

A Feast *For The* Soul

*21 Days of
Fasting*

October 11-31 | Fasting Guide



A WORD FROM PASTOR HERROD

Throughout Scripture, fasting serves several purposes, two of which speak directly to this season in our church's life. First, fasting accompanies repentance and humble prayer, as individuals and communities turn toward God in the face of danger, uncertainty, and calamity. We see this in Joel 2, Jonah 3, and Esther 4. Second, fasting prepares us inwardly for faithful service, helping us depend on God for the strength and grace our calling requires. We see this in Jesus' forty days in the wilderness before His public ministry (Matthew 4:1–11).

For us, both purposes carry meaning. We are living in troubling times, surrounded by suffering, uncertainty, and circumstances that remind us of Scripture's call to remain watchful. Our response must be rooted in faith rather than fear. We humble ourselves before God, repent of our sins, pray for His mercy, and ask for the grace to remain steadfast. Even when we cannot control what unfolds around us, we can remain faithful to the One who holds us.

This fast invites us to interrupt our usual rhythms and seek God's face with renewed intention. Together, we will bring The Most High our burdens, surrender what competes for our attention, and receive the strength we need to serve faithfully in this season.

As we begin, let us come with humble hearts and holy expectation, hungry for God and ready to receive what He has for us.

- Do you desire a deeper connection with God?
- Do you feel distant from God?
- Can you hear God's voice in this season?
- Do you feel a nudge, calling you to take your faith more seriously, to spend more time in prayer, and to align your life with God's will?
- Could it be that God is preparing your heart, your mind, and your soul for a significant shift?
- Could it be that God is shifting your mind, heart, and spirit in a way that will draw you close to your purpose and His presence?
- Could it be that God is preparing us to be used in a way that our church has never been used?
- Could it be that God is about to increase our reach and enlarge our territory?

God is always up to something, and as you/we yield, you/we get to be a part of it.

A FEAST FOR THE SOUL INTRODUCTION

Dear Child of the Most High,

Grace and peace to you from God our Father and the Lord Jesus Christ. I invite you into A Feast for the Soul, our twenty-one-day journey of prayer and fasting, October 11–31, 2026. Together, we will lay aside distractions and patterns that dull our hunger for God and intentionally draw near to Him.

Here in Michigan, this is harvest time, a season of gathering what has been sown. Spiritually, this is also an invitation to come to the table and receive the nourishment God has prepared for our souls. Fasting is feasting. As we set aside what temporarily satisfies, we turn our attention to the One who feeds our deepest hunger.

Throughout Scripture, fasting expresses repentance, humble dependence upon God, and preparation for faithful service. It is a way of saying, “Lord, more than I need bread, I need You.” We come before Him to surrender our sins, seek His face, and receive the strength and grace needed for this season.

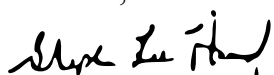
Fasting is not about earning God’s favor or making an outward impression. It is an inward surrender that draws us into deeper communion with Him. In these perilous times, we must remain humble, watchful, and steadfast, allowing the Holy Spirit to use the Word of God to transform us from the inside out.

During this fast, we will pray three times a day and make room for Scripture morning, afternoon, and evening. We will begin with a Psalm, learning to bring our hearts before God and write our own prayers. In the afternoon, we will read Proverbs, allowing God’s wisdom to shape our words, decisions, and relationships. Each evening, we will reflect on a parable of Jesus and consider the changes His teachings call us to make.

We will also grow together through our Growth Groups, Wednesday Discipleship Hour, and other opportunities for corporate prayer and fellowship. Please plan your presence and participation. This guide will help you choose your fast, prepare your heart, and follow our daily readings and reflections. Come hungry for God. Come ready to listen, repent, surrender, and respond.

May these twenty-one days deepen our dependence upon Him and strengthen us for the work He has called us to do, individually and together as His church.

