



Lenten SEASON

MARCH 5 - APRIL 20

DR. JAMAL BRYANT, SENIOR PASTOR

TARGET **FAST**

The season of Lent is a sacred period that begins on Ash Wednesday and leads up to Easter Sunday. It is a time of spiritual strengthening and renewal through reflection, repentance and sacrifice. The season commemorates the 40 days Jesus spent fasting in the wilderness before beginning His public ministry. Likewise, we will engage in spiritual, physical and financial discipline to position ourselves, our families, and our nation for the future. As we remove distractions, we gain clarity on our call to personal transformation and increase our resolve for prophetic action.

Fasting Dates:

Ash Wednesday, March 5 through Maundy Thursday, April 17, except Sundays.

The Target Fast Guidelines

Intermittent Fasting – daily from **March 5 to April 17** by eating healthy meals within an 8-hour window between 12 noon - 8:00 PM. Water and other beverages may be consumed during the other 16 hours of the day. Please consult your personal physician prior to starting the fast. Follow your physician's guidance regarding medications and participation in the fast.

Daily Guided Prayer Targets are provided. Start your day with focused prayer using these prayer points during the first 15 minutes (or more) of each day.



Youth and young adults are encouraged to participate in this fast by abstaining from social media. Fast from social media for 16 hours and use it within an 8-hour window every day from March 5 through April 17. During your social media window, engage with healthy, uplifting content and interactions. For the remaining 16 hours, disconnect and recharge offline. No fasting on Sundays!

Prayer of Thanksgiving - End each day with reflection and gratitude.

Prayer Call - Join us for prayer on Mondays through Saturdays at 12:00 noon EST via phone
DIAL IN NUMBER: (209) 399-9651

During the fasting period:

NO shopping at Target stores, online or in-person

NO cursing

NO displays of irrational anger

NO illicit drug use

NO fasting on Sundays

During this fast be sure to:

Sign up for more information at TargetFast.org

Sell all personal stocks and release shareholdings with Target Corporation.

Redirect resources toward businesses that uphold justice.

"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?" Micah 6:8

PLEASE NOTE: Dr. Jamal Bryant and New Birth Missionary Baptist Church advise all members and participants of this fast to consider their personal health needs and to consult their personal physician prior to beginning this fast. Therefore, we specifically disclaim any responsibility from any physical reaction from this fast.



PRA YER CALL

MONDAY-SATURDAY @ 12 NOON



DIAL IN NUMBER: (209) 399-9651

MARCH 5, 2025



Igniting a Passion for Change

Lord the Most High, we come before You with hearts aflame for justice and mercy. As we begin this season of self-denial and increased prayer, ignite within us a zeal to break the chains of oppression. Help us embrace fasting as a discipline to refine our spirit and a call to share our resources with those in need. May our financial fast from Target be a bold stand against corporate practices that conflict with Your values.

Scripture: Joel 2:12-13 – “Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”

MARCH 6, 2025



A Spirit of Self-Denial and Generosity

Lord Almighty, as we practice self-denial through fasting and prayer, infuse our hearts with generosity. Transform our hunger into compassion, urging us to extend our hands and share our blessings with the impoverished and marginalized. Let our refusal to support Target financially be a testament to our commitment to justice and Biblical truth.

Scripture: Isaiah 58:6-7 – “Is not this the kind of fasting I have chosen: to loose the chains of injustice... and share your food with the hungry?”

MARCH 7, 2025



Empowered to Speak Truth

Lord who Saves, empower us to speak Your truth with courage and conviction. Let our voices rise against the oppressive regimes and corporate policies that work against Your principles. As we fast and sacrifice, help us to stand in solidarity with emerging righteous social and political activists, praying fervently for their guidance and protection.

Scripture: Ephesians 6:19-20 – “Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel.”

MARCH 8, 2025



Renewing Our Vision for Justice

Heavenly Father, renew our vision to see a world where justice flows like a mighty river. During this season of repentance and self-denial, reveal the injustices that hide in plain sight. Stir our hearts to financially fast from establishments like Target that propagate ideologies contrary to Your Word, and to actively seek ways to uplift the oppressed.

Scripture: Amos 5:24 – “But let justice roll on like a river, righteousness like a never-failing stream!”

MARCH 9, 2025



A Call to Radical Almsgiving

Lord my refuge, as we practice fasting and self-denial, transform our sacrifices into radical acts of almsgiving. Inspire us to reach out with open hands and generous hearts, ensuring that our resources—spared from corporate excess—bring relief and hope to those in desperate need. Make us sensitive to the promptings of the Holy Spirit on where to allocate and contribute our financial generosity.

