

Fasting Recommendations



The fasting recommendations for OctoberFast 2026 are:

- week one, 10/5 - 10/9: snacking + desserts
- week two, 10/12 - 10/16: liquids only until lunchtime
- week three, 10/19 - 10/23: liquids only until dinner time
- week four (3 days), 10/26 - 10/28: liquid fast
 - We'll end the fast together on Wednesday, October 28 with a 5:30pm family meal + 6:30pm worship night at the church.

Due to unique health concerns, fasting from food is not recommended or advisable for everyone. If you have some concerns or questions, please consult with your doctor before joining in the defined fasts.

Pastor Úna is available for those who are looking for alternative fasting options. Please contact her at una@folmadison.org if what is listed for the general fast would not be wise for you for any reason and you are looking for alternatives.

Some alternative fasting options are social media; television, movies + streaming services; gaming; dining out or food delivery services; shopping either online or in person; caffeine + energy drinks; and complaining or negative talk.

We will begin each week's fast on Monday mornings and end on Friday evenings at dinner.