



# 21 DAYS OF PRAYER & FASTING



UNITED

THE YEAR OF  
DEVOTION

# Devoted to prayer & fasting

**This is the year we stop giving God our leftovers and start giving Him our lives. For 21 days, we're cutting through distraction, denying lesser desires, and setting our whole attention on the One who deserves our whole affection. Prayer fixes our focus. Fasting exposes our idols. Together they realign the direction of our devotion. These 21 days are not a church program—they're a holy interruption. A reset. A recalibration of the heart. Because whatever has your attention has your affection, and our devotion—today and every day—belongs to Jesus.**

# HOW TO USE THIS 21-DAY GUIDE

These 21 days are about devotion, not perfection. This guide is here to help you focus your heart, fix your attention on Jesus, and create space for God to speak. Use it as a daily rhythm, not a rigid rulebook.

## 01 Choose Your Fast

Pick a fast that actually costs you something but is sustainable for 21 days.

### Common options:

**Total Fast:** Liquid only. No food.

**Daniel Fast:** No meat, sugar, dairy, or processed foods.

**Partial Fast:** Skip one meal a day or fast from sunrise to sunset.

**Media Fast:** Remove social media, entertainment, distractions.

**Custom Fast:** Anything God puts His finger on that competes for your devotion.

Whatever you choose, commit to it before you begin. Devotion is direction.

## 02 Set a Daily Prayer Rhythm

Each day includes:

A Scripture

A prayer topic

A response/action step

Give God consistent, uninterrupted prayer time every day.

Morning, lunch, and night—pick a time and guard it.

# TOPICS

**DAY 1: Devotion**

**DAY 2: Repentance**

**DAY 3: Forgiveness**

**DAY 4: Fruit of the Spirit**

**DAY 5: Gifts of the Spirit**

**DAY 6: Obedience**

**DAY 7: Surrender to the Spirit**

**DAY 8: Spiritual Hunger**

**DAY 9: Families & Marriages**

**DAY 10: Salvations**

**DAY 11: Prodigals**

**DAY 12: Future Building**

**DAY 13: Missions & the Nations**

**DAY 14: Our City – Albany**

**DAY 15: Leaders & Volunteers**

**DAY 16: Next Steps & Discipleship**

**DAY 17: Healing**

**DAY 18: Provision & Finances**

**DAY 19: Calling & Purpose**

**DAY 20: Unity & Community**

**DAY 21: Boldness & Evangelism**

# DAY 01

## Topic: Devotion

### **Devotional:**

Devotion is not emotion—it's direction. It's where your heart faces when you're not trying. These 21 days begin by re-aiming your life at Jesus. Not half-way. Not part-time. Undivided, whole-hearted devotion. Our devotion is a derivative of God's devotion to us.

### **Scripture:**

Psalm 86:11 “Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.”

1 John 4:10 “This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.”

### **Guided Prayer:**

God, point my heart back toward You. Unite what has been divided. Reveal any idols I've made in my heart. Remove every rival to my devotion. God you have all my attention and affection. You are my one thing.

### **Action Step:**

Write down and journal anything you have put above God. Something that's had more of your devotion and attention. Write down areas of your life that God wants you to be devoted to. Lastly, pray and ask God to help receive His devotion.

# DAY 02

## Topic: Repentance

### **Devotional:**

Repentance is not shame. Repentance is alignment. It's turning from what kills you and returning to the God who restores you. It's changing your mind and agreeing with God. Sin divides your devotion. Repentance restores it.

### **Scripture:**

Acts 3:19 "Repent, then, and turn to God, so that your sins may be wiped out..."

Romans 2:4 "Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?"

### **Guided Prayer:**

God, thank you for your kindness. You have shown me mercy & grace through the cross of Jesus Christ. Help me to receive your kindness and to walk in repentance. Show me anything I need to repent of. I want to be closer to you and know you deeper. I don't want moments of repentance I want a life of repentance.

### **Action Step:**

God's kindness is unconditional and underserved. Show one act of kindness to one person per day until the end of the fast. It has to be to someone who cannot repay you. Confess and repent of any sins or areas you've yet to surrender. And ask God to help you receive his kindness.

# DAY 03

## Topic: Forgiveness

### **Devotional:**

Unforgiveness poisons devotion. You can't cling to bitterness and cling to Jesus at the same time. Release the person, not because they deserve it, but because Christ released you.

