



UNIQUE WOMEN MINISTRY

MONTHLY FASTING & PRAYER PROGRAM November 13, 2025- Thanksgiving & Gratitude

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# OVERVIEW

## UWM Fasting & Prayer Program

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

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# 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- **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!**

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# MONTHLY THEME: THANKSGIVING & GRATITUDE

**What is biblical gratitude?** A lifestyle of recognizing God's goodness and faithfulness regardless of circumstances, expressing thankfulness in all situations, and cultivating a heart of praise.

## **Key Scriptures:**

- "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." **1 Thessalonians 5:18**
- "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."  
**Psalms 100:4**

**Focus:** Cultivating a lifestyle of thanksgiving regardless of circumstances.

**Prayer Points:** Combating complaining with praise, recognizing God's faithfulness, thanksgiving as warfare.

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# MONTHLY THEME BONUS: COMPLAINING VS. THANKSGIVING

## **Take off... Put on...**

- ✓ "I focus on what's wrong"... "I look for God's goodness in every situation"
- ✓ "I complain about my circumstances"... "I give thanks in all circumstances"
- ✓ "I take blessings for granted"... "I acknowledge and appreciate God's gifts"
- ✓ "I have a critical spirit"... "I have a grateful heart"
- ✓ "I see what's missing"... "I celebrate what I have"
- ✓ "Gratitude depends on my mood"... "Thanksgiving is my lifestyle"

Find more gratitude resources on @uniquewomenministry YouTube Channel!

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# 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 THANKSGIVING & GRATITUDE

Heavenly Father,

We come before You today with hearts that desire to be truly grateful. You have been so good to us, yet too often we focus on what's wrong instead of recognizing all You've done right. Forgive us for our ingratitude and complaining spirits.

Lord, we confess that we have taken Your blessings for granted. We've complained about our circumstances while overlooking Your faithfulness. We've focused on what we lack instead of appreciating what we have. We've allowed difficulties to overshadow the countless ways You've provided, protected, and blessed us.

Father, we ask You to transform our hearts and give us eyes to see Your goodness all around us. Help us to recognize that every breath is a gift, every day is a blessing, and every circumstance is an opportunity to trust and thank You.

Teach us to give thanks in ALL circumstances, not just the pleasant ones. Show us how to find reasons for gratitude even in trials, knowing that You work all things together for our good. Help us to understand that thanksgiving is not just about our feelings but about our faith in Your character and promises.

We thank You for Your salvation, Your presence, Your provision, Your protection, Your peace, Your love, and Your faithfulness that never fails. We thank You for family, friends, health, shelter, food, and opportunities. We thank You for both the obvious blessings and the hidden ones we haven't recognized yet.

Create in us hearts that overflow with gratitude. Let thanksgiving become our automatic response rather than complaining. Transform our perspective so we see every situation through the lens of Your goodness and grace.

Help us to express our gratitude not just in words but in worship, in how we treat others, and in how we steward Your blessings. Make us people known for thanksgiving rather than grumbling.

We declare that we will enter Your gates with thanksgiving and Your courts with praise. We choose to be grateful, not grumpy. We will focus on Your faithfulness, not our frustrations.

In Jesus' name, for whom we are most grateful, Amen.

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*"GIVE THANKS IN ALL CIRCUMSTANCES; FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS." 1 THESSALONIANS 5:18 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**

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