



40 Prayer and Fasting
DAY Daily Journal

**Personal and
Corporate Fast**

February 18th - April 3rd

**With Daily Memoirs And Scriptures
From Pastor Patrick**

www.bridgechurchhouston.com



Welcome to The Bridge 2026 40-Day Corporate and Personal Fast! This is your personal fasting journal; designed to help you understand the importance of fasting, and aid in tracking your prayer requests, daily progress and personal victories!

You have chosen to be part of a powerful tool available for believers to change the course of their lives; their church and various areas of their world. As opposed to denying all types of food or drink during the 40-Day Fast, we are doing a weekly denial of certain foods, drinks and substances to gain more spiritual power, focus and clarity.

Fasting is a natural part of every believer's prayer life. It should be practiced periodically to not only cleanse the mind, but to also empower our faith in standing against the wiles of the enemy; an enemy who is constantly battling to control and destroy our lives.

Fasting has a direct effect on our prayers, and can change not only power of the request, but also the divine connection of the Spirit of God within us. We become more focused and pliable to the will, direction and the presence of God.

As powerful as individual fasting can be, corporate or combined fasting between believers is an even more powerful tool of the faithful; in that we are joined against a common foe, and can help each other achieve our victorious goals.

Enter into this fast with confidence and keep your focus and purpose before you at all times. As you feel the pangs of physical hunger, the Spirit within you will initiate a special anointing to propel you into an offensive mode of attack. Each day, as you end your fast, you will feel the victor of your commitment, and see the results of your devotion and prayer.

Each fasting day, expect to receive a greater empowerment of faith; greater awareness and enhanced enthusiasm for your gifts and service. Also, be open to receive inspiration, insight, direction, guidance and vision through a special anointing of the Spirit or God.

Every Monday at 7:00 AM, join us for corporate prayer on social media, as we pray with the power this corporate fasting commitment will provide. Gradually, you will see a change in you, your church, your world and even those you encounter daily.

This is your time to shine for the Lord and get, while the getting is good!

Pastor P.

The Bridge Church 40-Day Corporate Prayer & Fast Weekly Meal Fasting Plan

Begins: Ash Wednesday, February 18th*

Ends: Good Friday, April 3rd

***(All Sundays are exempt – eat what you will)**

Week 1 – No Meats - No chicken, beef, pork or land animal; seafood is acceptable.

Week 2 – No Starches - Includes: rice, pastas, corn, potatoes, beans, peas etc.

Week 3 – Daniel Fast – Fresh or frozen or canned vegetables, beans, nuts, seeds, salads, whole grain, all fresh fruits (watermelon, cantaloupe, mango, banana, apples, pears etc.)

Week 4 – No Caffeine or drinks – No coffee, sodas, sports, or fruit drinks, etc.

Week 5 – No Fast Foods – Hamburgers, hot dogs, pizza, wings, Chick-fil-A, etc.

Week 6 - No Sweets or Desserts – Cakes, pies, ice cream, candy bars or any candy.

Week 7 – No Breads No yeast- leavened breads until 3PM–Good Friday-
nachos ok

Note: Join Pastor Patrick on social media every Monday at 7:00 AM for prayer and the Word of the Week.

Fast Begins: Wednesday, February 18, 2026

Fast Ends: Friday, April 3, 2026 (at noon)

Fasting Times: Daily (Except Sundays)
Monday Inspiration 7:00 AM on Social Media
Feel the victory, power and the anointing!
(Medical needs, adjust schedules as needed)

Matthew 6:16-18 When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Day: 1

Wednesday, February 18, 2026

Today's Theme: How Can We Make God Proud Of Us?
How Close Do You Feel To God?

Scripture Reference: 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 reasonable service. 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

Paul, now having revealed so many wonderful benefits and protections that God has provided us; he now pleads with all believers to come before the presence of the Lord in a way that will please Him. You fill in the blanks:

1. What do our bodies represent? Our lives? Our service? _____
 2. A living sacrifice: Self-denial; God's will or ours? _____
 3. Holy and Acceptable: Humble, sanctified, faithful and _____
 4. Acceptable: A sweet savor; pleasing to God: not a stench _____
 5. Not Conformed to the World: Not trying to please men _____
 6. But Transformed: Continual renewal of your mind _____
 7. Showing Proof: To God; To Family; To the world? To yourself? _____
 8. Show through your life what is that good and acceptable and perfect
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Personal Reflections:

The next 40 days of fasting, will bring a rekindling of the excitement of knowing, worshiping and serving the Lord!

Precious Memories and Forgotten Facts about The Bridge:

Pastor Patrick gave up 3 times before the owner of the center in China agreed to allow us to lease/purchase the center. The night Pastor signed the contract and walked out of the building, he was robbed at gunpoint by a young man. Pastor's wallet was found the next day by a jogger, with his credit cards scattered, but all present. The young man who robbed him, eventually became a devoted member of The Bridge.

90% of shopping center was unfinished when we initially leased-purchased it in December 1990; with an open muddy ditch in the middle of most of the center. We completed the first sanctuary, which sat 600 people within 3 months after our initial service. (April 7, 1991) Dr. Joe Samuel Ratliff preached the Grand Opening Service. The 10,000 square foot Southwest Community Christian Academy (SWCCA) was started April 8, 1991 and completed and opened just a few months later on September 16, 1991.

Day: 3

Friday, February 20, 2026

Today’s Theme: Who Do You Think You Are? (only you can decide)

Scripture Reference: Proverbs 23:7a

“For as He thinks in his heart, so is he...”

