



Unique Women Ministry

Monthly Fasting & Prayer Program

(2nd Thursday of each month)



Overview

UWM Fasting & Prayer Program

Matthew 17:21, ²¹ [\[a\]](#) However, this kind does not go out except by prayer and fasting.”

March 13, 2025, 2nd Thursday

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 January
 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, 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

March 2025 Prayer Focus-Walking in Forgiveness

Key Scriptures:

- "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." **Matthew 6:14-15 NIV**
- "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." **Colossians 3:13 NIV**
- If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." **John 20:23 NKJV**

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) 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 Divine Guidance and Protection

Heavenly Father,

I come before Your throne of grace with thanksgiving in my heart. As I enter Your gates with thanksgiving and Your courts with praise, I bless Your holy name (Psalm 100:4). You are faithful through all generations, and Your mercies are new every morning.

Lord God, I humble myself before You today. I seek Your face and turn from any wicked ways that have separated me from Your presence (2 Chronicles 7:14). Forgive me for the times I've relied on my own understanding rather than trusting fully in You. Wash me clean and renew a right spirit within me.

By the blood of Jesus Christ, I declare every stronghold and barrier that hinders my walk with You broken and removed. Where fear has taken root, I plant faith; where anxiety has gripped my heart, I receive Your perfect peace that surpasses all understanding (Philippians 4:7).

I release into the freedom of forgiveness anyone who has hurt, offended, or betrayed me. As You have forgiven me, I choose to forgive others (Colossians 3:13). Let Your healing flow through every wounded place in my heart and mind.

Father, I ask for Your divine direction in every area of my life. Order my steps according to Your Word (Psalm 119:133). Where there is confusion, bring clarity; where there is weakness, bring strength; where there is doubt, establish faith.

I declare that no weapon formed against me shall prosper (Isaiah 54:17). I am covered by the blood of Jesus, surrounded by Your angels, and filled with Your Holy Spirit. I put on the full armor of God to stand against the enemy's schemes (Ephesians 6:11).

Thank You that You have plans to prosper me and not to harm me, plans to give me hope and a future (Jeremiah 29:11). I trust that You are working all things together for my good because I love You and am called according to Your purpose (Romans 8:28).

I praise You for the victory that is already mine through Christ Jesus. For greater is He who is in me than he who is in the world (1 John 4:4). Your glory shines upon my life, and Your favor surrounds me like a shield.

In the mighty and matchless name of Jesus Christ, I pray.

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

