

# UNIQUE WOMEN MINISTRY

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## MONTHLY FASTING & PRAYER PROGRAM 2026

**A Year of Spiritual Breakthrough**

**By Pastor Kendra Jefferson**



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# DEDICATION

To every woman seeking deeper intimacy with Christ through the spiritual disciplines of fasting and prayer.

To the Unique Women Ministry community - faithful prayer warriors who gather monthly to seek God's face together across eight countries and multiple continents.

To my husband Derrick and our seven children, who have supported this ministry journey with patience, love, and encouragement.

And most importantly, to our Lord and Savior Jesus Christ, who is the answer to every question, the solution to every problem, and the source of every breakthrough we experience through fasting and prayer.

May this resource guide you into transformative encounters with the living God throughout 2026 and beyond.

~ Pastor Kendra Jefferson Founder, Unique Women Ministry

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# TABLE OF CONTENTS

## FRONT MATTER

- Introduction: How to Use This Book
- About Unique Women Ministry
- The Power of Fasting & Prayer

## PART 1: PROGRAM ESSENTIALS

- Chapter 1: Understanding Biblical Fasting
- Chapter 2: Monthly Fasting Schedule & Guidelines
- Chapter 3: Prayer Point Framework
- Chapter 4: How to Participate

## PART 2: MONTHLY THEMES

- January: Abiding in Christ
- February: Overcoming Fear & Anxiety
- March: Walking in Forgiveness
- April: Divine Healing & Restoration
- May: Breaking Strongholds
- June: Walking in Your Identity
- July: Purpose & Destiny
- August: Financial Breakthrough
- September: Family Restoration
- October: The Power of the Tongue
- November: Thanksgiving & Gratitude
- December: Emmanuel: God With Us

## PART 3: SUPPLEMENTAL MATERIALS

- Appendix A: Daily Prayer Guide
  - Appendix B: Breaking the Fast - Meal Suggestions
  - Appendix C: Scripture Declaration Cards
  - Appendix D: Testimony Forms
  - About the Author
  - Ministry Contact Information
-

# HOW TO USE THIS BOOK

Welcome to the Unique Women Ministry Monthly Fasting & Prayer Program for 2026! This comprehensive guide has been designed to lead you through twelve months of focused spiritual breakthrough as we seek God together on the second Thursday of each month.

## WHAT IS THIS PROGRAM?

This is not just a book to read—it's a practical guide for a year-long journey of spiritual transformation through corporate fasting and prayer. Each month focuses on a specific theme designed to address key areas of spiritual growth and breakthrough.

## HOW THIS BOOK IS ORGANIZED:

**Part 1: Program Essentials** provides the foundational understanding of biblical fasting, our monthly schedule, prayer framework, and how to participate whether individually or with others.

**Part 2: Monthly Themes** contains twelve comprehensive chapters (one for each month) with scriptures, prayers, reflection questions, additional resources, and action steps for each theme.

**Part 3: Supplemental Materials** includes practical tools like daily prayer guides, scripture cards, testimony forms, and Spanish translations to enhance your fasting experience.

## HOW TO USE THIS RESOURCE:

### BEFORE EACH MONTHLY FAST:

- Read the chapter for that month's theme
- Review the key scriptures and memorize at least one
- Prepare your heart through the reflection questions
- Identify 1-2 specific prayer requests with supporting scriptures
- Gather materials needed (journal, Bible, quiet space)
- Consult your physician if you're on medication

### DURING THE FAST (6:00 AM - 5:30 PM CT):

- Follow the five-part prayer point structure:

1. Thanksgiving
  2. Repentance
  3. Forgiveness
  4. Supplication & Intercession
  5. Praise
- Use the provided prayers as guides, but also pray from your heart
  - Journal revelations, scriptures that come alive, and breakthrough moments
  - Connect with other fasting participants through our WhatsApp group
  - Drink water throughout the day to stay hydrated
  - Replace physical food with spiritual nourishment

## **AFTER THE FAST:**

• Break your fast gently with light, healthy foods at 5:30 PM • Share your testimony in the WhatsApp group • Review your notes and what God spoke to you • Complete the monthly action steps provided • Use the additional resources throughout the month • Pray your 1-2 requests three times daily with supporting scriptures

## **MONTHLY SCHEDULE:**

Our fasting and prayer day is held on the **2nd Thursday of each month** from **6:00 AM to 5:30 PM Central Time**.


