

# CORPORATE PRAYER FOR ASH WEDNESDAY

Holy and Loving God,  
We return to You.

Not because You moved –  
but because we sometimes wander.

Plant us again in Your love.

Uproot pride.

Uproot distraction.

Uproot fear.

As we fast, deepen our hunger for righteousness.

As we pray, clarify our vision.

As we surrender, strengthen our faith.

Let this Lent not be routine –  
but renewal.

Root us so deeply in You  
that no storm can uproot us.  
Grow our faith until it bears fruit  
that blesses our families,  
our church,  
our city.

We belong to You.

We trust You.

We follow You

In Jesus' name,  
Amen.



Twelfth Baptist Church Lenten Fast 2026

Day 1 - Ash Wednesday

# "Return To The Root"

## **Joel 2:12-13**

"Now, therefore," says the Lord, "Turn to Me with all your heart, With fasting, with weeping, and with mourning." So rend your heart, and not your garments; Return to the Lord your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm.

## **John 15:4-5**

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Rev. Dr. Willie Bodrick II. Senior Pastor



Twelfth Baptist Church Lenten Fast 2026

# DANIEL FAST – DAYS 1-10

Old Testament Scripture: Daniel 1:8-15

New Testament Scripture: Matthew 6:16-18

Fasting is alignment. Daniel chose conviction over comfort. When we discipline the body, the spirit sharpens. What you deny your flesh, you give to your faith

## **Foods to Avoid:**

- Meat
- Dairy
- Eggs
- Bread with yeast (if possible)
- Processed foods
- Added sugars
- Sodas and sweetened beverages
- Alcohol
- Excess caffeine

## **Foods to Eat:**

- Fresh, frozen, or steamed vegetables
- Fruits (fresh or frozen)
- Whole grains (brown rice, quinoa, oats)
- Beans and lentils
- Nuts and seeds
- Plant-based oils (olive, avocado, coconut)
- Water

## **Tips:**

- Drink plenty of water.
- Plan meals ahead.
- Keep simple snacks available.
- If you feel faint or ill – stop and adjust.
- Remember: Spiritual clarity is the goal.

# WEEK 1 DISCUSSION QUESTIONS

- What does being spiritually “rooted” mean to you?
- What has threatened your spiritual stability recently?
- What surfaced during the Daniel Fast?
- How can this group support your growth?

# Twelfth Baptist Church

## Day 2 - Lent 2026



### **Colossians 2: 6-7**

**So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.**

The rooted life bears fruit in season. You are not planted randomly. God has intentionally positioned you. Stay planted, growth takes time.

Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

## Day 2 - Lent 2026



### **Colossians 2: 6-7**

**So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.**

The rooted life bears fruit in season. You are not planted randomly. God has intentionally positioned you. Stay planted, growth takes time.

Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

Lent 2026



**ROOTED  
IN LOVE,  
GROWING  
IN FAITH**

DAY 3

Rev. Dr. Willie Bodrick II. - Senior Pastor

Rev. Jeffrey L. Brown - Associate Pastor

Rev. Dr. Arthur T. Gerald, Jr. - Pastor Emeritus

# Twelfth Baptist Church

Day 3 - Lent 2026



**Jeremiah 7:7-8**

**“But blessed is the one who trusts in the Lord,  
whose confidence is in him.**

**8 They will be like a tree planted by the water  
that sends out its roots by the stream.**

**It does not fear when heat comes;  
its leaves are always green.**

**It has no worries in a year of drought  
and never fails to bear fruit.”**

**Hebrews 11:1**

**Now faith is confidence in what we hope for  
and assurance about what we do not see.**

Roots grow toward what they trust. Faith is not visible, but it is stabilizing.  
Even when the heat comes, those rooted in God remain green.

