

# - WEEK SEVEN -

## CELEBRATION

### MONDAY

#### PRAISE HIM

- SET A 20-MINUTE TIMER TO JOURNAL YOUR TOP 5 SPIRITUAL TAKEAWAYS FROM THE FAST



MARK 11:1–11

### TUESDAY

#### RECOMMIT

- IDENTIFY 2–3 SPECIFIC APPS, SITES, OR PATTERNS TO LIMIT OR REMOVE
- MEMORIZE ROMANS 12:2 OR SET IT AS YOUR PHONE LOCK SCREEN



MARK 14:1–11

### WEDNESDAY

#### SUSTAIN IT

- MAKE A “POST-FAST PLAN” AND SET A CALENDAR REMINDER 2 WEEKS OUT TO CHECK YOUR PROGRESS



MARK 14:12–31

### THURSDAY

#### SHARE YOUR JOURNEY

- TEXT, EMAIL, OR DM TO SHARE A PIECE OF YOUR FAST JOURNEY WITH SOMEONE AS AN ACT OF ENCOURAGEMENT AND TESTIMONY



MARK 14:32–52

### FRIDAY (GOOD FRIDAY)

#### CELEBRATE & REMEMBER

- READ MARK 15:1–41 (THE CRUCIFIXION)
- FAST FROM SOMETHING MEANINGFUL TODAY AS A REFLECTION OF JESUS' SUFFERING



MARK 15:1–41

### SATURDAY

#### SILENT SATURDAY

- UNPLUG FOR 2–4 HOURS AS A TIME OF REFLECTION AND WAITING
- END WITH A PRAYER OF SURRENDER: “GOD, I TRUST YOU EVEN IN THE SILENCE.”



MARK 15:42–47

## REFLECTION PRAYER

LORD, THANK YOU FOR YOUR ENDURANCE AND FAITHFULNESS, EVEN THROUGH SUFFERING. AS WE END THIS 40-DAY FAST, HELP US STAY FOCUSED ON YOU AND AVOID DISTRACTIONS THAT PULL US AWAY. STRENGTHEN US TO REMAIN STEADFAST IN THE CHANGES WE'VE MADE.

MAY YOUR EXAMPLE OF PERSEVERANCE INSPIRE US TO KEEP PRESSING FORWARD, FREE FROM DIGITAL NOISE, AND LIVE FULLY PRESENT IN YOUR PLAN. AMEN.

## CLOSER TO CHRIST

PROGRESS CHECK-IN: SET AN ALARM FOR APRIL 30TH!

## SPIRITUAL TAKEAWAYS



WRITE DOWN WHAT GOD IS DOING IN THE “WAITING” SEASONS OF YOUR LIFE

## DIGITAL FAST FOCUS

AS WE CONCLUDE THIS 40-DAY DIGITAL FAST, WE REFLECT ON HOW STEPPING AWAY FROM DISTRACTIONS HAS DRAWN US CLOSER TO GOD. JUST AS JESUS ENDURED THE CROSS FOR OUR SALVATION, THIS FAST HAS HELPED US REFOCUS ON WHAT TRULY MATTERS—PRAYER, REFLECTION, WORSHIP, AND COMMUNITY.

IN THIS INTENTIONAL TIME OF DISCONNECTION, WE'VE MADE SPACE FOR SPIRITUAL GROWTH AND RENEWAL. AS WE APPROACH EASTER, LET'S CARRY FORWARD THE CLARITY AND FOCUS WE'VE GAINED, FULLY EMBRACING THE NEW LIFE FOUND IN CHRIST'S RESURRECTION.