



UNIQUE WOMEN MINISTRY

MONTHLY FASTING & PRAYER PROGRAM

October 9, 2025- The Power of the Tongue

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 5:30 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
- Evening Reflection Call: Pastor Kendra's Line
- 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: THE POWER OF THE TONGUE

What is the power of the tongue? Understanding that our words have creative force - they can build up or tear down, bring life or death, create breakthrough or bondage.

Key Scriptures:

- "The tongue has the power of life and death, and those who love it will eat its fruit." **Proverbs 18:21**
- "With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be." **James 3:9-10**

Focus: Using words to build, bless, and bring life rather than destruction.

Prayer Points: Discipline in speech, prophetic declarations, speaking life over situations.

MONTHLY THEME BONUS: DESTRUCTIVE VS. LIFE-GIVING WORDS

Take off... Put on...

- ✓ "I can't help what I say when I'm angry"... "I have self-control through the Holy Spirit"
- ✓ "My words don't really matter"... "My words have creative power"
- ✓ "I'm just being honest"... "I speak truth in love"
- ✓ "They deserve to hear the truth about themselves"... "I speak words that build up"
- ✓ "I have to vent somewhere"... "I guard my tongue and seek godly counsel"
- ✓ "Words can't really hurt anyone"... "Words can wound or heal"

Find more identity 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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A PRAYER FOR THE POWER OF THE TONGUE

Heavenly Father,

You spoke the world into existence with Your words, and You have given me the power of speech to reflect Your creative nature. Today I acknowledge that my tongue has tremendous power - power to build up or tear down, to bless or to curse, to bring life or death.

Lord, I confess that I have not always used my words wisely. I have spoken in anger, criticized others unfairly, complained when I should have been grateful, and declared negative things over my life and circumstances. I repent for the damage my words have caused to others and to myself.

Father, I ask You to set a guard over my mouth and keep watch over the door of my lips. Help me to think before I speak and to consider the impact of my words on others. When I'm tempted to speak harshly, give me Your grace to respond with kindness. When I want to complain, remind me to speak gratitude instead.

I pray for healing for anyone I have wounded with my words. Where I have spoken death, let me now speak life. Where I have torn down, help me to build up. Where I have criticized, let me now encourage.

Holy Spirit, fill my mouth with words that honor You. Help me to speak prophetically over situations, declaring Your will and purposes rather than what I see in the natural. Let my words be seasoned with salt, giving grace to those who hear.

I declare that my tongue will be used as an instrument of blessing. I will speak words of faith, hope, and love. I will encourage the discouraged, lift up the downtrodden, and declare Your goodness in every situation.

Transform my speech to reflect Your heart. Let every word that proceeds from my mouth bring glory to Your name and advancement to Your kingdom.

In Jesus' name, Amen.

"SET A GUARD OVER MY MOUTH, LORD; KEEP WATCH OVER THE DOOR OF MY LIPS." PSALM 141:3 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**
