-day prayer guide for
intentional, focused, corporate prayer.

lifechurchmilano.com

INTRODUCTION

We are excited about what God is going to do in your life and in our community of faith during the next 21 days!

Prayer brings Heaven's influence into earthly situations. More than ever, we are in desperate need of the move of God in our world, our nation, our community, and our families. Prayer is a key ingredient in navigating this journey with the hope and assurance of Jesus.

Many times, we act first and then want God to help our situation; however... **Prayer should be our first response, not our last resort.**

As we go on this journey over the next 21 days, you will see that every day there is a prayer emphasis and a corresponding Scripture verse. We pray this guide will help you find a new level of **purpose, effectiveness, and enjoyment** in your prayer life.

While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a privilege to be able to come to God in prayer! When you discover the beauty of daily conversation with God, you'll experience His life-changing presence! You'll be reminded...

Before the day begins
Before you go to bed
Before you go to work or school
Before you send that text
Before you eat, drive or travel
Before you worry....in every situation.... **PRAY FIRST!**

Prayer changes everything!

We love you, Life Church!

Pastors Beka and Josh

FASTING

He must become greater and greater, and I must become less and less. John 3:30 (NLT)

Step 1: Establish Why

- To worship God (Luke 2:37, Acts 13:2, Zechariah 7:5-7)
- To prepare for ministry (Matthew 4:1-17, Mark 1:12-13, Luke 4:1-14, Acts 13:2-4)
- To seek God's help (2 Samuel 12:15-17, Esther 4:16, Daniel 9:3-5)
- For deliverance and protection (Psalm 69:10, Ezra 8:21-23, Mark 9:29)
- To seek wisdom (Acts 14:23)

Step 2: Prayerfully determine what to fast.

- Complete fast: drink only liquids, typically water with light juices as an option.
- Partial Fast: fast a certain meal or for a specific time of day
- Selective Fast: removing certain elements from your diet
- Soul Fast: fast something other than food (social media, TV, etc)

Step 3: Commit To Your Fast

- Commit to 21 days and to not cheating
- Share your goals with a friend or your life group leader for accountability when it gets difficult.
- Be intentional with your grocery shopping and meal planning to help you stay on track with your fast.
- Make a plan. Prepare your response in advance for when friends or colleagues invite you out to dinner / coffee / gelato.

Step 4: Prepare Spiritually

- Ask God to reveal any sin in your life.
- Ask God to help you forgive anyone who has wronged you.
- Ask for forgiveness from anyone you have wronged.

Remember, a fast is not the same thing as a diet. The point of fasting is more than just giving up something. The objective of a spiritual fast is to replace the time you would usually spend eating (or doing an activity) in focused prayer.

These 21 days are a great opportunity to start putting into practice your First 15. Spend 5 minutes in prayer, 5 minutes in the Word, and 5 minutes in worship. We encourage everyone to start every day with this simple habit; but you can also do this any time and multiple times a day!

We invite you to use this daily guide to join us in unified, purposeful prayer.

Day 1 - I WILL SEEK YOU

(Psalm 63:1-2 NLT) O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. I have seen you in your sanctuary and gazed upon your power and glory.

Pray: Ask God to help you during these 21 days of prayer. Ask to have a deeper prayer life, to hear God's voice more clearly, and to grow closer to Him. Pray for Him to reveal Himself in a way He hasn't before.

Day 2 - I AM WITH YOU

(Deuteronomy 31:6 ESV) Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

Pray: Ask God to help you overcome your fears. Ask Him to help give you peace and a sound mind, ask for boldness and confidence to face these fears. Speak the name of Jesus over your fears.

Day 3 - TAKE HEART

(John 16:33 NLT) I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

Pray: for yourself and others to have joy in chaos, strength and courage in tribulation, and faith in God knowing that He turns what is meant for evil into good.

Day 4 - SEEK FIRST

(Matthew 6:31-33 NLT) “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Pray: Ask God to give you direction and guidance before you speak, before you start an activity, before you give advice, before you decide to do something... or not do it.

Day 5 - GOD’S HANDIWORK

(Ephesians 2:10 NLT) For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

Pray: Ask God to help you see your talents, gifts, skills and ask for opportunity to use them. Take time to set goals to improve in areas that would glorify God and ask Him to develop those skills. Pray for patience and grace for yourself and pray for humility to know that you are seeking these for His glory and not your own.

Day 6 - ALL HE HAS DONE

(1 Chronicles 16:8-12 ESV) Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples! Sing to him, sing praises to him; tell of all his wondrous works! Glory in his holy name; let the hearts of those who seek the Lord rejoice! Seek the Lord and his strength; seek his presence continually! Remember the wondrous works that he has done, his miracles and the judgments he uttered.

Pray: Ask God to put someone in your mind that doesn't know Him yet. Pray and ask for boldness to share with this person. Pray for an open door. Trust the leading of the Holy Spirit and IN FAITH share that Jesus died and came alive again for us to be reunited with God. He saves us from anxiety, depression, loneliness, hopelessness, shame and so much more.

Day 7 - REJOICE

(Philippians 4:4-9 ESV) Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Pray: Thank God for everything that you can think of from putting breath in your lungs this morning to putting food on your plate and a roof over your head.

Day 8 - WAITING

(Isaiah 40:31 NIV) but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Pray: What are you waiting on God for? Pray and talk with God about things like waiting for:

- someone you love to believe in Christ
- an answer to a prayer
- God to bring order to an intense or confusing situation

Day 9 - KNOWN BY OUR FRUIT

(Galatians 5:22-23 NLT) But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Pray: Take some time to think about how you act in stressful situations. Are there any fruit that you do not easily possess? Pray and talk to God about working on your heart to help you live out these fruits towards yourself and others.

