

LIFE CHURCH MILANO

21 DAYS OF PRAYER & FASTING

2026

MMXXVI

“WHEN I AM AFRAID, I PUT MY TRUST IN YOU”

• PSALM 56:3

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God.
Philippians 4:6 & 7

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.
1 John 5:14

Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them.
Matthew 18:19 & 20

So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!
Luke 11:9-13

Dear LifeKids,

We are about to embark on an exciting adventure! For the next 21 days our entire church is coming together to pray and fast. Maybe you've never thought of prayer as an adventure...

but talking with God is one of the most exciting, most life-changing things we can do!

At LifeKids, we believe that prayer changes everything and, over the next 21 days, can change your life and family. Think about it: when you talk to God you are talking to the one who created

EVERYTHING! The moon, the sun, the stars, the ocean, and YOU!

Prayer is your way to connect with the God who made you, who loves you, and wants a relationship with you! Jesus is your best friend and is ready to talk to you at any time and in any place. Whether at school, in the car, or at home, Jesus is there and wants to hear from you, and has important things to tell you if you will open your heart and listen.

Did you know that you can pray:

- Before the day begins
- Before you go to school
- Before you hang out with friends
- Before practice or a big game
- Before you go to bed
- When something bad happens
- When something good happens

The more we learn about prayer, the easier it becomes. The easier it becomes, the more fun it is! Praying and talking with Jesus should be the best part of our day! In every situation – PRAY FIRST!

We are praying for you and are so excited to see what God does in your life in the coming days!

Your lifeKids Team



Dear Parents and Caretakers,

The next 21 days could change your family forever. We know how hard it can be to try to manage every responsibility you face and juggle as a parent: Relationships, finances, jobs, extracurriculars, homework, attitudes, and hearts. In “normal” circumstances it can be an overwhelming prospect, but it can feel even more daunting as you begin a new year and feel the pressure to set resolutions and achieve goals as a family.

You may be holding this prayer guide in your hand thinking that the last thing you need is ANOTHER thing to do...

But this is not just another thing to DO. This is an invitation to a new way to LIVE!

In the whirring hurry of our world and all of its demands, we often leave very little time to connect with God. This may be true at a personal level and also as a family. He alone is our source of hope, strength, joy, and love. Sure, we can get by on our own for a bit, but why settle for just getting by when God invites us to live an extraordinary, abundant life?

For the next 21 days, you and your family are invited to press pause on pushing through and instead pursue God first. And, we want to partner with you! The LifeKids Prayer Guide contains verses, prompts, and insights so that your family can embark on this prayer journey together.

If you normally don't pray out loud with or in front of your kids, it might feel awkward at first but we ask you to keep doing it! We know that we all want our children to have incredible prayer lives, and one of the best ways we can help to make that happen is to show them how. Our prayer for your family is that you are marked by the power and presence of God!

We anxiously await to see how God moves in our church and our homes as we join together and purposefully seek Him together. It is truly our joy to partner with you as you lead your kids in their relationship with Jesus.

Your lifeKids Team



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1. Read: James 1

Read this scripture in your Bible or on your phone through a Bible app.



2. Pray

Do the “Take Action” section first. Reflecting on the verse(s), ask God to help you and/or grow you in regards to what is written.



3. Take Action

Write down one verse (or one section) from today's reading that really sticks out to you.

A lined writing page with a pink redaction box at the top. The page has a grey border and a vertical line on the left side.

1. Read: Psalm 100:4

Enter his gates with thanksgiving,
and his courts with praise!
Give thanks to him; bless his name!



2. Pray

First do the “Take Action” section then spend this prayer time thanking God for what He has done for you. Remember to use your list.



3. Take Action

At the bottom of this page, and the next page, write down or draw what you are thankful for. Share this list with your family.

A large, light blue-lined writing area for the 'Take Action' section. At the top, there is a horizontal pink redaction box. The writing area is bounded by a grey border on the right and bottom, and a blue vertical line on the left.

Day 3

Take Heart

1. Read: 1 Thessalonians 5:18

“Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.”



