

21 DAYS OF PRAYER & FASTING

2026

MMXXVI

“AS IT IS THE BUSINESS OF TAILORS TO MAKE CLOTHES, AND THE BUSINESS OF COBBLERS TO MEND SHOES, SO IT IS THE BUSINESS OF CHRISTIANS TO PRAY!”

• MARTIN LUTHER

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

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? Of it 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

"To desire revival... and at the same time to neglect (personal) prayer and devotion is to wish one way and walk another"

Martin Luther

Hey everyone,

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 Life Church, we believe that prayer changes everything and, over the next 21 days, your life and your family can change.

Think about it: when you talk to God you are talking to the One who created EVERYTHING! The moon, the sun, 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.

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
- While you shower
- While you walk home

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

Dear Parents & Caretakers,

The next 21 days could change your family forever. I know how hard it can be to try to manage every responsibility or “hat” that you wear in your family: 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 its demands, we can find ourselves with 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! This Prayer Guide contains verses, prompts, and insights so that your youth can embark on this prayer journey independently and together with you.

If you normally don’t pray out loud with or in front of your kids, this might feel awkward at first, but I ask you to keep doing it! I know that we all want your 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.

Fasting

Step 1: Establish Why?

Why are you fasting? For guidance? Healing? Solutions to problems? Know God deeper? In the Bible, we see many reasons for fasting...

- **Worshipping God** (Luke 2:37; Acts 13:2; Zechariah 7:5-7)
- **Preparing for Ministry** (Matthew 4:1-17; Mark 1:12-13; Luke 4:1-14; Acts 13:2-4)
- **Seeking God's help** (2 Samuel 12:15-17; Esther 4:16; Daniel 9:3-5)
- **Deliverance and protection** (Psalm 69:10; Ezra 8:21-23; Mark 9:29)
- **Seeking Wisdom** (Acts 14:23)

Step 2: Pray and Ask God to help you determine what to fast.

Many times, fasting relates to food, yet there are different types of fasting in scripture- for example, we read that Daniel didn't avoid food altogether, but fasted specific things (Daniel 10:3) Everyone should personally seek the Lord about the type of fast they will engage in. Maybe instead of food, you need to give up an activity that you regularly choose so you can spend more time at the feet of Jesus. Here are some examples to pray about:

- Video Games, Music, Podcasts, Television
- One meal/day: Late night snack, after school snack, or breakfast
- All Social Media
- Sugar/ Junk Food

Step 3: Commit to your Fast

- Make commitment ahead of time so you are more likely to stick with them
 - Commit to 21 days
 - Commit to not cheating
 - Talk with your parents about your goals so they help by buying the correct foods and hold you accountable when it gets hard (because it will)
 - Make a plan to be successful: what are you going to do when your friends pull out their phones or when they ask to go get ice cream?

Step 4: Prepare Spiritually

Seeking God is allowing Him to make you better (more like Him) and sometimes that takes uncomfortable or hard things like repenting and admitting wrongdoing to someone, but you will feel relieved when it is brought to light. Ask God to:

- reveal any sin in your life
- help you forgive anyone that needs forgiven and ask for forgiveness from anyone you have wronged

Instructions:

Not long ago, Pastor Josh and Pastor Bekah showed us that the best way to start our day with God is with the **FIRST 15**. Take the First 15 minutes of our day and split the time

- 5 mins: reading our Bible,
- 5 mins: praying to God, and
- 5 mins praising His name.

For the next 21 days, we are going to put this into practice as we grow in our relationship with God. My hope and prayer is that these 21 days you learn to trust God with more of your heart, more of your thoughts, and more of your life. These habits are not just for this month, but for every day of your Christian walk- they will help you to build a routine that will start your day strong by talking to God and not relying on yourself.

