

About OctoberFast



Every October for the last 30-something years, the Fountain of Life congregation has devoted a month to focused fasting, praying and worshipping together. During OctoberFast, we intentionally go without some things – necessities, comforts, distractions, habits, and routines – so that we may take a posture of humility and dependence on God. This time of fasting, praying, and reading scripture is one way to align our individual selves with the FOL community as we seek God’s purposes and desires for all of us.

Prayer and fasting often go hand in hand but this is not always the case. You can pray without fasting, and fast without praying. But when these two disciplines of fasting and prayer are combined, they often provide increased transformation than when practiced alone. While fasting and praying, many people experience an increased ability to discern God’s voice and leading. This is why during OctoberFast we are encouraged to fast and pray.

Fasting is an opportunity to draw closer to God, who loves us and called us into his family and for his purposes. As we turn away from things that consume our time and energy, we are invited to turn toward the One who is eager to hear from us in prayer. OctoberFast is a time to lay down distractions so that we can give more attention to Jesus.

This year we will fast from food and liquids in different forms starting Monday morning before breakfast and fasting through until Friday at dinnertime.

Additionally, we will focus on biblical passages that teach us about being “a royal priesthood.” In addition to your personal times with Jesus, please join Wednesday Night Bible Study or Thursday for Public Reading of Scripture to dwell in the scriptures. For prayer, in addition to your personal prayer times, please join 4th Watch early on Friday mornings or come to FOL on Tuesday evenings for self-guided prayer.

Please refer to the Fasting Recommendations, OctoberFast Events, and Prayer Room pages for more details.