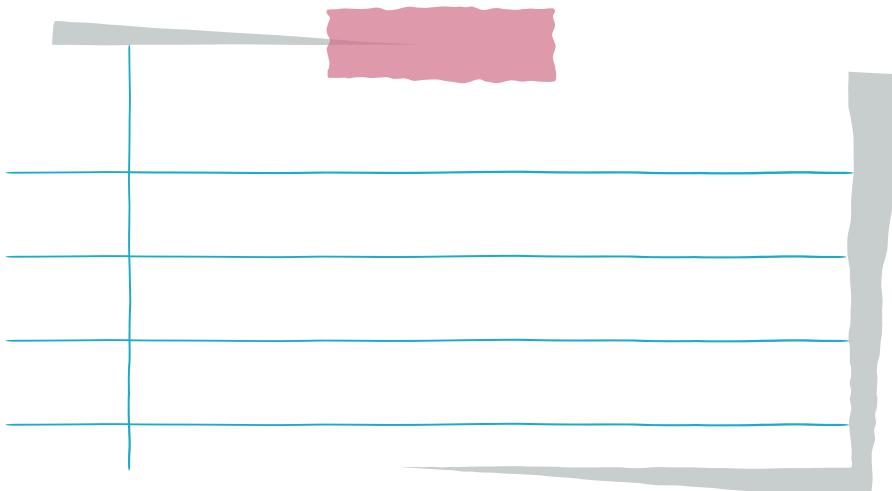
2. Pray

Give God thanks for all the things He has done in your life and in the life of others. Take time to add to your Thankful list.



3. Take Action

Ask three people what they are thankful for and write them down.



What I am Thankful for

1. Read: Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.



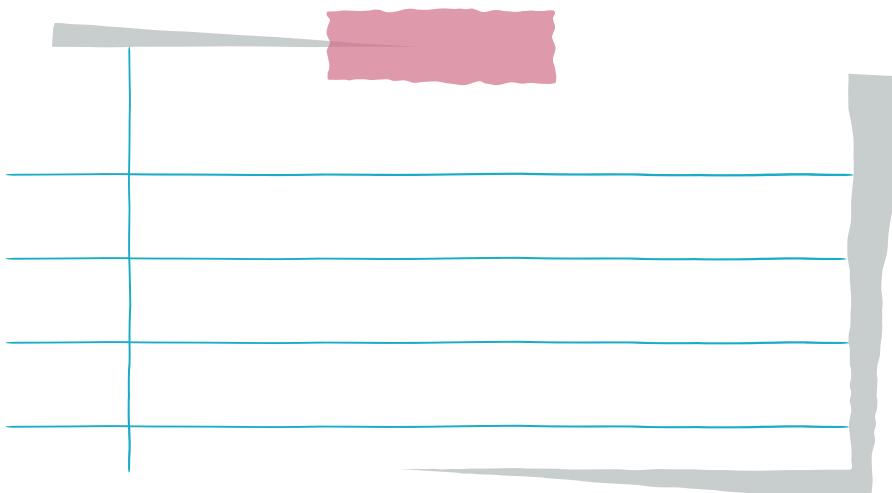
2. Pray

Spend your prayer time seeking God and His Kingdom.



3. Take Action

Write down or draw what God is showing you as you seek Him. Show and discuss with your family.



1. Read: Ephesians 2:10

"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."



2. Pray

Discuss with your family about the Lord's plans and pray about God's plan for you today and in the future.



3. Take Action

Sketch out what the Lord is telling you about the plan He has for you.



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

Patience

Answers

Believe

Courage

Listens

Praise

Listen

Church

Prayer

Bible

Daily

Faith

Trust

Hope

God

1. Read: 1 Samuel 15:22

And Samuel said, "Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice.



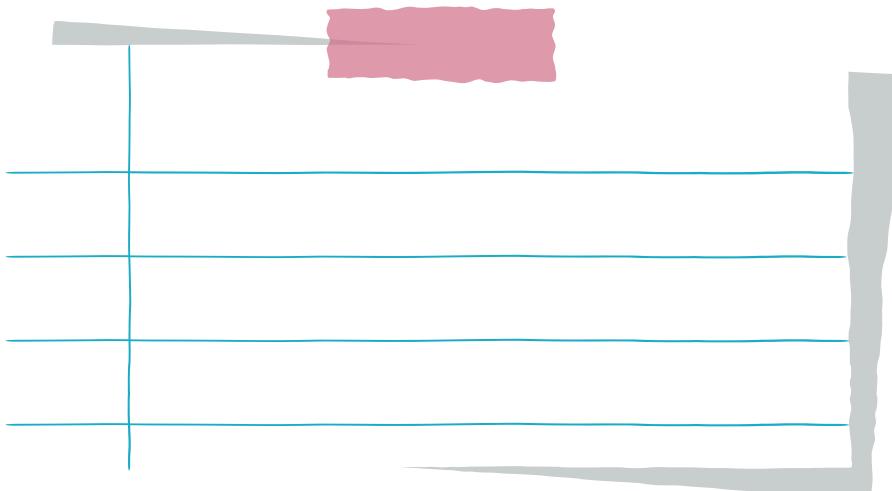
2. Pray

If you haven't already, ask God if there is anything He wants you to go without during these 21 days. Also Ask God for strength and self-control to complete the 21 days of fasting.



3. Take Action

Discuss with your family the importance of fasting. Write down how you are fasting, and what you are expecting to see God do during these 21 days.





