



# Dominating The Season of the Fall Feast

September 21 – October 15, 2025

Ecclesiastes 3:1 – 4 (NKJV)

To everything there is a season, A time for every purpose under heaven: 2 A time to be born, And a time to die; A time to plant, And a time to pluck what is planted; 3 A time to kill, And a time to heal; A time to break down, And a time to build up; 4 A time to weep, And a time to laugh; A time to mourn, And a time to dance.



**Valley Kingdom Ministries International**  
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# **VFAM FALL FEASTS**

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# **THE FALL FEASTS SUMMARY**

## **God's Seasonal Timing**

**Ecclesiastes 3:1 – 4**

*To everything there is a season, A time for every purpose under heaven: <sup>2</sup> A time to be born, And a time to die; A time to plant, And a time to pluck what is planted; <sup>3</sup> A time to kill, And a time to heal; A time to break down, And a time to build up; <sup>4</sup> A time to weep, And a time to laugh; A time to mourn, And a time to dance.*

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

Our purpose is to lead the VKMI church family into a time of awakening.

As the shofar sounds, we enter a sacred season—a divine invitation to awaken. Not just from sleep, but from distraction, discouragement, and delay. The Fall Feasts remind us that God is calling us to rise, reflect, and return. **“It is time for us to wake up and finish strong.”** Let this season be a turning point—the moment we shake off weariness and recommit to the work God has placed in our hands. Let it be the time when we speak life, extend grace, and create spaces where others feel the love of God. We are not just finishing a calendar year, we are finishing strong in purpose, in unity, and in faith. In accordance with the scripture text, Ecclesiastes 3:1, there is a season—a time for everything.

### **Principles of God's Seasonal Timing**

- Nothing about this time is random. These times are appointed by God.
- This is a time to wake up.
- It is time for us to finish strong.
- This is a time to reflect on “what am I supposed to be learning and how should I be growing in this season.”

### **The Feasts: An Awakening Journey**

- Feast of Trumpets – *Awakens the Soul* – The blast of the Shofar is a “call to wake up”- to examine our lives, relationships, and purpose. The Feast of Trumpets stirs our hearts to attention.
- Day of Atonement – *Awakens the Heart* – This is a “call to cleanse” – a time to awaken our need for grace and reconciliation with God and others. The Day of Atonement draws us into deep reflection and renewal. It is a time of healing and humility.
- Feast of Tabernacles – *Awakens the Spirit* – This is a “call to rejoice” – a time to remember God's presence and provision. The Feast of Tabernacles invites us to rejoice in God's faithful presence.

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 “God's Seasonal Timing.”**

## **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 must work, but if you can, take the day off, and enjoy the Lord and your family.

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

- The Feast of Trumpets begins at sundown on Monday, September 22<sup>nd</sup> and ends sundown, Wednesday, September 24<sup>th</sup>.
- Feast of Trumpets Worship Celebration will be held **Sunday, September 21<sup>st</sup> at 10am Worship**. Please plan to participate in the Feast of Trumpets Worship Celebration by wearing **‘NFL Gear’** to the Worship Experience. ***Pastor Ray is requesting that everyone to bring their trumpets and also bring noise makers for the days appointed. VKMI will not hand out trumpets this year. (However, we might have limited noise makers for new members.)***
- All believers are to plan for a special sacrificial offering.
- We will open the Feast of Trumpets with our VFam Virtual Teachings happening **Monday, September 22 through Friday, September 26<sup>th</sup> at 7 p.m.** on our social media platforms (YouTube/Facebook) weeknights. Join us each night as we explore the ***Different Sounds of the Trumpet***. In Jewish tradition, particularly during Yom Teruah, the shofar (ram’s horn) is blown in specific patterns. These patterns are not directly detailed in the Bible but are rooted in biblical symbolism and rabbinic tradition.

