

- WEEK SIX -

SURRENDERING THE DIGITAL HOLD

MONDAY

WRITING YOUR SURRENDER TO GOD

- WRITE A LETTER TO GOD. BE HONEST ABOUT THE THINGS IN YOUR LIFE—DIGITAL OR OTHERWISE—THAT HAVE HELD TOO MUCH POWER OVER YOU. ASK HIM FOR STRENGTH TO SURRENDER THEM.

MARK 14:32-42

TUESDAY

BREAKING THE URGE TO ALWAYS CHECK IN

- CAN YOU GO 24 HOURS WITHOUT CHECKING EMAILS, SOCIAL MEDIA, OR NON-ESSENTIAL NOTIFICATIONS?
- NOTICE HOW OFTEN YOU FEEL THE URGE AND PRAY EACH TIME INSTEAD.

MARK 14:43-65

WEDNESDAY

BE IN THE MOMENT

- BE INTENTIONAL TODAY.
- CHALLENGE YOURSELF TO SAY “YES” TO REAL-LIFE MOMENTS INSTEAD OF MAKING EXCUSES OR TURNING TO YOUR PHONE OUT OF HABIT.

MARK 14:66-72

THURSDAY

REST AND RECHARGE

- SPEND AT LEAST AN HOUR OUTSIDE TODAY WITHOUT YOUR PHONE. GO FOR A WALK, SIT IN STILLNESS, OR JOURNAL WHAT GOD REVEALS TO YOU.

MARK 15:1-15

FRIDAY

PRACTICING SACRIFICIAL GENEROSITY

- THINK OF ONE SACRIFICE YOU CAN MAKE TODAY THAT BENEFITS SOMEONE ELSE.

MARK 15:16-32

SATURDAY

GRATITUDE, COMMITMENT, AND LOOKING AHEAD

- REFLECT ON THIS DIGITAL FAST AND WRITE YOUR ANSWERS ON THE BACK.

MARK 15:33-47

SUNDAY TRUTH & TAKEAWAY

MARK 10:17-31

IN THIS PASSAGE, JESUS CHALLENGES THE RICH YOUNG RULER TO LET GO OF WHAT HOLDS HIM BACK FROM FULLY FOLLOWING GOD. THIS WEEK, REFLECT ON WHAT DIGITAL HABITS MAY BE KEEPING YOU FROM DEEPER TRUST, PEACE, AND PRESENCE WITH GOD. AS YOU NEAR THE END OF THIS FAST, LEAN INTO SURRENDER, SACRIFICE, AND SPIRITUAL RENEWAL.

MOVE WITH INTENTION

PRAYER FOCUS

LORD, OPEN MY EYES TO THE THINGS THAT STILL HOLD TOO MUCH SPACE IN MY HEART. HELP ME TO SURRENDER ANYTHING THAT KEEPS ME FROM FULLY FOLLOWING YOU. TEACH ME TO FIND MY SECURITY, PEACE, AND JOY IN YOUR PRESENCE RATHER THAN IN DISTRACTIONS. AS I STEP AWAY FROM DIGITAL HABITS THAT CONSUME MY TIME AND ATTENTION, FILL THAT SPACE WITH A DEEPER AWARENESS OF YOU. GIVE ME THE STRENGTH TO CONTINUE IN THE CHANGES YOU ARE MAKING IN ME, AND HELP ME WALK FORWARD IN GREATER FREEDOM, TRUST, AND PURPOSE. AMEN.

GRATITUDE, COMMITMENT AND LOOKING AHEAD

QUESTIONS TO CONSIDER:

- WHAT FEARS ARISE WHEN YOU CONSIDER GIVING UP CERTAIN DIGITAL HABITS OR DISTRACTIONS? HOW CAN YOU RELY ON GOD IN THIS PROCESS?
- IN WHAT WAYS HAS YOUR RELATIONSHIP WITH GOD DEEPEMED? WHAT PRACTICAL STEPS WILL YOU TAKE TO MAINTAIN THIS GROWTH?

HAVE A TRANSFORMATION STORY? SHARE IT WITH US!