1. Read: Philippians 4:4-7

Read this scripture in your Bible or on your phone though a Bible app.



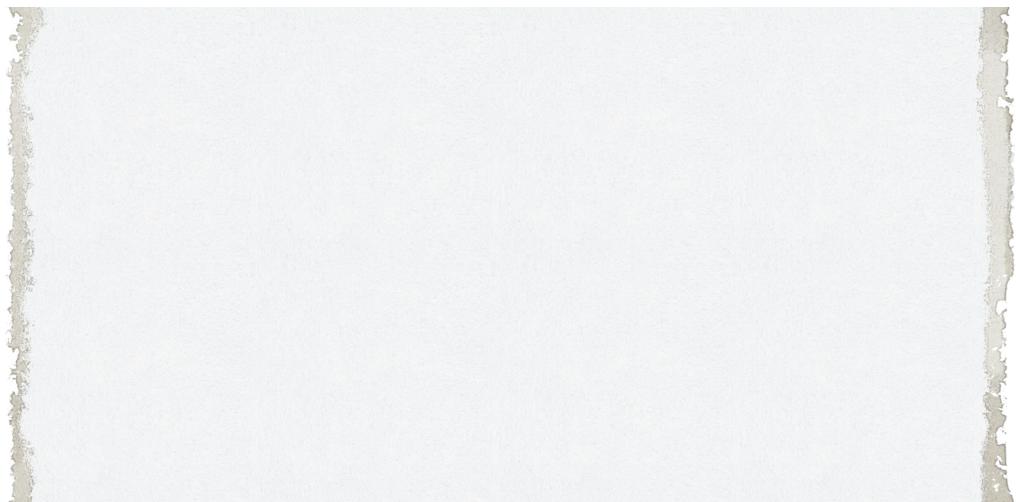
2. Pray

Ask God for His peace that surpasses all understanding.



3. Take Action

Write/Draw what peace means to you.





1. Read: Matthew 5:3-12

Read this scripture in your Bible or on your phone though a Bible app.



2. Pray

Seek God, His mercy, righteousness, and peace. Ask Him to help you show mercy to others and be a peacemaker everyday.



3. Take Action

Write down some ways to be a peacemaker at school, at home, or wherever you go - then be sure to do them.

A large, blank lined writing area. It features a pink horizontal bar at the top and a grey border on the right and bottom. The writing area is divided into four horizontal sections by blue lines. A vertical blue line on the left creates a margin.

1. Read: Genesis 1:26

Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

**2. Pray**

In your prayer time today ask God how you can be more like Him, and spend time being quiet with Him and listen.

**3. Take Action**

Say and write three good things God says about you out loud so you can hear yourself clearly. Talk about it with your family.



What God says about me...

1. Read: Isaiah 26:12

"Lord, you will grant us peace; all we have accomplished is really from you."

**2. Pray**

Do the "Take Action" part first. Ask God to bring peace to that situation.

**3. Take Action**

Write down an area where you need God's peace.

A large, lined writing page. At the top, there is a horizontal pink bar. The page is framed by a grey border. The lines are light blue and there are four lines per row.



1. Read: 1 Chronicles 16:34

"Give thanks to the Lord, for he is good!
His faithful love endures forever."



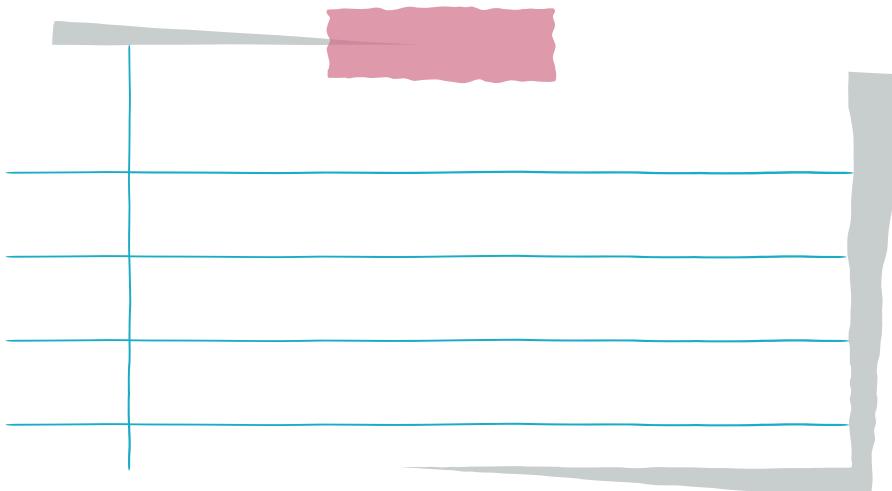
2. Pray

Spend this time thanking the Lord.