Answer this question, Who are you? Or where can you improve?

Be honest with yourself. Are you:

1. A person of Love or Hate _____
2. A person of Retribution or Forgiveness _____
3. A person of War (antagonism) or Peace _____
4. A person seeking God’s will or Man’s acceptance _____
5. A person of envy and/or jealousy, or one of kindness, understanding and respect _____

Only you can decide these questions. God’s Spirit is showing the way for each of us to follow His will; pointing at you and Me. We must listen, make the righteous move or gesture. The best way to know who we are is to look in the mirror of His Word and see how we stand or measure up. The finger of the Lord is pointing at us all; you, me, our leadership, politicians and clergy.

Only you can make the difference:

Smokey the Bear: Only You, can prevent forest fires; real and spiritual _____

Uncle Sam and God Himself: I Want You! _____

WWJD: What would Jesus Himself Do? _____

Who Do You Think You Are?

Personal Reflection:

Precious Memories and Forgotten Facts about The Bridge:

Marion King, Gregory Daniels, The Cortez Kids, Alice Embers, Rosie Gilford, Myra Daniels and especially Ann Williams, helped us tremendously in the music department during the first months of our existence.

Day: 5

Monday, February 23, 2026

Today's Theme: Understanding the Power and Joy of fasting!

Scripture Reference: 1 Samuel 17:37 (Read 1 Samuel 17:17-37)

“And David said, “The Lord who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine.” And Saul said to David, “Go, and the Lord be with you!”

It's time to embrace a new outlook on fasting. When practiced from the right perspective, fasting should be seen as an experience everyone should enjoy; especially corporate fasting, in that we all are obtaining a closer relationship with God and each other. Fasting is one of the most powerful Spiritual weapons the believers can use to increase the power of faith. Some Believers have misunderstood, and feel that fasting is an Old Testament practice and outdated; nothing could be further from the truth.

In Matthew 6:16, Jesus himself said, “when you fast,” not “if you fast;” intimating a need to fast occasionally.

As you fast during these next 40 days with your Bridge Family and friends, don't just look upon the fast as an obligation; look upon it as an opportunity to heal, fellowship, restore and encounter new directives; also to improve relationships lost or in need of repair. Fast often individually, whenever you desire; but don't brag or become downcast as though you are suffering from your fast. To stay spiritually enriched and stay humble!

Personal Reflection:

Precious Memories and Forgotten Facts:

Pastor Patrick became a bit discouraged by many financial matters in August of 1991 as we completed SWCCA. **He asked the Lord for just one sign** to confirm the vision the Lord had given him. Almost immediately, as Pastor worked in the new play yard, a **dragon fly** flew up to his face and stared in his eyes; hundreds more surrounded Pastor Patrick, frightening the deacons and other workers. The dragonflies left within a minute, but the experience left in the heart of Pastor Patrick an overwhelming confirmation of God's presence and approval of our work and vision.

Day: 6

Tuesday, February 24, 2026

Today’s Theme: You Can Make It; You Can Receive It; and Your Can Do It If You Try!

Matthew 6:32b “For your heavenly Father knows that you need all these things; but seek ye first, the Kingdom of God and His righteousness, and all these things shall be added to you.” (NKJV)

Jesus wanted every believer to know how to approach the Father to get our petitions granted and our desires and need fulfilled. Jesus just wanted us to request properly and then expect that request to be granted. But also have the patience to wait on the Lord, until He grants your request.

Jesus went further to say we should seek the Father first; try His way first not as a last resort. In essence, God is saying, if you know Me:

1. Try Me - Pray in my name _____
2. Trust Me – Place your confidence in me and my promises _____
3. Test Me – God says all me to prove it _____
4. Follow Me – Be obedient to my commands and instructions _____
5. Accept Me – Accept My correction because I love you _____
6. Believe Me – Place my word into action _____

God can make it happen and you can do it; even the impossible _____

Further Scripture Reference: Philippians 4:11 & 13

11: “Not that I speak in regard to need, for I have learned in whatever stat I am, to be content”

13: “I can do all things through Christ who strengthens me!”

Personal Reflection:

Precious Memories and Forgotten Facts:

The First Bridge Prayer Breakfast was held at the Ramada Inn on Southwest Freeway in September of 1992 with 100 members and friends in attendance. Our speaker was the Rev. James Dixon of (the then) Northwest Community Baptist Church. We’ve had 26 powerful annual prayer breakfasts since the initial fellowship.

Day: 7

Wednesday, February 25, 2026

Today's Theme: Binding the Power of Sickness and Disease

Scripture Reference: Matthew 17:19-21

“Then the disciples came to Jesus privately and said, “Why could we not cast it [the demon of sickness] out?” So Jesus said to them, because of your unbelief; for assuredly, I say to you, if you have the faith as a mustard seed, you will say to this mountain, Move from here to there, and it will move; and nothing will be impossible for you! However, this kind [of demon] does not go out except by prayer and fasting.”

The disciples were extremely upset and embarrassed that they could not cast out a demon that had entered the boy, and came to Jesus alone and asked Him what was the problem? Jesus put it at the door of unbelief, and lack of preparedness.

