

FALL FEASTS 2021

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THE FALL FEASTS SUMMARY

Reflect, Repent, Reconcile, Remember, Rejoice

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

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.

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.

Things You Need to Know

- **Begins sundown, Monday, September 6th and ends sundown, Tuesday, September 7th.**
- **Feast of Trumpets Virtual Worship Celebration will be held Monday, September 6th at 7pm.**
- **All believers are to plan for a special sacrificial offering.**
- **Church Family Fast begins at 6:00 p.m., Tuesday, September 7th and ends at 6:00 p.m., Monday, September 16th.**
- **Church Family Virtual Prayer begins at Monday, September 8th thru 10th and 13th thru 15th at Noon (Zoom platform) and 7pm Evenings. All are encouraged to attend evening corporate prayer on our social media platforms.**

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!

Things You Need to Know

- Begins sundown, Wednesday, September 15th and ends sundown, Thursday, September 16th.
- Day of Atonement Evening Worship Celebration (Virtual), Wednesday, September 15th, 7:00 p.m.
- Day of Atonement High Noon Worship Celebration (Virtual), Thursday, September 16th, 12:00 p.m.
- Please plan to participate in Day of Atonement Worship Celebration.
- All believers are to plan a special sacrificial offering.
- Church Family Fast ends at 6:00 p.m., Thursday, September 16th.

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, September 20th and ends at sundown on Tuesday, September 28th. During this time, you are invited to attend the fun-filled Feast of Tabernacles Virtual Opening Worship Celebration the evening of Monday, September 20th at 7:00 p.m. Sukkot celebrations will continue with the Monday, September 27th Male-Only Worship Celebration at 7:00 p.m. and we will close out the feast together with the Feasts of Tabernacles Virtual Closing Worship Celebration at 7:45 p.m. on our website, Facebook and YouTube. Make plans now to attend these exciting events. You do not want to miss out on this joyful time with your Church Family!

Please set aside time each day to pray and worship with your family or small group, preferably in the early evening, around sundown; or, you may find it beneficial to use this guide over dinner as a way of preparing your heart to come before the LORD in our Virtual Worship Celebrations.

If you have never celebrated The Feast of Tabernacles (Sukkot), or you've been thinking about it, and just never found the right resources to help you, *now* is the time! No more excuses. Commit to make room in your life and in your home for a time and space to worship the LORD together as a family or group of friends during this wonderful festival!

Things You Need to Know

- **Begins sundown, Monday, September 20th and ends sundown, Tuesday, September 28th.**
- **Feast of Tabernacles Opening Worship Celebration will be held Monday, September 20th. The Brothers' Only Worship begins at 7:00 p.m. and the Tabernacles Experience begins at 7:45 p.m. All members are encouraged to participate. Everyone is asked to bring a special offering according to Deuteronomy 16:16-17.**
- **Feast of Tabernacles Closing Worship Celebration will be held Monday, September 27th at 7:00 p.m.**
- **All believers are to prepare a sacrificial offering each day of this Feast. You may bring your offering to The KBC drop box, use the mobile app, give online, text: GIVE & your dollar amount to 713-322-7711 or mail to:**

**WVUMC
6011 West Orem, Suite 2250
Houston, Texas 77085
Attention: Claudia Stubblefield**

www.kingdombuilders.com

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 have to work, but if you can, take the day off enjoy the Lord and your family.

"No Customary Work" Days

Remember all Holy days begin at sundown the evening before the calendar day listed. (Example: The Feast of Trumpets begins at sundown on Monday, September 6th).

