



MAXIMIZE

your Rise

March 24th-April 30th

Matthew 28:18-20

18 Jesus came and told his disciples, "I have been given all authority in heaven and on earth. **19** Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. **20** Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." (NLT)

SPRING FEAST SCHEDULE



- March 24** Palm Sunday Worship
- March 29** Good Friday Worship
- March 31** Resurrection Worship
- April 6** 6 AM Prayer (1 Hour of Power)
- April 8** Brother's Only Worship
- April 14 – April 20** Church Wide Family Fast
- April 17** Digging Deep (In Person)
- April 19** Harp and Bowl Worship Experience
- April 21** Spring Ministry Fair
- April 21 – April 27** Online Teaching
- May 19** Pentecost Worship



Maximize Your Rise!



**Valley Kingdom International Church Family, it's time to prepare to
Celebrate Jesus: Maximize Your Rise!**

Matthew 28:18-20 (NLT)

¹⁸ Jesus came and told his disciples, "I have been given all authority in heaven and on earth. ¹⁹ Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."

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THE SPRING FEASTS

And the Lord spoke to Moses saying, “Speak to the children of Israel, and say to them: the feasts of the Lord, which you shall proclaim to be holy convocations, these are My feasts.” Leviticus 23:1-2

The Spring Feasts consist of four festivals: Passover, The Feast of Unleavened Bread, The Feast of First fruits, and Pentecost (The Feast of Weeks). These feasts are significant because they teach us to honor God for who He is and what He has done for us. In addition, they teach us about God’s redemptive plan for mankind 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.”

PASSOVER

Passover begins at sundown, April 22nd, and ends at sundown, April 30th. This feast commemorates God delivering His people from bondage in Egypt. It also introduces God’s redemptive plan for mankind through the shed blood of Jesus Christ as the Passover Lamb for all. Jesus Christ is the fulfillment of the Passover. He is the Lamb of God, sacrificed to set us free from the bondage of sin. The blood of Jesus covers and protects us, and His body was broken to free us from eternal death. For many, Passover and the Feast of Unleavened Bread are both observed during Passover; however, we will not be participating in the Passover Seder meal instead we will observe a church wide fast from April 14th – April 20th.

Things You Need to Know

- The VFamily Church wide Fast begins, sundown, Sunday, April 14th, and ends at 6:00 pm sundown Saturday, April 20th.
- The VFamily Harp and Bowl Worship Experience: “Come Maximize Your Rise!” begins Friday, April 19th.
- Spring Feast Online Teachings: ‘Maximize Your Rise!’ begin Sunday, April 21st, and end Saturday, April 27th.
 - April 21st: Maximize Your Rise- Salvation (It all Starts Here)
 - April 22nd: Maximize Your Rise- First Things First
 - April 23rd: Maximize Your Rise- Prayer
 - April 24th: Maximize Your Rise- Study the Word. Live the Word
 - April 25th: Maximize Your Rise- Complete Surrender
 - April 26th: Maximize Your Rise- Kingdom Business (Call, Purpose, Assignment)
 - April 27th: Maximize Your Rise- Love One Another
- ❖ Please Note: After each LIVE online teaching experience (April 21st-April 27th) we will have personal prayer & prophecy starting at 8pm. Zoom information will be given each night.
- Passover begins at sundown, April 22nd and ends at sundown, April 30th.
- All believers are to plan for a special sacrificial offering.
- For further information, go online to www.vkmi.org.

THE FEAST OF FIRSTFRUIT

In Leviticus 23:9-14, the first crops of the barley harvest were offered to God as an offering of thanksgiving for the promise of an abundant harvest. This offering, lifted up to the Lord, is called the early First fruits. In I Corinthians 15:23, Jesus is considered the First fruit of the harvest of all who have died in Him. This Feast was fulfilled when Jesus rose from the dead and ascended into heaven.

VFam, The J.O.Y. of Giving campaign, will represent our FirstFruit feast.