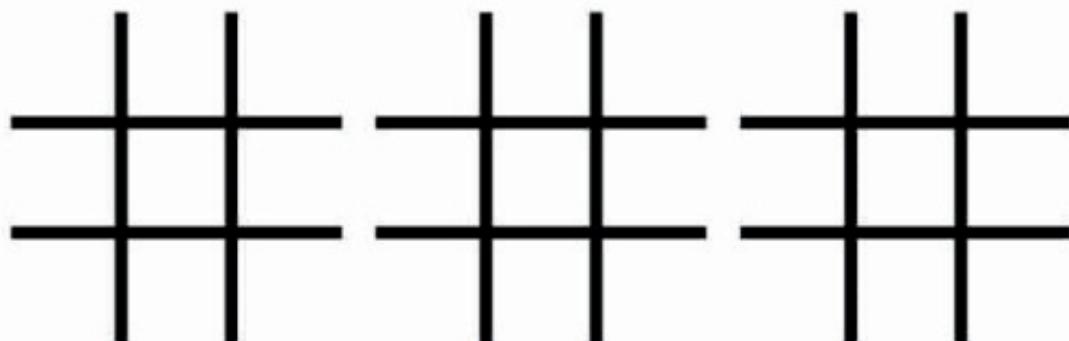
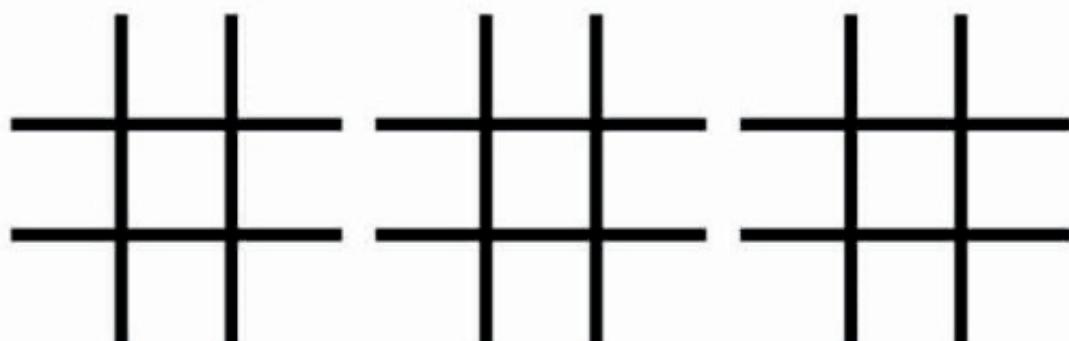
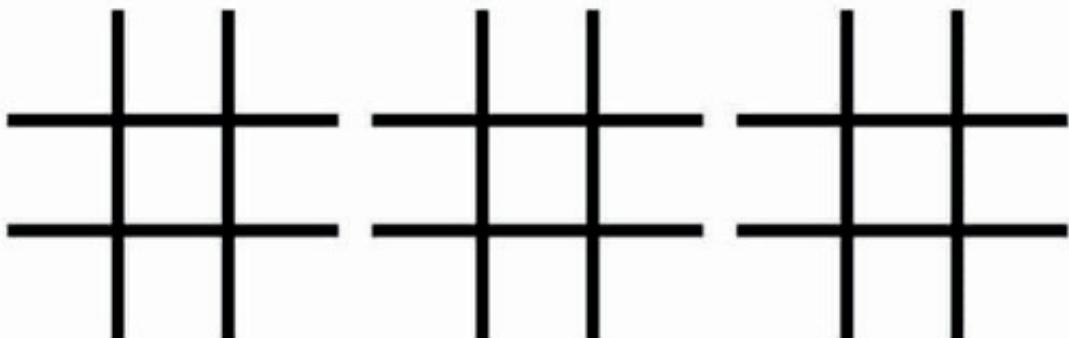
3. Take Action

List the good things the Lord has done for you during this time. List at least 3. Also add to your Thankful page.



TIC TAC TOE

THREE IN A ROW





1. Read: Hebrews 11

Read this scripture in your Bible or on your phone through a Bible app.



