

# FALL 20 FEAST 24

 MAXIMIZE

# CONSISTENCY

**SEPTEMBER 30 – OCTOBER 23**

*“But without faith it is impossible to please Him, for he who comes to God must Believe that He is, and that he is a rewarder of those who diligently seek Him.” Hebrews 11:6*



# **VFAM FALL FEASTS**

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# ***THE FALL FEASTS SUMMARY***

## ***Maximize Consistency***

**But without faith it is impossible to please Him, for he who comes to God must Believe that He is, and that he is a rewarder of those who diligently seek Him. Hebrews 11:6NKJV**

Malachi 3:6 describes a consistent God that remains faithful to His covenant. His nature is reliable, constant and dependable. While on earth, Christ was exemplary of a steadfast pursuit for fulfilling the will of God for His life; even unto death. Consistency is imperative for building a closer relationship with God. It also builds momentum and forms habits that strengthen our spiritual lives.

### **Fall Feast Intent & Purpose:**

Lead the church family into an Intense Period of Consistency

Consistency can be demonstrated both *individually* and *corporately*. During this season, the saints of God are encouraged to emulate the principle of consistency in their lives. In accordance to the scripture text, Hebrew 11:6, there is a great reward for those that remain constant.

### **Principle of Consistency**

- Consistency is continuous, unwavering effort that transforms dreams into reality and goals into accomplishments.
- Consistency is a small daily effort that when compounded, yields significant and lasting results.
- Consistency is about establishing a rhythm in your life, a cadence that keeps you moving steadily towards your goals.
- Consistency is about maintaining a steady pace, showing up every day, putting in the necessary work regardless of how you feel in the moment.
- Consistency requires a deep understanding of the “WHY”; knowing why you are pursuing a particular goal provides motivation to remain consistent.
- When an action is repeated consistently, it transitions from being a deliberate effort to an automatic response.

### **Results and Reward:**

- Jesus developed a close relationship with the Father through an adamant prayer life
- He showcased discipline while fasting 40 consistent days and nights
- Jesus demonstrated tenacity on the cross; He refused to come down
- He displayed self-control even in the midst of being falsely accused and ultimately crucified
- **As a result: Matthew 28:19-all authority has been given to Me in heaven and on earth. The habit of consistency leads to dominion (*domination*)**

The Fall Feasts consist of three festivals: The Feast of Trumpets, The Day of Atonement, and The Feast of Tabernacles. These feasts are extremely important because they teach us to honor God for who He is and for what He has done for us. In addition, they teach us about God's plan for humankind and how He powerfully intervenes in human affairs! Revelation 21:3 says "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God." During the Fall Feast season, we are expecting God to tabernacle with us. **This year, our VFam Fall Feasts theme is "Maximize Consistency"**

## **THE FEAST OF TRUMPETS**

The Feast of Trumpets, also known as Rosh Hashanah, celebrates the new year in Christ. It is believed that God created the world during this time. On this day, a shofar or trumpet is blown to mark the beginning of ten days called the "High Holy Days" or "Days of Awe." The blowing of the trumpet serves as a "wake-up" call to honor God as King, to remember His goodness and His faithfulness to His people, and to reveal and awaken the conscience and soul of His people. The High Holy Days consist of 10 days of repentance, reflection, and restoration. This period ends on the Day of Atonement.

### **God's Days of Rest**

As our Church Family prepares to celebrate the Fall Feasts, consider scheduling the following days off from work. In Leviticus 23, God instructs the Israelites to "do no customary work" on specific days associated with the feasts. "No customary work" basically means to take the day off from work. The Lord understands if you have to work, but if you can, take the day off, and enjoy the Lord and your family.

### **Things You Need to Know**

- VFam we will lead into our Fall Feast with our - Church Family Prayer Week, **Monday, September 30<sup>th</sup> – Friday, October 4<sup>th</sup>**. 1 Hour of pray, each morning 6am – 7am  
**conference line:** Dial - In #: (602)610-2063 Passcode: 467233
  - **Day 1 – Consistency** - Defined: in the application of something, typically that which is necessary for the sake of logic, accuracy, or fairness  
Scripture: Hebrews 11:6 NKJV "But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him."
  - **Day 2 – Stability - Defined:** the strength to stand or endure : firmness.  
Scripture: 1 Corinthians 15:58 "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord."
  - **Day 3 – Dependability** - Defined: the quality of being trustworthy and reliable  
Scripture: Psalm 33:4 NKJV "For the word of the Lord *is* right, And all His work *is done* in truth."
  - **Day 4 – Accuracy** - Defined: the condition or quality of being true, correct, or exact; freedom from error or defect; precision or exactness; correctness.  
Scripture: 2 Timothy 3:16-17 "All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, <sup>17</sup>that the man of God may be complete, thoroughly equipped for every good work."