#### **Day 1:** Sound: Tekiah – “Blast”

- **Meaning:** Long Blast
- **Symbolism** – King’s arrival; call to listen

#### **Day 2:** Sound: Shevarim – “Broken”

- **Meaning:** 3 broken sounds
- **Symbolism** – Weeping, repentance

#### **Day 3:** Sound: Teruah – “Alarm”

- **Meaning:** 9 short bursts
- **Symbolism** – Alarm, urgency, wake up

#### **Day 4:** Sound: Tekiah Gedolah – “Great Blast”

- **Meaning:** Very long final blast
- **Symbolism** – Victory, resurrection, return of King

- VFam Children and Youth Online Teachings will be held **Monday, September 22<sup>nd</sup> thru Thursday, September 25<sup>th</sup>, 6:30 p.m. – 7:30 p.m.** Parents are required to register to receive the Zoom link.
  - VKids (pre-K thru 5<sup>th</sup>) Monday and Wednesday, 6:30 p.m. – 7:30 p.m., each day
  - NexGen (6<sup>th</sup> thru 12<sup>th</sup>) Tuesday and Thursday, 6:30 p.m. – 7:30 p.m., each day
- **VFam**, you will receive your daily 2-Minute Drill each day, **Monday, September 29<sup>th</sup> thru Friday, October 3<sup>rd</sup>** on our social platforms — a quick encouragement with scripture to help you continue moving in God's timing.
- The VFam Family Fast begins at 6:00 p.m., Sundown, **Monday, September 29<sup>th</sup> thru Sunday, October 5<sup>th</sup>.**
- All church members (including children and youth) are asked to participate in our Church Family Prayer Week – **Monday, September 22<sup>nd</sup> – Friday, September 26<sup>th</sup>** one hour of prayer at **6:00 a.m. – 7:00 a.m.** Dial - In #: (602)610-2063; Passcode: 467233
  - **Day 1 – Dominating God's Timing: TRUST HIS PLAN** - Definition: A surrender of personal desires and control, believing that a higher power (God) has a sovereign, purposeful, and benevolent design for one's life, even when circumstances are difficult or unclear. God has a perfect plan for everything and will accomplish it in His perfect time.  
Scripture: Ephesians 3:11-12 According to the eternal purpose which he purposed in Christ Jesus our Lord, in whom we have boldness and access with confidence by the faith of him.
  - **Day 2 – Dominating God's Timing: PATIENCE IS NECESSARY**- Definition: The ability to remain calm and composed while facing delays, trouble, or provocation is essential for personal well-being, healthy relationships, and achieving long-term goals. Waiting for God's timing requires patience, faith, and not growing weary of doing good.  
Scripture: Isaiah 60:22 A little one shall become a thousand, and a small one a strong nation: I, the LORD will hasten it in his time. ("I the Lord will make it happen in its time".)
  - **Day 3 – Dominating God's Timing: SOVEREIGN** - Definition: A ruler with supreme unchecked authority and power. God's sovereignty means He is the supreme authority over all creation, with ultimate control and power to govern the universe and individual lives according to His will. God controls the timing of all events, and His plans are ultimately good.  
Scripture: Psalm 145:14-15 The LORD upholdeth all that fall, And raiseth up all those that be bowed down. The eyes of all wait upon thee; And thou givest them their meat in due season.
  - **Day 4 – Dominating God's Timing: HUMILITY** - Definition: A deep heart attitude of lowliness, meekness, absence of self or self-abasement. God leads the humble in what is right, and teaches the humble His way.  
Scripture: 1 Peter 5:6-7 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: casting all your care upon him; for he careth for you.
  - **Day 5 – Dominating God's Timing: PERSEVERANCE/ DON'T GIVE UP** - Definition: The steadfast, determined, and resilient continuation in faith and commitment to God, despite trials, temptations, and difficulties. Don't Give Up - to continue trying and not lose hope, especially when faced with difficulties. Instead of stressing or trying to force things, individuals should trust God and hand their burdens to Him.  
Scripture: Habakkuk 2:3 For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