Provided in each day will be a **bible verse** (if you want to do more- read the whole chapter), a prompt for **prayer**, and a **song** suggestion (you can scan the code to find the song and lyrics on YouTube or play one of your favorite worship songs instead. Make sure you concentrate on the words as you sing to God). At the end of the packet are a list of more songs to listen to if you play music while you get ready for the day.

At the bottom of each page, you will find a few lines to write down what you prayed about that day. Please don't skip this step- it will help you remember what you prayed for and allow you to really see what you were praying about when God answers it. **Remember that specific prayers receive specific answers**, so don't be afraid to prayer big, bold, detailed prayers!

Outline

DAY 1: I WILL SEEK YOU

DAY 2: I AM WITH YOU

DAY 3: TAKE HEART

DAY 4: SEEK FIRST

DAY 5: GOD'S HANDIWORK

DAY 6: ALL HE HAS DONE

DAY 7: REJOICE

DAY 8: WAITING

DAY 9: KNOWN BY OUR FRUIT

DAY 10: ASK, SEEK, KNOCK

DAY 11: JEHOVAH NISSI

DAY 12: BY FAITH

DAY 13: I WILL GIVE YOU REST

DAY 14: OUR SUPPLY

DAY 15: SALT & LIGHT

DAY 16: WHAT IS POSSIBLE?

DAY 17: RENEW YOUR MIND

DAY 18: MUSTARD SEED

DAY 19: MY SHEPHERD

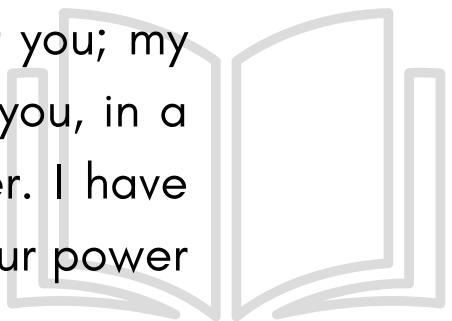
DAY 20: ABOUND IN HOPE

DAY 21: HIS COMMANDMENT

DAY 1

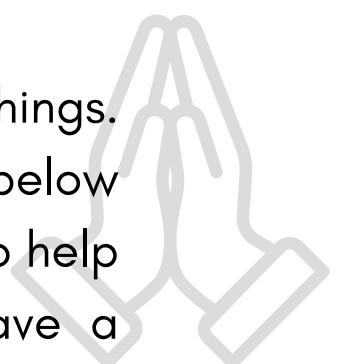
1. Read Psalm 63:1-2

“You, God, are my God, earnestly I search for you; my soul thirsts for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in your sanctuary and gazed upon your power and glory.” (NLT)



2. Pray about it

Take some time to pray. Thank God for a few things. Then, let Him know your concerns. Write down below what you prayed about below. Pray, asking 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.



3. Praise

Listen to *The Wonderful Blood* by Tiffany Hudson

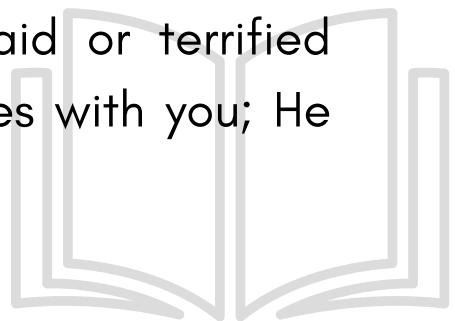


Write down what you prayed about today:

DAY 2

1. Read Deuteronomy 31:6

“Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave or forsake you.” (ESV)



2. Pray about it

What fears do you have? Take some time to think about things that are you may fear... fear of being alone, fear of the future, fear of the unknown, fear of starting something new, fear of failure, etc. Pray, asking 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. In the Bible, God tells us “Do not be afraid’ 365 times- that is one verse for every day of the year. Speak the name of Jesus over your fears.