Scripture: 2 Peter 1:20 NKJV “Knowing this first, that no prophecy of Scripture is of any private interpretation,”

- **Day 5 – Fairness** - Defined: the quality of treating people equally or in a way that is right or reasonable

Scripture 1 Peter 3:8 NKJV “Finally, all of you be of one mind, having compassion for one another; love as brothers, *be* tenderhearted, *be* courteous;”

- The Feast of Trumpets begins at sundown on Wednesday, October 2<sup>nd</sup> and ends sundown, Friday, October 3<sup>rd</sup>.
- 6 AM Prayer – **Saturday, October 5<sup>th</sup> (6am – 7am)** VKMI Campus- The Temple
- VFam Walking Klub – **Saturday, October 5<sup>th</sup> (7am – 8am)** VKMI Campus-Grounds
- Feast of Trumpets Worship Celebration will be held **Sunday, October 6<sup>th</sup> at 10am Worship**. Please plan to participate in the Feast of Trumpets Worship Celebration by wearing **‘Best Dress’** to the Worship Experience. Summer is over and let’s Dress it up, in our fall tones!!
- All believers are to plan for a special sacrificial offering.
- The VFam Family Fast begins at 6:00 p.m., Sundown, **Monday, October 7<sup>th</sup>, and ends at 6:00 p.m. sundown, Sunday, October 13<sup>th</sup>**.
- VFam Virtual Teachings will be held **Monday, October 7<sup>th</sup> – Friday, October 11<sup>th</sup> at 7 p.m.** on our social media platforms (YouTube/Facebook) weeknights:
  - **Monday October 7, 2024**  
Maximize Consistency: *Pray without Ceasing* (1 Thessalonians 5:16-18)
  - **Tuesday October 8, 2024**  
Maximize Consistency: *Walk in the Spirit* (Galatians 5:16)
  - **Wednesday October 9, 2024**  
Maximize Consistency: *Bear Fruit that Remains* (John 15:16)
  - **Thursday October 10, 2024**  
Maximize Consistency: *Walk by Faith* (Hebrews 11:6)
  - **Friday October 11, 2024**  
Maximize Consistency: *Steadfast, Immovable, Always Abounding* (1 Corinthians 15:58)

Please Note: After each live online teaching (October 7<sup>th</sup> – October 11<sup>th</sup>) we will host **Personal Prayer and Prophetic Release (Zoom- information will be given nightly) 8pm – 9pm**. (to secure a spot, please register on our website: [www.vkmi.org](http://www.vkmi.org))

- VFam Children and Youth Prayer time: VKids (pre-K thru 5<sup>th</sup>) Monday/Wednesday NexGen(6<sup>th</sup> thru 12<sup>th</sup>) Tuesday/Thursday, 6:30pm – 7:30pm, each day. (The Zoom link will be emailed)

## **THE DAY OF ATONEMENT**

The Day of Atonement is considered the holiest day of the year. Known as the Day of Redemption, this is the day that believers stand before Almighty God and confess their mistakes and sins. Participating in this day helps the believer to recognize that sin has been forgiven through the blood of Jesus Christ. As believers confess their sins and recognize their dependence on God, Jesus' sacrifice on the cross frees them of all unrighteousness. In Christ, we have a future and a hope!

**Leviticus 16:29-34** teaches us, "This shall be a statute forever for you; In the seventh month, on the tenth day of the month, you shall afflict your souls, and do no work at all, whether a native of your own country or a stranger who dwells among you. For on that day *the priest* shall make <sup>le</sup>atonement for you, to cleanse you, *that* you may be clean from all your sins before the LORD. <sup>31</sup> *It is* a sabbath of solemn rest for you, and you shall afflict your souls. *It is* a statute forever. <sup>32</sup> And the priest, who is anointed and consecrated to minister as priest in his father's place, shall make atonement, and put on the linen clothes, the holy garments; <sup>33</sup> then he shall make atonement for <sup>le</sup>the Holy Sanctuary, and he shall make atonement for the tabernacle of meeting and for the altar, and he shall make atonement for the priests and for all the people of the assembly. <sup>34</sup> This shall be an everlasting statute for you, to make atonement for the children of Israel, for all their sins, once a year." And he did as the LORD commanded Moses."