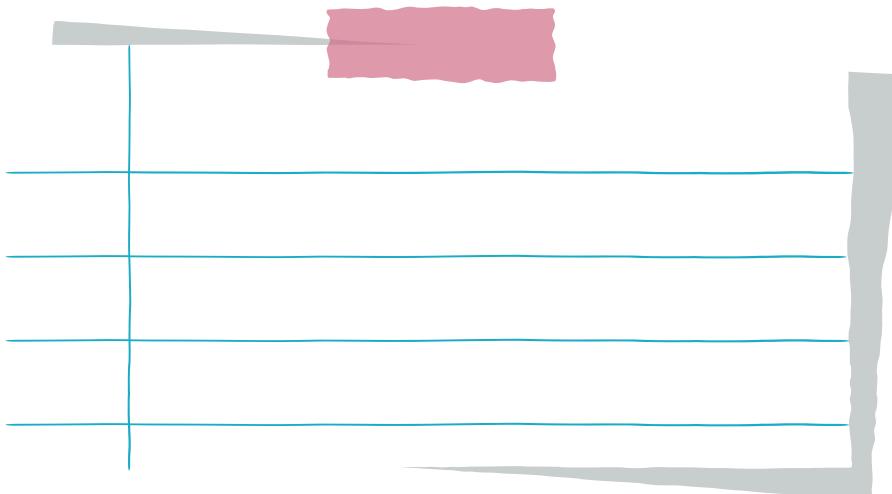
2. Pray

Pray for great faith and to have faith like those in the bible reading.



3. Take Action

What has the Lord set you apart for?



1. Read: Luke 12:22-31

Read this story in your Bible or on your phone through a Bible app.



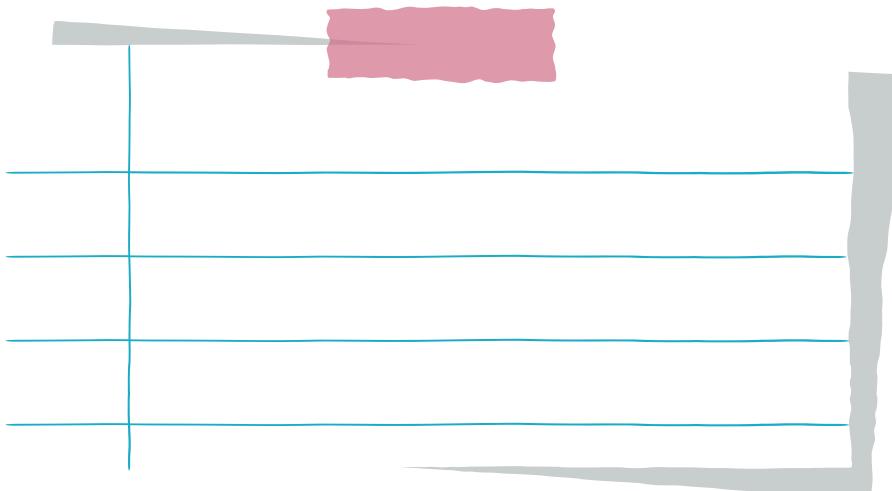
2. Pray

Do the “Take Action” part first. Pray that the Lord helps you get rid of the worries.