## **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, Wednesday, October 1<sup>st</sup> and ends sundown, Thursday, October 2<sup>nd</sup>.
- Please plan to participate in the VFam Day of Atonement Worship Celebration **Sunday, September 28<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 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 Monday, October 6<sup>th</sup> and ends at sundown on Monday, October 15<sup>th</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 15<sup>th</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, Monday, October 6<sup>th</sup> and ends sundown, Monday, October 13<sup>th</sup>.
- The VFamly 'Home Edition' Tabernacle Celebration - **Wednesday, October 8<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. The theme will be sports team and game night food. Choose food elements to match your theme 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!!
- Please plan to participate in the VFam Tabernacle Worship Celebration **Sunday, October 12<sup>th</sup> at 10am**, by wearing the assigned fall colors - according to your last name. Come prepared to **continue the celebration, immediately following Worship with our Church Family Tabernacle Tailgate Party "Pitch Your Tent"** (in the Multi-Purpose room and outside grounds). More details are to be announced.

**A-F Green                  G-K Orange**  
**L-P Brown                Q-U Yellow**  
**V-Z Red**

- The **Brothers' Only Worship** begins at **6:00 p.m. on Monday, October 13<sup>th</sup>.** All MEN are encouraged to attend. Wear your NFL Gear!!! According to Deuteronomy 16:16-17, ALL men are encouraged to bring a special offering.

- We will wrap up the feast season as a VFam family together! Join us for the Feast of Tabernacles Close Out **WOW Special In-Person bible study on Wednesday, October 15<sup>th</sup> at 7:00 p.m.** This will be a fun and interactive **Fall Feast Trivia Family Game Night** event. Food will be available for purchase by Vibe Café.
- 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  
5217 W.149<sup>th</sup> Street  
Oak Forest, IL 60452





## **2025 Fall Feast Schedule-At-A-Glance**

### **Theme: “God’s Seasonal Timing”**

**Ecclesiastes 3:1 – 4**

*To everything there is a season, A time for every purpose under heaven: <sup>2</sup>A time to be born, And a time to die; A time to plant, And a time to pluck what is planted; <sup>3</sup>A time to kill, And a time to heal; A time to break down, And a time to build up; <sup>4</sup>A time to weep, And a time to laugh; A time to mourn, And a time to dance.*

### **Feast of Trumpets**

Sundown, Monday, September 22<sup>nd</sup> and ends sundown, Wednesday, September 24<sup>th</sup>.

**Sunday, September 21<sup>st</sup> at 10am Worship – ‘NFL Gear’**

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

**Church Family Fast:** (Sundown) September 29<sup>th</sup> – October 5<sup>th</sup> (Sundown)

**Church Family Prayer Week** – Monday, September 22<sup>nd</sup> – Friday, September 26<sup>th</sup> at 6:00 a.m. – 7:00 a.m. Dial - In #: (602)610-2063; Passcode: 467233

**Online Teachings:** September 22<sup>nd</sup> – September 26<sup>th</sup> 7:00 p.m. – 8:00 p.m. (Monday – Friday)

**Daily 2-Minute Drills:** September 29<sup>th</sup> – October 3<sup>rd</sup> (Monday – Friday) – Quick encouragement with scripture sent via our Social Media Platforms

### **Children/Youth Online Teachings**

September 22<sup>nd</sup> thru September 25<sup>th</sup>, 6:30 p.m. – 7:30 p.m. (Monday – Thursday)

VKids (pre-k thru 5<sup>th</sup>) Monday and Wednesday

NextGen(6<sup>th</sup>-12<sup>th</sup>) Tuesday and Thursday

### **Day of Atonement**

Sundown, Wednesday, October 1<sup>st</sup> and ends sundown, Thursday, October 2<sup>nd</sup>.

**Sunday, September 28<sup>th</sup> at 10am Worship wear ‘All White’**

### **Feast of Tabernacles**

**October 6<sup>th</sup> – 13<sup>th</sup>**

**Sunday, October 12, 2025 at 10 am Worship wear ‘Colors for Your Assigned Area’**

Church Family Tabernacle Celebration – *Immediately following Worship*

### **Brother’s Only Worship**

Monday, October 13<sup>th</sup> at 6:00 p.m.