Personal Reflection:

Precious Memories and Forgotten Facts:

The” King Wing” of the new center, is dedicated to the late Dea. James King who was our first Chairman of the Deacon Board here at The Bridge. His was the largest Homegoing Celebrations ever held in our church. The gymnasium is named for Lela Baily, the first member of our church, who passed on the first day of our first service; January 27,1991. Our first chapel was named for the late Rhonda Cummings, a dedicated woman of God, and the Director of our Usher's Ministry for over twelve years of uninterrupted service.

Day: 8

Thursday February 26, 2026

Today's Theme: Self Control – Humbleness

We want to be filled however, God cannot fill and unyielded vessel. Yield to His way, His will and His Word.

Scripture Reference: I Kings 21:27-28

“So it was when Ahab heard those words, that he tore his clothes and put sackcloth on his body, and fasted and lay in sackcloth, and went about mourning. (28) And the word of the Lord came to Elijah the Tishbite saying, “See now Ahab has humbled himself before Me; I will not bring the calamity in his days. In the days of his son I will bring the calamity on his house.””

Personal Reflections:

Precious Memories and Forgotten Facts:

In 1997, our friend, Pastor John P. Kee came to help us celebrate the grand opening of our new sanctuary. Two years later, Pastor Patrick received a vision of a new church, and he drew it on a napkin in a restaurant. Pastor had no idea what the vision was for, but kept it and took it home.

That same night, Pastor Kee called with an emergency need; he was traveling through Houston from another city on his way back to North Carolina; his bus had broken down on I-10 for lack of brake fluid. Pastor Patrick asked a friend open his store and brought the fluid downtown where the bus had stalled. While waiting on the bus to be repaired, **Pastor Kee shared he wanted to build his own sanctuary on the corner of his old neighborhood, where he had sold crack when he was younger.**

Pastor Patrick pulled out the napkin with the design of a new church he had received in the vision. Pastor Kee said this was perfect, and asked Pastor Patrick to help him with the design. The next day, Pastor Patrick got with member/architect Greg Portier, and designed the new church from the napkin. **To this day, The New Life Church sits in Charlotte, N.C. as it was designed on the original napkin. God surely moves in mysterious ways!**

Day: 10

Saturday, February 28, 2026

Today's Theme: Don't Worry, Be Happy!

Continuing to show your trust and obedience to the Lord; relying upon the Father to provide your each and every need. Which of you can add one cubit to you height by worrying? God takes care of us and all His creatures! So like our friends from down under say, "No worries Mate!"

Scripture Reference: Philippians 4:6-7

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

God wants to hear your requests; not in fear, but in confidence of His ability to take care of you.

Personal Reflection:

Precious Memories and Forgotten Facts:

In 1996, as the exterior of the new sanctuary was nearing completion, the church gained the interest of a White supremacist group called "The Skinheads." The began writing graffiti in various places and began threatening phone calls. On the morning of July 17th, as the workers arrived, a large, unexploded pipe bomb was found on the front steps of the new church. Pastor Patrick was alerted immediately.

The church's chief of security Teddie Williamson, was alerted and the Harris County Bomb squad came out to secure the bomb. The FBI found the original fuse to the bomb on the front step; the fuse had popped out upon impact after being thrown.

The FBI agent said "the church was spared extensive destruction due to the fuse being detached." Since that day, we've suffered more attacks, but have been under the constant surveillance and protection of the FBI.

Day: 11

Monday, March 2, 2026

**Today's Theme: The Way Of Christian Maintenance Of The Spirit
Let It Go!**

God has forgiven you, we ought to also forgive one another. The Holy Spirit will give you the power to do it; yield to that influence!

You've got to allow it to leave; don't hold onto it.

Can you let all this go?

1. **Bitterness** - Resentment of being treated unfair _____
2. **Rage** – Uncontrollable anger and going off in front of others _____
3. **Slander** – Two-faced; lying on others because of hurt _____

You can do it; let the Spirit lead you!

Scripture Reference: Ephesians 4:31-32

“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

Personal Reflection:

Precious Memories and Forgotten Facts:

The first Take It To The Bridge (TITTB) gospel celebration was January 2, 2000 at the Astrodome in Houston, Texas, where over 40,000 people of all backgrounds and ethnicities, gathered to praise God in music, Word and dance. Over 40 top gospel artist and speakers shared their gifts, talents, prophecies and spoken Word for 12 hours on live worldwide television. Hosts Vickie Wynans, Dr. Bobby Jones, Clifton Davis, and Jonathan Slocumb introduced and interviewed live onstage Kirk Franklin, Creflo Dollar, Bishop TD Jakes, The Mighty Clouds of Joy, Juanita Bynum, Bishop Kenneth Ulmer, Donald Lawrence, Bobby Womack, Mary Mary, Hezekiah Walker and dozens more performed the same day. Four more TITTB celebrations were given; three in Houston and one in Dallas at The Potter's House. This year is the 25th anniversary of TITTB.

Day: 12

Tuesday, March 3, 2026

Highlighted Objective: The Power Of Prayer and God’s Anointing

You need deliverance from the hands of those who oppress you. There will be times you will feel like you are facing a evil situation or circumstance that seems impossible to overcome. Fasting will help you to not only endure to the end, but you will also overcome the enemy’s obstacle to your victory! You have the Lord’s protection! Read Psalm 91 and know you’re protected and covered.

Scripture Reference: Psalm 34:19

“Many are the afflictions of the righteous, but the Lord deliver them out of them all!”

Ps. 37:3

“Trust in the Lord and do good; dwell in the land and feed on His faithfulness.”