In Christ,



Stephen L. Herrod

21 DAYS OF FASTING

Beginning October 11, 2026, we are committing to fasting for 21 days. Fasting should be a response to the prompting of the Holy Spirit and a desire to align yourself with God's will in submission and obedience, and this fast has been God-inspired and God-ordained. Our 21 days of fasting will begin on October 11 and continue through October 31, 2026.

Please refer to this guide for individual and church engagement in Prayer, Meditation, Study, and Worship during this fast.

Please review the guidelines for fasting from food or other things and the types of fast before participating in this fast. If you do not participate in this fast for health reasons, or any other reasons, please still join the engagement with the spiritual disciplines that will be laid out for the 21 days.

For health questions, please contact the Health and Wellness Ministry director who will advise you, and/or redirect you to another health and wellness ministry leader.

Health & Wellness Ministry Director: Sis. Tonya Davis-Kennedy

Contact: office@betheleast.org

For any questions related to anything else, please email me:

pastor.herrod@betheleast.org

FASTING GUIDELINES

“When you practice some appetite-denying discipline to better concentrate on God, don’t make a production out of it. It might turn you into a small-time celebrity but it won’t make you a saint. If you ‘go into training’ inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn’t require attention-getting devices. He won’t overlook what you are doing; he’ll reward you well.” —Matthew 6:16–18 (MSG)

- Pray about the type of fast you should engage in during this period
- Don’t fast from food when you are sick, traveling, pregnant, or nursing.
- People with diabetes, gout, liver disease, kidney disease, ulcers, hypoglycemia, cancer, and blood disorders or any other health should probably not fast, and should consult with a doctor/medical expert for direction.
- If you are not fasting from food, consider another alternative that is pleasurable and takes up your time such as watching tv, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule, and use that time in prayer, study, devotion, and things of God. Or, you can consider fasting from something specific in the context of food such as “fried foods”, desserts, or something that you frequently have and are pleasurable to you.
- Fasting is not magic. It should not be used to get immediate results regarding some decision.
- Stay hydrated. Always drink plenty of water and fluids, if you are fasting from food.
- Spend time with God you would normally be eating, watching tv, or on social media. You can consider a time away from television, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule and use that time in prayer.

A NOTE ON FASTING

Fasting deepens our dependence on God as we loosen our dependence on food, entertainment, and other comforts. It exposes our tendency to seek false peace in temporary pleasures and invites us to bring those hungers before God. As we set aside distractions, we become more attentive to His presence and the true, lasting peace He provides, which is a peace that surpasses all understanding.

Fasting is not about getting more of God; it is about God getting more of us. As we deny our flesh, we yield ourselves to the Spirit's work, allowing the Most High to transform us from the inside out. This time of fasting is a time of feasting: we starve the distractions and feed our true hungers through prayer, Scripture, and fellowship with God.

FASTING GUIDELINES

It is important to note that prayer and fasting goes together. Prayer is about spending time with God and uniting our hearts with His. It is our love for God and a desire to know Him more that leads us to pray. Fasting reminds us that we care about the things that God cares about. We care about the church. We care about the world. We care about doing God's will. And since we care, we are going to set our hearts and mind on it more during this period of time. Fasting is needed in our personal lives, our families, our church, and the society in which we live in. God-centered fasting has been a practice by God's people throughout history.

Consider these examples:

- The people of God prayed and fasted during a national crisis. Esther called for this fast and it preceded her making a pivotal decision (Esther 4:16).
- Religious leader Ezra proclaimed a fast so that they would humble themselves before God and ask him for a safe journey for them, their children, and their possession as they prepared to return to Jerusalem (Ezra 8:21).
- Daniel fasted when the weight of his assignment became heavy (Daniel 10:1–2).
- God called for his people to fast for a time of repentance and revival (Joel 1:14)
- Jesus fasted (Matthew 4:1–11)
- Jesus gave instructions about God-centered fasting (Matthew 6:16–18)
- The early church heard from the Holy Spirit during a period of fasting (Acts 13:2–3).
- The early church leaders prayed and fasted before presenting new leaders (Acts 14:23–26).