Scripture: Luke 6:38 – “Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap.”

MARCH 10, 2025



Boldly Denouncing Injustice

Lord Almighty, as we practice self-denial through fasting and prayer, infuse our hearts with generosity. Transform our hunger into compassion, urging us to extend our hands and share our blessings with the impoverished and marginalized. Let our refusal to support Target financially be a testament to our commitment to justice and Biblical truth.

Scripture: Isaiah 58:6-7 – “Is not this the kind of fasting I have chosen: to loose the chains of injustice... and share your food with the hungry?”

MARCH 11, 2025



Fasting with a Purpose

Lord my Righteousness, we dedicate our fast to the cause of truth and social justice. Help us see our abstinence not as mere self-denial, but as a powerful statement against corporate and governmental practices that marginalize the weak. Let our prayer life and generous acts be a powerful witness to Your righteousness.

Scripture: Matthew 6:16-18 – “When you fast, do not look somber as the hypocrites do... But when you fast, put oil on your head and wash your face...”

MARCH 12, 2025



Awakening to the Cry of the Oppressed

Lord Jesus, open our spiritual eyes to the cries of the oppressed. Stir us into action as we fast and pray, urging us to share our resources and extend our hands to those suffering under unjust systems. Guide us to stand in solidarity with activists who champion Your truth and justice. We ask that our hearts break for the things that cause the Holy Spirit's heart to break.

Scripture: Proverbs 31:8-9 – “Speak up for those who cannot speak for themselves... defend the rights of the poor and needy.”

MARCH 13, 2025



A Declaration of Spiritual Warfare

Lord our Victorious Champion, we declare a spiritual battle against injustice and oppression. As we fast from worldly comforts—including financial support to entities like Target—arm us with Your Spirit to challenge the corrupt powers of this world. Let our prayers be fierce and our actions be even bolder in proclaiming Your truth.

Scripture: 2 Corinthians 10:4-5 – “For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.”

MARCH 14, 2025



A Heart for the Needy

Holy Spirit, cultivate in us a heart that bleeds for the needy. As we deny ourselves and fast from material excess, fill us with compassion to support those in dire circumstances. Guide our generosity so that every dollar not spent on impermissible products becomes a blessing in the hands of someone in need.

Scripture: Proverbs 19:17 – “Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.”

MARCH 15, 2025



Strength for the Activists

Holy Comforter, grant strength and wisdom to the emerging political and social activists who stand boldly for truth and justice. As we fast and sacrifice, intercede for these warriors of righteousness so they may continue to expose oppression and lead with integrity.

Scripture: Joshua 1:9 – “Have I not commanded you? Be strong and courageous... for the Lord your God will be with you wherever you go.”

MARCH 16, 2025



Anointed for Justice

Holy One, anoint us with Your Holy Spirit as we embark on this journey of fasting, prayer, and self-denial. Empower us to carry Your mantle of justice into every corner of our communities, denouncing systems that perpetuate inequality and injustice.

Scripture: Acts 1:8 – “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...”

MARCH 17, 2025



Standing Firm in Truth

God our Rock, in the midst of a turbulent world, help us to stand firm in Your truth. Let our fasting, our refusal to support Target financially, and our commitment to Almsgiving serve as a countercultural testimony to Your righteousness. May we be courageous truth-tellers in every sphere of influence.

Scripture: 1 Peter 3:15 – “But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”

MARCH 18, 2025



A Prayer for Self-Denial and Renewal

God our Mind Regulator, as we embrace fasting and self-denial, we ask that You renew our minds and purify our hearts. Strip away our dependency on worldly comforts so we may cling more tightly to Your everlasting truth and justice. Let this discipline spur us into active compassion for the oppressed.

Scripture: Romans 12:2 – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

MARCH 19, 2025



The Power of Generosity

Gracious God, empower us to be vessels of Your generosity. As we fast and renounce corporate excess, inspire us to share our resources abundantly with those in need. May every act of Almsgiving reflect Your boundless love and justice, and may it ripple through our communities as a force for good.

Scripture: 2 Corinthians 9:7 – “Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.”

MARCH 20, 2025



Breaking the Yoke of Oppression

Holy One, anoint us with Your Holy Spirit as we embark on this journey of fasting, prayer, and self-denial. Empower us to carry Your mantle of justice into every corner of our communities, denouncing systems that perpetuate inequality and injustice.

