



IN THE SPIRIT OF SANKOFA:  
**50 PRAYERS**  
F O R  
**50 YEARS**



FRIENDSHIP-WEST  
BAPTIST CHURCH  
50 YEARS

KIEST LOCATION  
35 YEARS

FAITH FORMULA  
20 YEARS

WEST WALL STREET  
10 YEARS

**REV. DR. FREDERICK D. HAYNES, III**  
SENIOR PASTOR



## OUR SENIOR PASTOR

Dear Friendship-West Family,

We are heirs to a living and liberating faith.

We stand on the shoulders of faithful people who believed God for more than what they could see, and who trusted God for a future greater than their present circumstances. Ours is a faith that has never been passive or resigned. It is a faith that endured hardship, confronted injustice, imagined freedom, and built community where none was supposed to exist.



By faith, our ancestors refused distorted images of God that justified oppression and instead embraced the God of Scripture, the God who delivers, heals, restores, and liberates. By faith, they birthed the Black Church as a prophetic witness in the world: a place of worship and resistance, prayer and protest, refuge, and resolve. By faith, they organized, educated, prayed, marched, loved, and persevered until walls fell, and doors opened that we still walk through today.

By faith, they transformed suffering into strength, despair into hope, and pain into purpose. They built institutions, cultivated leaders, nurtured children, and dreamed of a beloved community even when surrounded by injustice and hate. Their faith did not deny the darkness of history, but it refused to let darkness have the final word.

Friendship-West Baptist Church stands within that sacred lineage.

As we celebrate fifty years of ministry, we do so with gratitude for what God has done and humility about what God continues to require of us. Our past is not merely something to remember; it is something to steward. The faith we inherited calls us not only to gratitude, but to responsibility, to live, serve, and witness with the same courage, conviction, and compassion that carried those before us.

It is my prayer that this 50th Anniversary Prayer Journal will deepen your connection with God during this sacred season. As you fast, pray, and reflect, may you see the hand of God at work and hear the voice of God speaking clearly. As you record your prayers and discern God's responses, may your faith be strengthened, and your calling clarified. May this journal become a place where hope is renewed, vision is sharpened, and obedience is courageously embraced.

May the faith that sustained our ancestors now sustain us. May the God who brought us this far guide us into what comes next. And may Friendship-West continue to be a faithful witness rooted in love, committed to justice, and anchored in the unshakable promises of God.

With gratitude, hope, and resolve,  
Peace and Power,

A handwritten signature in black ink, appearing to read 'Fred Haynes'.

Frederick Douglass Haynes, III

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## OUR VISION

Friendship-West will be a game-changing Christian movement, connecting people to Jesus Christ and fighting for justice, while creating the beloved community.



## PRAYERS FOR BLACK HISTORY MONTH

Spirit of Abundance. God of Grace. Mother of Hope,  
We pause now to remember those stories that are all around us,  
But so often passed over,  
Those stories that when told are shared because  
Of what someone is, not who they are.  
This month in our nation's character  
Is Black History month.  
Help us to realize that Black history is  
All our histories.  
May the day come when these stories  
Are so wildly taught that no month needs  
Be separately divided.  
We know this day will not come until we as a people  
Make different choices.  
We pray now for those new choices.  
May we come to see a day where the prison system  
Becomes redemptive. not punitive.  
A day where the legal system learns to focus more squarely on the facts,  
And not the color of our skin.  
A day where our schools are as well funded, as the needs demand.  
May our role models be allowed to excel when they thrive,  
And not be taken down for their rich heritage.  
We know this will require a shift in power.  
And this can be scary for some.  
Give those full of fear - hope.  
May we come to know grace,  
So that our hearts will not be hardened to the pain around us.  
There are so many beautiful stories needing to be told.  
And we need to get the chance to hear them.  
Widen our vision so that the history that is shared this month,  
And every month,  
Come to be known as our history too.  
We are most human when we see the humanity in others.

~ Author Unknown

## HOW TO USE THIS PRAYER JOURNAL

*Meditate on the Thematic Focus for 2026,  
trimester themes, and related scriptures:*

### **Spiritual Formation, Self Empowerment, and Social Witness.**

- Read and meditate on the daily focus scriptures and support scriptures.
- Open your bible and read the scripture in context. Use reference tools as needed to deepen your understanding.
- Spend time in prayer daily for The Church. The Church Leaders, Community. Nation and Family. Friends and Yourself.
- Write in your journal daily. Use a notebook or journal to detail your journey.
- Document how you feel. Write down how the scripture, prayer, and or theme is relevant to our church. or to you individually. Denote your personal commitment to the journey of the fast. You can reflect on it later to assess your progress.
- Listen to our Senior Pastor's Monday Morning Meditation. Each Monday Rev. Dr. Frederick D. Haynes, III, will offer a meditative word for the week that aligns with our prayer and fasting journey. You don't want to miss it! Dial 712-432-3900; Conference ID 122330, 6:00-6:21 am each Monday.
- Join the prayer line weekdays. We will reaffirm the scripture, prayer and theme for the month. You are encouraged to pray aloud or pray silently. Dial 712-432-3900; Conference ID 122330; 5-6 am Monday thru Friday.
- Stick to the journey. Remember this is your personal commitment to God. Consider an accountability partner or team to encourage you during the week of the fast each month

# HOW TO FAST SUCCESSFULLY

Isaiah 58

Fast - a religious discipline; abstinence from food or drink; to afflict the soul

Reasons for Fasts

1. For repentance toward off present or future destruction and to supply a discipline of fasting and prayer (Jonah 3:4-10)
2. To humble ourselves (Psalm 35:13) NKJV
3. For protection or self, family, personal property (Ezra 8:21,23)
4. To draw closer to God (James 4:8)
5. To resist the power of the devil (James 4:7)
6. For deliverance from demonic possession (Matthew 17:20-21) NKJV
7. Healing (II Chronicles 7:14) NKJV of nations, individual, and relationships.
8. To get extra help and blessings from God (James 4:6)
9. For direction from God (Ezra 8:21) NKJV
10. To Gain control of yourself (II Chronicles 7:14) Humble yourself, seek God's face, pray, and turn from what is wicked!

Different Types of Fasts

1. Partial (Daniel 10:2-3) No meat, certain items but not all 50 days
2. Complete/Total (Esther 4:16, Jonah 3:7)
3. Corporate (Jonah 3)
4. Personal (Matthew 4:1-2)

Hindrances to an Effective Fast

1. Wrong motives (Matthew 6:16), adoration from others or trying to impress God (Isaiah 58:3)
2. Unforgiveness (Matthew 6:14-15)
3. Selfishness (Isaiah 58:3)
4. Continued Sin (Isaiah 58:4)
5. It becomes religious instead of relationship oriented (Isaiah 58:5)
6. Inconsistency (Matthew 7:7) NLT
7. Not having a goal

What Happens During a Fast?

1. The devil comes to tempt you and attack you (Matthew 4:3)
2. You lose weight; your stomach shrinks
3. You may get depressed, lonely, etc.....

Suggestions for Fasting

1. Set a goal (Daniel 9:3) NKJV
2. Don't make it obvious (Matthew 6:16)
3. Write down the date you start and the date you plan to end and journal results (Habakkuk 2:2)

## HOW TO FAST SUCCESSFULLY (continue)

4. Be patient (Habakkuk 2:3)
5. Start with something you can do
6. Pray when your head or stomach hurts
7. See your doctor before you begin a fast and don't overeat when your fast is over
8. Pray the last 30 minutes of your fast
9. Read the bible or a devotional when you are supposed to eat
10. Resist temptation
11. Children can choose to fast from: sweets; games; phones; television (for a time or in moderation)

Why am I fasting?

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What will I give up for God during my fast?

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Consider joining or creating a fasting team of 10 people to encourage each other during this journey. List who will be on your team. Determine how and when you communicate with one another.

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# FASTING GUIDELINES

*by Dr. Cindy Trim, The 50 Day Soul Fast Handbook*

Prior to beginning any type of fast, each participant should consult with his or her doctor.

As wonderful of a tool as fasting is for health and cleansing and detoxification purposes, there are some individuals who have certain conditions where fasting is prohibited.