### **Things You Need to Know**

- The Day of Atonement begins sundown, Friday, October 11<sup>th</sup> and ends sundown, Saturday, October 12<sup>th</sup>.
- Please plan to participate in the VFam Day of Atonement Worship Celebration **Sunday, October 13<sup>th</sup> at 10am**, by wearing '**All White**' to the service.
- Come prepared to **Remember, Reflect, Repent, and Rejoice!!!**
- All believers are encouraged to bring a special sacrificial offering.
- The VFam Fast ends at 6:00 p.m., October 13<sup>th</sup>.

# **THE FEAST OF TABERNACLES**



The Feast of Tabernacles is the climax of the Fall Feasts and the most celebrative. It is God's appointed time for believers to come into His presence and celebrate His glory, provision, protection, and deliverance through Jesus Christ. Leviticus 23:40 says to "Rejoice before the Lord your God for seven days." Deuteronomy 16:14-15 says to "Be joyful at your Feast for the Lord your God will bless you and your joy will be complete." We will celebrate with singing, dancing, and great food. Mark your calendar to be a part of this exciting time.

The Feast of Tabernacles (aka Sukkot—soo-COAT) begins at sundown on Thursday, October 17<sup>th</sup>, and ends at sundown on Wednesday, October 23<sup>rd</sup>. *We will close the feasts as a church family with the Feasts of Tabernacles Closing Worship Celebration at 7:00 p.m. Wednesday, October 23<sup>rd</sup> In-Person.* We look forward to celebrating this Fall Feast season with the entire VFam community.

## **Things You Need to Know**

- **The Feast of Tabernacles** begins sundown, Thursday, October 17<sup>th</sup> and ends sundown, Thursday, October 24<sup>th</sup>.
- The **VFamily 'Home Edition' Tabernacle Celebration - Wednesday, October 16<sup>th</sup> at 7:00pm**. Families are encouraged to plan and invite your family members, friends, neighbors to your (Home Edition Tabernacle Celebration) Choose a location. Choose a color for your party (Fall colors suggested). Choose food elements to match your theme color and ask your guest to contribute. Everyone's attire should match your theme color. Get ready to: Go live on social media and post your, 'Home Edition Tabernacle Celebration', pictures!!
- The **Harp & Bowl Worship Celebration** will be held **Friday, October 18<sup>th</sup> at 7:00 p.m.** This Harp and Bowl experience will Maximize your Consistency! The Harp (Music) and The Bowl (Prayers of the Saints) is the Illustration of Revelation 5: 8-10. It is a depiction of a spontaneous release of worship in the Throne room of heaven. This epic worship is a demonstration of Music, Prayer, Prophetic New Song, dance movement and Prophecy.

Through orchestration and syncopation, the perfectly blended choreographed worship produces a new level to maximizing your prayer life, worship, understanding of God's Kingdom, and power He has given us as Kings and Priests in the earth. Are you ready to maximize your Kingdom purpose to rule and dominate in the earth?

Revelation 5:8-10 "Now when He had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each having a harp, and golden bowls full of incense, which are the prayers of the saints. And they sang a new song, saying: "You are worthy to take the scroll, And to open its seals; For You were slain, And have redeemed us to God by Your blood Out of every tribe and tongue and people and nation, And have made us kings and priests to our God; And we shall reign on the earth."" NKJV