### **Tabernacles Close Out Celebration**

**VFamily “Home Edition” Tabernacle Celebrations:** Wednesday, October 8, 2025 at 7:00 p.m.

**WOW Special In-Person Bible Study:** Wednesday, October 15, 2025, at 7:00 p.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 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, September 29<sup>th</sup> (6:00 p.m.)
- Fast ends sundown, October 5<sup>th</sup> (6:00 p.m.)

#### **IX. Church Family Prayer**

- All church members (including children and youth) are asked to participate in the **Church Family Prayer Week** – Monday, September 22<sup>nd</sup> – Friday, September 26<sup>th</sup> for one hour of prayer at 6:00 a.m. – 7:00 a.m. *Dial - In #: (602)610-2063; Passcode: 467233*

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

- All church members are encouraged to participate in the online nightly teachings **Monday, September 22<sup>nd</sup> through Friday, September 26<sup>th</sup>**
- **VFam**, you will receive your daily 2-Minute Drill each day, **Monday, September 29<sup>th</sup> thru Friday, October 3<sup>rd</sup>** on our social platforms — a quick encouragement with scripture to help you continue moving in God’s timing.
- *Children/Youth Online Teachings (Zoom) 6:30 p.m. – 7:30 p.m.* VKids (pre-k thru 5<sup>th</sup>) Monday and Wednesday, NextGen(6<sup>th</sup>-12<sup>th</sup>) Tuesday and 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, September 29<sup>th</sup> and ends at 6:00 p.m. sundown, Sunday, October 5<sup>th</sup>.
- *Children/Youth Online Teachings (Zoom) 6:30 p.m. – 7:30 p.m.* VKids (pre-k thru 5<sup>th</sup>) Monday and Wednesday, NextGen (6<sup>th</sup>-12<sup>th</sup>) Tuesday and 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

### September - October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 21 Prayer Topic: Prayer for Feast of Trumpets Lev. 23:23-25	September 22 Prayer Topic: Pray for the success of the Church wide Fast Phil. 2:1-3	September 23 Prayer Topic: Wait for the Lord Lamentations 3:25 – 26	September 24 Prayer Topic: There is a Time for Everything Ecclesiastes 3:1	September 25 Prayer Topic: God's Way is Better Isaiah 55:9	September 26 Prayer Topic: Prayer Topic: God Knows the Right Time Romans 5:6	September 27 Prayer Topic: Prayer for The Day of Atonement Lev. 16:29-34
September 28 Prayer Topic: We Need to Be Still Exodus 14:14	September 29 Prayer for Thanksgiving Psalms 100:4	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 Feast of Tabernacles Lev. 23:40	October 6 Prayer Topic: For Such a Time as This Esther 4:14	October 7 Prayer Topic: A Thousand Years as One Day 2 Peter 3:8	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 for Our Children and Youth 1 Peter 2:9	October 13 Prayer Topic: Prayer for Men 1 Peter 5:5	October 14 Prayer Topic: Prayer for Family Unity Psalms 133:1	October 15 Prayer Topic: Prayer for Women Ephesians 2:10 <b>End of Fall Feast</b>	October 16 Prayer Topic: Prayer for Our Singles Colossians 2:10	October 17 Prayer Topic: Prayer for Our Young Adults Jeremiah 29:11	October 18 Prayer Topic: Prayer for Mature Adults Psalm 91:16
October 19 Prayer Topic: Prayer for Praise & Worship Psalms 150	October 20 Prayer Topic: Prayer for Healing Psalms 103:2-3	October 21 Prayer Topic: Prayer for Provision Luke 12:24	October 22 Prayer Topic: Prayer for Government Romans 13:1	October 23 Prayer Topic: Prayer for Celebration Phil. 4:4-7	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	October 27 Prayer Topic: Prayer for Accuracy 2 Tim. 3:16-17	October 28 Prayer Topic: Prayer for Fairness 1 Peter 3:8	October 29 Prayer Topic: Prayer for Government Romans 13:1	October 30 Prayer Topic: Prayer for Protection Psalms 91	October 31 Prayer Topic: Prayer for Walking by Faith Heb. 11:6	

## Prayer Expectations and Reflections

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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