### **Scripture:**

Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."

Luke 23:34 "Jesus said, 'Father, forgive them, for they do not know what they are doing.'"

### **Guided Prayer:**

Jesus, today I release the debt. Heal what was wounded. Make my heart free again. Thank you for your forgiveness. I lay down bitterness, unforgiveness, and offense. Help me receive and release your forgiveness today.

### **Action Step:**

Reach out to one person or many *today*. If you've wronged them, ask for forgiveness without excuses. If they've wronged you, release them and tell them you forgive them. Let God remove whatever is blocking your devotion.

# DAY 04

## Topic: Fruit of the Spirit

### **Devotional:**

Devotion shows up in character. The Spirit doesn't just fill you—He forms you. The fruit of the Spirit is the evidence of a devoted life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. You can fake gifts for a moment, but you can't fake fruit. Fruit is the slow, steady work of the Spirit shaping who you're becoming.

### **Scripture:**

Galatians 5:22–23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...”

### **Guided Prayer:**

Holy Spirit, grow Your character in me. Produce fruit that lasts. Help me abide and make my home in you. Help form me into the image of Jesus, to walk and talk and live like Jesus.

### **Action Step:**

Reflect and inspect your fruit. Is your fruit toxic or healthy? What happens when you're under pressure? Are you gentle or angry? Are you kind or cruel? Are you anxious or peaceful? Are you self-controlled or controlled by your feelings? Inspect your fruit and ask God to help you grow.

# DAY 05

## Topic: Gifts of the Spirit

### **Devotional:**

Devotion doesn't just transform you—it empowers you. The Spirit gives gifts so the church can be built, strengthened, and awakened. Prophecy, wisdom, healing, discernment, faith, tongues, interpretation, and more—all are given for the mission of Jesus. Pray for spiritual gifts not to elevate yourself but to edify the church. Desire them. Pursue them. Steward them with humility.

### **Scripture:**

1 Corinthians 12:7 “Now to each one the manifestation of the Spirit is given for the common good.”

### **Guided Prayer:**

Holy Spirit, empower me. Stir up Your gifts in me. Use me for the good of Your church. Fill me with your Spirit to be used by you. I believe you're the same yesterday, today, and forever. And I believe you have gifts available for me today as you did back then. Help me not to walk in fear but in faith. I receive in Jesus name.

### **Action Step:**

Ask God for a word of encouragement (prophecy) for someone at church. And then the next time you see them prophesy and pray over them. Ask God for the gift of tongues and then begin to pray until your vocabulary is exhausted. Next time you see someone in need of healing, ask to pray for them. You will never know what God could do through you until you step out in faith.

# DAY 06

## Topic: Obedience

### **Devotional:**

Delayed obedience is disobedience. Partial obedience is disobedience. Devotion is seen in how quickly and fully we obey. Jesus blesses the obedient, not the well-intentioned.

### **Scripture:**

John 14:15 “If you love me, obey me.”

### **Guided Prayer:**

God, give me a willing, responsive heart. Make obedience my first instinct. You never ask for obedience without supplying the power to do it. So help me receive your power to obey today. I ask what Jesus prayed, “your kingdom come, your will be done in my life as it is in Heaven.”

### **Action Step:**

Do the one thing you already know God told you to do.

# DAY 07

## Topic: Surrender to the Spirit

### **Devotional:**

The Spirit leads; the flesh resists. Devotion means letting the Holy Spirit interrupt your plans, redirect your desires, and guide your decisions.

### **Scripture:**

Galatians 5:25 “Since we live by the Spirit, let us keep in step with the Spirit.”

Galatians 5:16 “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Ephesians 5:18 “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”

### **Guided Prayer:**

Holy Spirit, lead me today. I surrender control. Help me to be aware of your presence in my life. Be my Friend, my Helper, my Comforter, and my Advocate.

### **Action Step:**

Ask the Spirit one question: “What do You want me to do today?” Then do it.

# DAY 08

## Topic: Spiritual Hunger

### **Devotional:**

Fasting exposes what you hunger for. Prayer awakens hunger for God. Appetite always reveals devotion. Ask God to increase your desire for Him above every other desire. Fasting shows how weak we are and dependent on God we are even for food to sustain our bodies. How much more do we need God spiritually.