- Please plan to participate in the VFam Tabernacle Worship Celebration **Sunday, October 20<sup>th</sup> at 10am**, by wearing any **'Pink' in honor of Breast Cancer Awareness Month!** Come prepared to continue the celebration, immediately following Worship with our **Church Family 'Tabernacle Tailgate'**. Bring your lawn chairs, tents, gills etc. and lets campout VFam style as the Israelites did. Being At-One with Yahweh from a 2K24 view. Food, fun, and fellowship will go forth with games and activities for the entire family.
- The **Brothers' Only Worship** begins **at 7:00 p.m. on Tuesday, October 22<sup>nd</sup>**. All MEN are encouraged to attend. Wear your NBA Gear!!! According to Deuteronomy 16:16-17, ALL men are encouraged to bring a special offering.
- The **WOW Special In-Person bible study** - Feast of Tabernacles Close Out Worship Celebration will be held at **7:00 p.m. on Wednesday, October 23<sup>rd</sup>**.
- All believers are to encouraged to bring a sacrificial offering on this final Fall Feast celebration. You may bring your offering to the church, use the mobile app, give online, text VKMI and your dollar amount to 7797, or mail your offering to the church to:

Valley Kingdom Ministries International  
 5300 W. 151st Street  
 Oak Forest, IL 60452





## **2024 Fall Feast Schedule-At-A-Glance**

### **Theme: “Maximize Consistency”**

Hebrews 11:6 *“But without faith it is impossible to please Him, for he who comes to God must Believe that He is, and that he is a rewarder of those who diligently seek Him.”*

#### **Church Family Prayer Week**

**Monday, September 30<sup>th</sup> – October 4<sup>th</sup>**  
(6am (1hour) Conference Line prayer time)

#### **6 AM Prayer**

**Saturday, October 5, 2024 @ 6am-7am**

**VFamily Walking Klub** – Every Saturday 7 am – 8 am (Church Grounds)  
October (5<sup>th</sup>/12<sup>th</sup>/19<sup>th</sup>/26<sup>th</sup>)

#### **Feast of Trumpets**

Sundown, Wednesday, October 2<sup>nd</sup> – sundown, Friday, October 3<sup>rd</sup>

**Sunday, October 6, 2024 @ 10am Worship – ‘Best Dress’**

**Guest Speaker:** Pastor Kimberly Ray (Angie Ray Ministries-Church on The Rock)

#### **Church Family Fast/ Online Teachings**

**Church Family Fast:** (Sundown) October 7<sup>th</sup> – October 13<sup>th</sup> (Sundown)

**Online nightly teachings:** 7 pm – 8 pm (Monday – Friday)

Personal Prayer and Prophetic Release (Zoom) 8pm – 9pm

**Children/Youth Virtual Prayer (Zoom) 6:30pm – 7:30pm:**

VKids(pre-k thru 5<sup>th</sup>) Monday/Wednesday NextGen(6<sup>th</sup>-12<sup>th</sup>) Tuesday/Thursday

#### **Day of Atonement**

Sundown, Friday, October 11<sup>th</sup> – sundown, Saturday, October 12<sup>th</sup>

**Sunday, October 13, 2024 @ 10am Worship – ‘All White’**

**Guest Speaker:** Pastor Phil Tarver (United Faith Center Ministries International)

#### **Feast of Tabernacles**

**October 16<sup>th</sup> – 24<sup>th</sup>**

**VFamily “Home Edition” Tabernacle Celebrations - Wednesday, October 16, 2024 @ 7pm**

**Harp & Bowl Worship – Friday, October 18, 2024 @ 7pm**

**Sunday Worship, October 20, 2024 @ 10 am – ‘VFam Apparel’**

**Guest Speaker:** Pastor Fredrick Ward (Regeneration Church)

**Church Family Tabernacle Tailgate Celebration – Immediately following Worship**

#### **Brother’s Only Worship**

**October, Tuesday, 22nd, 2024 @ 7pm**

**Guest Speaker:** Apostle Dr. Terry Cummings (Hope Egeneto Ministries)

#### **Tabernacles Close Out Celebration**

**WOW Special In-Person Bible Study**

**Wednesday, October 23, 2024, 7pm**

**Guest Speaker:** Dr. Jamal H. Bryant (New Birth M.B. Church)

# **FASTING INSTRUCTIONS FOR ADULTS**

## **I. What is a Fast?**

The Hebrew word for fasting means “to cover the mouth.” The Greek word for fasting means “not to eat.” Simply put, fasting means to abstain from food. Fasting involves turning away from foods that the body craves for our spirit to concentrate on God in worship, service, and praise.

Fasting has been a part of Christianity through the ages. It is a form of spiritual and scriptural sacrifice. Fasting does not change or impress God. Fasting changes us. Through fasting, Christians are empowered to discipline their daily relationship with the Lord.

