

About OctoberFast

Every October for the last 30 years, Fountain of Life has devoted a month to focused fasting, praying and worshipping together. During OctoberFast, the Fountain of Life community intentionally goes 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 James is a 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 encourage you to fast and pray.

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 the book of James through personal times with Jesus and also in groups at Wednesday night bible study or Thursday for Public Reading of Scripture. For prayer, we are invited to join 4th Watch early on Friday mornings or to come to FOL on Tuesday evenings for self-guided prayer.

Please refer to the Fasting Recommendations and Calendar of Events pages for more details.