Friends, it is merely impossible for us as a church to stay on course if we do not faithfully and regularly unite our hearts and voices in prayer for the guidance of the Holy Spirit in our decisions and our actions. Prayer changes things, but more than that it changes us, and when we pray it aligns us with God's will and brings about God's will in our family, church, and society.

This time of prayer and fasting is going to benefit you individually, and us corporately.

CHOOSING A FAST

There are several types of fasting. The one you choose is between you and God. Please keep in mind your health and medical condition before choosing.

Furthermore, please give up something that is a sacrifice.

Option 1- Full Fast. Drink only liquids for 21 days.

Option 2- The Daniel Fast. Eat no meat, sweets, or bread. Drink water and juice. Eat fruit and vegetables for 21 days.

Option 3- Partial Fast.

-Fast for part of the day (7am-3pm)

or

-Give up at least one item or food that is pleasurable to you for 21 days (ex: meat, sweets, social media, television)

or

-Give up one meal daily and during that period of time, pray, study, and spend time with the Lord.

Option 4- Hindrance Fast. Following Hebrews 12:1-3, which states we should lay aside that which so easily hinders us, you may want to pick several activities to abstain from and use that time to seek God. Even good activities can distract us from the best. You can consider a time away from television, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule, and use that time in prayer

NOTE: No matter which fast you choose, limiting leisure activities and spending more time in prayer, devotion, and study should be included with each of the aforementioned fasting options.

RESULTS OF FASTING

Fasting is not about dieting even though you will most likely experience some benefits from fasting if you abstain from food for a period of time. Fasting will cause us to experience God more through an intense and productive prayer life and devotion beyond the norm.

When God's people fasted and prayed, these were some of the results:

- God gave Ezra direction (Ezra 8:21–23)
- Elijah's negative and emotional habits were broken. (1 Kings 19)
- God's people and Esther were granted power and protection for their task (Esther 4:16).
- Revival for the saved and Salvation for the unsaved (1 Samuel 7:2–11).

Other results:

- Clarity on a decision you have to make
- More attentive to God and the things of God
- Healing and wholeness
- Deliverance from worldly influences
- God moving powerfully in your life and the life of our church.
- Praying for the needs of the church
- A more disciplined life
- Repenting of self-indulgent, addictive, and immoral behaviors.

Fasting will result in God doing something powerful in our lives. God will also do something powerful in the lives of others, in the life of our church, and in our world.

Fasting will allow the Spirit of God to take us from our present state of spiritual awareness and responsiveness and lift us to a higher level.

SPIRITUAL PRACTICES

Note: This List is Not Exhaustive

Prayer

Praise & Worship

Prayers of Thanksgiving

Evangelism

Confession

Spend time with other believers

Contemplative walking or prayer walks

Silence and solitude

Disciple-making

Nature connection

Scripture meditation and memorization

Breath prayer

Bible Study Journaling / gratitude lists

Tech-free family meals

Letting someone else lead or choose

Gardening

Acts of service and compassion (giving to homeless, checking on neighbors, etc)

Evangelism/Outreach Work

Encouraging someone daily

Creative expression (poetry, art, storytelling, singing)

Rest and Sleep (Naps, setting a bedtime, taking breaks)

Healthy body practices (water, stretching, careful/conscious eating)

Intercessory prayer for others

Anonymous acts of kindness

Surrender prayers (“Not my will, but Yours”)

Godly Conversations with others

Christ-centered worship gatherings

CHURCH WIDE OPPORTUNITIES DURING THE FAST

October 11–31, 2026

As we fast individually, we will also gather as a church family to study God's Word, pray, and worship together. Make room to participate in these opportunities throughout the fast.

Growth Groups

Connect with others for Scripture, conversation, encouragement, and prayer.

Wednesday Discipleship Hour

Join us on Wednesdays as we study God's Word and grow together in faith.

Prayer Praise and Worship Walk

Come together for a time of prayer, praise, and worship as we walk.

Date, time, and details to be announced.

24 Hours of Prayer

Friday, October 30 at 12 noon through Saturday, October 31 at 12 noon.

Join our church family as we devote these 24 hours to prayer. Participation details to be announced.