Personal Reflection:

Precious Memories and Forgotten Facts:

Five ministries were planned in 1990, a year prior to the opening of the church in 1991. While they were open, they served our community well

They were:

- Southwest Community Christian Academy
- Southwest Community Teen Center
- Southwest Health and Fitness Center
- Southwest Soul Food Restaurant (Pass The Peas)
- Southwest Recording Studio

Day 13

Wednesday, March 4, 2026

Today’s Theme: The Awesome Results Of A Strong Prayer Life

If you’re going to live in truth with your neighbor, and/or fellow believers, look at this list and adhere to its suggestion:

1. Let love be without hypocrisy – Real, sincere; don’t pretend; really love!
2. Avoid and dislike the evil others do _____
3. Cling, embrace and applaud that which is good _____
4. Honor your fellow believer _____
5. Never be lazy in the business of the Lord _____
6. Rejoice in hope _____
7. Be patient and wait on the Lord through your trial _____
8. A strong Spiritual example to others _____

Scripture Reference: Romans 12:9–13

“Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God’s people who are in need. Practice hospitality.”

Personal Reflection:

Precious Memories and Forgotten Facts:

The Southwest Community Baptist Church was renamed The Bridge, after Pastor Patrick saw a vision of people of all colors crossing over a bridge, as he sat alone on the 63rd Street pier on the strand in Galveston in 1997.

Day: 17

Monday, March 9, 2026

Today’s Theme: Maintain A Proper Attitude & Appearance While Fasting

Fasting allows you to even more boldly express your commitment, dedication and devotion to God. Do it unto God, not to impress others. When you fast individually, keep it to yourself, and God will reward your effort.

Scripture Reference: Matthew 6:16-18

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their face, that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret, will reward you openly.”

Keeping the right demeanor _____

1. Don’t appear to be suffering to gain sympathy _____
2. Keep an upbeat attitude _____
3. Don’t complain verbally _____
4. Maintain your appearance _____
5. Don’t let anyone see that you may be suffering _____

Personal Reflection:

Precious Memories and Forgotten Facts:

The main sanctuary of the now church was built with 40 tons of air conditioning, which we discovered fairly quickly, was not enough. We raised funds for 30 tons more in 2001, and an additional 40 tons with a special offering in 2011.

Day: 18

Tuesday, March 10, 2026

Today’s Theme: Taste And See How Good God Is

Try it, you’ll like it! I Peter 2:1-3 – *As newborn babes desire the pure milk of the Word, that you may grow thereby, if indeed you have tasted that the Lord is gracious.* Each of us have something we love and/or crave to drink or eat. In our church, we have sincere coffee drinkers, one told me they didn’t know what they would do without their Starbucks in the morning!

That same craving in the Physical world is the same way in the Spiritual world. Once you have tasted the real, true Word and used it, it develops a true craving for more!

A member told me recently that she could not live without her morning Starbucks with her favorite toppings and ingredients.

Comparably, like she craves that morning cup, we should crave the morning cup of the Word. It’s needed daily; our spirit is crying out for it. Pure, sincere, unfiltered, strong Word. Not watered down; able to refresh, replenish, renew and empower! Start each day off right; get a fresh cup of the Word.

Scripture Reference: Psalm 34:8-10

“Oh, taster and see that the Lord is good; Blessed is the man who trusts in Him! Oh fear the Lord, you, His Saints! There is no want to those who fear Him. (10) The young lions lack and suffer hunger; But those who seek the Lord shall not lack any good thing. day.”

Personal Reflection:

Precious Memories and Forgotten Facts:

The colors of the main sanctuary were changed from mauve to blue in 2007, prompting a change in the colors of the pew chairs. Pastor Patrick and the leadership organized a fundraising effort to raise \$40,000 for new chairs. This complete sum was raised in only 6 weeks, and the chairs were delivered in only 2 months; complete with printing on the chairbacks for the sponsoring families. In 201 the church colors were changed to light grey t and dark grey.

Day: 19

Wednesday, March 11, 2026

Today’s Theme: Restoration Of Your Relationship With God

Correctly done, fasting can show God your state of repentance for things you may have done. Restoring a good and right standing with the Lord. God honors our fasting and complete prayer of repentance to Him, in Jesus Name!

Scripture Reference: Psalm 51:10-12

“Create in me a clean heart O God, and renew a right spirit within me. Do not cast me away from Your presence and take not thy Holy Spirit from me.(12) Restore unto me the joy of thy salvation; and uphold me with thy free Spirit!”

Personal Reflection:

Precious Memories and Forgotten Facts:

While at the Stellar Gospel Music Awards in 2005, Pastor Patrick received as inspiration to do a national gospel star search competition, to discover talented new gospel artist in the industry. With the help and consent of Don Jackson, CEO of the parent company, the Stellar Awards Star Search was established. Pastor Patrick and staff personally traveled to 14 different major hub cities, including Dallas, Chicago, Detroit, Seattle, Los Angeles, Atlanta, Philadelphia, and many others; huge competitions were held in each city. Winners of the regional competitions were then brought to Houston for the final competition before gospel industry leaders like Mary Mary and Dr. Bobby Jones. Micah Stampley of Houston won the competition by only 1/10th of one percent and received a recording contract, and started his illustrious career.

You’re at the halfway point! Take a moment to re-commit yourself to this fast. Reach out and call another person on the fast and pray with them today. Remember that we are in this fast together.

Day: 20

Thursday, March 12, 2026

Today's Theme: Temptation: Can You Handle It?

