

- WEEK TWO -  
PRAYER AND REFLECTION

MONDAY

☐

LIMIT DISTRACTIONS

- SILENCE OR TURN OFF UNNECESSARY NOTIFICATIONS ON YOUR PHONE AND COMPUTER FOR THE DAY TO REDUCE DIGITAL INTERRUPTIONS.

MARK 3:1-12

TUESDAY

☐

EXPLORE THE WORLD AROUND YOU

- GO FOR A WALK WITHOUT YOUR PHONE, HEADPHONES, OR SMARTWATCH. USE THE TIME TO PRAY, REFLECT, AND TAKE IN GOD'S CREATION.

MARK 3:13-35

WEDNESDAY

☐

PAUSE AND PRAY

- WHENEVER YOU FEEL THE URGE TO SCROLL ON YOUR PHONE (SOCIAL MEDIA, NEWS, ETC.), PAUSE AND SAY A SHORT PRAYER INSTEAD.

MARK 4:1-20

THURSDAY

☐

SET BOUNDARIES

- SET A DAILY SCREEN TIME LIMIT
- MANY DEVICES HAVE BUILT-IN SCREEN TIME SETTINGS THAT ALLOW YOU TO SET AUTOMATIC LIMITS. CHECK YOUR SETTINGS TO ENABLE THIS FEATURE!

MARK 4:21-34

FRIDAY

☐

SHARE YOUR DIGITAL FASTING JOURNEY

- TALK TO A TRUSTED FRIEND, FAMILY MEMBER, OR YOUR SPOUSE ABOUT YOUR COMMITMENT TO LIMIT SCREEN TIME.

MARK 4:35-41

SATURDAY

☐

REFLECT

- REFLECT ON HOW YOUR RELATIONSHIP WITH GOD CAN DEEPEN WITHOUT THE CONSTANT NOISE OF TECHNOLOGY.

MARK 5:1-20

REFLECTION

GOD INVITES US INTO DEEPER INTIMACY THROUGH PRAYER. TRACK WHAT PULLS YOU AWAY FROM QUIET TIME EACH DAY THIS WEEK—DIGITAL OR OTHERWISE—AND LET THIS FAST HELP YOU CREATE MORE SPACE FOR HIM.

EXPERIENCE PEACE

PRAYER FOCUS

ASK GOD TO HELP YOU EXPERIENCE HIS PEACE DURING THIS TIME OF PRAYER AND REFLECTION. MEDITATE ON PSALM 46:10 AND ALLOW YOURSELF TO BE STILL IN GOD'S PRESENCE. PRACTICE RELEASING ALL DISTRACTIONS, EVEN THE MENTAL NOISE THAT COMES FROM TECHNOLOGY.

PSALM 46:10

“BE STILL, AND KNOW THAT I AM GOD;  
I WILL BE EXALTED AMONG THE NATIONS,  
I WILL BE EXALTED IN THE EARTH.”

A 40-DAY TECHNOLOGY FAST CAN BE A POWERFUL WAY TO DISCONNECT FROM DISTRACTIONS OF THE DIGITAL WORLD AND DRAW CLOSER TO GOD. THE GOAL IS TO CREATE INTENTIONAL TIME FOR PRAYER, REFLECTION, WORSHIP, AND COMMUNITY, AND TO PRIORITIZE SPIRITUAL GROWTH. DISCONNECT AND REFLECT ON WHAT YOU'RE GRATEFUL FOR - WRITE THOSE THINGS BELOW.

WHAT 5 THINGS ARE YOU GRATEFUL FOR?

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