Please keep the following in mind if you are considering the pursuit of a fast:

- Do not fast if you are pregnant or nursing.
- Do not fast if you have a serious illness like cancer, AIDS, Anorexia Nervosa, Leukemia, severe anemia, or if you are emaciated or malnourished as the result of another illness.
- Do not fast if you are a Type I Diabetic or Insulin-Dependent Diabetic.
- All Type II Diabetics (and some Type II Diabetics on insulin) should especially inquire of his or her physician about the feasibility of fasting and about any possible adjustments to the insulin/blood sugar-lowering medication regimen during the fasting period since the blood sugars tend to be lower during a fast. If diabetics receive medical clearance to do the fast, they should continue home monitoring of blood sugars throughout the fast as directed by their physician. Note: Of the options listed, The Daniel Fast is the most suitable option for Type II Diabetics, who have received medical clearance.
- Do not fast if you are taking a diuretic (or “water pill”). Diuretics precipitate loss of water and electrolytes like potassium. Do not fast if you have liver or kidney disease; the liver is the detoxifying organ of the body and the kidneys aid in the elimination of waste via the urine. If either of these organs is impaired, it will be difficult to obtain the usual benefits from fasting, and you may exacerbate your medical condition.
- Do not fast if you have congestive heart failure or a diagnosed cardiac arrhythmia.
- Do not fast if you are on certain medications like prednisone, narcotics, antidepressants, or diuretics. You should refrain from fasting if you are taking any of these medications. However, there are other medications that can be safely taken during a fast. Please consult your health care provider when considering a fast to determine if fasting is right for you.
- Medications should not be discontinued abruptly. If a fasting participant is on medicine, he or she should consult his or her physician regarding possible adjustments to the medication regimen during the fasting regimen.
- If the participant develops exacerbation of an existing medical illness or begins to develop adverse reactions or worrisome symptoms of any kind, he or she should discontinue the fast immediately and consult his or her physician immediately.

## FASTING GUIDELINES (continue)

- Distilled water is used for the Master Cleanser recipe; otherwise, if the faster is consuming water for hydration purposes with the other fasting options, spring or filtered water may be consumed.
- Organic produce should be used whenever possible where fruits and vegetables are listed in the fasting options.
- Fasters should be compassionate and gentle with themselves. During the fast, if they fall off the wagon and consume a restricted food or dietary item, they should acknowledge the detour (and enjoy it) and get back on the fast as soon as possible.
- How you end a fast is just as important as how you start and conduct one. A typical post-fasting regimen, for breaking a fast, would look like the following. Starting with the first day after the fast: Different Types of Fasting

### **THE DISCIPLES' FAST:**

Fasting to break addictions. Matt 17:20, 21

Abstain from meats and sweets. Focus: Fasting to break addictions and every yoke.

### **THE EZRA FAST:**

Fasting to solve problems and seek protection. Ezra 8:21-23

Abstain from sodas and sweets (desserts, pies, cookies, cake, candy, etc.); Natural sweeteners and fruits are okay.

### **THE SAMUEL FAST:**

Fasting to win people to Christ and to get God to pour Himself out on Mankind. I Samuel 7:1-8 Abstain from all types of fried foods and breads Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; Fasting so that others' needs will be met; and Fasting for a stronger testimony and influence.

### **THE ELIJAH FAST:**

Fasting to break every yoke. I King 19:2-18

Abstain from meats and sweets. Focus: Fasting to break addictions and every yoke.

### **THE WIDOW'S FAST:**

Fasting so that others need will be met. I Kings 17:12

Abstain from all types of fried foods and breads Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; Fasting so that others' needs will be met; and fasting for a stronger testimony and influence.

## FASTING GUIDELINES (continue)

### **THE SAINT PAUL FAST:**

Fasting for wisdom and insight from God. ACTS 9:9-19

Abstain from all foods and drinks. Focus: Fasting for wisdom and insight from God.

### **THE DANIEL FAST:**

Fasting for good health and obedience towards God. Daniel 1:12-20

Fruits and vegetables only. Focus: Fasting for good health and obedience towards God.

### **THE JOHN THE BAPTIST FAST:**

Fasting for a stronger testimony and influence. Matthew 3:4, Luke 1:15

Abstain from all types of fried foods and breads. Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; Fasting so that others' needs will be met; and Fasting for a stronger testimony and influence.

### **THE ESTHER FAST:**

Fasting for protection from the evil one. Esther 4:16

Abstain from sodas and sweets (desserts, pies, cookies, cake, candy, etc.). Natural sweeteners and fruits are okay.

## DAY 1

### Remembering the God Who Brought Us Through

#### Scripture

**Joshua 5:1–2, 9** - *“<sup>1</sup>And it came to pass, when all the kings of the Amorites, which were on the side of Jordan westward, and all the kings of the Canaanites, which were by the sea, heard that the Lord had dried up the waters of Jordan from before the children of Israel, until we were passed over, that their heart melted, neither was there spirit in them any more, because of the children of Israel. <sup>2</sup>At that time the Lord said unto Joshua, Make thee sharp knives, and circumcise again the children of Israel the second time...*

*<sup>9</sup>And the Lord said unto Joshua, This day have I rolled away the reproach of Egypt from off you. Wherefore the name of the place is called Gilgal unto this day.”*

#### Reflection

In these times of uncertainty, with a government that wages war against its own people, robs from the poor, practices maleducation, and exacerbates economic and health crises – it is a wonder how we can see our way forward. But sometimes the way forward is through looking back.

The Children of Israel have a history and a testimony of surviving the oppression of the Egyptians, the depression of the wilderness and the miracles of crossing both the depths of the Red Sea and the floods of the River Jordan. The progress of and the possibilities for the COI were undeniable, God brought them through “many dangers, toils and snares” – And this moment in the scripture would be no different; while standing on the edge of a hope realized, before the Children of Israel could move forward, God calls for Sankofa.

As we stand on the brink of so much unknown, let us glean from Joshua. God has and will continue to deliver us from life’s trials and struggles to the trepidation of our enemies. But we must remember to keep covenant with our God who saves, circumcising our hearts and bearing the mark of the everlasting covenant in our bodies. In doing, in spite of the opposition, we stand ready to forge forward to obtain the promises of God.

#### Prayer

Dear God,

We thank you for calling us your own and that in spite of our disobedience you keep covenant with your people. Your love protects, guides and restores. Thank you, God, for our individual and collective Gilgal, the place and moment in our lives where you take away the reproach of our sins and still allow us to walk in promise with power. God Be Glorified. Amen.



## PRAYER JOURNAL NOTES

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## DAY 2

### Gratitude for Foundational Obedience

#### Scripture

**Psalm 127:1** - *“Unless the Lord builds the house, those who build it labor in vain. Unless the Lord guards the city, the guard keeps watch in vain.”*

#### Reflection

Every church rests on unseen obedience. Before buildings rise, before congregations grow, before public witness emerges, there are quiet decisions made in faith. Friendship-West was built by people who trusted God without guarantees—leaders who chose faith over fear, conviction over convenience. Friendship-West Baptist Church exists because Reverend Robert L. Castle, III said “yes” and Reverend Dr. Frederick D. Haynes, III said “yes”. Obedience often happens long before affirmation. It is the willingness to move forward when the outcome is unclear, trusting that God honors faithfulness even when recognition does not immediately follow.

#### Prayer

God our Builder,

We thank You for the obedience that laid the foundation of this house. For every leader who prayed when resources were scarce, for every member who gave when sacrifice was required, for every step taken without certainty—receive our gratitude.

It has been 50 years, and we acknowledge that without You, all labor is empty. Without Your guidance, our plans collapse. Without Your Spirit, our efforts lack life. Keep us mindful that this church was not built by human brilliance alone, but by obedience empowered by Your grace.

Teach us to honor obedience today as much as we honor outcomes. Let us remain a people willing to say “yes” even when the path ahead is unclear, trusting that You are faithful to complete what You begin. In the majestic name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 3

### Remembering God's Deliverance

#### Scripture

**Exodus 14:13** - *"But Moses said to the people, "Do not be afraid, stand firm, and see the deliverance that the Lord will accomplish for you today, for the Egyptians whom you see today you shall never see again."*

#### Reflection

Deliverance has always been central to the Black faith story. God has repeatedly intervened at moments when escape seemed impossible. Friendship-West remembers not only survival, but rescue, moments when God stood between us and destruction.

Deliverance does not erase struggle, but it proves God's presence within it.

#### Prayer

Delivering God,

We remember the times You stood between us and harm. When enemies pursued, You shielded us. When despair threatened to overwhelm us, You held us steady. We remember Your saving power and declare that You are still our deliverer.

Strengthen our faith to stand still when You call us to trust, and to move boldly when You call us forward. Let the memory of Your deliverance anchor us in confidence, not fear. In Jesus' name. Amen.