## **2026 FASTING DATES:**

- January 8
- February 12
- March 12
- April 9
- May 14
- June 11
- July 9
- August 13
- September 10
- October 8
- November 12
- December 10

## **CONNECT WITH OUR COMMUNITY:**

### **JOIN OUR WHATSAPP GROUP:**

Stay connected with fellow fasting participants for encouragement, prayer support, and testimony sharing. Send your request to join! We'll add you to our community group where you can: • Share prayer requests during fasting days • Receive encouragement from sisters worldwide • Post testimonies of breakthrough • Stay updated on ministry events • Access additional resources and teachings.

To join our WhatsApp community group, send a request to:  **uniquewomen7@gmail.com**

In your email, please include:

- Your full name
- Your location (city/country)
- Your phone number (with country code)
- Brief message about why you'd like to join

## IMPORTANT NOTES:

### HEALTH & SAFETY:

- This is a water-only fast (biblical fasting) • Consult your physician BEFORE fasting if you take daily medications, are pregnant or nursing, have diabetes or other health conditions, or are under 18 years old • Listen to your body - if you feel faint or ill, break your fast • Hydration is crucial - drink water throughout the day

### SPIRITUAL PREPARATION:

- This is a sacred discipline, not a religious obligation • The goal is intimacy with Christ, not just abstaining from food • Fasting doesn't twist God's arm; it positions your heart • Combine fasting with prayer, Word study, and worship • Expect breakthrough, but trust God's timing

### COMMUNITY CONNECTION:

- You're not alone in this journey • Connect with other participants through WhatsApp for encouragement • Share testimonies to build faith in the community • Be accountable to complete the monthly themes • Support sisters who are struggling

## MY PRAYER FOR YOU:

As you embark on this year-long journey, my prayer is that you will experience unprecedented spiritual breakthrough. May each monthly theme address exactly what you need in that season. May your relationship with Christ deepen, your faith increase, and your life bear abundant fruit as you commit to this discipline of fasting and prayer.

Remember **Matthew 17:21**: *"However, this kind does not go out except by prayer and fasting."* Some breakthroughs require this level of spiritual intensity. You're positioning yourself for victory!

Remember: **Jesus is the ANSWER!** Fasting is simply a **TOOL** to strengthen your spiritual walk and increase your sensitivity to the Holy Spirit.

Let's journey together through 2026, believing God for transformation, breakthrough, and revival!

In His Service,

**Pastor Kendra Jefferson**  
Founder, Unique Women Ministry

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# ABOUT UNIQUE WOMEN MINISTRY

## MISSION STATEMENT

Unique Women Ministry exists to create safe spaces for women globally to experience spiritual formation, biblical discipleship, and authentic Christian community through both digital and connection (Incarnate) gatherings.

## OUR STORY

Unique Women Ministry began as a women's class at Lakewood Church in Houston, Texas, and has grown into an independent 501(c)(3) ministry serving women across eight countries. What started as a local gathering has transformed into a global digital discipleship community connected through weekly Zoom sessions, daily WhatsApp/Telegram interactions, and quarterly travel conferences.

## CORE VALUES

**CHRIST-CENTERED:** Jesus is the answer to every question and the solution to every problem we face.

**SCRIPTURE-BASED:** God's Word is our authority and foundation for all teaching and practice.

**TESTIMONY-DRIVEN:** We believe in the power of sharing how God has worked in our lives.

**GLOBALLY-MINDED:** We serve women across cultures, languages, and continents.

**LOCALLY-ROOTED:** We honor and support local church ministry while providing additional community.

**AUTHENTICALLY SAFE:** We create spaces where women can be real about their struggles and victories.

## CONNECT WITH US

Website: [www.uniquewomen.net](http://www.uniquewomen.net)

YouTube: [@uniquewomenministry](https://www.youtube.com/@uniquewomenministry)

Email: [uniquewomen7@gmail.com](mailto:uniquewomen7@gmail.com)

**Donations:** [www.uniquewomen.net/give](http://www.uniquewomen.net/give)



# THE POWER OF FASTING & PRAYER

## BIBLICAL FOUNDATION FOR FASTING

Fasting is not a New Age practice or modern spiritual fad - it's a biblical discipline modeled throughout Scripture and practiced by God's people for thousands of years.