Rev. Dr. Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

Lent 2026



**ROOTED  
IN LOVE,  
GROWING  
IN FAITH**

DAY 5

Rev. Dr. Willie Bodrick II. - Senior Pastor

Rev. Jeffrey L. Brown - Associate Pastor

Rev. Dr. Arthur T. Gerald, Jr. - Pastor Emeritus

# Twelfth Baptist Church

Lent 2026



**ROOTED  
IN LOVE,  
GROWING  
IN FAITH**

DAY 6

Rev. Dr. Willie Bodrick II. - Senior Pastor

Rev. Jeffrey L. Brown - Associate Pastor

Rev. Dr. Arthur T. Gerald, Jr. - Pastor Emeritus

# Twelfth Baptist Church

Lent 2026



**ROOTED  
IN LOVE,  
GROWING  
IN FAITH**

DAY 8

Rev. Dr. Willie Bodrick II. - Senior Pastor

Rev. Jeffrey L. Brown - Associate Pastor

Rev. Dr. Arthur T. Gerald, Jr. - Pastor Emeritus

# Twelfth Baptist Church

Lent 2026



**ROOTED  
IN LOVE,  
GROWING  
IN FAITH**

DAY 9

Rev. Dr. Willie Bodrick II. - Senior Pastor

Rev. Jeffrey L. Brown - Associate Pastor

Rev. Dr. Arthur T. Gerald, Jr. - Pastor Emeritus

# Twelfth Baptist Church

## Scriptures



### **Daniel 10:12**

**Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.**

### **Galatians 6:9**

**Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.**

Your fasting is not unnoticed. Heaven responds to consistency. Do not grow weary – roots are strengthening beneath the surface.

Rev. Dr. Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

## Scriptures



### **Ezekiel 36:26**

**I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.**

### **Romans 8:6**

**The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.**

**A new heart produces new hunger. As your diet shifts, let your desires shift too. Grow toward what gives life.**

**Rev. Dr. Willie Bodrick II, Senior Pastor**

# Twelfth Baptist Church

## Scriptures



**Psalm 51:10**

**Create in me a pure heart, O God,  
and renew a steadfast spirit within me.**

**2 Corinthians 5:17**

**Therefore, if anyone is in Christ, the new creation has  
come: The old has gone, the new is here!**

God specializes in renewal. Growth requires pruning.  
Ask Him to create in you a clean heart.  
Rev. Dr. Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

## Isaiah 58: 6-11



**“Is not this the kind of fasting I have chosen:  
to loose the chains of injustice  
and untie the cords of the yoke,  
to set the oppressed free  
and break every yoke?**

**Is it not to share your food with the hungry  
and to provide the poor wanderer with shelter—  
when you see the naked, to clothe them,  
and not to turn away from your own flesh and  
blood?**

**Then your light will break forth like the dawn,  
and your healing will quickly appear;  
then your righteousness<sup>[a]</sup> will go before you,  
and the glory of the Lord will be your rear guard.  
Then you will call, and the Lord will answer;  
you will cry for help, and he will say: Here am I.**

**“If you do away with the yoke of oppression,  
with the pointing finger and malicious talk,  
and if you spend yourselves in behalf of the hungry  
and satisfy the needs of the oppressed,  
then your light will rise in the darkness,  
and your night will become like the noonday.**

**The Lord will guide you always;  
he will satisfy your needs in a sun-scorched land  
and will strengthen your frame.**

**You will be like a well-watered garden,  
like a spring whose waters never fail.**

True fasting loosens injustice. This fast is not only about food – it is about freedom. Let your faith grow hands and feet.

Rev. Dr. Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

James 2:17



**In the same way, faith by itself, if it is not accompanied by action, is dead.**

True fasting loosens injustice. This fast is not only about food – it is about freedom. Let your faith grow hands and feet.

Rev. Dr. Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

## Scriptures



### **Psalm 1:1-3**

**Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
but whose delight is in the law of the Lord,  
and who meditates on his law day and night.  
that person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.**

### **Colossians 2: 6-7**

**So then, just as you received Christ Jesus as Lord,  
continue to live your lives in him, rooted and built up in  
him, strengthened in the faith as you were taught, and  
overflowing with thankfulness.**

The rooted life bears fruit in season. You are not planted randomly. God has intentionally positioned you. Stay planted, growth takes time.

Rev. Dr. Willie Bodrick II, Senior Pastor

# Twelfth Baptist Church

## Scriptures



### **Psalm 1:1-3**

**Blessed is the one  
who does not walk in step with the wicked  
or stand in the way that sinners take  
or sit in the company of mockers,  
but whose delight is in the law of the Lord,  
and who meditates on his law day and night.  
that person is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither—  
whatever they do prospers.**

### **Colossians 2: 6-7**

**So then, just as you received Christ Jesus as Lord,  
continue to live your lives in him, rooted and built up in  
him, strengthened in the faith as you were taught, and  
overflowing with thankfulness.**

The rooted life bears fruit in season. You are not planted randomly. God has intentionally positioned you. Stay planted, growth takes time.

Rev. Dr. Willie Bodrick II, Senior Pastor