## PRAYER JOURNAL NOTES

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## DAY 4

### Honoring God's Sustaining Presence

#### Scripture

**Deuteronomy 8:2** - *"Remember the long way that the Lord your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments."*

#### Reflection

We often celebrate deliverance without fully honoring sustenance. Yet it was not only God's mighty acts that preserved the people—it was God's steady presence in between. Wilderness seasons are rarely dramatic; they are long, repetitive, and exhausting. Still, God stayed. God fed, guided, corrected, and covered the people even when gratitude ran thin.

For God's people, this truth is essential. Much of our story is not marked by visible victory but by quiet endurance. God sustained our ancestors through years when freedom was delayed, justice was denied, and dignity was withheld. God sustained our congregation when resources were limited, leaders were stretched, and the burden of survival pressed heavily on the community. To remember God's sustaining presence is to acknowledge that survival itself is sacred.

This prayer calls us to honor the God who walked with us through ordinary days, not just extraordinary moments. It invites us to recognize that staying power is as much a miracle as deliverance.

#### Prayer

Sustaining God,

We pause to remember that You did not abandon us in the wilderness. When the journey stretched longer than expected and the road felt uncertain, You stayed. You fed us when we were hungry, strengthened us when we were weary, and guided us when direction was unclear.

We thank You for the faithfulness that showed up day after day—not always loudly, not always visibly, but consistently. Thank You for sustaining our ancestors when hope had to be carried secretly. Thank You for sustaining this church when growth was slow, resources were thin, and perseverance was required.

Forgive us for moments when we overlooked Your presence because it did not arrive dramatically. Teach us to honor the quiet faithfulness that kept us alive. As we move forward, ground us in the assurance that the same God who sustained us then remains with us now. In the wonderful name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 5

### Remembering Our Prophetic Identity

#### Scripture

**Jeremiah 1:5** - *"I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations."*

#### Reflection

The Black Church was not formed merely to comfort the afflicted; it was also called to confront the powerful. From its earliest days, it has carried a prophetic identity shaped by the lived experience of oppression and the hope of divine justice. This identity is not accidental—it is intentional, divinely assigned, and historically rooted.

Friendship-West, like many Black congregations, stands within this lineage. To remember our prophetic identity is to remember that silence has never been our calling. God formed us with voices meant to speak, bodies meant to stand, and faith meant to resist injustice while proclaiming liberation.

#### Prayer

Prophetic God,

Remind us who You created us to be. Before this church had a name, before it had a building or a platform, You knew its purpose. You shaped us to speak truth, to pursue justice, and to proclaim hope in places where despair tries to settle.

Forgive us for moments when fear softened our voice or comfort tempted us to retreat. Reignite the courage that marked our beginnings. Let us speak with clarity, not cruelty; with conviction, not arrogance; with love, not compromise.

Anchor our identity in Your calling rather than public approval. May we never forget that to be prophetic is not to be popular, but to be faithful. In Jesus' name. Amen.



## PRAYER JOURNAL NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

## DAY 6

### Remembering Growth Through Struggle

#### Scripture

**Romans 8:28** - *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”*

#### Reflection

Struggle has been one of God’s primary tools in shaping the His people. Growth did not occur despite hardship—it occurred through it. Pain refined leadership. Opposition sharpened vision. Loss deepened faith.

To remember growth through struggle is to reject the lie that suffering was meaningless. God transformed hardship into preparation and adversity into endurance.

#### Prayer

Redeeming God,

We thank You for the ways You used struggle to shape us. You met us in seasons of loss, conflict, and uncertainty, and You did not waste a single moment. Where pain tried to destroy us, You used it to deepen our faith and strengthen our resolve.

Help us remember that growth is not always comfortable, but it is always purposeful in Your hands. Give us wisdom to trust You even when the process is painful. Let our history remind us that You are faithful to bring good out of what tried to harm us. In the merciful name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 7

### Remembering Community and Covenant

#### Scripture

**Acts 2:42** - *"They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers."*

#### Reflection

The Black Church & Friendship-West has survived because it became family. Covenant—not convenience—held the community together. Shared meals, shared burdens, shared faith created spaces where dignity was restored.

#### Prayer

Covenant-Keeping God,

We thank You for binding us together. When systems denied us belonging, You formed community. When the world fractured us, You taught us how to care for one another.

Renew our commitment to covenant. Teach us to hold one another with patience, accountability, and love. May our community continue to reflect Your faithfulness to us. In the mighty name of Jesus. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 8

### Remembering God's Protection

#### Scripture

**Psalm 121:7–8** - *“The Lord shall preserve thee from all evil: he shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore.”*

#### Reflection

Much of God's protection is invisible, and therefore easily forgotten. We often remember the dangers we survived, but rarely the ones we never encountered—the doors God closed, the paths God blocked, the moments God quietly intervened without announcement. For the Church, protection has often meant survival in a hostile world, preservation in the face of systemic violence, and divine covering when laws, institutions, and authorities failed to protect Black lives.

God's protection did not always look like exemption from harm; sometimes it looked like endurance through it. It looked like being kept sane in an insane system, being preserved in dignity when humanity was denied, and being sustained when danger was constant. Protection was not passive—it was active, strategic, and intentional.

To remember God's protection is to acknowledge that we are here not because the world was kind to us, but because God was faithful. This remembering deepens trust, strengthens gratitude, and humbles the heart.

#### Prayer

Protecting God,

We thank You for covering us in ways we could not see and for shielding us from dangers we did not recognize at the time. Thank You for preserving our lives when forces greater than us sought our harm. Thank You for guarding our minds, our bodies, and our spirits in a world that has often treated Black life as disposable.

We acknowledge that our survival is not accidental. It is evidence of Your hand at work. You protected our ancestors through violence meant to erase them. You protected this church through threats seen and unseen. You preserved our going out and our coming in when safety was never guaranteed.

Forgive us for the times we forgot to thank You for protection simply because it was quiet. Teach us to trust You not only in moments of crisis, but in the everyday movements of our lives. As we move forward, continue to cover this house—its leaders, its members, its children, and its mission. May Your protection remain our refuge and our confidence. In the name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 9

### Remembering God's Provision

#### Scripture

**Philippians 4:19** - *"But my God shall supply all your need according to his riches in glory by Christ Jesus."*

#### Reflection

God's provision has sustained Friendship-West through generations of scarcity. When wealth was inaccessible and opportunity restricted, God provided in unconventional ways—through shared resources, communal care, and creative faith. Provision did not always arrive in abundance, but it arrived in sufficiency. God gave what was needed for the moment, teaching trust rather than excess.

Provision shaped the character of Friendship-West. It taught stewardship, mutual aid, and reliance on God rather than systems that excluded us. To remember God's provision is to remember that we never sustained ourselves alone.

#### Prayer

Providing God,

We thank You for every way You supplied what we needed. When money was limited, You expanded generosity. When resources were scarce, You multiplied community. When the future felt uncertain, You provided enough for today.

We remember the times You sent the right people, the right ideas, and the right opportunities at the right moment. We remember how You sustained this church—not with extravagance, but with faithfulness. Thank You for teaching us that provision is not always about excess, but about trust.

Forgive us for moments when fear caused us to hoard instead of hope. Teach us to continue trusting You as our source. As we look toward the future, remind us that the God who provided then has not changed. May we steward what You give wisely and generously, knowing You remain faithful. In Jesus' name. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 10

### Giving God the Glory

#### Scripture

**Psalm 115:1** - *“Not to us, O Lord, not to us, but to your name goes all the glory for your unfailing love and faithfulness.”*

#### Reflection

At the end of remembering, gratitude must give way to surrender. Our story is not a story of human resilience alone; it is a testimony to divine mercy. To give God the glory is to resist the temptation to credit ourselves for what only God could sustain.

Glory redirects attention. It reminds us that faithfulness, survival, growth, and witness all trace back to God’s mercy and truth. Giving God glory is an act of humility and alignment—it places God at the center of the story where God belongs.

#### Prayer

Glorious God,

We give You the glory. Not because everything was easy, but because You were faithful. Not because we were perfect, but because You were merciful. Every step forward, every door opened, every moment of endurance testifies to Your truth.

We refuse to take credit for what You alone accomplished. We acknowledge that our survival, our witness, and our continued presence are evidence of Your grace at work among us. Receive our praise—not as performance, but as surrender.