The fast will consist of abstaining from food. In other words, you are fasting if you are not eating food. The primary method of fasting will be one (1) meal each day.

## **II. Why Should We Fast?**

Jesus Christ fasted! We fast as a Church Family because God’s blessings reside in our unity. This special time encourages us to be “like-minded, having the same love and being of one accord and of one mind” (Philippians 2:1-3).

## **III. Who Should Fast?**

Prayerfully, each member will participate in the Church Family Spiritual Fast. Please consult your physician about your fasting if: (1) you are pregnant; (2) you are on prescribed medication; (3) you are under a doctor’s care; (4) you have experienced illness on a previous fast; (5) or, you do not normally eat anyway.

**YOUR PHYSICIAN’S ORDERS TAKE PRECEDENCE OVER THIS FAST! FOLLOW YOUR PHYSICIAN’S ORDERS!!!**

## **IV. Why Fast?**

### **The benefits include:**

1. Having a closer relationship with God, our Father, who created us;
2. Focusing you on Jesus, the Supply, and Supplier of your benefits and blessings;
3. Becoming more sensitive and responsive to the Holy Spirit;
4. Presenting the opportunity for you to spend more time waiting on the Lord;
5. Intensifying your prayer life;
6. Aiding in removing unbelief;
7. Breaking yokes of bondage;
8. Sharpening your intellect, skill, discernment, and understanding;
9. Aiding in clarity of spiritual hearing when guidance or a decision is needed from the Holy Spirit;
10. Hastening emotional, spiritual, financial, and physical healing for both individuals and the community;
11. Fostering personal discipline that will help to reduce impulsive fleshly urges that do not align with Scripture; and,
12. Demonstrating (to yourself) an act of scriptural obedience.

## How to Fast

The primary method of fasting for the Church Family Spiritual Fast will be one (1) meal each day eaten after 6:00 p.m. Meals should be completed within 75 minutes from the moment you put food into your mouth.

Fasting Options include:

1. **“Veterans”** - Veterans are those members who have participated in the Church Family Spiritual Fast two or more times.
2. **“First Round Draft Choices”** - (**First Rounders are those persons who have never fasted or have only participated in a Church Spiritual Fast one time.**) First Rounders will eat two (2) meals per day, one at breakfast before 8:00 a.m. and one after 6:00 p.m. Be consistent; eat the breakfast meal at a routine hour. Complete your meals within 75 minutes from the moment you put food into your mouth. Please pray the daily prayer topic during the time of the skipped meal (lunch meal) and during your regular prayer time for the day.
3. **“Special Teams”** consist of persons who are under a doctor’s care, pregnant, or unable to miss a meal for health reasons. Special Teams should eat regularly scheduled meals. Participation in the Church Family Spiritual Fast will consist of abstaining from foods such as sweets, carbonated beverages, breads, meats, or any food that you feel “you must have at least a little of every day.”

*It is important for the Church Family to be of one mind and heart. Please fast in accordance with the above-listed instructions. Fasts such as a “cleansing fast,” “grapefruit fast,” and others are not appropriate during this special time.*

## V. Requirements for Fasting

1. **No nibbling!** If you feel hungry (that’s expected and normal), drink water and pray.
2. **No sweets (including sweeteners), chips, candy, chewing gum, soft drinks, or any other junk food should be eaten at any time during the fast by Veterans, First Rounders, or Special Teams.**
3. If you experience **headaches, fatigue or weakness, faint feelings, nausea, fever, and/or extreme hunger**, eat a piece of fruit, slice of bread, crackers, or vegetables (preferably raw). Consult your physician if these feelings persist.
4. **Water only!** Please restrict your liquid intake to water. No sodas, juices, fruit juices, lemon water, or flavored water. If you are fasting no food, please drink at least 64oz – 80oz of water each day. Raw vegetable juices are permitted if you are fasting no food.
5. If you experience “blackouts” while exerting energy, please eat a light, nutritionally-balanced meal.
6. If you are eating once a day, it is recommended that you do not exercise during the fast.
7. As I Corinthians 7:5 tells us, **no love-making for married folk!** (Single Christians are already abstaining). Both spouses should agree to the fast as a sacrifice of consecration to the Lord. If one of the spouses is not in agreement with I Corinthians 7:5, then do not abstain. There must be an agreement between marital partners.