You can make it if you try! Urges of the flesh are consistent and cumbersome. But God has given us His presence and power to not only endure the temptation, but also be freed from it. The Lord knows how much we can handle and He has sent His Holy Spirit to see us through it and help us to rise above it. Any of us can be “taken” by a temptation at any time; but we have that power within us.

These temptations and others can and will confront you:

1. Sexual immorality
2. Hatred, Hostility, evil thoughts
3. The spirit of anger
4. Drunkenness (not just drinking)
5. Lasciviousness (wild immoral parties)
6. Envy-jealousy
7. Revenge and vengeful plots
8. Idolatry (things we place ahead of God)
9. Sorcery (believing in the ways of the Creature)

Scripture Reference: I Corinthians 10:13

“There has no temptation taken you but such as is common to man; but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that you may be able to bear it”

Personal Reflection:

Precious Memories and Forgotten Facts:

In 2008, Pastor Patrick, who had worked to bring many gospel artists and helped them, decided to do his own gospel project after much consultation with the Lord. Pastor Patrick met with some of the greatest gospel music songwriters and Tyler Perry musical producer, Elvin Ross, and developed the **Pastor Patrick and The Bridge Project/Crossover CD**. The CD featured many special guests like Gene Moore Jr., (the late) Alvaneeda Nelson, (the late) Roz McDuffie, (the late) Shawn McLemore and his wife Rhonda, Gene Moore, Perry Smith, Harvey Baker, among others. The CD debuted on Billboard at #27, and went to top 10, and yielded the award winning, #1 single, **“I Am A Witness.”** The CD was nominated for two Stellar Awards and won numerous state, local and national honors.

Day: 21

Friday, March 13, 2026

**Today’s Theme: The Fellowship Of Believers;
Together; All Things In Common**

The beauty of Christian living is in the fact that we should enjoy one another’s company. Verse 42 tells us that over 3,000 soul accepted Christ after Peter’s first sermon. The people of this instant Mega Church enjoyed fellowship with each other! They worshipped together; ate together; worked together and were educated together, through the teachings of the disciples.

What did they do?

- 1. Continued with a gathered church fellowship _____
- 2. Ate and fellowshiped together _____
- 3. Praising God and Worshipping together _____
- 4. Had favor with all the people _____
- 5. God added mightily to the church _____

Scripture Reference: Acts 2:44-47

“Now all who believed were together and had all things in common, and sold their possessions and goods and divided them among all, as anyone had need. So continuing daily with one accord in the temple and breaking bread from house to house, they ate their food with gladness and simplicity of heart; Praiseing God and having favor with all the people. And the Lord added to the church daily those who were being saved.”

Personal Reflection:

Precious Memories and Forgotten Facts:

The church ministry has spawned or accepted over 143 male and female ministers over the years. In 1994. From its’ inception, The Bridge Church has been a leader in allowing female ministers to fulfill their calling. As of 2026, there are 16 Associate Ministers, and 5 Assistant Pastors.

Day: 22

Saturday, March 14, 2026

Today's Theme: Gifts and Signs Will Increase Within You

Never think you have been passed up by the Spirit of God and are not meant to receive a Spiritual gift! So many gifts are given late in life; middle age or a senior. As you fast, your power to heal and cast out the demon of sickness will increase; If you can't go to see the sick, call, write or text them, and speak healing over their sickness. In your quiet time with the Lord, ask him for your gift you desire, and the Bible says you will/can receive it. There are a diversity of gifts, and not everyone receives the same gift. Acts 12:31 states you can ask for the one you really want! Many members with differing gifts, working as one in the body of Christ.

Scripture Reference: Mark 5:17-18

“And these signs will follow those that believe: In My name, they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly; it will by no means hurt them; they will lay hands on the sick, and they will recover!”

Personal Reflection: Which gift(s) do you desire?

Precious Memories and Forgotten Facts:

The Bridge has made it through many name storms and still managed to give community support to house and feed many of the homeless exposed to the hash elements; Hurricanes Harvey, Ike and Katrina, just to name a few. Pastor Patrick worked directly with Congresswoman Sheila Jackson Lee, TD Jakes and Oprah Winfrey to house many at the Astrodome during the catastrophic Hurricane Katrina disaster in New Orleans.

We have also helped with numerous catastrophes in Haiti, The Bahamas, Oklahoma, New Orleans, St. Thomas and recently, Jamaica. Royal Caribbean Cruise Lines has worked with us to deliver hundreds of tons of food and survival essentials to many devastated overseas destinations.

Day: 23

Monday, March 16, 2026

Today's Theme: The Promise of Power To Witness and Change Lives

"After" The Holy Spirit Has come Upon You!

After we establish our relationship with the Lord through faith, we must continue to be witnesses for the Lord, and guide people to His church, The Bridge. We have a wonderful, loving fellowship, and God desires us to "go out" and bring those who are not saved; and those who may be saved, but unchurched. (no place of worship). We should be willing to share with others we know and have yet to meet.

Scripture Reference: Acts 1:8

"But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the ends of the earth."

Personal Reflection:

Precious Memories and Forgotten Facts:

The Bridge has been blessed with many Ministers of Music over the years:

Ann Williams (tremendous), Anna Boney Brown, Dorian Allen and others, but none more dedicated and committed than Rev. Jerald Washington; who came to us over 25 years ago as a musician with his best friend Rev. George "Buffy" Solomon, and serves as the Minister of Music and Performing Arts to this day. We are so thankful for our dedicated musicians, as well; like Robert Simpson, James Smith and J.D. Washington, who are as steady as a spiritual heartbeat.