As we move into what is next, keep us grounded in humility. Let our past remind us of Your faithfulness, our present anchor us in gratitude, and our future draw us deeper into trust. May everything we do point back to You. Be glorified in this house, now and always. In the precious name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 11

### A Prayer of Corporate Repentance

#### Scripture

**2 Chronicles 7:14** - *"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."*

#### Reflection

Repentance in Scripture is rarely individual alone; it is communal, covenantal, and corrective. God speaks to a people—calling them to humility, prayer, and turning. For the Church, repentance does not deny our righteousness in struggle, but it acknowledges that even a people shaped by oppression must remain accountable to God. Survival does not exempt us from self-examination.

Corporate repentance invites us to name where fear replaced faith, where comfort softened conviction, and where internal harm went unaddressed. It is not about shame; it is about alignment. Repentance clears the ground so healing and renewal can take root.

#### Prayer

Holy and Righteous God,

We come before You as a people in need of Your mercy. We humble ourselves, not because we lack history or faith, but because we desire alignment with You. Forgive us for the ways we drifted—sometimes subtly, sometimes knowingly—from Your will. Forgive us for moments when we trusted tradition more than transformation, silence more than truth, and familiarity more than obedience.

We repent for harm done within the body, for wounds left unattended, for voices ignored, and for justice delayed. Cleanse us, O God—not to erase our story, but to restore our witness. Turn our hearts back toward You, and heal us as only You can. In Jesus' name. Amen.



## PRAYER JOURNAL NOTES

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## DAY 12

### Repentance for Forgotten Dependence

#### Scripture

**Proverbs 3:5–6** - *“Trust in the Lord with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your path.”*

#### Reflection

Dependence on God is the foundation of our survival. Yet over time, competence can replace prayer, and structure can overshadow Spirit. God calls us to remember that every step forward, for 50 years, was sustained by divine guidance, not human strategy alone.

#### Prayer

Wise God,

We repent for leaning on our own understanding. Forgive us for moments when prayer became an afterthought and You were consulted last instead of first. Remind us that our strength has always flowed from dependence on You.

Teach us again, as we celebrate 50 years, how to trust You fully—with our plans, our leadership, and our future. Straighten our paths and realign our hearts so that reliance on You becomes our first instinct once more. In the name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 13

### Healing from Internal Wounds

#### Scripture

**Psalm 147:3** - *"He heals the brokenhearted and binds up their wounds."*

#### Reflection

The deepest wounds often come from within the community. The Black Church & Community has carried unspoken pain—conflict unresolved, trust broken, and grief ignored. God does not bypass these wounds; God heals them.

#### Prayer

Healing God,

We bring before You the wounds carried within this house. You see the pain we learned to hide and the fractures we learned to survive around. Heal broken trust, weary spirits, and wounded relationships.

Bind us up gently and thoroughly. Teach us how to create space for truth, repair, and compassion. Let healing flow through this body so that we may move forward whole, not merely functioning. In Jesus' name. Amen.



## PRAYER JOURNAL NOTES

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## DAY 14

### Repentance for Misaligned Priorities

#### Scripture

**Matthew 6:33** - *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*

#### Reflection

Misalignment rarely announces itself loudly. It happens gradually—through small compromises, unexamined habits, and decisions shaped more by urgency than discernment. For the Community and our individual lives, the pressure to survive, to remain relevant, and to respond to constant crisis can slowly pull us away from our deepest commitments. We become busy without being rooted, productive without being prayerful, active without being attentive to God.

Jesus' call to seek the kingdom first is not a dismissal of real needs; it is an invitation to reorder our lives so that justice, righteousness, love, and faithfulness remain central. When priorities drift, mission weakens. Repentance invites us to pause, to examine what we have placed at the center, and to realign ourselves with God's heart.

#### Prayer

Ordering God,

We come before You acknowledging that our priorities have not always reflected Your kingdom. We repent for the ways urgency replaced discernment, where activity crowded out intimacy, and where productivity became more valued than faithfulness. Forgive us for placing comfort, reputation, or institutional maintenance above justice, truth, and obedience.

Realign our hearts, O God. Teach us again what it means to seek You first—not as a slogan, but as a way of life. Help us to center our decisions on righteousness, compassion, and liberation. Remove distractions that pull us away from our calling, and give us wisdom to recognize what truly matters.

As a church and as a people, reorder our loves. Let our calendars, our budgets, our preaching, and our public witness reflect Your priorities rather than our fears. Restore clarity where confusion has settled. May everything we pursue flow from a desire to honor You and serve Your people faithfully. In the merciful name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 15

### Healing from Exhaustion and Burnout

#### Scripture

**Isaiah 40:31** - *“But those who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”*

#### Reflection

Friendship-West & The Black Church has long been a place of refuge for the community, often carrying responsibilities far beyond its capacity. Generations of leaders, servants, and members have labored faithfully while neglecting rest, believing exhaustion to be the price of commitment. Yet God never equated depletion with devotion. Renewal is not a luxury; it is a necessity for sustained faithfulness.

Burnout dulls spiritual sensitivity and weakens joy. Healing requires honesty about weariness and permission to rest without guilt.

#### Prayer

Restoring God,

We bring before You our exhaustion. You see the weariness carried in our bodies, the heaviness settled in our spirits, and the fatigue we have learned to normalize. Heal us, O God. Restore strength where hope feels thin and joy feels distant.

Forgive us for believing that constant labor proves our faith. Teach us to wait upon You without shame. Renew our strength so that service flows from abundance rather than obligation. Restore rest as holy, and teach us how to receive it as an act of trust.

Breathe new life into leaders who are tired, members who are stretched, and servants who feel unseen. May renewal come gently and deeply, sustaining us for the work You have called us to do. In the blessed name of Jesus. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 16

### Prayer against Silence in Critical Moments

#### Scripture

**James 4:17** - *“Anyone, then, who knows the right thing to do and fails to do it commits sin.”*

#### Reflection

Silence can be protective, but it can also be complicit. Our church has historically been called to speak when injustice prevails in the community, nation and the world. Yet fear of backlash, loss, or discomfort can quiet voices meant to proclaim truth.

#### Prayer

God of Truth,

Continue to teach us when to speak, how to speak, and why our witness matters. Align our words with Your truth and our actions with Your justice. Give us courage rooted in faith, not defiance. Let us no longer shield harm that we see happening in our communities and world but let our voices proclaim liberation and hope. In the powerful name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 17

### Healing Divided Hearts

#### Scripture

**Psalm 133:1-** *“How wonderful and pleasant it is when brothers live together in harmony!”*

#### Reflection

Division is one of the most effective tools used against oppressed communities. For marginalized communities, division has often been externally imposed through racism, scarcity, and survival pressures. God’s desire for unity is not about comfort—it is about effectiveness. A divided body cannot fully embody justice, compassion, or liberation. Healing restores the community’s capacity to move forward together.

#### Prayer

God of Unity,

We come before You acknowledging the fractures within our hearts and within our community. Heal us, O God. Heal our communities. Heal our families. Heal our Minds. Heal our bodies.

Remind us that unity is strength rooted in love. Restore where the enemy has come to break and destroy our spiritual body. Knit our community together again, not for convenience, but for witness. May our unity reflect the love You have shown us. In the loving name of Jesus. Amen.



## PRAYER JOURNAL NOTES

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## DAY 18

### Healing for Minds and Bodies

#### Scripture

**Jeremiah 30:17** - “For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.”

**Isaiah 53:5** - “By his stripes we are healed.”

#### Reflection

Healing is not limited to what can be seen. Scripture bears witness to a God who heals bodies, restores minds, and repairs what trauma has fractured over time. In a world that often separates physical health from mental and emotional well-being, God speaks holistically—declaring restoration for the whole person. Healing, in God’s economy, is not rushed, denied, or minimized. It is promised.

For many, especially within Black communities, wounds carried in the body are often intertwined with wounds carried in the mind. Generational trauma, chronic stress, racial violence, economic instability, and unrelenting pressure have left many fatigued in ways medicine alone cannot fully address. God sees these layered wounds. God does not dismiss them as weakness or lack of faith. God names them and promises restoration.

Healing may come through miracle or through process. It may come through prayer, community, therapy, medicine, or rest. All are tools in God’s hands. To pray for healing is to affirm that God is attentive to pain, present in suffering, and active in restoration. It is to trust that even when healing unfolds slowly, God is still at work.

This prayer invites us to bring our whole selves—mind, body, and spirit—before a God who heals with compassion and power.