8. Individual prayer times for each day are 6:00 a.m. and after 7:00 p.m. If your schedule does not allow for these hours, please adjust your schedule to include a morning prayer time and an evening prayer time.

9. If you “fall off” the fast, get back on. Do not allow the devil to condemn you. Ask your covenant partner (see VFam Partnering on page 11) for help.

## **VI. What Are We Praying About During the Fast?**

The Prayer Topic Calendar contains the prayer topics that we will pray about during the fast and Fall Feasts. Please pray each prayer on the appropriate day as shown on the calendar.

## **VII. How Can We Be a Blessing While Fasting?**

In Isaiah 58:6-2, the Lord explains that an acceptable fast to Him includes feeding and clothing those in need. In addition to praying, you can bless others by using some of the money you would spend on eating out or buying groceries to provide food and clothing for others.

## **VIII. Schedule of Fast**

- Fast begins sundown, October 7<sup>th</sup> (6pm)
- Fast ends sundown, October 13<sup>th</sup> (6pm)

## **IX. Church Family Prayer**

- the following prayer times:
  - **Church Family Prayer Week** – Monday, September 30<sup>th</sup> – October 4<sup>th</sup> at 6:00 a.m. – 7:00 a.m. (virtual Conference Line: Dial - In #: **(602)610-2063 Passcode: 467233**)
  - **6 AM Prayer** – Saturday, October 5<sup>th</sup> at 6:00 a.m. – 7:00 a.m.

## **X. Church Family Fast/Online Teachings**

- All church members are encouraged to participate in the online nightly teachings Monday, October 7<sup>th</sup> – Friday, October 11<sup>th</sup>.
  - *Personal Prayer and Prophetic Release (Zoom) 8pm – 9pm* (to secure a spot, please Register on our website: [www.vkmi.org](http://www.vkmi.org))
  - *Children/Youth Virtual Prayer (Zoom) 6:30pm – 7:30pm: VKids(pre-k thru 5<sup>th</sup>)*  
Monday/Wednesday NextGen(6<sup>th</sup>-12<sup>th</sup>) Tuesday/Thursday

## **XI. You Can Fast in Jesus' Name!**

While fasting, keep your countenance positive. Matthew 6:16-18 tells us not to “advertise our fasting.” Keep your fasting a secret. Be sensible and do your best. God does not smile upon “super fasters.” Expect God to be AWESOME and to do AWESOME things through you and the Church Family.

God bless you!

# **Fasting Instructions for Children and Youth**

God gives us pastors according to His heart who will feed us with knowledge and understanding (Jeremiah 3:15). We must obey our pastors for they watch over our souls (Hebrews 13:17).

Parents should teach and guide by their example the importance of following the leadership of our pastors. When Pastor Bady proclaims the fast, children and youth are capable of obeying and participating.

Parents, please prayerfully consider including your children and youth in the Church Family Spiritual Fast. It will be a blessed experience for them and it will begin to lay a foundation for their future. Your support and encouragement are recommended to maximize your child's success.

## **I. What is a Fast?**

The Hebrew word for fasting means "to cover the mouth." Fasting has been a part of Christianity through the ages. It is a form of spiritual and scriptural sacrifice. Fasting does not change or impress God. Fasting changes us. Through fasting, Christians are empowered to discipline their daily relationship with the Lord.

## **II. Why Should Children and Youth Fast?**

1. To have a closer relationship with God our Father and Jesus Christ;
2. To become more sensitive and responsive to the Holy Spirit;
3. To present the opportunity for you to spend more time waiting on the Lord; and
4. To build your prayer life.

As children and youth fast, they, too, will receive the benefits and blessings of obedience and fasting.

## **III. How to Fast**

- Eat breakfast, lunch, and dinner.
- Eat healthy vegetables, fruits, meats, breads, milk, and cereal.
- Eat a healthy snack between meals such as fruit, vegetables, etc.
- Drink WATER, 100% JUICE, and MILK as the only beverages.

**NO SWEETS, PIZZA, FRENCH FRIES, CHIPS, CANDY, CHEWING GUM, SOFT DRINKS, OR ANY OTHER JUNK FOODS!**

## **IV. What Are We Praying About During the Fast?**

Please help your child (ren) pray each prayer on the appropriate day as designated by the Prayer Topic Calendar.