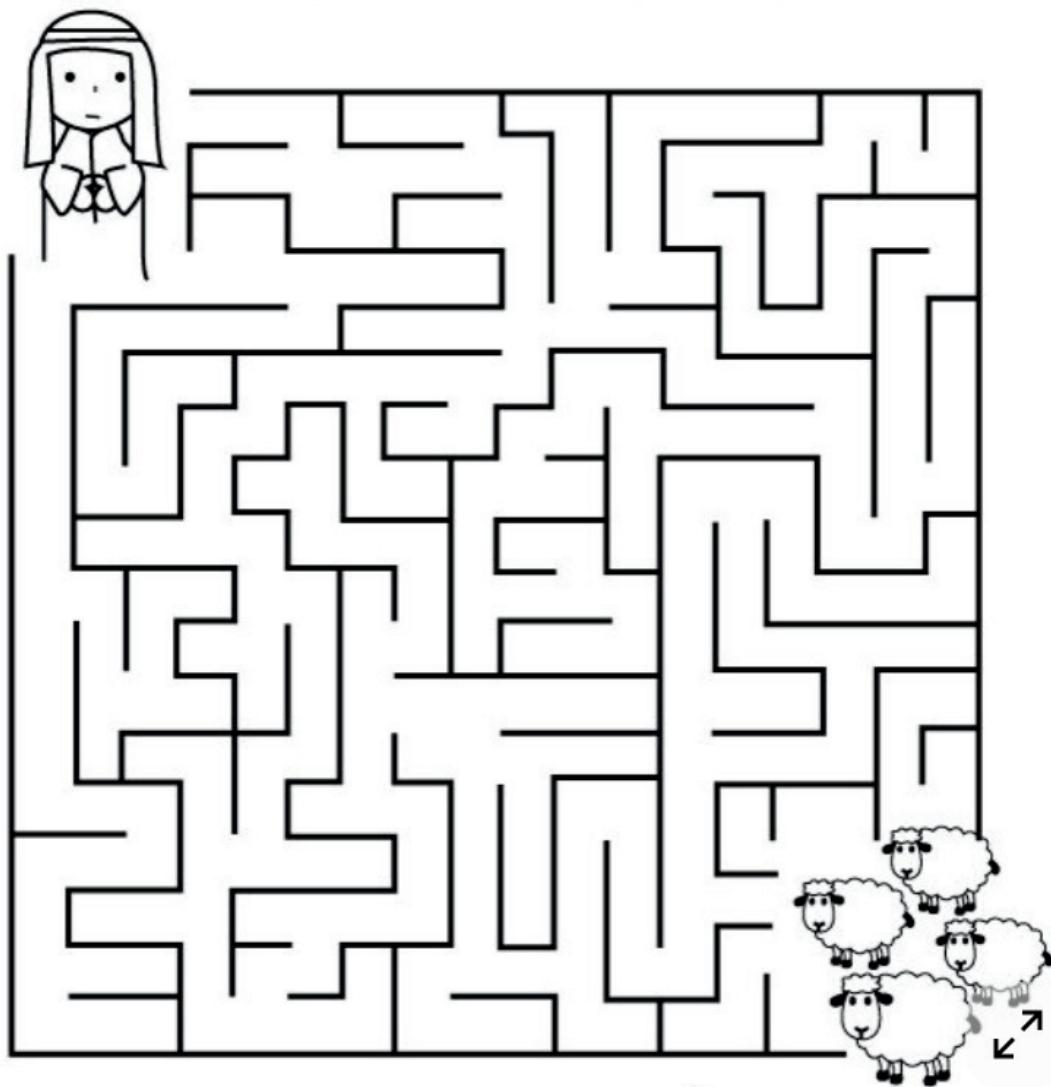
3. Take Action

Write down your worries and give them to God.



Lost Sheep Maze

Help the shepherd find his lost sheep.



1. Read: Romans 6:4

"For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives."



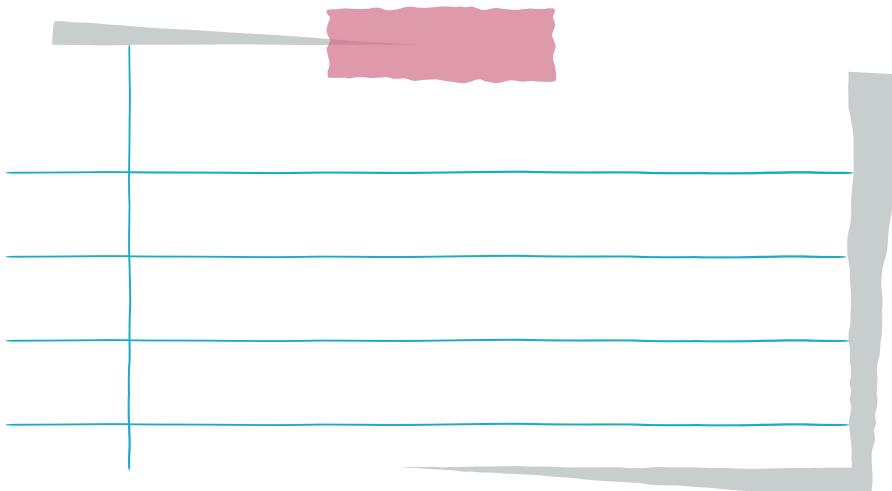
2. Pray

Pray and discuss with your family about water baptism.



3. Take Action

Talk to your family and Pastor Beka about getting baptized. Write down the date you will be water baptized.



1. Read: Psalm 139:13

“For you formed my inward parts; you knitted me together in my mother's womb...”

**2. Pray**

Thank God for creating you and your family, and take time to pray for your family.

**3. Take Action**

Look at old family photos or your baby pictures, talk with your family about God's design. Write down some of your discussion here.

A large lined writing area with a grey border. The top section is a pink rectangular bar. The main area has four horizontal blue lines for writing. The bottom right corner of the page is also grey.

Find Missing Vowels

Find the missing letters in the following list of words!

N G L

One of these appeared to Mary.

B T H L H M

Mary and Joseph had to travel to this town.

G B R L

The Angel who appeared to Mary

J S S

Who was born in the manger

J S P H

The man who married Mary

H R D

The name of the King who was jealous of Jesus.

M N G R

Jesus was placed here as a new-born baby.

M R Y

The mother of Jesus.

N Z R T H

Joseph lived here.

S H P H R D S

These were in the field when the angel appeared

W S M N

Followed the star



1. Read: 2 Corinthians 5:17

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."



2. Pray

Pray and talk with your family about what it means to be a new creation in Christ.



1. Read: Romans 12:2

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.

**2. Pray**

What are some bad habits or thoughts that you need God to transform? Ask Him to help you with those.

**3. Take Action**

Discuss with your family who God is and what He is like. Write some of His characteristics down below, how they are different from the world.

A large lined writing area with a grey binding on the right side. The writing area is white with blue horizontal lines and a grey vertical margin line on the left. There is a large red redaction box at the top center.