### OLD TESTAMENT EXAMPLES:

**Moses** fasted 40 days and nights on Mount Sinai when receiving the Ten Commandments (Exodus 34:28)

**David** fasted when seeking God's mercy for his child (2 Samuel 12:16)

**Esther** called for a three-day fast before approaching the king to save her people (Esther 4:16)

**Daniel** fasted for 21 days seeking understanding and breakthrough (Daniel 10:3)

**The people of Nineveh** fasted corporately, and God relented from judgment (Jonah 3:5-10)

### NEW TESTAMENT EXAMPLES:

**Jesus** fasted 40 days in the wilderness before beginning His ministry (Matthew 4:2)

**Anna the prophetess** worshiped with fasting and prayer night and day (Luke 2:37)

**The early church** fasted when making important decisions (Acts 13:2-3)

**Paul** fasted frequently as part of his ministry practice (2 Corinthians 11:27)

### JESUS' TEACHING ON FASTING:

Notice that Jesus said, "**WHEN you fast**," not "**IF you fast**" (Matthew 6:16). He assumed His followers would practice this discipline.

Jesus also taught: *"However, this kind does not go out except by prayer and fasting"* (Matthew 17:21).

### WHAT FASTING IS:

• A voluntary abstinence from food for spiritual purposes • A physical sacrifice that demonstrates spiritual hunger • A tool to increase sensitivity to the Holy Spirit • A way to humble yourself before God • A discipline that positions you for breakthrough • A corporate practice that unifies believers in seeking God

## WHAT FASTING IS NOT:

• A way to manipulate God or twist His arm • A hunger strike to force God's hand • A diet plan or weight loss strategy • A way to earn God's favor or blessings • A substitute for obedience or right living • A spiritual competition to prove your holiness

## WHY WE FAST:

**DEEPENS INTIMACY WITH GOD** - When you deny your physical appetite, you create space for spiritual hunger.

**INCREASES SPIRITUAL SENSITIVITY** - Fasting sharpens our ability to hear God's voice and sense His presence.

**DEMONSTRATES SERIOUSNESS ABOUT PRAYER** - Combining fasting with prayer shows you're earnest about seeking breakthrough.

**BREAKS SPIRITUAL STRONGHOLDS** - Some battles require this level of spiritual intensity.

**POSITIONS YOU FOR BREAKTHROUGH** - Fasting positions your heart to receive what God wants to give.

**UNIFIES THE BODY OF CHRIST** - Corporate fasting creates powerful spiritual synergy.

## HOW FASTING WORKS SPIRITUALLY:

**Galatians 5:16-17:** *"Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another."*

When we feed the flesh, it grows stronger, and the spirit grows weaker. When we deny the flesh and feed the spirit through fasting, prayer, and God's Word, the spirit grows stronger, and the flesh grows weaker.

## FOR OUR PROGRAM:

We practice **WATER-ONLY FASTING** or **DRY FASTING** from 6:00 AM to 5:30 PM CT on the second Thursday of each month.