Day: 24

Tuesday, March 17, 2026 - St. Patrick's Day

Today's Theme: Deliverance From Controlling Manipulating Spirits Of Evil

We have received the power of discernment, and strength to combat those spirits. Example: It is not a sin to drink, but when we give over to a drunken spirit, we negate the power of the Spirit of God to help, guide and instruct us in the paths of righteousness and obedience.

Scripture Reference: Ephesians 5:18 (*Amp*) Do not get drunk with wine, for that is wickedness and leads to corruption and stupidity. But be filled with the Holy Spirit and constantly be controlled and guided by Him!

The influence of earthly spirits often leads to wrong decisions; with an inability to judge things properly from a righteous position. Keep refilling your mind and body with the influence of the Holy Spirit; not the burning urges of the flesh.

Personal Reflection:

Precious Memories and Forgotten Facts:

Pastor Patrick came to Houston to film a movie with Redd Foxx in October 1980, and saw a vision from the Lord. He followed the vision for 11 years until the actual start of The Bridge in 1991. Also, until 1999, Pastor Patrick and his family never lived more than one mile from the initial spot he saw the vision.

Day: 25

Wednesday, March 18, 2026

Today's Theme: We Are Family; A Blood and Spiritual Relationship

We have a real family and a spiritual family relationship.

God wants us to continue to come together in recreation, fellowship, praise and worship. We should pray together, fast together and even sing together in a unified praise to God! Praise is a powerful tool to combat the enemy's forces, and keep ourselves unified in fellowship and God's good graces. Sing unto the Lord together. There is Power in Praise!

There are a number of benefits that families can provide; can you name some:

1. Encouragement _____
2. Intervention _____
3. Support _____
4. Counseling _____
5. _____
6. _____

Scripture Reference: Ephesians 5:19

"Speaking to one another in psalms and hymns and spiritual songs; singing and making melody in your hearts to the Lord."

Personal Reflection:

Restore your family; try hard to heal any divisions.

- Never give up on family
- Never turn your back on family
- Never refuse to apologize to keep the peace within the family
- Keep Love in the Equation

Precious Memories and Forgotten Facts:

Foreseeing a trend in non-traditional church attendance, Pastor Patrick began a television and social media ministry in 2018, depending upon the great talents and dedicated service of our Television and Sound ministries. This investment in lighting and audio-visual equipment as proven to be invaluable during the current pandemic and inability to attend normal, in person services. Special thanks to TV and sound directors, Cynthia Fannin (25 years) and Rev. Michael McKelvey (18 years). TV Producer/Director Dea. John Odom (19 years), and Bonnie Johnson (17 years) for their years of dedicated service to our broadcast.

Day: 27

Friday, March 20, 2026

**Today's Theme: The Worthy Walk Of All Christians
The Need For The Bond of Peace**

Paul again pleads with the Brothers and Sisters of faith to walk worthy of the calling God has given them. Unity requires dedication and work to keep us (*the called-out saints*), close and available to one another; especially when one is in need. This is because the enemy wants us to become divided; so we must fast and pray to maintain our Spiritual unity in the Lord. Where there is unity, there will be peace!

There is a need to implement these steps into your relationships to keep that unity:

1. Live up to the life you have been called _____
2. With openly seen humility and kindness _____
3. Unlimited Patience _____
4. Working at keeping the Peace of the Spirit _____
5. Making every effort to stay united _____

Scripture Reference: Ephesians 4:1-3

“I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.”

Personal Reflection:

Precious Memories and Forgotten Facts:

In 2011, After service on Sunday, Pastor Patrick was in Cheddars in Katy, and saw a large double-sided fish aquarium as he walk in. It was so beautiful, he asked the manager who had done it. The manager said, “I have his card attached to the aquarium.” The manager gave Pastor the card and he called them and asked if he could come down. It was Sunday, but the owner at The Fish Gallery said to come and he would wait. Pastor Patrick went that same Sunday evening, and saw the work; and money was donated to install the two new aquariums within one month.

Day: 28
Saturday, March 21, 2026

Highlighted Objective:

Family and Closer Church Family Ties

For 30 years, after each and every service of any kind, we have touched hands and confessed our love and care for each other, before the Lord. There is no way we could have survived as a church without this bond of love and forgiveness. We now go into a new chapter of vision and destiny for our church, and God is showing us the way. Let us therefore fast and pray for clarity of vision for you and all of us!

Scripture Reference: John 13:34-35

“A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another.”

“For the vision is yet for an appointed time. But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come; It will not tarry” (Habakkuk. 2:3)

Personal Reflection:

Precious Memories and Forgotten Facts:

Youth sports and activities have always been a major part of the Southwest Outreach Program; for the church and the community. Most churches (new and old), use the gym in conjunction with the sanctuary, Pastor Patrick was adamant that the youth have their own gymnasium and restroom facilities. The exterior of Lela Baily gymnasium was built and hopefully the interior was going to be completed within 2 years. **We were blessed to have completion of the gym within six months!**

Day: 29

Monday, March 23, 2026

Today's Theme: The GAP – God's Anointed People

You are precious in the sight of the Lord. God called you and purposed you for His pleasure in service. We have a special place in God's heart. Fasting and Prayer for protection against all evil things; seen and unseen. The power of prayer combined with fasting provides protection for you and all who join you!