Day 10 - ASK, SEEK, KNOCK

(Matthew 7:7-8 ESV) “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Take some time to remember times when God has answered and provided for you or someone else. If God is moving in one area; He is moving. Take some time to pray for each member of your family today: partner with them in pray for things they are faithfully asking God for. Keep asking, keep seeking, keep knocking!

Day 11 - JEHOVAH NISSI

(Psalm 46) Read the entire chapter in your Bible or using the Bible app.

Pray: Pray today about chaos in the world, different countries, and what you see in Italy. Thank God for His protection and never-ending presence. We can feel inner peace even among outside chaos because of Him.

Day 12 - BY FAITH

(Hebrews 11) Read the entire chapter in your Bible or using the Bible app.

Pray: Pray for God to increase your faith or your loved ones faith and trust in Him. Pray for a faith like Paul, like Moses, like Rahab... and get ready to act when the God speaks and asks you to walk in Faith. Finish your prayers today praying for Christians around the world who are being persecuted; pray for their faith to be strengthened, courage, peace during hardships, and protection.

Day 13 - I WILL GIVE YOU REST

(Matthew 11:28-30 NLT) Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

Pray: Pray these verses and trust that everything in God's hands is better than taking situations into our own hands. Pray for him to 'teach us' that He is gentle and lowly at heart. If you or someone you know suffers from anxiety or depression, take time to pray and stand firm in the fact that God sees and cares and that you can take captive your thoughts over what the enemy says.

Day 14 - OUR SUPPLY

(Philippians 4:18-19 NLT) At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Pray: Pray to God about both your wants and your needs, God cares about it all. Just as deeply as you pray for yourself, pray and believe for a friend who has confided their needs/wants with you.

Day 15 - SALT AND LIGHT

(Matthew 5:13-16 ESV) “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Pray: Pray for God to give you opportunities to share Jesus with someone. Pray for wisdom to know what to say when someone asks about Jesus and why you believe in Him. Pray for boldness to bring Jesus up in conversations, and pray for Life Church to reach people in Milan that don't know Him. Pray that as you read the Word of God, it stays in your heart and mind.

Day 16 - WHAT IS POSSIBLE?

(Matthew 19:26 NLT) Jesus looked at them intently and said, “Humanly speaking, it is impossible. But with God everything is possible.”

Pray: What are some things in your life that seem impossible? What would it look like if you involved God in these things? Pray over these situations and ask God boldly and specifically to move. Pray for your leadership, pray for your teachers, leaders in your city/country to have Godly leadership and to find peace amongst division. Pray also today for your pastors and their family.

Day 17 - RENEW YOUR MIND

(Romans 12:1-2 NLT) And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

Pray: What thoughts do you need to allow God to change? Are there certain things that you believe because your friends believe them? Are there things that you do that you know are sinful that you need to repent and ask God to help you stay away from? Take this time to talk to God and use this verse as a guide.

Day 18 - MUSTARD SEED

(Matthew 17:20 NLT) “You don’t have enough faith,” Jesus told them. “I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, ‘Move from here to there,’ and it would move. Nothing would be impossible.

Pray: Pray about the things in your life that you have trouble believing for. Have confidence that God hears your prayers and ask in faith for mountains to move.

Day 19 - MY SHEPHERD

(Psalm 23) Read the entire chapter in your Bible or using the Bible app.

Pray: Pray and thank Him for taking care of you. Pray and ask for Him to restore your soul, lead you down paths of righteousness, and comfort you. He is with you always; therefore, you don’t have to fear evil. The love of Jesus is greater than anything that can come against you.

Day 20 - ABOUND IN HOPE

(Romans 15:13 NLT) I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Pray: Pray and thank God for the things in your life that bring you joy, peace, and hope. Then, let God know your concerns, ask for Him to work through those concerns and situations to bring joy, peace, and hope. Sometimes God answers in ways that we don’t expect; so, pray to have your ears open to the Holy Spirit. When you think He may be speaking to you, compare it to His Word and see if it lines up with His character and Word.

Day 21 - HIS COMMANDMENT

(Matthew 22:36-40) “Teacher, which is the most important commandment in the law of Moses?” Jesus replied, ““You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.”

Pray: Pray for your neighbors, both at Life Church Milano and those outside the church walls. Ask Him to help us always seek Him with our whole heart. Pray for Him to give us strength to love Him and love others with all our heart, soul, mind, and strength. Thank God for what He has done in the last 21 days and believe that it will continue as you continue to seek Him.

Thank you for participating with us in 21 Days of Prayer!

Thank you for taking the time and energy to participate and seek God. Don't forget that prayer and fasting doesn't just have to happen at the beginning of the year. Paul tells us to pray constantly and we see examples of fasting all throughout Scripture. You can pray and fast when you are seeking guidance, wisdom, peace, and help from God, forgiveness, etc. Keep dedicating time to prayer and growing in your friendship with Jesus. Please share with your pastors, leaders, and friends how you grew through these 21 days! Were prayers answered? Do you feel closer to God? How has God worked in a situation during this season of prayer and fasting? We can't wait to celebrate with you!

God is good and He does good!

*“Then you will call on Me and come and pray to Me,
and I will listen to you.” Jeremiah 29:12 (NIV)*