#### Prayer

Healing God,

We come before You carrying the weight of wounds both visible and unseen. You know the pain held in our bodies—the aches that linger, the illnesses that persist, the fatigue that settles deep within us. You also know the wounds carried in our minds—the anxiety that disrupts rest, the trauma that resurfaces without warning, the grief that refuses to be rushed.

We ask You now to heal us. Touch our bodies with restoring power. Where sickness has taken residence, bring relief. Where strength has diminished, renew vitality. Regulate what is out of balance and calm what is inflamed. Let Your healing presence move through every system, every cell, every breath.

Heal our minds, O God. Quiet racing thoughts. Ease anxiety and lift depression. Restore clarity where confusion has taken hold. Bring peace to places marked by fear and stability to places shaken by trauma. Teach us that seeking help is not a lack of faith, but an act of wisdom and courage.

Wrap us in Your compassion as healing unfolds. Help us trust the process even when answers are slow. Remind us that we are not weak for needing rest, care, or support. We receive Your promise of restoration—not just someday, but even now, in ways seen and unseen.

By Your stripes, we receive healing. By Your love, we receive peace. By Your faithfulness, we receive hope. In Your healing name we pray. Amen.

## PRAYER JOURNAL NOTES

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## DAY 19

### Healing Our Spiritual Vision

#### Scripture

**Ephesians 1:18** - “ I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.”

#### Reflection

Spiritual vision can be clouded by fatigue, disappointment, and prolonged struggle. When hope is deferred, discernment weakens and purpose blurs. As a church and community, bearing the weight of historical and present injustice – for 50 years, can grow weary in vision even while remaining faithful in action.

Healing our spiritual vision is not about receiving new information; it is about renewed perception. God restores sight so that we can see clearly—ourselves, our calling, and the path ahead. Vision allows us to move forward with intention rather than reaction.

#### Prayer

Revealing God,

Heal our spiritual sight. Where discouragement has clouded our vision, bring clarity. Where disappointment has dimmed our hope, restore expectation. Enlighten our Senior Pastor for the future, to your understanding so that he may discern Your will with wisdom and confidence.

Enlighten our congregation and remove distractions that distort our focus and fears that narrow our perspective. Help us see not only what is broken, but what You are redeeming. Restore vision that inspires faith, guides action, and sustains perseverance.

Let us see ourselves as You see us—called, capable, and deeply loved. May renewed vision strengthen our obedience and guide us forward with purpose. In the name of Jesus. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 20

### A Prayer of Full Realignment

#### Scripture

**Romans 12:1–2** - *“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your [b]reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”*

#### Reflection

Realignment is the culmination of repentance and healing. It requires surrender—of habits, assumptions, and structures that no longer serve God’s purpose. Transformation is not passive; it is an intentional offering of self and community to God’s will. God calls us not only to exist, but to be renewed continually.

#### Prayer

Transforming God,

We offer ourselves to You again—our minds, our practices, our leadership, and our direction. It has been 50 years of faithful service. We ask that You renew us from the inside out. Realign what has drifted and reshape what has grown rigid.

Transform our thinking so that our lives reflect Your justice, compassion, and truth. Let our worship, witness, and work, flow from minds renewed by Your Spirit. Where old patterns hinder growth, replace them with faithful obedience.

We surrender control and trust You to lead us forward. Shape us into a people aligned with Your will and equipped for the work ahead. For we belong to You. In the mighty name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 21

### A Cry for Fresh Wind

#### Scripture

**Ezekiel 37:9–10** - <sup>9</sup> “Then he said to me, “Prophesy to the breath, prophesy, mortal, and say to the breath:[a] Thus says the Lord God: Come from the four winds, O breath,[b] and breathe upon these slain, that they may live.”<sup>10</sup> I prophesied as he commanded me, and the breath came into them, and they lived and stood on their feet, a vast multitude.”

#### Reflection

Renewal begins where exhaustion is honestly named. In Ezekiel’s vision, the valley is not empty—it is full of bones that once held life, purpose, and movement. Revival does not deny death; it confronts it. As a church, we are still standing, still serving, still believing—yet many feel breathless.

Fresh wind is God’s present intervention. The same Spirit that filled our ancestors in hush harbors and sanctuaries is still available to breathe life into worship, leadership, and strained community. Revival is God’s refusal to let purpose die, even when strength runs low.

#### Prayer

Breathing God,

We stand in the valley before You—honest about our weariness and open to Your Spirit. We confess that we have learned how to function without feeling fully alive. Breathe on us again. Breathe on our worship.

Let Your Spirit move through this house like a mighty wind—restoring passion, awakening faith, and reviving hope. Do not let us settle for survival when You offer life. Strengthen what has weakened. Restore what has gone silent.

We ask for your breath to make us live again—fully, faithfully, and boldly—for Your glory and the healing of our people. In Jesus’ name. Amen.



## PRAYER JOURNAL NOTES

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## DAY 22

### Renewal of Our First Love

#### Scripture

**Revelation 2:4–5** - *“But I have this against you, that you have abandoned the love you had at first. 5 Remember, then, from where you have fallen; repent and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent.”*

#### Reflection

Time changes devotion if it is not tended.

God’s call to return is not condemnation; it is invitation. Renewal of first love restores joy, humility, and dependence. It reminds us why we began, and who we began with.

#### Prayer

Faithful God,

Call us back to our first love. Remind us of the days when trusting You was not optional but essential. Rekindle our affection for Your presence, our hunger for Your Word, and our joy in prayer.

Forgive us for allowing familiarity to dull devotion. Restore wonder where worship became routine and passion where faith became procedural. Teach us how to love You again—not out of obligation, but out of desire.

Let our return to You renew our witness and restore our joy. Draw us close until our hearts beat again with love for You and for Your people. In Jesus’ name. Amen.

## PRAYER JOURNAL NOTES

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## DAY 23

### Revival in Worship

#### Scripture

**Psalm 85:6** - *“Will you not revive us again, so that your people may rejoice in you?”*

#### Reflection

Worship is where renewal becomes communal. Worship has always been resistance—singing when silence was expected, praising when dignity was denied. Yet even sacred practices can grow tired without revival.

Revived worship reconnects joy with justice and praise with purpose. It becomes the space where grief is held, hope is restored, and God is encountered afresh.

#### Prayer

Holy God,

Revive our worship. Restore joy where heaviness has lingered and authenticity where performance has crept in. Let our songs rise from lived faith, our prayers from honest hearts, and our praise from deep gratitude. Meet us in our worship—not as spectators, but as participants in holy exchange. Let worship heal wounds, strengthen faith, and renew courage. May our rejoicing once again reflect trust in You and commitment to Your mission. In Jesus’ name. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 24

### Renewal of Spiritual Hunger

#### Scripture

**Matthew 5:6** - *"Blessed are those who hunger and thirst for righteousness, for they will be filled."*

#### Reflection

Spiritual vitality depends on hunger. When hunger fades, faith becomes stagnant. God invites us to desire righteousness or justice—not just morally, but relationally and socially.

Renewed hunger fuels justice, compassion, and perseverance.

#### Prayer

Satisfying God,

Stir our hunger for You. Awaken a thirst that cannot be quenched by success, recognition, or routine. Teach us to long for justice—in our hearts, our community, and our nation.

Feed us with truth that transforms and sustains. Let our hunger draw us closer to You and deeper into faithful action. In the mighty name of Jesus. Amen.

## PRAYER JOURNAL NOTES

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## DAY 25

### Revival in the Inner Life

#### Scripture

**Psalm 51:10** - *“Create in me a clean heart, O God; and renew a right spirit within me.”*

#### Reflection

Public renewal begins privately. Inner revival restores integrity, humility, and joy. God renews hearts so that lives may follow.

#### Prayer

Creating God,

Renew our inner lives. Heal what has grown weary within us. Restore joy where discouragement settled and clarity where confusion lingered.

Create in us clean hearts and steady spirits. Let inner renewal lead to outward faithfulness. Make us whole so that we may serve with authenticity and power. In Jesus' name. Amen.

## PRAYER JOURNAL NOTES

[illegible]



## DAY 26

### Prayer of Renewal

#### Scripture

**Isaiah 43:19** - *"Behold, I will do a new thing; now it shall spring forth; shall you not know it?"*

#### Reflection

Change often reveals where fear has taken residence. For communities shaped by survival, familiarity can feel like safety—even when God is calling forward. Friendship-West carries sacred traditions, yet tradition can become harmful when it resists transformation. God's promise of "a new thing" does not dismiss history; it builds upon it.