3. Praise

Listen to *I Speak Jesus* by Charity Gayle

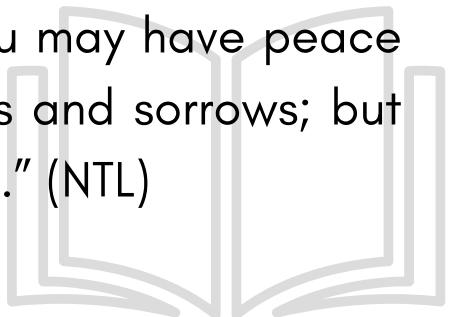


Write down what you prayed about today:

DAY 3

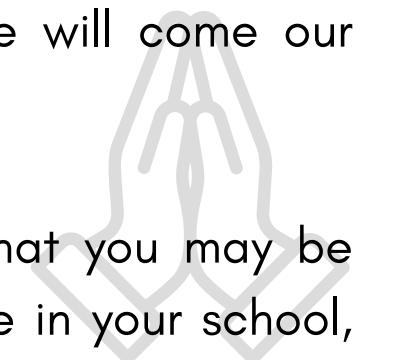
1. Read John 16:33

"I have said these things to you, that in me 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." (NTL)



2. Pray about it

We can take heart (or in other words, be courageous) because God has promised us that even though trouble will come our way, He has already conquered the world!



Take time to pray over trials and challenges that you may be going through along with hardships that you see in your school, country, and around 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.

3. Praise

Listen to *Firm Foundation* by Cody Carnes



Write down what you prayed about today:

DAY 4

1. Read Matthew 6:31-33

“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 first the Kingdom of God above all else, and live righteously, and He will give you everything you need.” (NTL)

2. Pray about it

Some researchers say we have between 6,000-6,500 thoughts in a single day. Verse 33 says to “seek first”- how can you seek God first in your activities, your words, your goals, your motivations? Ask God to give you direction and guidance before you speak, before you start activity, before you give advice, before you decide to do something... or not do it. Seeking Him first is asking WWJD (What Would Jesus Do?) and we find the answer in stories in the Bible.

3. Praise

Listen to *Here Comes the Kingdom* by Free Worship



Write down what you prayed about today:

Fast Check-In: Week 1

"Ultimately we fast simply because we want God more than we want anything this world has to offer us" - John Piper

The first week of your fast always feels the hardest, you catch yourself seeking the thing that you gave up. I remember the first time that I fasted, it was for a week, and I didn't eat any food. Every day the next week of work, someone brought goodies to share with everyone: banana bread, cookies, and donuts were all staring me right in the face. Even though it is challenging- don't stop! As the quote above talks about, this fast is an opportunity to show God that we care more about seeking Him than satisfaction in a meal, treat, game, social media, etc. Continue to pray for God to give you strength through the cravings and ask Him to replace that time spent on other things with His presence. Through that fast, God gave me peace and direction about a situation that I was praying about. That was infinitely more important to me than a temporary sweet treat.

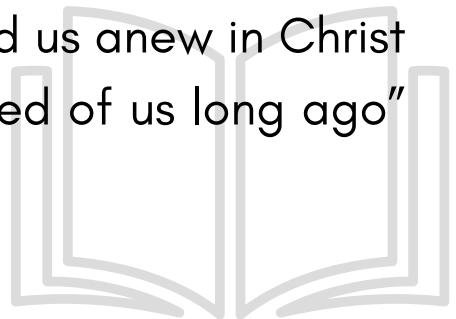
"Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don't tear your clothing in your grief, but tear your hearts instead. Return to the Lord your God..."

- Joel 2:12-13

DAY 5

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 of us long ago” (NTL)



2. Pray about it

Do you ever doubt that God will use you or has a special plan for your life? God created YOU specifically with gifts and talents, with a plan and a purpose. This morning, thank God for all the wonderful things about you that make you YOU. 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.