Look at this unique relationship with the Father:

1. We are a chosen generation of modern, last day believers _____
2. A royal priesthood, not relying upon any man _____
3. A nation of believers consecrated nation for God _____
4. A special people, with a special relationship with God _____
5. You can and should show others the goodness and praise for God _____
6. For He called you out of that same darkness of mind into His marvelous, wonderful light of His beauty _____

Scripture Reference: I Peter 2:9

"But you are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that should shew forth the praises of Him who hath called you out of darkness into His marvelous light.

Personal Reflection:

Precious Memories and Forgotten Facts:

The Bridge has been blessed with men and women who have taught their sports skills in a variety of different sports to our youth. Many of our community youth have been helped through our football, basketball, track and other intramural sports programs, and flourished. Some have gone on to careers in professional sports after going through the church programs or school. The Harrison Twins, (Andrew and Aaron), attended SWCCA and went on to the NBA after a championship year at Kentucky. Our own members, Michael and Martellus Bennett and Russell Okong, went through the SWCYO football program, and all three went to the NFL and earned Super Bowl Rings. Another member, Steve Sims Jr. went through the football program, went to college at Kansas, and plays for Washington in the NFL. Member Steve Sims scored a touchdown with the Texans in a recent paly off game. The youth sports department could use your support and participation to turn out more success stories, such as these.

Day: 31

Wednesday, March 25, 2026

**Today’s Theme: Confession: The Path Of Living In Truth
If We Say We Have No Sin; We only deceive ourselves!**

Confession of sin is the surest way to place us back in a right relationship with the Lord. Fasting helps us to clearly see our sins that need to be confessed and cleansed by God. As believers, we have an unction (anointing) from the Lord, which keeps us aware and alerted to the entrapments of sin. This unction is even stronger as you fast! The Spirit of God is the Spirit of Truth.

- If we deny our sins, we live in a condition of lies:
- The Bible says the “truth is not in us!”
- If we want to walk in the Spirit, It requires living in Truth

Scripture Reference: I John 1:8-10

“If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.

Personal Reflection:

Precious Memories and Forgotten Facts:

The second chairman of the Deacon Board was Jeff Sargent, Jr. Dea. Jan Rainey was the first Administrator of SWCCA working with LaNessa Patrick.

Day: 32

Thursday, March 26, 2026

Today’s Theme: The Tree Of Life – The Family Branch

Family life and family order must be maintained and promoted. This is done by constantly evaluation of the biblical order established by the Word of God. Every family is different of course, but when we fast, we should examine our family ties, and make adjustments as the Spirit of God reveals possible areas that need strengthening; don’t put it off, lives are at stake!

Scripture Reference: Ephesian 6:1-4

“Children obey your parents in the Lord, for this is right. “Honor you father and mother,” which is the first commandment with purpose; “that it may be well with you and you may live long on the earth.” (4) And you fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

We have responsivities to the Lord and to our families, and should not neglect either them.

1. Children should obey of their parents, and we should obey instructions to our God this is right in the sight of the Lord _____
2. .Honor Your parents; God places great importance on this, and even gives a reward of long life if we do it. _____
3. Parents, give your children the benefit of the Word! _____
4. Fathers, do not discourage, agitate and frustrate your children, by making unwarranted evil remarks and judgements _____
5. Raise your children to love and respect the Lord _____

Personal Reflection:

Precious Memories and Forgotten Facts:

Prior to Pastor Patrick becoming a minister in 1983, he and sang for many years in all the McGee Chapel Choirs.

Day: 33

Friday, March 27, 2026

Today’s Theme: Releasing The Power Of God’s Spirit Through You

God has given a variety of gifts for our benefit; don’t be afraid to use them. Don’t allow your spiritual gift to grow stale due to nonuse. “Stir it up!” Keep it hot and useable. One of the greatest deterrents to using the Spirit of God who lives in you, is the fear of failure, doubt and ridicule. We can’t allow the enemy to cause us to step back because we feel our faith isn’t adequate. This was a problem with the original disciples as well. But Jesus gave them the greatest example of faith with the “mustard seed” analogy, which they could easily apply and understand. No matter what your size of faith, you can move mountains. However, certain stronger tasks and spiritual endeavors, require fasting and prayer. Have confidence in the Lord and use your Spiritual gifts and authority during the fast and beyond!

Scripture Reference: II Timothy 1:6-7

“Therefore, I remind you to stir up the gift of God which is in you through the laying on of my hands, For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Personal Reflection:

Precious Memories and Forgotten Facts:

Prior to Pastor Patrick becoming a minister in 1983, he worked in Hollywood with many stars in the entertainment industry, with whom he forged lifetime relationships. Some have gone on to glory, but others still come and share their memories with us.

Day: 34

Saturday, March 28, 2026

**Highlighted Objective: Strip Off The Old, Put On The New
Put on the beauty of the New Man of faith and obedience**

If we expect to grow in the Lord, there are some retardants to that growth, we may be holding on to. Emotions, attitudes and evil thoughts, regrets that constantly attack us from the past to distract us. As believers, we must not allow these deterrents to keep us in bondage or cause us reluctance to heal. We must therefore remove these unwanted Emotions of the “old man,” which keep the “new man” from the benefits of the available spiritual growth the Spirit of God provides.

We Need A Change:

- **A change of thought**
- **A change of heart and compassion**
- **A change of dress – of mind and attitude**
- **A change of Speech**

Scripture Reference: Colossians 3:8-10 (read all of chapter 3 of Colossians)

“But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in the knowledge according to the image of Him who created him.”