#### Prayer

Eternal God, we come before you with hearts full of gratitude as we celebrate 50 years of ministry, mission, and miracles! Thank you for every soul saved, every life transformed, every life touched, every prayer answered, and every mountain moved. As we stand on this golden milestone, we recognize that it was only by your grace and mercy that kept us! It was by your power that sustained us! It by was your love that carried us through every season, whether good or bad! Just as you led Israel through the wilderness, you have led this church through trials and triumphs, shaping us into a vessel for your glory.

And now, O' God, we hear your promise afresh: "Behold, I will do a new thing." As we step into the next chapter, open our eyes to see what you are birthing in this ministry. Bless our beloved Pastor Haynes and our first family. Bless our leadership. Bless our congregation. Give us the faith to embrace new vision, new opportunities, and new anointing. Let rivers of refreshing flow in every dry place and let your Spirit ignite a renewed passion for service, justice, and discipleship. Make us a church that sees what you are doing, moves where you are leading, and trusts you with the future that you have already prepared. In Jesus' mighty name. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 27

### Renewal of Spiritual Courage

#### Scripture

**Joshua 1:9** - *"I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go."*

#### Reflection

Spiritual vitality requires courage. Not the loud, performative courage that seeks recognition, but the steady courage that chooses faithfulness when fear is justified.

Courage can erode under constant pressure. Repeated loss, prolonged struggle, and unrelenting opposition can make even the faithful hesitant. God's words to Joshua remind us that courage is not self-generated; it is sustained by God's presence. Renewal restores the courage to move forward, to speak again, to lead again, and to trust again.

Spiritual courage is not the absence of fear—it is obedience in the presence of fear, grounded in the assurance that God goes with us.

#### Prayer

Courage-Giving God,

Renew our strength to stand. Where fear has crept into our decisions, replace it with trust in Your presence. Where discouragement has softened our resolve, restore holy boldness rooted in faith.

Give us courage to lead with integrity, to speak truth with love, and to act justly even when it is costly. Strengthen pastors, leaders, and servants who feel the weight of responsibility and the risk of obedience. Remind us that we are not alone—that You go before us and remain with us.

Let renewed courage rise within this house—not arrogance, but confidence anchored in You. May we move forward faithfully, trusting that Your presence is sufficient for every challenge we face. In Jesus' name. Amen.

## PRAYER JOURNAL NOTES

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## DAY 28

### Revival of Hope

#### Scripture

**Romans 15:13** - *“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.”*

#### Reflection

Without hope, faith becomes mechanical and obedience becomes burdensome. For communities that have endured generations of injustice, hope is not naïve optimism—it is a disciplined act of faith. Friendship-West has long been a steward of hope, carrying the community through for 50 years when despair was justified.

Yet hope can grow thin. Deferred justice, repeated loss, and unfulfilled promises can weaken expectation. Revival restores hope—not by denying reality, but by re-centering trust in God’s faithfulness.

#### Prayer

God of Hope,

Fill us again with joy and peace as we trust in You. Where disappointment has muted expectation, revive our hope. Where weariness has settled deep, restore our belief that You are still at work.

Help us hope not in outcomes alone, but in Your character. Teach us to trust that You remain faithful even when the path forward is unclear. Let hope anchor our souls, steady our spirits, and strengthen our resolve.

May revived hope overflow from this house into our community—spoken through our words, embodied in our actions, and evident in our perseverance. We place our hope in You alone. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 29

### Renewal That Overflows

#### Scripture

**John 7:38** - *“and let the one who believes in me drink. As[a] the scripture has said, ‘Out of the believer’s heart[b] shall flow rivers of living water.’”*

#### Reflection

True renewal never remains contained. Spiritual vitality overflows outward, touching families, neighborhoods, and communities. Friendship-West has long served as a wellspring—offering hope, advocacy, healing, and refuge beyond its walls.

Renewal prepares us not only to receive, but to pour out again without depletion. God’s Spirit flows through renewed people to bring life to others.

#### Prayer

Living Water,

Fill us until Your Spirit overflows. Renew us deeply so that what pours out is life-giving, not draining. Let rivers of compassion, justice, and hope flow freely from this house into the world around us.

Guard us from burnout by keeping us connected to You as our source. Teach us to pour out without emptying ourselves, trusting that You replenish what You give through us.

May our renewed lives bring healing where there is pain, advocacy where there is injustice, and peace where there is despair. Let the overflow of our renewal testify to Your abiding presence. In Jesus’ name. Amen.

## PRAYER JOURNAL NOTES

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## DAY 30

### Sustained Spiritual Vitality

#### Scripture

**Galatians 6:9** - *“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”*

#### Reflection

God desires not momentary revival, but sustained vitality. Spiritual life must be nurtured continually through prayer, obedience, rest, and community. The work of justice and ministry is long, and weariness is real. Yet God promises renewal for those who remain rooted.

Sustained vitality allows us to endure without losing joy, to labor without losing love, and to hope without losing heart.

#### Prayer

Everlasting God,

Sustain the renewal You have begun among us. Guard us against returning to exhaustion, complacency, or fear. Teach us how to tend the fire of Your Spirit daily—through prayer, rest, and faithful obedience.

Strengthen us for the long journey. When progress feels slow and outcomes uncertain, remind us that faithfulness is never wasted. Help us persevere without growing bitter or weary.

Let our lives reflect enduring vitality—rooted in You, sustained by grace, and guided by hope. We trust You for the harvest You have promised, and we commit ourselves to continue faithfully until it comes. In the mighty name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]



## DAY 31

### Called to Public Witness

#### Scripture

**Isaiah 58:6** - *"Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?"*

#### Reflection

From its earliest days, Friendship-West Baptist Church has understood that faith cannot be private when injustice is public. For fifty years, this house has carried a witness shaped not by convenience, but by conviction. In a city and a nation where inequity has often been normalized, Friendship-West chose a different posture—one rooted in liberation theology, prophetic preaching, and public engagement.

The Black Church was never meant to retreat from the world's wounds. It was born in resistance, sustained through struggle, and commissioned to speak where silence would mean betrayal. Under the leadership of Pastor Haynes, Friendship-West has embodied a faith that refuses neutrality—naming injustice, advocating for the marginalized, and declaring that God's justice is inseparable from God's love.

Public witness requires courage. It requires risking misunderstanding, opposition, and backlash for the sake of truth. Yet Scripture makes clear that God's fast is not about withdrawal, but engagement—loosening chains and restoring dignity.

#### Prayer

God of Liberation,

We thank You for calling this house to public witness. For fifty years, You have shaped Friendship-West to stand where faith and justice meet. You have used this church to challenge systems that crush the poor, silence the oppressed, and profit from inequality.

We thank You for leadership that refused to separate the Gospel from lived reality. Thank You for sermons that spoke truth to power, ministries that served beyond sanctuary walls, and courage that did not shrink in the face of resistance.

Renew our commitment to public witness. Guard us from fatigue and fear. Strengthen us to continue loosening heavy burdens and proclaiming freedom. Let our faith remain visible, vocal, and embodied. May our witness continue to reflect Your heart for justice and liberation. In the name of our Liberator. Amen.

## PRAYER JOURNAL NOTES

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## DAY 32

### Lament and Truth-Telling for Black Suffering

#### Scripture

**Psalm 34:18** - *“The Lord is near to those who have a broken heart, And saves such as have a contrite spirit.”*

#### Reflection

Fifty years of ministry have unfolded alongside fifty years of Black suffering that did not end with civil rights legislation. Friendship-West has borne witness to police violence, economic abandonment, educational inequity, and systemic neglect—often standing with families in their deepest grief.

Lament is not weakness; it is holy truth-telling. The Black Church has always been a place where grief could be named when the nation refused to listen. God draws near to the brokenhearted—not to silence them, but to honor their pain.

#### Prayer

God Who Sees,

We bring before You the accumulated grief of our people. You have seen the tears shed in this sanctuary and beyond it. You have heard the names spoken at vigils, the cries raised in protest, and the prayers whispered in despair.

We lament lives lost too soon, justice denied too often, and wounds reopened again and again. Hold the families who mourn and the communities who carry trauma in their bodies.

