



# **Unique Women Ministry**

## **Monthly Fasting & Prayer Program**

**(2<sup>nd</sup> Thursday of each month)**



# Overview

## UWM Fasting & Prayer Program

*Matthew 17:21, <sup>21</sup> [a]However, this kind does not go out except by prayer and fasting.”*

# 2<sup>nd</sup> 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 5:30 AM CT to 5:30 PM CT**
  1. **Before the Day Fasting & Praying** -Morning Prayer Call Details: Pastor Jackie's Prayer Line **dial-in#** (774) 220- 4000; PIN #106285 at **5:30 am. CT**
  2. **During the Day Fasting & Praying** -Reflection: What 1-2 things are you believing God to do or answer 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
  3. **After the Day Fasting & Praying** -Evening Fast Reflection Call Details: Pastor Kendra's **dial-in#** (559) 671-2723; **NO PIN, JUST CALL** at 6:00 pm. CT! Break the fast at 5:30 pm. CT And Call in the Fast Reflection Call at 6:00 PM. CT, 2<sup>nd</sup> 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, <sup>21</sup>[\[a\]](#)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

## May 2025 Prayer Focus- Breaking Strongholds

What is a *stronghold*? A place that has been *fortified* so as to protect it against attack; a place where a particular cause or belief is strongly *defended* or *upheld*.

### Key Scriptures:

- 4 “since the weapons of our warfare are not of the flesh but are powerful through God for the demolition of strongholds. We demolish arguments 5 and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.” **2 Corinthians 10:4-5 CSB**
- 11 “Put on the full armor of God, so that you can take your stand against the devil’s schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” **Ephesians 6:11-12 NIV**

**Focus: Identifying and demolishing negative thought patterns, addictions, and spiritual barriers.**

**Prayer Points: Repentance, freedom from bondage, establishing new patterns of thinking.**



# Monthly Theme Bonus

## Full Armor of God: Ephesians 6:13-17

### Take of...Put on...

- ✓ Belt of lies...Belt of Truth
- ✓ Breastplate of unrighteousness...Breastplate of righteousness
- ✓ Feet shod with conflict...Feet shod with the Gospel of Peace
- ✓ Shield of unbelief/doubt...Shield of Faith
- ✓ Helmet of condemnation...Helmet of Salvation
- ✓ Sword of the spirit of pride/ego...Sword of the Spirit

***\*Enjoy- Put on the Full Armor of God: How do I do this? on @uniquewomenministry YouTube Channel!***

***-30 Day Scripture Challenge on @pastorkendra24 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 or Entire Psalms 100
2. **Repent:** 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." ***Remember that repentance is both an event and a process - it's about developing a lifestyle of consistently turning toward God.***
3. **Forgive *Fast!*** Identifying unforgiveness, releasing offenders and self into the freedom of your forgiveness.
4. **Supplication & Intercession:** Pray for others and self; salvation, deliverance, and healing. (saved and unsaved, widows, orphans, and those in leadership) **\*Wholeness in mind, body, and spirit; restoration of what's been damaged or lost.\*** 1 Thessalonians 5:17, “Be unceasing in prayer [praying perseveringly];”
5. **Praise God!** 1 Chronicles 29:13: "Now therefore, our God, we thank You and praise Your glorious name." ***Praise proceeds the victory! 2 Chronicles 20***

# *A Prayer for Breaking Strongholds*

Heavenly Father,

**We come before You acknowledging that our weapons are not carnal but mighty through You for pulling down strongholds. Today, we take captive every thought that exalts itself against the knowledge of You.**

**Lord, we identify and renounce the fortresses the enemy has built in our minds—negative patterns, addictions, and barriers that have hindered our freedom. We repent for allowing these strongholds to take residence in our lives and for partnering with lies instead of Your truth.**

**In Jesus' name, we demolish strongholds of fear, addiction, doubt, unforgiveness, and generational curses. We declare that what You have set free is free indeed!**

**Replace these strongholds with Your truth. Transform our minds and establish new patterns of thinking aligned with Your Word. Where there was bondage, bring freedom. Where there was darkness, bring light.**

**We stand firm in Your armor against the enemy's schemes, knowing we are more than conquerors through Christ who strengthens us. In Jesus' mighty name, Amen.**

# 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