3. Praise

Listen to *Who You Say I Am* by Hillsong



Write down what you prayed about today:

DAY 6

1. Read 1 Chronicles 16:8-12

“Give thanks to the Lord and proclaim His name, make known among the world what He has done. Sing to Him, sing praise to Him; tell of all His wonderful acts; rejoice, you who worship the Lord; search for the Lord and His strength, continually seeking Him. Remember the wonders He has done, His miracles, and the judgments He pronounced.” (ESV)

2. Pray about it

This reminds us to tell of all God has done. Who is someone that needs to hear of the goodness and faithfulness of God? Pray for 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. You never know who might be going through a season where they need encouragement and hope. 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.

3. Praise

Listen to *What a God* by SEU Worship



Write down what you prayed about today:

DAY 7

1. Read **Philippians 4:4-9**

"Rejoice in the Lord always. I will say it again: Rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, **pray about everything. Tell God what you need and thank Him for all He has done. Then you will experience God's peace**, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely and admirable. Think about things that are excellent and worthy of praise. Keep putting into proactive all you learned and received from me- everything you heard from me and saw me doing. Then the God of peace will be with you." (ESV)

2. Pray about it

What does this verse teach us about rejoicing? 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.

3. Praise

Listen to *Reason to Praise* by Bethel Music

Write down what you prayed about today:



DAY 8

1. Read Isaiah 40:31

“But those who hope (or wait) 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.” (NIV)

2. Pray about it

Waiting often feels like the opposite of moving forward. However, waiting on God (expecting with hope and faith for Him to work on our behalf) gives us strength and endurance to live well. What are you waiting on God for? Pray and talk with God about things like waiting for:

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

3. Praise

Listen to *In the Waiting* by Gateway Worship



Write down what you prayed about today:

DAY 9

1. Read Galatians 5:22-23

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law”



2. Pray about it

How has the fruit of the Spirit in others shown you more about God? How can living a life that displays the fruit of the Spirit in action make us live differently? These “fruits” show in our character as God works in our hearts to make us more like Him. 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.

3. Praise

Listen to *At The Altar* by *Elevation Rhythm*

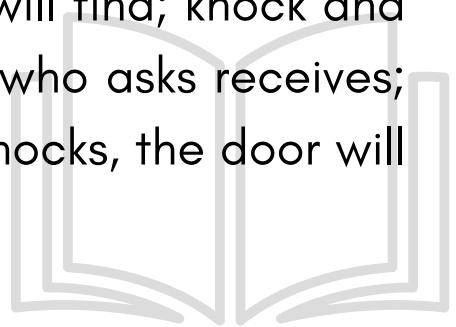


Write down what you prayed about today:

DAY 10

1. Read Matthew 7:7-8

“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; the one who seeks finds and to the one who knocks, the door will be opened.” (ESV)



2. Pray about it

What doors would you like for God to open in your life? Friendships, better relationship with siblings, conversations, opportunities to serve. Keep asking, keep seeking, keep knocking- God always answers your prayers; don't give up if His answer has taken some time, just keep seeking Him. 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.

3. Praise

Listen to *Trust in God* by Elevation Worship

Write down what you prayed about today:



DAY 11

1. Read Psalm 46

Read this story in your Bible or using the Bible app on your phone!

2. Pray about it

When we watch the news, we can see there are places in the world that are full of things like crime, wars, political violence, natural disasters (hurricanes, tsunamis, earthquakes, volcano eruptions). This psalm is a song that was written when Israel was threatened by all of these things and this was sung as an encouragement to not look at what is happening around us and fear, but to 'Know that He is God'. God is a fortress and a refuge, a safe place, in times of crisis and trouble. 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.

3. Praise

Listen to *Lord of Hosts* by *Shane & Shane*



Write down what you prayed about today:

Fast Check-In: Week 2

“Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us” - Silouan the Athonite

Fasting is not only a way to draw closer to God, it's also a way to deny your flesh. Our bodies get into habits and addictions that can steal our time, our energy, and our resources. It is hard to stop doing something that you really really want to do- but, that is exactly what fasting calls us to do. It takes a lot of self-control to deny your craving, addictions, and deep-set habits. As you continue through this fast, I hope you stay strong in the commitment that you have made and that you have seen how much free time you have when you put down the thing that you gave up and spend your time praying and reading your Bible. John 10:10 says, “The enemy comes to steal, kill, and destroy” and sometimes all He needs is a distraction to take your focus from God. Pray and ask God to multiply the time that you spend with Him. Pray for His Word to be written on your heart and be an encouragement to you when the time comes that you need to remind yourself.