Tuesday, September 7th	Feast of Trumpets
Thursday, September 16th	Day of Atonement
Tuesday, September 21st	Feast of Tabernacles (Day 1)
Tuesday, September 28th	Feast of Tabernacles (Day 8)

References: A Family Guide to the Biblical Holidays by Robin Sampson and Linda Pierce
The Messianic Church Arising by Dr. Robert Heidler
Hebrew4christians.com

SCHEDULE-AT-A-GLANCE

Feast of Trumpets

Sundown, Monday, September 6, thru Sundown, Tuesday,
September 7, 2021

Feast of Trumpets Virtual Worship Celebration

Monday, September 6, 2021 @ 7 pm

Church Family Fast

Sundown, Tuesday, September 7, thru Sundown Thursday,
September 16, 2021

Church Family Prayer @ NOON (on Zoom)
Church Family Virtual Evening Prayer @ 7 pm

Day of Atonement

Sundown, Wednesday, September 15, thru Sundown, Thursday
September 16, 2021

Day of Atonement Virtual Worship Celebration

Noon, September 16, 2021

Feast of Tabernacles

Sundown, Monday, September 20, thru Sundown Tuesday,
September 28, 2021

Feast of Tabernacles Virtual Worship Celebrations

(Opening)

Brothers' Only, Monday, September 20, 2021 7:00 p.m.
Church Family, Monday, September 20, 2021 7:45 p.m.

(Closing)

Church Family Monday, September 27, 2021 7:45 p.m.

Feast of Tabernacles At-Home Campout

Friday, September 24, 2021 thru Sunday, September 26, 2021

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.

II. Why Should We Fast?

John Wesley, the original organizer of the Methodist Movement, fasted. In fact, he fasted twice a week. More importantly, 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:

13. **“Veterans”** - Veterans are those members who have participated in the Church Family Spiritual Fast two or more times.
14. **“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.
15. **“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 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 Covenant Partnering on page 45) for help.

VI. *What Are We Praying About During the Fast?*

This Power Guide contains the prayers that we will pray during the fast and Fall 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. See details on the Promise of Giving on page 46.

VIII. *Schedule of Fast*

September 7, 2020, Fast Begins

September 16, 2020, Fast Ends

IX. *Church Family Virtual Prayer @ Noon*

Join us for Church Family Prayer Call at Noon from Tuesday, September 8th thru 10th and 13th thru 15th.

X. *Church Family Virtual Prayer @ 7 PM*

All church members (including children and youth) are asked to participate in a daily time of prayer.

- Victory Wednesday, September 8th & 15th at 7:15 pm;
- Thursday, September 9th, Friday, September 10th, Monday, September 13th and Tuesday, September 14th at 7pm

XI. *Recommended Readings*

1. God’s Chosen Fast: A Spiritual and Practical Guide to Fasting by Arthur Wallis
2. Prayer and Fasting by Dr. Kingsley Fletcher

3. Celebrating Biblical Feasts in Your Home or Church by Martha Zimmerman
4. A Family Guide to the Biblical Holidays by Robin Sampson & Linda Pierce
5. The Messianic Church Arising by Dr. Robert D. Heidler

XII. *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 Caldwell 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?

- To have a closer relationship with God our Father and Jesus Christ;
- To become more sensitive and responsive to the Holy Spirit;
- To present the opportunity for you to spend more time waiting on the Lord; and
- 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!***

V. 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.

COVENANT 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 Covenant 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 Covenant Partners are God our Father, Jesus Christ and the Holy Spirit. As One, trust them to help and strengthen you and your Covenant Partner(s) during the Church Family Fast.

Guidelines for Covenant Partnering

- Guidelines for choosing Covenant 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.

THE PROMISE OF GIVING

The Promise of Giving is designed to encourage giving while fasting. In Isaiah 58:6-12, the Lord explains that an acceptable fast to Him includes feeding and clothing those who are in need, restoring broken relationships with family, and sharing with strangers. During this fast, you are encouraged to use some of the money that you would spend on groceries and eating out for providing food and clothing to others.

GIVING INSTRUCTIONS (ONLINE)

Visit: <https://app.securegive.com/wvumc> or GIVE on the WV website or mobile app, text: GIVE & your dollar amount to 713-322-7711

GIVING INSTRUCTIONS (BY MAIL)

WVUMC
6011 West Orem, Suite 2250
Houston, Texas 77085
Attention: Claudia Stubblefield
Memo: Promise of Giving