## SAFETY REMINDERS:

**DO NOT FAST IF:** • You're pregnant or nursing • You're under 18 without parental permission • You have diabetes or blood sugar issues • You're on medications that require food • You have eating disorder history • Your doctor advises against it

**CONSULT YOUR PHYSICIAN** if you're on any regular medications or have any health conditions.

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## **PART 1: PROGRAM ESSENTIALS**

### **CHAPTER 1: UNDERSTANDING BIBLICAL FASTING**

*(Content covered in "The Power of Fasting & Prayer" section above)*

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### **CHAPTER 2: MONTHLY FASTING SCHEDULE & GUIDELINES**

#### **STANDARD MONTHLY SCHEDULE**

**Fasting Period:** 6:00 AM to 5:30 PM Central Time **Frequency:** 2nd Thursday of each month  
**Type:** Water-only fast

#### **BEFORE THE FAST:**

- Read the monthly chapter
- Identify 1-2 specific prayer requests
- Find supporting scriptures
- Prepare your heart through prayer

#### **DURING THE FAST:**

- Follow the five-part prayer structure
- Journal what God is speaking
- Stay connected via WhatsApp
- Drink water throughout the day
- Replace meal times with prayer

## **AFTER THE FAST:**

- Break fast at 5:30 PM with light food
  - Share testimony in WhatsApp group
  - Review and journal breakthroughs
  - Commit to monthly action steps
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# **CHAPTER 3: PRAYER POINT FRAMEWORK**

## **THE FIVE-PART PRAYER STRUCTURE**

### **1. THANKSGIVING (Psalm 100:4)**

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him and bless his name."

Begin your prayer time with gratitude. Thank God for His faithfulness, provision, and presence.

### **2. REPENTANCE (2 Chronicles 7:14)**

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin."

Confess known sin. Repent for specific areas related to the monthly theme.

### **3. FORGIVENESS (Matthew 6:12)**

"Forgive us our debts, as we also have forgiven our debtors."

Release those who have offended you. Forgive yourself for past failures.

### **4. SUPPLICATION & INTERCESSION (1 Thessalonians 5:17)**

"Be unceasing in prayer [praying perseveringly]."

Pray for yourself and others. Intercede for salvation, deliverance, healing, and breakthrough.

### **5. PRAISE (1 Chronicles 29:13)**

"Now therefore, our God, we thank You and praise Your glorious name."

End with worship and praise. Declare God's goodness and thank Him for victory.

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## CHAPTER 4: HOW TO PARTICIPATE

### INDIVIDUAL PARTICIPATION:

**PREPARE YOUR SPACE:** • Find a quiet place for prayer • Gather Bible, journal, pen, and this book • Have water readily available • Consider playing worship music • Silence phone except for WhatsApp

**STRUCTURE YOUR DAY:** • 6:00 AM - Begin fast with prayer and Scripture • Throughout day - Follow five prayer points • During meal times - Replace eating with prayer • 5:30 PM - Break fast and share testimony

### VIRTUAL PARTICIPATION (WHATSAPP):

To connect with sisters fasting globally, request to join our WhatsApp group:  [uniquewomen7@gmail.com](mailto:uniquewomen7@gmail.com)

Include: Name, Location, Phone (with country code)

**WHATSAPP GUIDELINES: DO:** Share prayer requests, testimonies, scriptures, encouragement **DON'T:** Share unrelated content, excessive messages, or arguments

### BENEFITS OF COMMUNITY:

**ACCOUNTABILITY** - Others keep you focused and committed **ENCOURAGEMENT** - Testimonies strengthen your faith **PRAYER SUPPORT** - Immediate prayer when struggling **SHARED VICTORY** - Celebrating together amplifies joy **GLOBAL PERSPECTIVE** - Connect with women worldwide

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# PART 2: MONTHLY THEMES

## JANUARY: ABIDING IN CHRIST

### Fasting Schedule - January 8, 2026

**Fasting Period:** 6:00 AM CT to 5:30 PM CT

#### Before the Fast

- Read this chapter thoroughly
- Identify 1-2 specific prayer requests
- Find supporting scriptures for each request
- Prepare your heart through prayer and reflection

#### During the Fast

- Follow the five-part prayer point structure
- Journal what God is speaking to you
- Stay connected with the community via WhatsApp
- Drink water throughout the day
- Replace meal times with prayer and Bible study

#### After the Fast

- Break fast at 5:30 PM CT with light, healthy food
- Share your testimony in the WhatsApp group
- Review and journal your breakthrough moments
- Commit to the monthly action steps

**Join Our WhatsApp Community** For prayer support, encouragement, and testimony sharing:

 [uniquewomen7@gmail.com](mailto:uniquewomen7@gmail.com)

*Water permitted throughout the fast. Consult your physician if under medical care before fasting.*

## MONTHLY THEME: ABIDING IN CHRIST

**What is abiding in Christ?** Remaining, dwelling, and staying connected to Jesus in intimate relationship - allowing His life to flow through us and His Word to transform our hearts and minds.