Closing Worship Service

Saturday, October 31, 2026 at 12 noon.

We will close the fast together in worship, giving thanks to God for His presence and the work He is doing in our lives and our church.

HOW TO PARTICIPATE IN THE FAST

Choose Your Fast: Prayerfully choose a fast from the options in this guide. Consider your health and circumstances, and choose a meaningful sacrifice that will help you make room for God. Let what you set aside become an invitation to spend more time in His presence.

Pick One Sabbath Day Each Week: Choose one 24-hour period to completely unplug. Step away from the six-day grind—no social media, TV, or endless scrolling. Only make necessary calls or texts. Use this time to be with God, yourself, your family, nature, and your community. Feast on stillness, laughter, creativity, and presence.

Engage Spiritual Practices: Fasting involves both what we set aside and what we take up. Throughout these 21 days, make room for prayer, Scripture, worship, silence, generosity, and service. These practices can help you develop a rhythm with God that carries you beyond the fast. Participate in the church-wide opportunities as we grow together.

Follow the Daily Reading Guide: Make time for the morning, afternoon, and evening readings. Let the Psalms help you talk with God, Proverbs guide you in wise living and your relationships with others, and the parables of Jesus invite you to reflect on His teaching and respond with obedience. Use the journaling space to write your prayers, questions, and reflections. Continue exploring Scripture beyond the assigned passages. Fasting is feasting on God's Word and His presence.

If You Slip Up, Don't Give Up: If you stumble or forget, start again. If you get off track, pause, pray, and return to your commitment. Where repentance is needed, receive God's grace and take the next faithful step. Healthy rhythms develop through practice, patience, and a willingness to begin again.

Practice Healthy Boundaries: Be intentional about what you allow to shape your mind, body, and spirit. Set aside habits that cloud your attention or hinder your relationship with God. For those who are married, any decision to abstain from sexual intimacy during the fast should be made freely and mutually with your spouse, for an agreed period devoted to prayer, followed by coming together again (1 Corinthians 7:5). For those who are unmarried, honor God through sexual abstinence and use this time to prayerfully consider boundaries that support a faithful life beyond these 21 days. Let this fast create space for clarity, renewal, and deeper communion with God.

21-DAY FASTING PREP WORKSHEET

Name: _____

Type of fast I am committing to during these twenty-one days:

- ☐ Full Fast (Abstaining from all food for a defined period while drinking water.)
- ☐ Partial Fast (Abstaining from certain meals or foods, or fasting during specific hours.)
- ☐ "The Daniel Fast" (Eating simple, plant-based foods while setting aside meat, sweets, and rich or highly processed foods.)
- ☐ Hindrance Fast (Setting aside activities or comforts such as social media, television, or entertainment that distract me from intentionally seeking God.)
- ☐ Combination Fast (Setting aside a combination of food and activities or comforts such as social media, television, or entertainment that distract me from intentionally seeking God.)

Choose a food fast appropriate for your health. Consult your healthcare professional about food restrictions, especially if you take medication or have a medical condition. Do not stop prescribed medication or restrict water. See our health & wellness director, Sis. Tonya Davis-Kennedy if you have any questions.

I will be fasting from the following, during these days or hours:

My Growth Group / Meeting Day and Time:

- ☐ I need a Growth Group and will email the church office with my availability.

I am committing to pray three times a day at the following times:

Morning: _____ Afternoon: _____ Evening: _____

I will make time for Scripture and reflection:

Morning Psalm and prayer journaling: _____

Afternoon Proverbs reading: _____

Evening parable, reflection, and prayer: _____

Areas of sin, weakness, struggle, or temptation that I need to bring before God in repentance and seek the Holy Spirit's help with:

21-DAY FASTING PREP WORKSHEET

I need to allow the Holy Spirit to transform these areas of my life:

I need to surrender these things fully to God:

Areas of anxiety or worry that I need to cast upon God:

Areas where I need God's strength and grace to remain steadfast and serve faithfully:

My prayer as I begin this time of fasting and feasting in the Lord: