

Twelfth Baptist Church

Lenten Fast 2026

ROOTED IN LOVE, GROWING IN FAITH



Rev. Dr. Willie Bodrick II. - Senior Pastor, Rev. Jeffrey L. Brown - Associate Pastor,
Rev. Dr. Arthur T. Gerald, Jr. - Pastor Emeritus

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.

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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.



DANIEL FAST – DAYS 1-10

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

Old Testament Scripture: Daniel 1:8-15

New Testament Scripture: Matthew 6:16-18

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?**