“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion. For God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” 2 Corinthians 9:6-8(NIV)

- *Phase I – Pause our annual First Fruits offering and focus on ‘The Joy of Giving’ Initiative.*
- *Eliminate \$1,000,000 of our debt*
- *Joy of Giving Sunday (Every 1st Sunday- starting in February 2024)*
- *1,000 Members are asked to give \$100*
- *1000 x \$100=\$100,000 Monthly over a 10 Month Period = \$1,000,000*
- *(Over and Above Tithes/Offering)*
- *\$25 weekly; \$50 Bi-Weekly; \$100 Monthly; Extravagant Givers*
- *If you are unable to give \$100 monthly, give what your budget allows, cheerfully!!*
- *\$1Million (10 Month Campaign)*

Things You Need to Know

- **J- Joyfulness**
 - The **J** Symbolizes the joyfulness that comes from giving.
- **O- Openness**
 - The **O** represents openness in giving.
- **Y- Yeilding**
 - The **Y** represents yielding in the act of giving.

THE FEAST OF PENTECOST (Feast of Weeks)

The Feast of Pentecost commemorates the giving of the Holy Spirit as in the New Testament. This feast is to be filled with joy and thanksgiving for God's bountiful blessings of the harvest. During the celebration of Pentecost, believers will bring the First fruits of any financial income since the Passover. This offering is called the latter First fruit offering and symbolizes our thanksgiving to God for providing the "latter" spring harvest. The Church Family will offer its latter First fruits at the Pentecost Worship Celebration, Sunday, May 19th.

Things You Need to Know

- Pentecost begins sundown, Saturday, May 18th and ends at sundown, Sunday, May 19th
- The Pentecost Worship Celebration will be held Sunday, May 19th at 10:00 am.

SCHEDULE-AT-A-GLANCE

VFamily Palm Sunday Worship

March 24th, 2024 10:00 am

GOOD FRIDAY WORSHIP AND PRAISE!

Friday, March 29, 2024 7:00 pm

RESURRECTION WORSHIP CELEBRATION

Sunday, March 31st, 10:00 am
Valley Kingdom Ministries International



Bi-Monthly Family 6AM Prayer (1 Hour of Power)

Saturday, April 6, 2024 6:00 am
Valley Kingdom Ministries International

Brother's Only Worship

Monday, April 8, 2024 7:00 pm
Valley Kingdom Ministries International



VFAMILY CHURCH FAST BEGINS

Sundown, Sunday, April 14, 2024

Harp and Bowl Worship Experience

“Come Maximize Your Rise!”

Friday, April 19, 2024 7:00 pm

ANNUAL CHURCH FAMILY FAST ENDS

Sundown, Saturday, April 20, 2024

VFAMILY SPRING MINISTRY FAIR

‘Maximize Your Ministry Connection’

Sunday, April 21, 2024 – Immediately following Worship.

SPRING FEAST ONLINE TEACHINGS

Maximize Your Rise!

Sunday, April 21st through Saturday, April 27th, 2024

FEAST OF PASSOVER

Sundown, Monday, April 22nd through Sundown, Tuesday, April 30th

FEAST OF PENTECOST

Sundown, Saturday, May 18th through Sundown, Sunday, May 19th

FEAST OF PENTECOST WORSHIP CELEBRATION

Sunday, May 19, 2024 10:00 am

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.

Social Media/TV Options

Fasting is an opportunity for Christians to practice the fruit of self-discipline by abstaining from personal pleasure to focus our entire attention on God. Therefore, during the Church Family Fast, you can also include abstaining from all forms of social media, such as Facebook, Twitter, Instagram, Snap-Chat, etc. or you can choose the technical option by abstaining from watching shows on television, YouTube, Netflix, Hulu, or online streaming. The focus is to go silent and keep all forms of social media and TV off throughout the fast. **However, remember to choose either of these options or both only in addition to our primary method of fasting which is no food.**

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 most of all, spend time praying alone in His presence. (This time replenishes revives and restores you.)
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?

This Prayer Guide contains the prayer topics that we will pray during the fast and Spring 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

- April 14th, 2024, Fast Begins
- April 20th, 2024, Fast Ends

IX. 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 for Children and Youth?

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.

VFAMILY 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 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 VFamily 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 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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