1. Read: Matthew 17:14-20

Read this scripture in your Bible or on your phone through a Bible app.



2. Pray

Ask the Lord to give, and increase your Faith.



3. Take Action

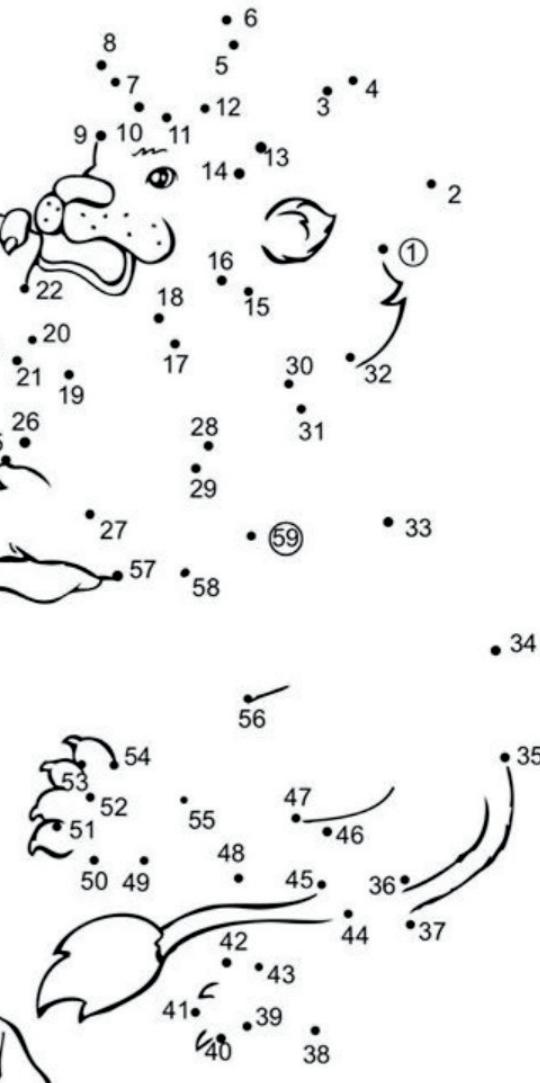
Research a mustard seed and draw the seed at the bottom of this page. Remember that is all you need.

If you are able to find a mustard seed, tape it to this paper, to remind you of how much faith you need to move mountains.



Connect the dots
from 1-59 to find out who
Samson fought with
and won.

STRONG SAMSON



God made Samson strong. God had said that Samson should never cut his hair or he would lose his strength. (Judges 13:1 - 14:7)



1. Read: Psalm 23

Read this scripture in your Bible or on your phone through a Bible app.



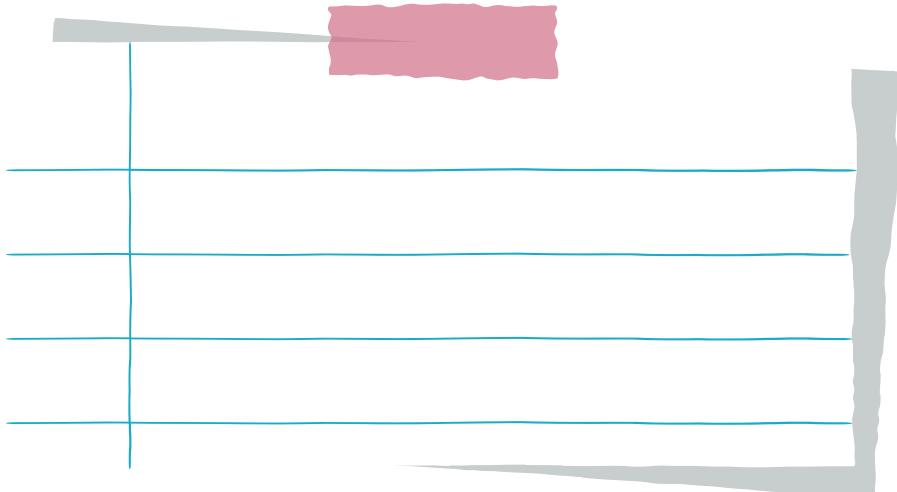
2. Pray

Spend some time being quite before the Lord and listen to what He is telling you.



3. Take Action

Write down all your answered prayers.



1. Read: Ephesians 2:4-9

Read this story in your Bible or on your phone through a Bible app.



2. Pray

Thank God for His free gift of salvation and His grace. Pray for missionaries all around the world who are sharing God's gift of grace with others.



3. Take Action

Write down some people you can share God's free gift of grace with and do it.

A lined writing page with a pink header bar and a grey footer bar. The page has a vertical blue line on the left and horizontal blue lines for writing. The footer bar is grey and has a wavy bottom edge.