*“Matthew 16:24, “Then Jesus told His disciples, ‘If anyone would come after me, **let him deny himself** and take up his cross and follow me.”*

DAY 12

1. Read Hebrew 11

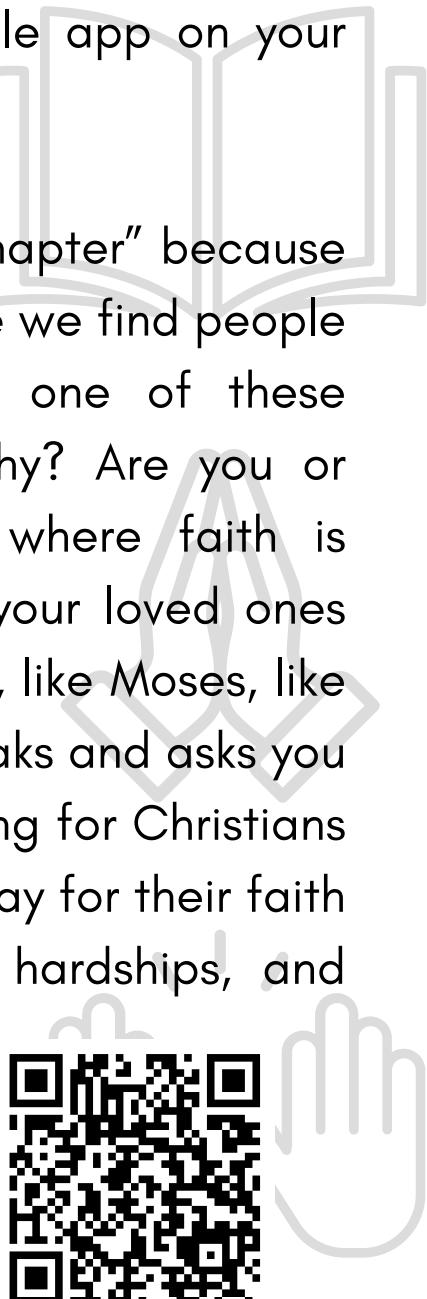
Read this story in your Bible or using the Bible app on your phone!

2. Pray about it

This chapter of the Bible is called the ‘Faith Chapter’ because it defines faith and summarizes examples where we find people acting in faith throughout Scripture. Which one of these examples of faith stands out to you and why? Are you or someone you love currently in a situation where faith is required? Pray for God to increase yours 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.

3. Praise

Listen to *That's Who I Praise* by Brandon Lake

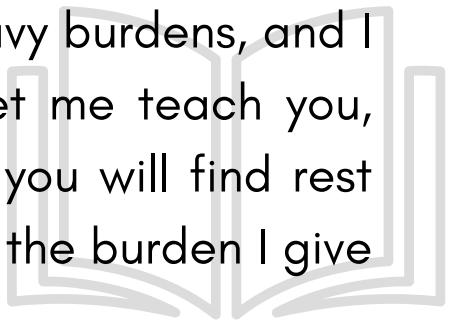


Write down what you prayed about today:

DAY 13

1. Read Matthew 11:28-30

"Come to me, all 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 gentle and lowly 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." (NLT)



2. Pray about it

The future is an unknown thing, and it is easy to let anxiety and worry come into your thoughts. Jesus tells us in these verses that He wants to walk beside us and take on the heavy burdens that we try to carry on our own. 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.

