

Unique Women Ministry Monthly Fasting & Prayer Program (2nd Thursday of each month)

Presenter: Pastor Kendra Jefferson

Overview of the Fasting & Prayer Program

January 2025 Prayer Focus-Overcoming Fear & Anxiety

January 9, 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 CST to 5:30 PM CST
- 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!**

1. **Morning Prayer Call Details:** Pastor Jackie's Prayer Line is at 5:30 am. CST (774) 220- 4000; PIN #106285

2. **Prayer Focus: Overcoming Fear & Anxiety**

- **Scripture:** "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10 and "For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline." 2 Timothy 1:7 *These verses collectively emphasize God's unwavering presence and the empowerment of believers, reinforcing the message that faith in divine support can effectively dispel fear and anxiety.*

3. **Reflection:** What 1-2 things you are 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

4. **Evening Call Details:** (559) 671-2723; JUST CALL IN! Break the fast at 5:30 pm. CST And Call in the Fast Reflection Call at 6:00 PM. CST, 2nd Thursday of each month!

"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matthew 4:4



January 2025 Monthly Theme

Overcoming Fear & Anxiety

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!** ²³ [Now having received the Holy Spirit, and being [b](#)led and directed by Him] if you forgive the sins of anyone, they are forgiven; if you retain the sins of anyone, they are retained. John 20:23. Release others and self into the freedom of your forgiveness!
4. **Pray for others:** salvation, deliverance, and healing of others both saved and unsaved; widows and orphans and those in leadership. 1 Thessalonians 5:17, “Be unceasing in **prayer** [praying perseveringly];”
5. **What three to five things do you believe God for (relating to overcoming fear)?**
6. **Praise God!** 1 Chronicles 29:13: "Now therefore, our God, we thank You and praise Your glorious name."



Thank You