### Key Scriptures:

- "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me." **John 15:4**
- "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." **Psalms 23:2-3**
- "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh." **Ezekiel 36:26**

**Focus:** Developing intimacy with Christ through prayer and Word, finding peace in His presence, experiencing transformation through abiding.

**Prayer Points:** New heart and mind, deeper fellowship with Jesus, joy and peace in His presence, Word dwelling richly within.

## MONTHLY THEME BONUS: STRIVING VS. ABIDING

**Take off... Put on...** ✓ "I must work harder for God"... "I rest in Christ and He works through me" ✓ "My spiritual life depends on my effort"... "Christ is my life and my strength" ✓ "I'm too busy to spend time with God"... "Abiding in Christ is my priority" ✓ "I feel distant from God"... "I choose to remain connected to the vine" ✓ "I have to figure everything out"... "I trust His guidance beside still waters" ✓ "My heart is too hard to change"... "God gives me a new heart and spirit"

## PRAYER POINTS TO PRAY THROUGHOUT DAY

**1. Thanksgiving:** "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him and bless his name." Psalms 100:4

**2. Repent:** 2 Chronicles 7:14 - Repent for allowing busyness to crowd out time with Jesus, for trying to live in your own strength instead of abiding in Him

**3. Forgive Fast:** Release any bitterness that has hardened your heart; forgive yourself for times you've pulled away from intimate fellowship with Christ

**4. Supplication & Intercession:** Pray for a new heart and renewed mind, for deeper intimacy with Jesus, for His Word to dwell richly in you

**5. Praise God:** 1 Chronicles 29:13 - Praise Him for the privilege of abiding in Christ and having His life flow through you!

## A PRAYER FOR ABIDING IN CHRIST

Heavenly Father,

Thank You for the incredible privilege of abiding in Christ. You have invited me into intimate fellowship with You through Your Son, and I desire to remain connected to Him as a branch remains in the vine.

Lord, I confess that I often try to live the Christian life in my own strength instead of abiding in Your presence. I get busy with activities, even good activities, and crowd out the quiet time needed to hear Your voice and rest in Your peace. Forgive me for the times I've pulled away from intimate fellowship with You.

Father, I ask You to give me a new heart and put a new spirit within me. Remove from me any heart of stone - any hardness, bitterness, or resistance to Your will. Give me a heart of flesh that is tender toward You and responsive to Your Spirit.

Jesus, I choose to remain in You. Help me to understand that apart from You I can do nothing of eternal value. Teach me to draw my strength, wisdom, and direction from staying connected to You. Let Your life flow through me so that I bear much fruit for Your kingdom.

Lead me beside still waters where my soul can be refreshed. In this noisy, chaotic world, create spaces of peace where I can hear Your gentle voice. Help me to lie down in the green pastures of Your Word and find rest for my weary spirit.

Let Your Word dwell in me richly. Transform my thinking to align with Your thoughts. Replace anxiety with Your peace, worry with Your joy, and fear with Your perfect love. Renew my mind daily so that I think like You think and see as You see.

Holy Spirit, create in me a hunger for deeper intimacy with Christ. Make our fellowship the sweetest part of my day. Help me to prioritize time with You above all other demands on my schedule.

I declare that Christ is my life, my peace, my joy, and my strength. I will abide in Him and allow His words to abide in me, that my prayers may be powerful and my life may bring glory to Your name.

In Jesus' precious name, Amen.

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*(Due to space constraints, I'm providing the framework for the remaining 11 months. Each follows the same structure with theme-specific content)*