



UNIQUE WOMEN MINISTRY

MONTHLY FASTING & PRAYER PROGRAM

December 11, 2025 - Emmanuel: God With Us

OVERVIEW

UWM Fasting & Prayer Program

Matthew 17:21, "However, this kind does not go out except by prayer and fasting."

2ND THURSDAY OF EACH MONTH

JESUS IS THE ANSWER. FASTING IS A TOOL GIFTED TO BELIEVERS TO *KILL THE FLESH AND STRENGTHEN THEIR SPIRITUAL WALK!*
GALATIANS 5:16-17

The fasting period will be **observed from 6:00 AM CT to 12:00 PM CT**

Before the Fast

- Morning Prayer Call: Pastor Jackie's Line
- Dial: (774) 220-4000, PIN: 106285 at 5:30 AM CT

During the Fast

- Reflection: What 1-2 things are you believing God to do for you this month?
- Find a scripture to stand on for each prayer request
- Commit to praying these scriptures three times daily throughout the month

After the Fast

- Break fast at 5:30 PM CT (12:00 PM CT for December)
- Evening Reflection Call: Pastor Kendra's Line- **No call tonight!**
- Dial: (559) 671-2723, NO PIN at 6:00 PM CT, 2nd Thursday of each month!

Participants are permitted to consume water throughout the fast, crucial for maintaining hydration and supporting mental clarity, thereby enabling deeper spiritual reflection and connection during the fasting hours. *Matthew 17:21, 21 [a]However, this kind does not go out except by prayer and fasting.* **Please consult with your physician if you are under a doctor's care and taking medication before doing this type of fasting!**

MONTHLY THEME: EMMANUEL - GOD WITH US

What is Emmanuel? The Hebrew name meaning "God with us" - the promise that God doesn't just help from a distance but enters into our circumstances, dwells in our mess, and remains present through every season.

Key Scriptures:

- "Therefore the Lord himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Immanuel." **Isaiah 7:14**
- "The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth." **John 1:14**
- "And surely I am with you always, to the very end of the age." **Matthew 28:20**

Focus: Recognizing God's presence in every circumstance - the good, the difficult, and the ordinary.

Prayer Points: Overcoming feelings of abandonment, experiencing His nearness, trusting His presence when you can't feel Him, declaring He is with you always.

MONTHLY THEME BONUS: FEELING ALONE VS. KNOWING HE'S WITH YOU

Take off... Put on...

- ✓ "God feels distant from me"... "God promised He'll never leave me"
- ✓ "I'm going through this alone"... "Emmanuel is with me in this"
- ✓ "God has abandoned me in my trial"... "God is especially close to the brokenhearted"
- ✓ "I can't sense His presence"... "His presence isn't dependent on my feelings"
- ✓ "Where is God when I need Him?"... "God is here even when I can't see Him"
- ✓ "I feel so isolated and lonely"... "I am never alone - God dwells within me"

Find more gratitude resources on @uniquewomenministry YouTube Channel!

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 - Humble yourself, seek God's face, turn from wrong thinking about yourself
 3. **Forgive Fast:** Release others and yourself - forgive those who spoke negative words over your identity
 4. **Supplication & Intercession:** Pray for others to know their true identity in Christ; pray for your own identity breakthrough
 5. **Praise God:** 1 Chronicles 29:13 - Praise Him for who He says you are!
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Heavenly Father,

A PRAYER FOR EMMANUEL: GOD WITH US

We come before You today acknowledging the beautiful truth of Your name - Emmanuel, God with us. You are not a distant God who observes from afar, but a present God who enters into our circumstances, dwells in our mess, and walks beside us through every season.

Lord, we confess that we have believed the lie that we are alone. When circumstances overwhelm us, when trials press in, when darkness surrounds us, we have felt abandoned. We've questioned Your presence and doubted Your nearness. We've trusted our feelings more than Your promises.

Forgive us for the times we've pushed You away, isolated ourselves, or refused to acknowledge that You were right there with us. Forgive us for making our emotions the measure of Your presence rather than standing on Your unchanging Word.

Father, we thank You that Emmanuel is not just a Christmas concept but a daily reality. You didn't just come to earth 2,000 years ago and return to heaven - You sent Your Holy Spirit to dwell within us. We are never alone because You live inside us.

We declare that You are with us in our joy and in our pain. You are present in our victories and in our defeats. You walk with us through valleys and celebrate with us on mountaintops. You are near to the brokenhearted and close to those who are crushed in spirit.

Help us to cultivate awareness of Your presence. Open our spiritual eyes to see You at work in our daily lives. Teach us to recognize Your hand in both the miraculous and the mundane. When we can't feel You, help us to trust Your promise that You will never leave us nor forsake us.

We pray for those in this community who feel isolated and alone. Reveal Your presence to them in tangible ways. Comfort those who are grieving, encourage those who are discouraged, and strengthen those who are weak. Let them experience Emmanuel in a fresh, powerful way.

Remove every obstacle that keeps us from experiencing Your nearness. Break down walls of unforgiveness, bitterness, shame, and fear that separate us from sensing Your presence. Draw us close to You as we draw close to You.

Thank You for being Immanuel - God with us - not just at Christmas, but every single day of our lives. Thank You for Your constant, faithful, unwavering presence. We are never alone because You are always with us.

In Jesus' name, Emmanuel incarnate, Amen.

"AND SURELY I AM WITH YOU ALWAYS, TO THE VERY END OF THE AGE." MATTHEW 28:20 NIV

BLESSINGS!

"The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace." **Numbers 6:24-26 NIV**

~**UNIQUE WOMEN MINISTRY**