Scripture: Acts 1:8 – “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...”

MARCH 21, 2025



Prayer for Divine Insight

Holy Spirit, cultivate in us a heart that bleeds for the needy. As we deny ourselves and fast from material excess, fill us with compassion to support those in dire circumstances. Guide our generosity so that every dollar not spent on impermissible products becomes a blessing in the hands of someone in need.

Scripture: Proverbs 19:17 – “Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.”

MARCH 22, 2025



Empowerment Through Prayer

Holy One, anoint us with Your Holy Spirit as we embark on this journey of fasting, prayer, and self-denial. Empower us to carry Your mantle of justice into every corner of our communities, denouncing systems that perpetuate inequality and injustice.

Scripture: Acts 1:8 – “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...”

MARCH 23, 2025



A Call to Radical Repentance

Holy Spirit, cultivate in us a heart that bleeds for the needy. As we deny ourselves and fast from material excess, fill us with compassion to support those in dire circumstances. Guide our generosity so that every dollar not spent on impermissible products becomes a blessing in the hands of someone in need.

Scripture: Proverbs 19:17 – “Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.”

MARCH 24, 2025



Courage in the Face of Opposition

Holy One, anoint us with Your Holy Spirit as we embark on this journey of fasting, prayer, and self-denial. Empower us to carry Your mantle of justice into every corner of our communities, denouncing systems that perpetuate inequality and injustice.

Scripture: Acts 1:8 – “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...”

MARCH 25, 2025



The Joy of Sacrifice

Jehovah Jireh, help us to find joy in the sacrifice of fasting and self-denial. May our hunger and our financial restraint become a celebration of Your provision and a protest against systemic injustice. Let our acts of generosity echo Your love, uplifting those in need and defying oppressive powers.

Scripture: John 12:24 – “Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.”

MARCH 26, 2025



Prayer for the Dispossessed

Spirit of Truth, today we lift up the dispossessed and the voiceless. As we commit to fasting and financially abstaining from companies that undermine Biblical values, may our hearts overflow with compassion. Stir us to be active in sharing our resources, advocating for the marginalized, and supporting those who seek justice.

Scripture: Psalm 82:3 – “Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.”

MARCH 27, 2025



Anointed for Social Change

Redeemer, anoint us to be agents of social change. As we fast and pray, let our lives become a living testimony to Your transformative power. Encourage us to stand alongside emerging activists who fearlessly speak truth to power, and let our collective voice be heard in every corner of our community.

Scripture: Romans 12:21 – “Do not be overcome by evil, but overcome evil with good.”

MARCH 28, 2025



A Spirit of Unity and Bold Action

God our Salvation, unite us in purpose as we fast, practice self-denial, and share generously. May our unity fuel bold action against systems of injustice, empowering us to advocate for those denied dignity and respect. Bless our efforts to financially resist companies like Target and to support leaders who champion Your truth.

Scripture: 1 Corinthians 1:10 – “I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another...”

MARCH 29, 2025



Prayer for Financial Integrity

Heavenly Father, we commit to honoring You with every financial decision. Guide us to fast from corporations whose practices conflict with Your Word, and direct our resources to those in need. May our financial integrity reflect our deep desire to see Your justice prevail in every aspect of our lives.

Scripture: Proverbs 3:9-10 – “Honor the Lord with your wealth, with the first fruits of all your crops; then your barns will be filled to overflowing...”

MARCH 30, 2025



A Cry for Justice and Mercy

Holy Spirit, hear the cry of the oppressed and respond with justice and mercy. As we continue our fast and practice self-denial, let our prayers be a powerful plea for reform. Strengthen us to stand against injustice in every form, and to be a voice for those silenced by systemic oppression.

Scripture: Micah 6:8 – “He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”

MARCH 31, 2025



Embracing the Journey of Repentance

Jesus my Redeemer, guide us on this journey of repentance, self-denial, and radical transformation. As we abstain from worldly comforts and reject support for systems like Target, cleanse our hearts and renew our commitment to living according to Your will. Let our fasting be a sacred act that fuels social justice and compassion.

Scripture: Psalm 51:10 – “Create in me a pure heart, O God, and renew a steadfast spirit within me.”