### **Scripture:**

Matthew 5:6 “Blessed are those who hunger and thirst for righteousness...”

### **Guided Prayer:**

Lord, increase my hunger for You. Make Your presence essential to me. Satisfy my soul and make me dependent on you. Let my humility increase all the more as I realize how much I need you to sustain me.

### **Action Step:**

N/A – Already fasting

# DAY 09

## Topic: Families & Marriages

### **Devotional:**

What happens in the home shapes devotion more than what happens on the stage. Pray protection, unity, and blessing over the families and marriages in our church including yours. God's design is that we'd be devoted to our family.

### **Scripture:**

Joshua 24:15 "...as for me and my house, we will serve the LORD."

Matthew 19:6 Therefore what God has joined together, let no one separate."

### **Guided Prayer:**

God, strengthen homes. Heal wounds. Build marriages. Protect children. Help my family to be united and grow in our maturity and devotion to you. Be at the center of our family. I pray for all the families in our church.

### **Action Step:**

If you're married, pray with your spouse daily. Spouses who pray together stay together. Gather your family and intentionally pray for your family. If you're single, pray for your future spouse and future kids. Pray for salvation over any family member that does not know God. Pray for prodigal family members. Families that pray together grow together.

# DAY 10

## Topic: Salvations

### **Devotional:**

Devotion moves outward. Jesus came to seek and save the lost—and so must we. Do you have a burden for the lost? Pray for boldness, opportunities, and for the lost to come home.

### **Scripture:**

Luke 19:10 “For the Son of Man came to seek and to save the lost.”

John 3:16 “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

### **Guided Prayer:**

Lord, open hearts in our city and state. Draw people to Yourself. Save many. Continue to use our church to reach the lost. Use me to reach the lost. Give more of us, including myself a burden and compassion for people who do not know You. Use me and my story to reach people for your glory.

### **Action Step:**

Write down the names of 3 people who need Jesus. Pray for them. And for extra credit, submit a prayer request on Sunday for everyone to pray for them also. Share your story with someone of how Jesus saved you.

# DAY 11

## Topic: Prodigals

### **Devotional:**

God is still the Father who runs. No one is too far. No heart is too cold. No story is too broken. Pray for the prodigals who once knew Him to return. He's devoted to the prodigals.

### **Scripture:**

Luke 15:20 "So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him."

### **Guided Prayer:**

Father, call prodigals home. Break through resistance. Restore what's been lost. Open up their eyes to see you. Let them see your kindness and hear your voice.

### **Action Step:**

Write down 1-3 prodigals and pray for them to come home. If you are a prodigal, repent and come home.

# DAY 12

## Topic: Future Building

### **Devotional:**

We pray because God opens doors no man can shut. A building is not the goal—Glorifying God, making disciples and reaching the lost is. But we ask boldly for land, space, favor, and miraculous provision. A place we can call home.

### **Scripture:**

1 Chronicles 28:10 “...for the LORD has chosen you to build a house for the sanctuary; be strong and do it.”

Ephesians 3:20 “Now to him who is able to do immeasurably more than all we ask or imagine...”

Matthew 16:18 “I will build my church, and the gates of hell will not overcome it.”

### **Guided Prayer:**

Lord, lead us to the right building, right timing, right location. Provide what only You can. Put it on the hearts of your people to give and sow into the future building of UNITED.

### **Action Step:**

Give a sacrificial offering —no matter the amount— toward our future home. Let your generosity declare your devotion and your faith that God will build His house.

# DAY 13

## Topic: Missions & The Nations

### **Devotional:**

Devotion expands your vision. God's heart beats for the nations. We pray for unreached people, global partners, and future church-planting opportunities.

### **Scripture:**

Matthew 28:18-21 “And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen.

### **Guided Prayer:**

Jesus, give us Your heart for the nations. Send workers. Open doors globally. Raise up missionaries. Highlight an area for our first missions trip.

### **Action Step:**

Pray and intercede for one unreached people group today. Consider joining a 2026 missions trip.

# DAY 14

## Topic: Our City – Albany

### **Devotional:**

You are not here by accident. UNITED is placed in this city with purpose. Pray for revival, healing, justice, salvation, and transformation in our region. On average people in Albany commute 24 miles a day which gives our circle of influence reaching roughly 154,520 people in the Willamette Valley. We believe if we serve our city God will change our city. (ILMC) I Love My City is our local outreach arm of our church.