Thank You for a church that did not rush past grief, but made space for lament and truth. Continue to meet us in our sorrow. Transform our lament into resolve and our pain into purpose. In Jesus' name. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 33

### Justice as Sacred Mission

#### Scripture

**Micah 6:8** - *“He has shown you, O man, what is good; And what does the Lord require of you But to do justly, To love mercy, And to walk humbly with your God?”*

#### Reflection

Justice at Friendship-West has never been optional programming; it has been sacred mission. From voter advocacy to economic justice, from mass incarceration awareness to community empowerment, this church has embodied a faith that acts.

#### Prayer

God of Justice,

We thank You for entrusting this house with the sacred work of justice. For every initiative, partnership, and prophetic stand, we give You glory.

Strengthen us to continue doing justice—not out of trend, but conviction. Keep our mission rooted in humility and guided by wisdom. Let our work reflect Your righteousness and Your compassion. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 34

### Courageous Leadership for a Prophetic Church

#### Scripture

**Isaiah 41:10** - Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.”

#### Reflection

Prophetic leadership carries weight. For decades, Pastor Haynes has modeled courage rooted in faith—refusing silence, centering Black dignity, and calling the church to moral clarity.

#### Prayer

God of Strength,

We thank You for courageous leadership. Sustain those who carry the burden of prophetic responsibility. Protect their spirits, sharpen their discernment, and renew their strength.

Raise up leaders who will continue this legacy—bold, faithful, and rooted in love. In Jesus’ name. Amen.

## PRAYER JOURNAL NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

## DAY 35

### Witness Beyond the Sanctuary

#### Scripture

**Matthew 5:14** - "You are the light of the world. A city that is set on a hill cannot be hidden."

#### Reflection

Friendship-West's witness has never been confined to Sunday mornings. Its light has shined in courtrooms, city halls, streets, and schools.

#### Prayer

Light of the World,

Send us beyond these walls. Let our faith remain visible wherever injustice hides. May our witness continue to illuminate paths toward liberation and hope. In the mighty name of Jesus. Amen.

## PRAYER JOURNAL NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



## DAY 36

### Faith That Confronts Systems

#### Scripture

**Amos 5:24** - *“But let judgment run down as waters, and righteousness as a mighty stream.”*

#### Reflection

For fifty years, Friendship-West has practiced a faith that refuses to spiritualize injustice away. This church has taught us that sin is not only personal; it is systemic. Righteousness is not merely internal; it must be public. To confront systems is to love people enough to tell the truth about what harms them.

The Black Church’s public theology insists that God’s concern reaches city budgets, policing practices, school funding, healthcare access, and voting rights. Faith that confronts systems understands that neutrality preserves injustice. Prophetic obedience requires courage to name what is wrong and persistence to work for what is right—even when progress is slow.

#### Prayer

God of Justice,

We thank You for a faith that does not flinch in the face of oppressive systems. Strengthen us to continue confronting policies, practices, and powers that devalue Black lives and exploit the vulnerable.

Give us wisdom to analyze systems with clarity, courage to challenge them with integrity, and endurance to labor for change over the long haul. Guard us from cynicism when resistance is strong and outcomes are delayed. Let righteousness and justice flow through our preaching, our organizing, and our advocacy.

Make us faithful stewards of a justice tradition that honors You and protects Your people. In Jesus’ name. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 37

### Truth-Telling as Sacred Work

#### Scripture

**John 8:32** - *“And ye shall know the truth, and the truth shall make you free.”*

#### Reflection

Truth-telling has been central to Friendship-West’s witness. In a society invested in denial and distortion, our church has served as a sanctuary for truth—naming racism, economic exploitation, and spiritual hypocrisy without apology. Truth frees not because it is comfortable, but because it is honest.

Over decades, this church has taught that silence can be violence and that truth spoken in love is an act of liberation.

#### Prayer

God of Truth,

Strengthen our commitment to truth-telling. Give us clarity to speak honestly about history, systems, and present realities. Guard us from softening truth to gain acceptance or avoid conflict.

Let our truth be rooted in love and guided by wisdom. May our words free the bound, expose injustice, and call hearts toward transformation. Keep this house courageous and clear, faithful to truth in every generation. Amen.

## PRAYER JOURNAL NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper. A small black circular object is visible at the bottom right corner, likely a hole punch or part of a binder.

## DAY 38

### Intergenerational Justice and Hope

#### Scripture

**Joel 2:28** - *“And it shall come to pass afterward That I will pour out My Spirit on all flesh; Your sons and your daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions.”*

#### Reflection

A fifty-year witness is not only something to honor—it is something to hand forward. Friendship-West has always understood that justice work must be intergenerational. Elders carry memory. Young people carry vision. Holy Spirit binds them together.

Sustaining prophetic ministry requires investing in the next generation without silencing their questions or minimizing their insights.

#### Prayer

God of Generations,

We thank You for elders who carried this work with faith and sacrifice, and for young people who continue to dream boldly. Knit generations together in shared mission.

Teach us how to listen across age, experience, and perspective. Let wisdom and imagination meet in holy partnership. Prepare those who will carry this witness forward with courage, humility, and joy. In the matchless name of Jesus. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 39

### A Church Rooted in Love, Not Fear

#### Scripture

**1 John 4:18** - *“There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love.”*

#### Reflection

Public witness invites opposition. For fifty years, Friendship-West has faced criticism, misrepresentation, and resistance. Yet fear has never been the driving force. Love—deep, disciplined, justice-seeking love—has guided this ministry.

Love fuels courage. Love sustains commitment. Love keeps justice from hardening into bitterness.

#### Prayer

God of Love,

Root us again in love. Cast out fear that tempts us to retreat or remain silent. Let love guide our words, shape our strategies, and sustain our endurance.

Protect our hearts from becoming hardened by struggle. Teach us how to love fiercely and faithfully, even when the cost is high. Let love remain our motivation and our witness. In the powerful name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 40

### Commissioned for the Next Season

#### Scripture

**Matthew 28:19–20** - *“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit 20 and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”*

#### Reflection

Fifty years marks not an ending, but a commissioning. Friendship-West’s past is sacred, its present is demanding, and its future is calling. God sends this house forward—not unprepared, but seasoned by struggle and strengthened by faith.

The mission continues because the Gospel demands it and because God remains faithful.

#### Prayer

In the name of the One who Sends Us,  
As we honor fifty years of mission, justice, and public witness, we offer ourselves again to You. Send us forward renewed, courageous, and grounded in faith.

Let the lessons of our past guide our steps, and let hope for the future energize our work. May this house continue to proclaim liberation, pursue justice, and embody love wherever You send us.

We go trusting You—faithful God of yesterday, today, and tomorrow. In Jesus’ name. Amen.

## PRAYER JOURNAL NOTES

[illegible]



## DAY 41

### Honoring Legacy

#### Scripture

**1 Corinthians 4:2** - *“Moreover it is required of stewards that they be found trustworthy.”*

#### Reflection

Legacy is not something we possess; it is something we are entrusted to carry. Fifty years of ministry at Friendship-West Baptist Church represent faithfulness passed hand to hand, prayer to prayer, generation to generation. This legacy was not formed through ease or convenience, but through obedience, sacrifice, and trust in God’s sustaining power.

To remember legacy rightly is to recognize responsibility. What we have inherited carries spiritual weight. It calls us to steward carefully what others labored to build, ensuring that faithfulness—not comfort or popularity—guides our decisions. Sacred trust demands humility and vigilance, reminding us that what we pass forward must reflect the same integrity, justice, and devotion that shaped what we received.

#### Prayer

God of all generations,

We thank You for entrusting us with a sacred legacy. Help us steward faithfully what others built through prayer, perseverance, and courage. Guard us from entitlement and complacency, and teach us to carry this trust with humility and wisdom.

May our decisions honor the sacrifices of the past and protect the witness of the future. Let us be found trustworthy stewards of all You have placed in our care. In Jesus’ name. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 42

### HonLeadership Rooted in Servanthood

#### Scripture

**Mark 10:44** - *“And whoever desires to be your leader shall be the servant of all.”*

#### Reflection

Biblical leadership is not defined by control, status, or recognition, but by service. For fifty years, Friendship-West has been shaped by leaders who understood that authority flows from humility and faithfulness. Servant leadership keeps the church grounded, accountable, and focused on God’s mission rather than personal ambition.

As the church moves forward, recommitting to servanthood ensures that growth does not outpace character and influence does not replace integrity. Leadership rooted in service protects the soul of the church.

#### Prayer

Servant God,

Shape every leader in this house to reflect Your heart. Teach us to lead with humility, listen with compassion, and serve with integrity. Remove pride, fear, and ego from positions of responsibility.