APRIL 1, 2025



Prayer for Clarity and Purpose

Author and Finisher of my Faith, in the midst of our fasting and reflective sacrifice, grant us clarity of purpose. Help us to discern Your will in a world clouded by injustice and deception. May our financial and spiritual abstinence become a powerful protest for truth, and may we stand as a beacon of hope for those seeking justice.

Scripture: Proverbs 4:25-27 – “Let your eyes look straight ahead; fix your gaze directly before you...”

APRIL 2, 2025



A Call to Active Compassion

Giver of Life, stir in us a burning desire to act on behalf of the needy. As we fast and practice self-denial, let our lives overflow with active compassion—sharing resources, supporting grassroots movements, and advocating for those marginalized by society.

Scripture: Isaiah 58:10 – “...if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness.”



APRIL 3, 2025

Standing in Solidarity

O Lord, as we continue this season of fasting and prayer, unite us in solidarity with all who seek to dismantle injustice. May our refusal to support corporate policies that run counter to Your truth—and our financial fast from Target—serve as a rallying cry for righteousness. Empower us to stand shoulder-to-shoulder with those who dare to speak truth to power.

Scripture: Galatians 6:2 – “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

APRIL 4, 2025



Praying for the Marginalized

Holy Spirit, our hearts cry out for the marginalized and downtrodden. As we practice fasting, increasing prayer, and generous Almsgiving, let our actions reflect Your compassion. Help us to champion the cause of the oppressed, challenging every form of injustice with the power of Your love.

Scripture: Psalm 9:9 – “The Lord is a refuge for the oppressed, a stronghold in times of trouble.”

APRIL 5, 2025



Declaring Freedom and Truth

Heavenly Father, as we commit our lives to fasting and speaking out against injustice, declare freedom for those shackled by oppression. May our financial decisions—including abstaining from Target—serve as a declaration of our allegiance to Your truth. Equip us to be voices of liberation in a world desperate for change.

Scripture: Galatians 5:1 – “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

APRIL 6, 2025



Empowered by the Spirit of Rebellion

Divine Deliverer, fill us with the rebellious spirit of Your prophets, who dared to confront corruption and injustice. As we fast and give generously, empower us to challenge the status quo and support those emerging leaders who courageously speak truth to power.

Scripture: 1 Samuel 12:24 – “But be sure to fear the Lord and serve him faithfully with all your heart...”

APRIL 7, 2025



Prayer for Transformative Leadership

God, we lift up leaders who are emerging as champions for justice. As we practice self-denial and fast both spiritually and financially, pray that these leaders be filled with wisdom and courage. May their actions transform oppressive systems and usher in a new era of righteousness.

Scripture: Proverbs 11:14 – “For lack of guidance a nation falls, but victory is won through many advisers.”

APRIL 8, 2025



Embracing the Cost of Discipleship

Heavenly Father, remind us that the path of discipleship demands sacrifice. As we fast, deny ourselves, and share our resources with the needy, help us to embrace the cost of following You. Let our refusal to support enterprises like Target financially, be a reflection of our unwavering commitment to Your justice and truth.

Scripture: Luke 14:27 – “And whoever does not carry their cross and follow me cannot be my disciple.”

APRIL 9, 2025



A Cry for National Renewal

Yahweh, our nation cries out for renewal and transformation. As we fast and redirect our financial resources toward acts of mercy and justice, pray that our collective sacrifice spurs a movement for profound social change. Empower us to be instruments of Your peace and agents of national revival.

Scripture: Jeremiah 29:11 – “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

APRIL 10, 2025



Resisting Corruption with Bold Faith

Lord Jesus, in a world riddled with corruption and injustice, let our fast and our sacrifice be a beacon of hope. Give us the strength to resist systems that perpetuate inequality and the wisdom to channel our resources into efforts that uplift the marginalized.

Scripture: Daniel 1:8 – “But Daniel resolved not to defile himself with the royal food and wine...”

APRIL 11, 2025



Prayer for a Prophetic Voice

Lord of our Peace, endow us with a prophetic voice that cuts through the noise of oppression and injustice. As we practice fasting, self-denial, and financial abstinence from entities like Target, let our words and deeds herald Your truth. Inspire us to champion the cause of justice, standing with those who fearlessly speak truth to power.

Scripture: Amos 3:7 – “Surely the Sovereign Lord does nothing without revealing his plan to his servants the prophets.”

APRIL 12, 2025



A Vision for a Transformed Community

Bread of Heaven, grant us a vision of communities transformed by Your love, justice, and mercy. As we close in on this season of fasting and prayer, let our hearts be stirred to action—sharing our blessings, supporting the oppressed, and investing our resources in building a society that reflects Your kingdom.