### **Scripture:**

Jeremiah 29:7 “Seek the peace and prosperity of the city...”

### **Guided Prayer:**

God, reach our city. Heal broken places. Pour out revival. Use ILMC to serve the city and make a Kingdom difference. Raise up people in our church to serve. Give us favor with local government. Help us to be known as a church that love the people in our city. Help us show the hope that our city needs.

### **Action Step:**

Choose one neighborhood or school and pray over it. Consider serving at the next ILMC serve day.

# DAY 15

## Topic: Leaders & Volunteers

### **Devotional:**

Healthy leaders create healthy disciples. Pray for strength, endurance, unity, purity, and fresh anointing over every leader and team at UNITED.

### **Scripture:**

Hebrews 13:18 “Obey your spiritual leaders, and do what they say. Their work is to watch over your souls, and they are accountable to God. Give them reason to do this with joy and not with sorrow. That would certainly not be for your benefit.”

### **Guided Prayer:**

Lord, strengthen our leaders. Guard their hearts. Refresh their devotion. Give them fresh anointing for this new season. Let ministry be a joy. Send leaders and help develop current leaders. Give them fresh vision. Protect them from distraction, temptation, and discouragement. Renew their strength. Fill them with conviction, clarity, and a fresh devotion to You alone. Make them the kind of leaders who can carry the weight of what You've called us to build.

### **Action Step:**

Send a message encouraging one leader or volunteer today.

# DAY 16

## Topic: Next Steps & Discipleship

### **Devotional:**

Devotion grows best in discipleship. Pray that new believers would take steps, grow roots, and become mature followers of Jesus. We don't want to grow old we want to grow UP! The church exists to make disciples.

### **Scripture:**

Colossians 2:6-7 “As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving.”

Luke 9:23 “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”

### **Guided Prayer:**

Jesus, don't let us build a shallow church. Form real disciples. Establish conviction, endurance, and obedience in every new believer. Tear out immaturity. Plant them deep in Your Word, anchored in truth, and committed to following You no matter the cost.

### **Action Step:**

Encourage a new believer. Discipleship happens in groups. If you're not in a group why not? If you're in a group who have you invited? Join a group and bring one person. Have you started serving? If no, why not? Sign up for the next DNA class at [unitedchurchalbany.com](http://unitedchurchalbany.com)

# DAY 17

## Topic: Healing

### **Devotional:**

Jesus still heals. Physically, emotionally, mentally, spiritually. Pray boldly. He is able. He is willing. He is near.

### **Scripture:**

Psalm 103:3 “He forgives all my sins and heals all my diseases.”

Isaiah 53:5 “But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”

### **Guided Prayer:**

Lord, heal bodies, minds, and hearts. Restore what is broken. Heal my mind, my body, and my heart.

### **Action Step:**

Pray for someone's healing by name.

# DAY 18

## Topic: Provision & Finances

### **Devotional:**

God is your source. Not your job. Not the economy. Not people. Pray for supernatural provision, blessing, and wisdom in stewardship. Be specific and trust.

### **Scripture:**

Philippians 4:19 “And my God will supply every need of yours according to his riches in glory in Christ Jesus.”

2 Corinthians 9:8 “And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.”

Malachi 3:10 “Bring the whole tithe into the storehouse, that there may be food in my house. **Test me in this,**” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.”

### **Guided Prayer:**

Father, break any trust I've put in money instead of You. Strip away fear, greed, and self-reliance. Make me a person who gives first, obeys quickly, and believes boldly. Provide what only You can, and make our church a people whose generosity proves our devotion.

### **Action Step:**

Give money to someone and make it sacrificial. Pray about who and step out of your comfort zone.

# DAY 19

## Topic: Calling & Purpose

### **Devotional:**

Devotion clarifies direction. God created you on purpose for a purpose. Pray for clarity, courage, and obedience in your calling. As followers of Jesus we are all called to the cause of Christ. Whether you're in business, a stay at home mom, a barista, a college student or a pastor we are all called to advance the Kingdom of God.