Let leadership at Friendship-West always be marked by faithfulness, accountability, and love. May those who lead do so as servants first, seeking Your will above all else. In the name of Jesus. Amen.

## PRAYER JOURNAL NOTES

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## DAY 43

### Recommitment to Prophetic Integrity

#### Scripture

**Ephesians 4:15** - *“Instead, by truth spoken in love, we are to grow in every way into Him—the Anointed One, the head.”*

#### Reflection

Prophetic witness requires integrity. For five decades, Friendship-West has spoken truth in seasons when silence would have been easier. This commitment has required courage, discernment, and trust in God rather than public approval.

Recommitment calls the church to choose faithfulness again—to speak truth clearly, lovingly, and without compromise. Integrity ensures that justice work remains grounded in love rather than reaction, and conviction rather than anger.

#### Prayer

God of Truth,

We recommit ourselves to prophetic integrity. Guard our witness from compromise and our hearts from bitterness. Teach us to speak truth with clarity, courage, and love.

May our public witness remain faithful to You—bold, compassionate, and rooted in justice. Keep us aligned with Your Spirit as we continue to stand for what is right. In Jesus’ name. Amen.



## PRAYER JOURNAL NOTES

[illegible]

## DAY 44

### Honoring Faithful Leadership Past and Present

#### Scripture

**1 Thessalonians 5:18** - *"Give thanks in all circumstances; for this is the will of God."*

#### Reflection

Leadership across generations has carried Friendship-West through seasons of transition, challenge, and transformation. Honoring leaders is not idolization; it is gratitude. It recognizes that God works through imperfect people who are willing to say yes.

Gratitude for leadership strengthens community and nurtures continuity, reminding us that faithfulness—though sometimes unseen—is never wasted.

#### Prayer

Gracious God,

We thank You for leaders who have served this church with humility and courage. Bless those who led in past seasons and those who lead today. Renew their strength and reward their obedience.

May gratitude shape how we remember leadership and how we support those who serve now and in the future. In the mighty name of Jesus. Amen.

## PRAYER JOURNAL NOTES

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## DAY 45

### Recommitment to God's Mission Above All

#### Scripture

**Micah 4:5** - *"For all the peoples walk, each in the name of its god, but we will walk in the name of the Lord our God forever and ever."*

#### Reflection

Mission must remain central. Buildings, programs, and milestones are tools, not the goal. Friendship-West has endured not because it chased trends or protected comfort, but because it chose to walk consistently in the name of the Lord. Through changing seasons, shifting cultural pressures, and public scrutiny, this church has remained rooted in God's mission—justice pursued with courage, discipleship practiced with integrity, worship offered with reverence, and love extended beyond convenience.

#### Prayer

Mission-Giving God,

We recommit ourselves to Your mission above all else. In a world pulled in many directions, we choose to walk in Your name. Align our plans, our resources, and our energy with Your will. Strip away distractions that pull us from what matters most, and ground us again in Your purpose.

Let everything we build serve Your kingdom and Your people. We will not fail with You. Keep us focused when the path is crowded, faithful when obedience is costly, and obedient when outcomes are uncertain. As we move into the future You are shaping, anchor us in Your mission and guide our steps with clarity and courage. In the name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]



## DAY 46

### Preparing the Next Generation of Leaders

#### Scripture

**Psalm 78:4** - *"We will not hide them from their children; we will tell to the coming generation the glorious deeds of the Lord and his might and the wonders that he has done."*

#### Reflection

A faithful future does not happen by accident; it is cultivated with intention. Preparing the next generation of leaders is both an act of trust in God and a responsibility of the present community. Friendship-West's legacy has been sustained because faith was taught, modeled, and shared across generations. Stories were told, wisdom was passed down, and courage was nurtured long before leadership titles were given.

This work requires humility. It asks current leaders to make space, to listen, and to guide without controlling. It also calls emerging leaders to receive instruction with openness and to carry forward the mission with integrity. Preparing the next generation is not about replicating the past, but about equipping future leaders to respond faithfully to new challenges while remaining rooted in enduring truth.

#### Prayer

God of the Generations,

We commit the next generation of leaders into Your care. Help us to teach faithfully, model courage, and pass on wisdom with generosity. Show us how to mentor without fear and empower without withholding trust.

Prepare young leaders with discernment, humility, and bold faith. May they know Your voice, love Your people, and lead with integrity. Let Friendship-West remain a place where leadership is formed with intention and guided by Your Spirit. In the wonderful name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 47

### Recommitment to Covenant and Shared Calling

#### Scripture

**Ephesians 4:11–13** - *“The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity.”*

#### Reflection

God’s design for the church has always been communal and purposeful. Scripture reminds us that God intentionally calls and gifts different people for different roles—not to compete with one another, but to build one another up. Apostles, prophets, evangelists, pastors, and teachers are not signs of hierarchy, but expressions of God’s wisdom in forming a mature and unified body.

For fifty years, Friendship-West Baptist Church has been strengthened by this diversity of calling. The church has flourished because gifts were shared, voices were honored, and leadership was understood as service to the whole. Covenant community is sustained when each calling is valued and aligned toward a common purpose: equipping the saints and building up the body of Christ.

Recommitment at this milestone means reaffirming that no single gift stands alone and no calling exists for self-promotion. Unity grows when each person embraces their God-given role while remaining accountable to the collective mission. Maturity is reached not through uniformity, but through shared devotion to Christ and one another.

#### Prayer

Everlasting Father,

We recommit ourselves to covenant community shaped by Your design. Thank You for calling apostles, prophets, evangelists, pastors, and teachers among us—each gifted to equip, serve, and strengthen this body.

Teach us to honor every calling without comparison or competition. Align our gifts toward the work of ministry and the building up of Your people. Where division has threatened unity, restore shared purpose. Where misunderstanding has weakened trust, renew respect and collaboration.

Form Friendship-West into a mature body—grounded in faith, united in purpose, and equipped for the work You have called us to do. May our life together reflect Your wisdom and Your grace for generations to come. In the name of Jesus. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 48

### A Legacy of Justice and Compassion

#### Scripture

**Isaiah 1:17** - *“Learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.”*

#### Reflection

Justice and compassion are not optional expressions of faith; they are core commitments of the Gospel. Friendship-West’s witness has been marked by a refusal to separate worship from justice or belief from action. This legacy was forged through advocacy, service, and prophetic courage rooted in God’s concern for the vulnerable.

To preserve this legacy, the church must recommit continually to justice shaped by compassion. It requires learning, listening, and responding faithfully to the needs of the community while remaining anchored in God’s truth

#### Prayer

God of Justice and Mercy,

We recommit ourselves to a legacy of justice and compassion. Teach us to do good faithfully and to seek justice boldly. Keep our hearts tender toward those who are marginalized, oppressed, and overlooked.

May our actions reflect Your concern for dignity and restoration. Let our commitment to justice remain visible, courageous, and grounded in love. As we move forward, deepen—not diminish—this sacred calling among us. In the name of Jesus. Amen.



## PRAYER JOURNAL NOTES

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## DAY 49

### Trusting God with the Unwritten Future

#### Scripture

**Proverbs 23:18** - *"Surely there is a future, and your hope will not be cut off."*

#### Reflection

The next chapter of Friendship-West is written by God. God remains faithful. Hope anchors the church and strengthens her faith for the journey ahead.

#### Prayer

Faithful God,

We trust You with what we cannot yet see. Lead us forward with confidence rooted in You. May faith guides our steps and hope anchor our hearts.

We place the future fully in Your hands. In Jesus' name. Amen.

## PRAYER JOURNAL NOTES

[illegible]

## DAY 50

### Covenant Commitment for the Journey Ahead

#### Scripture

**Joshua 24:15** - *“Choose this day whom you will serve.”*

#### Reflection

Every milestone invites recommitment. Fifty years marks both celebration and calling. Covenant faith requires choosing God again.

#### Prayer

Covenant God,

We choose You again. We recommit our lives, our leadership, and our church to Your service. As we honor fifty years, we dedicate ourselves anew to faithful obedience.

Lead us forward as Your people—grounded in legacy, strengthened in leadership, and committed to the work ahead. In the name of our Lord and Savior, Jesus Christ. Amen.

## PRAYER JOURNAL NOTES

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**friendship-west**

— church & conference center —

**Rev. Dr. Frederick D, Haynes, III**  
*Senior Pastor*

2020 W. Wheatland Road  
Dallas, Texas 75232  
[www.friendshipwest.org](http://www.friendshipwest.org)

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