

**REMEMBER, REFLECT, REPENT**

**REJOICE!**

**THE FALL FEAST**

*Guide*

**VFAM FAST**

**SEPTEMBER 27 - OCTOBER 5, 2022**

**THE FEAST OF TRUMPETS**

**SEPTEMBER 25, 2022**

**THE DAY OF ATONEMENT**

**OCTOBER 4, 2022**

**THE FEAST OF TABERNACLES**

**OCTOBER 16, 2022**



**VALLEY KINGDOM MINISTRIES INTERNATIONAL**

**5300 W. 151st Street, Oak Forest IL 60452**

# **VFAM FALL FEASTS**

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# **THE FALL FEASTS SUMMARY**

## ***Remember, Reflect, Repent....REJOICE!***

*You will show me the path of life;  
In Your presence is fullness of joy;  
At Your right hand are pleasures forevermore.*

***Psalm 16:11 NKJV***

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 *Remember, Reflect, Repent.....REJOICE!***

## **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 VFam 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, enjoy the Lord and your family.

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

- The Feast of Trumpets begins sundown, Sunday, September 25th and ends sundown, Monday, September 26th.
- Feast of Trumpets Worship Celebration will be held Sunday, September 25<sup>th</sup> at 10 am.
- Please plan to participate in the Feast of Trumpets Worship Celebration by wearing all fall colors to the Worship Experience.

- All believers are to plan for a special sacrificial offering.
- The VFam Fast begins at 6:00 p.m., Sundown, Tuesday, September 27 and continues through Sundown Wednesday, October 5, 2022.
- VFam Virtual Prayer will be held at 7pm on Valley Kingdom Ministries International Facebook page and VKMI eChurch YouTube Channel weekdays and weekends.

Facebook: <https://www.facebook.com/valleykingdomministries>

Youtube: <https://www.youtube.com/c/VKMIEChurch>

- **NOTE: Turn on your notifications so you will receive daily alerts when we go live for Virtual Prayer.**

## **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!

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

- The Day of Atonement begins sundown, Tuesday, October 4<sup>th</sup> and ends sundown, Wednesday, October 5<sup>th</sup>.
- The VFam Day of Atonement Evening Worship Celebration will be held, Tuesday, October 4<sup>th</sup> at 7:00 p.m.
- Please plan to participate in the VFam Day of Atonement Worship Celebration by wearing all white to the service.
- All believers are encouraged to bring a special sacrificial offering.
- The VFam Fast ends at 6:00 p.m., Wednesday, October 5<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 Sunday, October 9th and ends at sundown on Monday, October 17th. *The Feast of Tabernacles celebration will begin with the Sunday, October 9<sup>th</sup> opening Worship at 10 am, and will continue on Monday, October 10<sup>th</sup> with the VFam Brother's Only Worship Celebration at 7:00 p.m., and we will close out the feast together with the Feasts of Tabernacles Closing Worship Celebration at 10am on October 16<sup>th</sup>.* Make plans now to attend these exciting events. You do not want to miss out on this joyful time with your Church Family!

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, Sunday, October 9th and ends sundown, Monday, October 17<sup>th</sup>.
- The Feast of Tabernacles Opening Worship Celebration will be held Sunday, October 9<sup>th</sup>, during our regular 10 a.m., VFam Worship Experience.

NOTE: There will be a special "Youth & Children" baptism immediately following worship.

- The Brothers' Only Worship begins at 7:00 p.m. on Monday, October 10th. All MEN are encouraged to attend. According to Deuteronomy 16:16-17, all men are encouraged to bring a special offering.

- The Feast of Tabernacles Closing Worship Celebration will be held at 10 a.m. on October 16<sup>th</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:

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

NOTE: Join us for a special VFam Tabernacle Celebration immediately following worship in the foyer.

## **FALL FEASTS SCHEDULE-AT-A-GLANCE**

<b>Fall Feast</b>	<b>Date</b>
<b>Feast of Trumpets</b>	Sundown, Sunday, September 25 <sup>th</sup> , through Sundown, Monday, September 26, 2022
<b>Feast of Trumpets Worship Celebration</b>	Sunday, September 25, 2022, 10 a.m.
<b>VFam Fast</b>	Sundown, Tuesday, September 27, through Sundown Wednesday, October 5, 2022
<b>Church Family Virtual Prayer Day of Atonement</b>	7 p.m. – Tuesday September 27 <sup>th</sup> – Tuesday October 4 <sup>th</sup> .
<b>Day of Atonement Worship Celebration</b>	Sundown, Tuesday, October 4, through Sundown, Wednesday October 5, 2022
<b>Day of Atonement Worship Celebration</b>	7 p.m., Tuesday October 4 <sup>th</sup>
<b>Feast of Tabernacles</b>	Sundown, Sunday, October 9 <sup>th</sup> , through Sundown Tuesday, October 17, 2022
<b>Feast of Tabernacles Worship Celebrations</b>	Opening) October 9, 2022 10 a.m. Brothers' Only, Monday, October 10, 2022 7 p.m. (Closing) October 16, 2022 10 a.m.

# **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 in order 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 VFam 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 VFam 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 VFam 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 VFam 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 VFam 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 VFam 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 VFam 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 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 VFam partner (see VFam Partnering on page 11) for help.

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

This Feast Guide contains the prayer topics that we will pray during the fast and Fall Feasts. Please pray each prayer on the appropriate day as designated by the Prayer Topic 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 September 27<sup>th</sup>
- Fast ends October 5<sup>th</sup>

#### **IX. VFam Prayer**

All church members (including children and youth) are asked to participate in a virtual daily time of prayer, Tuesday, September 27<sup>th</sup> & Monday, October 3<sup>rd</sup> at 7:00 p.m.

#### **X. 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 VFam.

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 VFam 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.

## **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 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

## Youth and Adults

### September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Prayer Topic: Prayer for the Feast of Trumpets	26 Prayer Topic: Prayer for the success of Churchwide Fast	27 Prayer Topic: Prayer for Families	28 Prayer Topic: Prayer for Marriages	29 Prayer Topic: Prayer for Singles	30 Prayer Topic: Prayer of Intercession for our Children and Youth	

# Prayer Topic Calendar

## Youth and Adults

### October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Prayer Topic: Prayer for Men
2 Prayer Topic: Prayer for Women	3 Prayer Topic: Prayer for Young Adults	4 Prayer Topic: Prayer for Seasoned Saints	5 Prayer Topic: Prayer for the Preparation for the Day of Atonement	6 Prayer Topic: A Prayer of Remembrance	7 Prayer Topic: A Prayer for Church Leadership of VKMI	8 Prayer Topic: A Declaration of Kingdom Faith and Prayer
9 Prayer Topic: Pray for the Feast of Tabernacles VFam Gathering	10 Prayer Topic: A Prayer for Protection Over the City of Chicago	11 Prayer Topic: Prayer for Restoration and Wholeness	12 Prayer Topic: A Prayer for our Educators and Teachers	13 Prayer Topic: A Prayer for the Poor, Fatherless and Widows	14 Prayer Topic: A Declaration of Restoration of the American Family	15 Prayer Topic: A Prayer for Divine Health
16 Prayer Topic: Prayer of Thanksgiving and Rejoicing for God's Blessings	17 Prayer Topic: A Prayer of Maintaining a Balanced Life	18 Prayer Topic: Prayer for the Saints in the Body of Christ	19	20	21	22
23	24	25	26	27	28	29
30	31					