3. Praise

Listen to *Run to the Father* by Cody Carnes

Write down what you prayed about today:



DAY 14

1. Read **Philippians 4:18-19**

"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 is same God who takes care of me will supply all your needs from his glorious riches, which have been given to us to us in Christ Jesus." (NTL)

2. Pray about it

These are verses are found in the letter that Paul wrote to the church at Philippi; they highlight the gratitude that he felt for their financial offering. Paul is recognizing that even though the church sent money to him, it was through God and God's provision, care, and sovereignty. Everything Paul needed and more was provided. The same is true as God provides for us. 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.

3. Praise

Listen to *The Lord Will Provide* by Passion

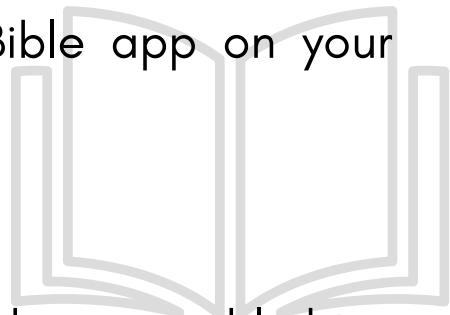


Write down what you prayed about today:

DAY 15

1. Read Matthew 5:13-16

Read this story in your Bible or using the Bible app on your phone!



2. Pray about it

Sometime today, turn off all the lights in your house and light a single candle. Notice how a single, small flame can light up an entire room. As a follower of Jesus, you are the light of the world! What does it mean for you to be the salt and light? 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.



3. Praise

Listen to *Let the Light in* by Cody Carnes

Write down what you prayed about today:

DAY 16

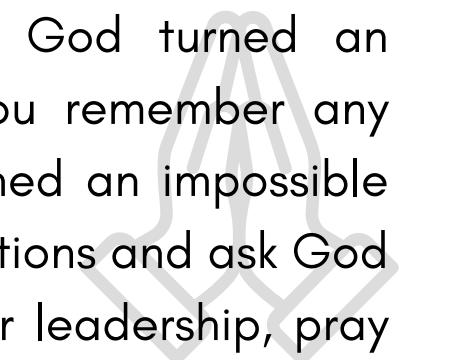
1. Read Matthew 19:26

"But Jesus looked at them and said, "Humanly speaking, it is impossible, but with God all things are possible."



2. Pray about it

What are some things in your life that seem impossible? What would it look like if you involved God in these things? Can you remember any stories in the Bible where God turned an impossible situation into a miracle? Can you remember any instances in Life Church where God has turned an impossible situation into a miracle? 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.



3. Praise

Listen to *Nothing is Impossible* by Planetshakers



Write down what you prayed about today:

DAY 17

1. Read Romans 12:1-2

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God- this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is- his good, pleasing and perfect will."

2. Pray about it

How do you know what God's will is? First and foremost, God's will is for everyone to know Him. He wants us to all know Him, love Him, and have a relationship with Him. After we know Him, He starts to change our thoughts and renew our hearts. 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.

3. Praise

Listen to *Who Else* by *Gateway Worship*



Write down what you prayed about today:

DAY 18

1. Read Matthew 17:20

"I tell you the truth, if you have faith even as small as a mustard seed, you can say to this mountain, "Move from here to there" and it will move. Nothing will be impossible for you" (NLT)

2. Pray about it

Have you ever seen how tiny a flake of salt is? A mustard seed is about the same size! They are so small, but Jesus uses them to help us understand how powerful faith in Him can be. Faith means to have complete trust and confidence in God even when we can't see the outcome (Remember Hebrews 11:1). This verse states that even the smallest amount of faith in God, the one who makes everything happen, can result in big prayers being answered in big ways. We choose to believe in the One who makes a way in the impossible circumstances. 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.