Personal Reflection:

Precious Memories and Forgotten Facts:

All but one of Pastor Patrick’s Children were born in California. Paige was born in Houston; Patience, Kandice and Kristopher, were all born in L.A and Hollywood. Pastor has 6 grandchildren and one great-grand child.

Day: 35

Monday, March 30, 2026

Today's Theme: Comparing The Old And The New – There Is None!

We've just spoken about the need to remove certain attitudes and hindrances of the "old man" within us; what do we need to acquire for the "new man" to flourish and be increased in faith? We must realize who we are and to whom we belong; we are children of the Kingdom, and we have a responsibility to behave as children of obedience (the elect of God). During this fast, we must pray for strength to live who we are, and support others attempting to do the same. We are family; one family in Christ!

Proverbs 6:16-19 – List the seven things that God "hates":

God loves us without question; but he hates the sins we give in to.

Scripture Reference: Colossians 3:9-10

"Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him."

Personal Reflection:

Precious Memories and Forgotten Facts:

The Bridge has help to start 41 churches in the Houston area; contributing and paying their bills for one full year when they started. Can you name a few?

Day: 37

Wednesday, April 1, 2026

Today's Theme: Pick Your Place To Serve and Be Faithful

We must understand the power of God and His ability to bring anything into existence, we might think impossible. God has everything we want or need, but He works through our faith. We've spoken about the old man (the flesh); the new man (the new creature), and now let's discuss the inner man (of faith). This is the greatness that God has poured into every man or woman of faith; the ability to prosper and excel in your life and inspire the same in others of the family. You are a unique piece in God's puzzle of life; don't allow the enemy to confuse you, and you're found missing. God needs you to walk, talk and live in faith!

Scripture Reference: Ephesians 3:16-20 (Read all of Ephesians 3)

"The He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man that Christ may dwell in your hearts through faith; that you, being rooting and grounded in love may be able to comprehend with all the saints, what is the width and the length and depth and height...and fullness of God.

(20) Now unto Him who is able to do exceedingly, abundantly, above all that we ask or thing, according to the power that words in us!

Personal Reflection:

Precious Memories and Forgotten Facts:

Pastor Patrick worked in retail and photography during college in the early 1970's, after which he then began managing, promoting, and producing R & B groups and television stars. Harold Melvin and the Blue Notes (Teddy Pendergrass), Enchantment, The GAP Band, James Brown, Johnnie Taylor, The Dramatics, Eddie Kendricks, Kool and the Gang, Shalimar, Donny Hathaway, Joe Cocker, Redd Foxx, George Benson, The Chi-Lites, The Pointer Sisters, Rufus featuring Chaka Kahn, The Isley Brothers, Frankie Beverly and Maze, The Four Tops and The Moments were just a few of the groups and personalities Pastor Patrick had produced and worked with.

Day: 38

Thursday, April 2, 2026

**Today's Theme: Getting God's Great Rewards Through Giving
Windows of Heave Blessings**

God wants to keep a good relationship with us; strong and blessed. That relationship becomes tainted and strained if we don't follow his precepts (instructions) and commandments. God often tells us that we have stepped away from Him and reveals it to us in his word; through a sermon, bible study or in your personal readings. Nowhere is this better seen, than in the book of Malachi; in the third chapter, God tells His people they have left Him; they have robbed Him; and they should return to Him. The people said "When did we leave you? How did we rob you?" And God said, "In tithes and offerings!" The windows of heaven blessings are tied to the tithes and offerings we bring to the "Storehouse" of God; the church, that there might be "meat in my house." Fast and let God reveal this contingency blessing to you, and reap the benefits of His prosperity, and protection from losing it!

Scripture Reference: Malachi 3:6-12 *(Read in you leisure time)*

"Bring all the tithes into the storehouse, that there may be food in My house; and prove me (right now) in this, says the Lord of hosts, If I will not open for you the windows of heaven and pour out for you such a blessing, that there will not be room enough to receive it!"

Personal Reflection:

Precious Memories and Forgotten Facts:

Pastor Patrick has been on the Trinity Broadcast Network (TBN) 23 times and hosted the national broadcast 6 times. His long-time mentor was (the late) Paul Crouch, founder of TBN. In 1973, Pastor Patrick and his mother, were in Orange County when TBN opened and aired its' first broadcast.

No Fast: Day of Consecration and Prayer

Today's Theme: Rejoice In The Lord Always!

We've come to the last day of our fast together. As your Pastor, it's been exciting for me to write these observations for you, and I hoped the encouragement and the experience during this fast, has enabled you to see more of what God has purposed for you. As we go forward as a church family, The Bridge is what we make it. Let's make it a fellowship of love, care, kindness and acceptance; with an open mind, willing to let the Spirit of God reign and have preeminence. It's been an incredible 30-year journey thus far, and I'm excited and full of anticipation for what God will do next in our lives. As pastors, leaders, members and partakers, let's continue the great work God has given us. Let's do it together!

Scripture Reference: I Thessalonians 5:16-22 (Please read all of chapter 5)

“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies. Test all things; hold fast (to) what is good, and abstain from every form of evil.”

Personal Reflection:

Precious Memories and Forgotten Facts:

Pastor Patrick's inspiration to enter the ministry was Rev. Billy Graham, who sent for Pastor to come to St. Louis in 2002. It was one of the most exciting days in the life of Pastor Patrick; and prayerfully, more to come. God has been so good.



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