### **Things You Need to Know**

- The VFam Family Fast begins at 6:00 p.m., Sundown, Monday, October 7<sup>th</sup>, and ends at 6:00 p.m. sundown, Sunday, October 13<sup>th</sup>.
- *Children/Youth Virtual Prayer (Zoom) 6:30pm – 7:30pm:* VKids(pre-k thru 5<sup>th</sup>) Monday/Wednesday NextGen(6<sup>th</sup>-12<sup>th</sup>) Tuesday/Thursday
- All believers are encouraged to bring a special sacrificial offering.

## **VFAM PARTNERING**

Ecclesiastes 4:12 states, **“Though one may be empowered by another, two can withstand him. And a threefold cord is not easily broken.”**

It is highly recommended that you choose a VFam Partner. This person will pray with you, encourage you, and remind you of God’s faithfulness. Choose someone who will walk with you throughout the duration of the fast.

Remember, your most important partners are God our Father, Jesus Christ, and the Holy Spirit. As One, trust them to help and strengthen you and your VFam Partner(s) during the VFam Fast.

### **Guidelines for VFam Partnering**

Guidelines for choosing VFam Partners are as follows:

- Married couples partner with married couples;
  - Single women partner with single women; and
  - Single men partner with single men.
- 
- Be sure to exchange telephone numbers or e-mail addresses.
  - During the fast, please communicate, pray, encourage, and hold each other accountable.

# Prayer Topic Calendar

## Children – Youth - Adults

### October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 29	September 30 Prayer Topic: Prayer for Consistency Heb. 11:6	October 1 Prayer Topic: Prayer for Stability 1 Cor. 15:58	October 2 Prayer Topic: Prayer for Dependability Psalm 33:4	October 3 Prayer Topic: Prayer for Accuracy 2 Tim. 3:16-17	October 4 Prayer Topic: Prayer for Fairness 1 Peter 3:8	October 5 Prayer Topic: Prayer for Government Romans 13:1
October 6 Prayer Topic: Prayer for Feast of Trumpets Lev. 23:23-25	October 7 Prayer Topic: Pray for the success of Church wide Fast Phil. 2:1-3	October 8 Prayer Topic: Prayer for Walking in the Spirit Gal. 5:16	October 9 Prayer Topic: Prayer for Bear Fruit that Remains John 5:16	October 10 Prayer Topic: Prayer for Walking by Faith Heb. 11:6	October 11 Prayer Topic: Prayer for Steadfastness 1 Cor. 15:58	October 12 Prayer Topic: Prayer for Miracles, Signs, and Wonders John 14:12
October 13 Prayer Topic: Prayer for The Day of Atonement Lev. 16:29-34	October 14 Prayer Topic: Prayer for Healing Psalms 103:2-3	October 15 Prayer Topic: Prayer for Provision Luke 12:24	October 16 Prayer Topic: Prayer for Deliverance Psalms 32:7	October 17 Prayer Topic: Prayer for Protection Psalms 91	October 18 Prayer Topic: Prayer for Thanksgiving Psalms 100:4	October 19 Prayer Topic: Prayer for Praise & Worship Psalms 150
October 20 Prayer Topic: Prayer for Feast of Tabernacles Lev. 23:40	October 21 Prayer Topic: Prayer for Family Unity Psalms 133:1	October 22 Prayer Topic: Prayer for Men 1 Peter 5:5	October 23 Prayer Topic: Prayer for Celebration Phil. 4:4-7 <b>End of Feast</b>	October 24 Prayer Topic: Prayer for Consistency Heb. 11:6	October 25 Prayer Topic: Prayer for Stability 1 Cor. 15:58	October 26 Prayer Topic: Prayer for Dependability Psalm 33:4
27 Prayer Topic: Prayer for Accuracy 2 Tim. 3:16-17	28 Prayer Topic: Prayer for Fairness 1 Peter 3:8	29 Prayer Topic: Prayer for Government Romans 13:1	30 Prayer Topic: Prayer for Walking in the Spirit Gal. 5:16	31 Prayer Topic: Prayer for Walking by Faith Heb. 11:6		

## Prayer Expectations and Reflections

The Lord used today's scripture or prayer topic to reveal the role I am to play in bringing His plans into reality.

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