3. Praise

Listen to *In the Mighty Name of Jesus*
by *The Belonging Co.*



Write down what you prayed about today:

Fast Check-In: Week 3

"Fasting does not ensure the certainty of receiving clear guidance from God. Rightly practiced, however, it does make us more receptive to the One who loves to guide us." - Donald Whitney

As you finish these final days of this fast, don't stop short. It may be tempting to say that you have already succeeded in 18 days, but try to stay strong in the commitment that you made. There is a parable of a man who finds a gold mine, he starts digging and digging and after hitting some temporary obstacles determines that it is too hard, he quits and sells the property to another man. This new man starts digging and only has to go a few meters before hitting a gold vein and becoming very rich. The first man had worked so hard for so long and was just on the other side of a breakthrough. While we don't have to work to receive blessings from God, this example is of persevering through hard times, temptations, and obstacles to see your reward. The reward in this fast is knowing God deeper.

""Knowing that tribulation produces perseverance; and perseverance produces character; and character produces hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us." -Romans 5:3-5

DAY 19

1. Read Psalm 23

Read this Psalm in your Bible or using the Bible app on your phone!

2. Pray about it

This passage of scripture tells us that the Lord is our shepherd. What are some characteristics of a shepherd? What are shepherds good at? Why are they needed? What are some characteristics of sheep? Do they need a shepherd? What happens to sheep if they are left alone? What do you think might happen to sheep if they are left alone? How do you feel knowing that the Lord is your shepherd? 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.

3. Praise

Listen to *Even Though I Walk* by Bethel Music

Write down what you prayed about today:



DAY 20

1. Read Romans 15:13

"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." (NLT)

2. Pray about it

What does a life full of God's joy, peace, and hope look like? 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 moving through music, conversations, sermons, etc. and pray for your eyes to open to street signs, T-shirts, situations in the world. You never know what God will use to answer you regarding what you are praying about. 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.

3. Praise

Listen to *Only Hope* by Phil Wickham

Write down what you prayed about today:



DAY 21

1. Read Matthew 22:36-40

"Teacher, which is the greatest commandment in the Law?" Jesus replied, "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it, 'Love your neighbor as yourself.' All the Law and Prophets hang on these two commandments."

2. Pray about it

In this story, Jesus is quoting Deuteronomy 6:5; what does it look like to love like the Bible tells us? Who is our neighbor and how are we supposed to love them? 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.

3. Praise

Listen to *The Blood* by Bethel Music



Write down what you prayed about today:

PRAISE/ WORSHIP SONG PLAYLIST

THE JOY- THE BELONGING CO.

HOUSE OF MIRACLES- BRANDON LAKE

MONDAY MORNING FAITH- SEU WORSHIP

I KNOW A NAME- ELEVATION WORSHIP

NOTHING ELSE MATTERS- WATERMARK MUSIC

NOW HERE- RED ROCKS WORSHIP

LAST TO LEAVE- THE BELONGING CO.

LIVING WATER- SHANE & SHANE

O COME TO THE ALTAR- ELEVATION WORSHIP

MADE FOR MORE- BETHEL MUSIC

EVEN THE IMPOSSIBLE- MACK BROCK

IS HE WORTHY- SHANE & SHANE

CHRIST BE MAGNIFIED- CODY CARNES

TOUCH OF HEAVEN- HILLCLOUD WORSHIP

LIVING HOPE- PHIL WICKMAN

KING OF MY HEART- KUTLESS

ALREADY DONE- FREE WORSHIP

BREAKTHROUGH- RED ROCKS WORSHIP

DEFENDER- UPPERROOM

FAKE LOVE- ELEVATION RHYTHM

HERE COMES HEAVEN- ELEVATION WORSHIP

IN JESUS NAME- KATY NICOLE



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. Paul tells us to pray constantly (which is good advice for any relationship, right? To continually have conversation with Jesus) 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. Remember the first 15 structure and allow that to grow as you grow and seek more of His Word and more of His reliance. I have a friend who would pray and fast the first 3 days of every month just so she could start each month making sure her heart and mind were aligned with God's. There are an infinite number of ways to keep God at the front of your mind, heart, and life. 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!