### **Scripture:**

Ephesians 2:10 “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”

Philippians 1:6 “...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

### **Guided Prayer:**

God, don't let me waste my life. Kill every distraction, silence every lesser desire, and tear down anything that competes with Your will. Make Your calling unmistakable, and give me the courage to obey it—immediately, fully, and without excuses. Shape my life around Your purpose, not my preferences.

### **Action Step:**

Write one sentence about where you sense God leading you.

# DAY 20

## Topic: Unity & Community

### **Devotional:**

God moves where there is unity. Division destroys devotion. Pray for one heart, one mind, one mission for UNITED Church. Pray that we would grow in community. That this would continue to be a place where strangers become friends and friends become family.

### **Scripture:**

Psalm 133:1 “How good and pleasant it is when God’s people live together in unity!”

John 17:21 “I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.”

### **Guided Prayer:**

Jesus, make us a church hell can’t divide. Expose every hidden offense, silence every whisper of gossip, and break every spirit that tries to sow division. Crush pride in us. Make us unoffendable, humble, and aligned. Give us one heart, one mind, and one mission—and let nothing and no one tear it apart. Let us be united so that the world will believe.

### **Action Step:**

Affirm someone today instead of criticizing. Next Sunday go out of your way to meet 3 new people. Join a group. Instead of consuming, contribute to the community.

# DAY 21

## Topic: Boldness & Evangelism

### **Devotional:**

The gospel advances through boldness. Devotion produces courage. Pray for open doors, open mouths, and open hearts. 82% of people would come to church if their friends invited them.

### **Scripture:**

Acts 4:29 "...give us, your servants, great boldness in preaching your word."

Acts 4:31 "And they were all filled with the Holy Spirit and spoke the word of God boldly."

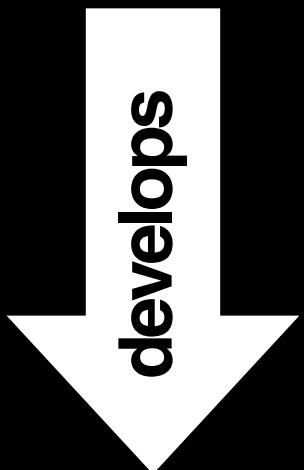
### **Guided Prayer:**

Holy Spirit, break the fear in me. Kill the hesitation. Silence the excuses. Fill me with a boldness that doesn't back down, water down, or stay quiet when You open a door. Make me unashamed of the gospel. Give me eyes to see opportunities and courage to step into them. Make me a witness who actually speaks, actually obeys, and actually carries Your power.

### **Action Step:**

Share your faith with one person this week. Invite one person to church this week.

# A Devoted God



develops

# Devoted Disciples

Church,

As we come out of these 21 days of prayer and fasting, our deepest desire is not that you completed a fast, but that your heart would be fully devoted to Jesus. We've prayed that these 21 days would not just strengthen your faith for a season—but shape your life for a lifetime.

Our prayer is that your devotion would go deeper than feelings, deeper than Sundays, deeper than convenience. That your devotion would anchor you when life shakes you. That you would become a man or woman who doesn't drift, doesn't divide your heart, and doesn't settle for half-obedience.

We want to see a church that actually knows Jesus—not just attends services about Him. A church that carries the presence of God into every sphere of life. A church marked by the fruit of the Spirit and empowered by the gifts of the Spirit. A church whose devotion moves heaven and shakes earth.

Before we are devoted to Jesus, Jesus has been devoted to us. We pray you see Jesus more clearly—the One who never drifts, never divides His heart, never grows weary in loving you. We pray His devotion draws you in, softens your heart, strengthens your faith, and awakens a hunger that comes from knowing you are already deeply loved. Any devotion in us is simply a response to the devotion already poured out by Him—the Savior who came for us, died for us, rose for us, and intercedes for us even now. Our prayer is that you live from that love—not striving for Him, but abiding in Him. Not trying to impress Him, but trusting Him. Not clinging to your own strength, but resting in His. May the devoted heart of Christ become the source, the anchor, and the fuel of your life. He has given Himself fully for you. Now, empowered by His grace, walk with Him. Christ's devotion is our foundation. Our devotion is just the overflow.

*Zach & Hallieae Heagy*



# THE YEAR OF DEVOTION

UNITED

KNOW GOD &  
MAKE HIM KNOWN