Scripture: Matthew 5:16 – “In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

APRIL 13, 2025



A New Dawn of Justice and Renewal

Holy Spirit, on this day of our 40-day journey, we thank You for the lessons learned through fasting, prayer, and self-denial. As we step into a new dawn, empower us to continue speaking truth to power, to reject the practices of injustice—especially by financially fasting from companies like Target—and to champion emerging leaders who stand for righteousness. Let our lives be a constant proclamation of Your renewing grace and transformative justice.

Scripture: 2 Corinthians 5:17 – “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

APRIL 14, 2025



Praying for a Righteous Remnant

Father, raise up a righteous remnant in this generation who will boldly declare Your truth without fear. Strengthen those who fast, pray, and stand against the corrupt systems of this world. As we financially fast from businesses like Target, let our sacrifice be a statement of faith, integrity, and righteousness. Empower emerging activists, policymakers, and truth-tellers to confront oppression and usher in justice.

Romans 11:5 – “So too, at the present time there is a remnant chosen by grace.”

APRIL 15, 2025



A Prayer for Bold Faith and Radical Generosity

Lord, as we approach the culmination of our fast, ignite our faith to walk boldly in obedience. Strengthen us in continued prayer, radical generosity, and unwavering devotion to truth. Let our financial fast remind us that our resources should be used to build Your Kingdom, not uphold injustice. Show us where to sow into those who are in need, and may our generosity be a prophetic act of love and justice.

2 Corinthians 9:8 – “And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”

APRIL 16, 2025



Preparing for the Passion: Christ's Suffering and Injustice

Jesus, as we reflect on Your journey to the cross, we see the depths of suffering and the cost of standing for truth. You were betrayed, falsely accused, beaten, and crucified by an oppressive system that feared Your righteousness. Today, we intercede for those who are persecuted for speaking truth to power. Strengthen those on the frontlines of justice—leaders, pastors, activists, and everyday believers—who refuse to bow to the idols of corruption and greed.

Isaiah 53:5 – “But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.”

APRIL 17, 2025



The Blood That Speaks: Breaking the Power of Sin and Injustice

Jesus, Your precious blood was shed to redeem the broken, liberate the oppressed, and bring justice to the nations. As we continue our fast, let us not be silent about the injustices that still plague our world. We plead the power of Your blood over systems that deny dignity to the poor, silence the prophetic voice, and exploit the weak. Let the blood that speaks a better word break the chains of greed, racism, economic oppression, and systemic sin in our nation.

Hebrews 12:24 – “Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.”

APRIL 18, 2025



The Tomb and the Waiting: Trusting God in Uncertainty

Lord, on the day between the crucifixion and resurrection, the world sat in silence, waiting. Many doubted, some lost hope, but Your plan was still in motion. Teach us to trust You in seasons of waiting, knowing that even when injustice seems to win, resurrection power is coming. We pray for every activist, prophet, and advocate who has suffered loss for standing up for truth—remind them that resurrection is near! Strengthen those who have financially fasted from systems that betray justice and righteousness, assuring them that obedience is never in vain.

Psalm 27:14 – “Wait for the Lord; be strong and take heart and wait for the Lord.”

APRIL 19, 2025



Resurrection Sunday: Victory Over Every Injustice!

HALLELUJAH! Today, we prepare to celebrate the ultimate victory—Christ’s triumph over sin, death, and every system of oppression! Lord, let the power of the resurrection stir a fresh wind of boldness in us. May we leave this fast forever changed—more committed to justice, more passionate in prayer, and more radical in generosity. Let the spirit of Resurrection be our battle cry as we go forth to break every yoke of injustice!

1 Corinthians 15:57 – “But thanks be to God! He gives us the victory through our Lord Jesus Christ.”

APRIL 20, 2025



Beyond the Fast: Walking in Power, Justice, and Love

Lord, though our 40-day journey has ended, our commitment to truth, justice, and Your Kingdom continues. As we step forward, let the disciplines of fasting, prayer, and generosity become a permanent part of our walk with You. May we never return to complacency, but instead live as resurrected people—empowered by Your Spirit, unshaken by opposition, and committed to speaking truth to power. Let our financial integrity, our bold witness, and our unwavering faith be a prophetic testimony in a world hungry for justice. The fast is over, but the work is just beginning!

Acts 1:8 – “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses... to the ends of the earth.”



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