

Fountain of Life Covenant Church



**OCTOBERFAST
2026**

Letter from Pastor Alex



Did you know that God identifies his followers as a royal priesthood? So, for OctoberFast this year, our theme is the priesthood of all believers.

Through the preaching of the word, studying together at Wednesday Night Bible Study, and our own personal study times, we will learn from a group of passages about this part of our identity. My hope is that at the end of the month, we will all feel more grounded in our identity and more connected to one another.

During this OctoberFast, as we feel physical hunger, let it remind us that our identity is connected to the One who created and sustains us. Our regular events like Wednesday night bible study, Friday morning 4th Watch prayer, and Sunday worship will bring us together for encouragement as we fast and pray. The prayer room will also be open and I encourage you to schedule some time there to meet with God. We'll conclude our fast with a light meal and a special worship time during our "Lawd-Have-Mercy" week.**

Our physical hunger may test our eagerness for godly transformation so let's remind each other to seek God for a renewed mind and clarified purpose. Throughout the fast, instead of conforming to temptations and unhelpful habits let's instead seek God's kingdom and declare God's wonderful deeds. Let's consider fasting as an act of worship and an avenue of discernment.

I can't wait to be in these spaces with you. My prayers are that you will know God's love for you, and that this fast will root you in the Way of Jesus so you become a fountain of life that overflows in godliness. May our all-wise God guide our steps, fill our worship, and bless our unity as we enter to worship and exit to serve—together.

With love in Christ,
Pastor Alex

** For years at FOL, this is what we called the final + most challenging week of OctoberFast.

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.

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.

OctoberFast Events



Sundays

- Public Reading of Scripture, 8:45am-9:45am via Zoom. Go to the FOL app or website to request the Zoom link. Or, check the weekly Invitations to Community email for the Zoom link. Scroll down to the Regular Weekly Happenings section to find the link.
- Worship service, 10:00am at FOL.

Mondays

- Prayer room, hour slots between 9am-8pm. Sign up via QR code on p. 7.
- Prayer meeting for pressing global + local issues, 7:00-8:00pm via Zoom. Refer to the weekly Invitations to Community email for the Zoom link. Scroll down to the Regular Weekly Happenings section to find the link.

Tuesdays

- Prayer room, hour slots between 9am-8pm. Sign up via QR code on p.7.
- Self-guided personal prayer in the FOL sanctuary between 6:00-8:00pm.

Wednesdays

- Prayer room, hour slots between 9am-8pm. Sign up via QR code on p. 7.
- Bible Study, 6:30-8:00pm at FOL.

Thursdays

- Prayer room, hour slots between 9am-8pm. Sign up via QR code on p. 7.
- Public Reading of Scripture, 12:00-1:00pm at FOL.

Fridays

- Fourth Watch Prayer, 3:00-6:00am at FOL.

Family worship night, Friday, October 9 from 7:00-8:00pm at FOL.

Join us on Wednesday, October 28 for a simple soup and bread meal at 5:30pm at FOL to break the fast. The meal will be followed by a worship and testimony service at 6:30pm.

Prayer Room



The FOL Prayer Team has prepared a sacred space for us to meet with God. In addition to it being a solitary space, it is a space filled with possibilities. Not only can you anticipate God speaking to you in some way, you can participate in prayer through some interactive stations.

There is a couch for sitting comfortably, taking some deep breaths, and welcoming the Holy Spirit. As you reflect on the past month, you could make note of your gratitude to God for the people, places, and experiences in your life. Then, write these things down and add them to the Thankfulness Wall. Another option is open a bible and reflect on a psalm. Turn that psalm into a prayer and personalize it to your life. If you want, sing along in worship to one of the CDs in the room or a song from your phone. Spend some time interceding for different things happening in our community, nation, and the world. Be specific in prayer about an area of breakthrough you want in your life and then consecrate yourself with the anointing oils.

During your time in the prayer room, remember to interact with God and keep coming back to God in prayer, worship, silence, and gratitude. Remember that you are loved. Remember that God wants to meet with you.

Some instructions: to get to the prayer room, go down the stairs near the front desk. The prayer room is the second door on the right. Look for the sign with the OctoberFast 2026 logo on it.

As you enter the room, take off your shoes. Please don't bring food or liquids into the prayer room.



Scan this QR code to access the prayer room sign up form.

Reflecting on the Bible



OctoberFast can be a unique season in personal bible study. This year we are focusing on 4 passages to learn more about our community identity as a royal priesthood.

week 1: Exodus 19:1-6

week 2: 1 Peter 2:4-9

week 3: Romans 12:1-2

week 4: 1 Thessalonians 4:9-12

As you get ready each day to meet God through reading these passages, prepare to come without distractions. Finding a quiet place to sit, putting aside the phone, and taking a few deep breaths can help us get settled for reading and hearing God's word. Even though these passages might be familiar to you and it may be new to read the same passage every day for a week, prepare to read it with a teachable and curious attitude.

Each day, read that week's passage. After reading the passage a few times, take 5-10 minutes to reflect on the passage and consider 2-3 of the following questions. Perhaps pull out a journal and write out your response to 2-3 of the following questions.

What does the passage show me about God's character?

What blessing am I being invited to receive?

What is challenging about what I'm reading?

What is comforting about what I'm reading?

How would applying this passage bring a godly change in me?

What questions do I have about this passage?

Turn any one of the questions into a prayer by offering praise and thanksgiving to God, repenting from where your life is not aligned with the reading, and asking God to help you align your life with what your reading.

Exodus 19:1-6 (NIV)



¹ On the first day of the third month after the Israelites left Egypt—on that very day—they came to the Desert of Sinai. ² After they set out from Rephidim, they entered the Desert of Sinai, and Israel camped there in the desert in front of the mountain. ³ Then Moses went up to God, and the Lord called to him from the mountain and said, “This is what you are to say to the descendants of Jacob and what you are to tell the people of Israel: ⁴ ‘You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself. ⁵ Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, ⁶ you will be for me a kingdom of priests and a holy nation.’ These are the words you are to speak to the Israelites.”

1 Peter 2:4-9 (NIV)



⁴ As you come to him, the living Stone—rejected by humans but chosen by God and precious to him— ⁵ you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. ⁶ For in Scripture it says:

“See, I lay a stone in Zion,
a chosen and precious cornerstone,
and the one who trusts in him
will never be put to shame.”

⁷ Now to you who believe, this stone is precious. But to those who do not believe,

“The stone the builders rejected
has become the cornerstone,”

⁸ and,

“A stone that causes people to stumble
and a rock that makes them fall.”

They stumble because they disobey the message—which is also what they were destined for. ⁹ But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

Romans 12:1-2 (NIV)



¹ Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

1 Thessalonians 4:9-12 (NIV)

⁹ Now about your love for one another we do not need to write to you, for you yourselves have been taught by God to love each other. ¹⁰ And in fact, you do love all of God's family throughout Macedonia. Yet we urge you, brothers and sisters, to do so more and more, ¹¹ and to make it your ambition to lead a quiet life: You should mind your own business and work with your hands, just as we told you, ¹² so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.