1. Read: John 13:34-35

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."

**2. Pray**

Pray that people will know you by the love of God.

**3. Take Action**

Write down ways you can show God's love to other people and do them.

A lined writing page with a pink header bar and a grey footer bar. The page is divided into four horizontal sections by blue lines. The left margin has a vertical blue line.

JESUS LOVES YOU





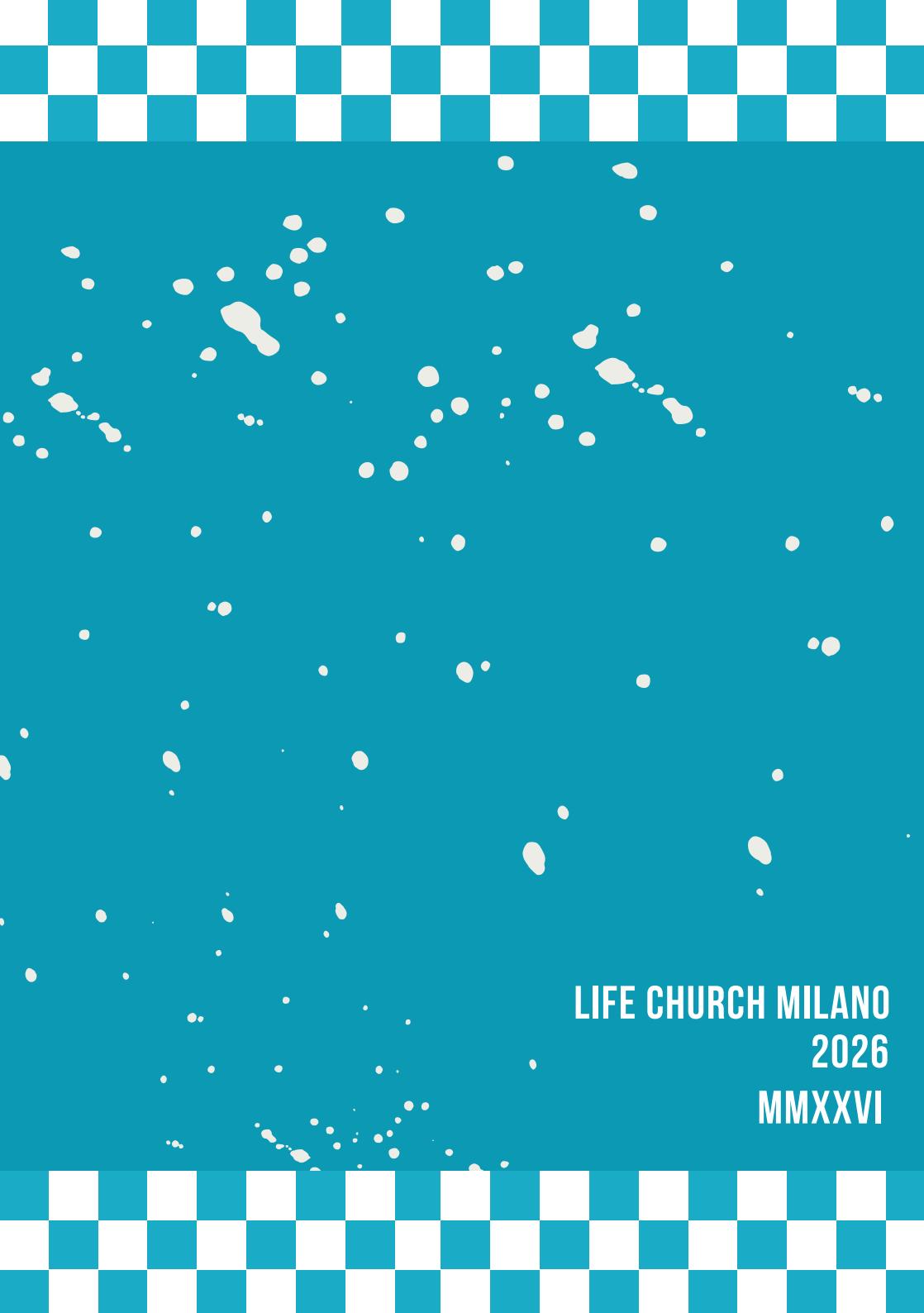
CONGRATULATIONS!

Congratulations on completely your 21 days of prayer and fasting! 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. You can choose any time of the year to do them. You can pray and fast when you are seeking guidance, wisdom, peace, and help from God, forgiveness, etc. Remember the first 15 structure and focus each day on:

- Reading your Bible
- Praying
- Praising/ Worshipping God

Keep dedicating time to prayer and growing in your friendship with Jesus. Please share with your leaders, parents, and friends how you grew through these 21 days! Were prayers answered? Do you feel closer to God? How? 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!



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