

Day 1 — Why Fast?

Matthew 6:21

21 **Wherever your treasure is, there the desires of your heart will also be.**

Think about where your time goes during a normal day. School, activities, sports, friends—and somewhere in between all of that, hours on your phone. Social media, videos, gaming, texting. None of those things are automatically bad, but they can quietly take over more of your life than you realize.

Jesus said that wherever your treasure is, that's where your heart will go. In other words, what you invest your time and attention into will eventually shape what you care about the most.

A digital fast is not about saying technology is evil. It's about stepping back for a season to ask an honest question: **Is my phone controlling me, or am I controlling it?**

When you fast from something—even something normal—it helps you see how much influence it really has in your life. More importantly, it creates space for God to move in ways you might not notice when your life is full of constant noise.

Over the next 30 days, the goal isn't perfection. The goal is awareness. As you reduce your digital distractions, ask God to help you refocus your heart on what truly matters.

Reflection Questions

- How many hours do you think you spend on your phone each day?
- What apps or platforms take up the most of your time?

Prayer

God, help me be honest about how I spend my time. Show me anything in my life that is distracting me from You, and help me learn to put You first.

Day 2 — Learning to Be Still

Psalm 46:10

**10“Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”**

Being still can feel uncomfortable.

Most of us are used to constant activity. If we're not talking to someone, we're scrolling. If we're not scrolling, we're watching something. Silence can feel awkward, so we quickly fill it with noise.

But throughout Scripture, God often speaks in quiet moments. Not when life is loud and chaotic—but when people slow down enough to listen.

Digital distractions make stillness almost impossible. The moment your mind gets quiet, your phone offers another video, another message, another notification.

A digital fast gives you the opportunity to practice something many people rarely do anymore: **being still**.

Stillness helps you notice things you might normally miss. You may notice your thoughts more clearly. You may become more aware of God's presence. You may even realize how often your instinct is to reach for your phone when you feel bored or uncomfortable.

Stillness isn't wasted time. It's where your relationship with God grows deeper.

Reflection Questions

- What do you usually do the moment you feel bored?
- When was the last time you spent quiet time with God without distractions?

Prayer

God, help me slow down and learn to be still. Teach me how to listen for your voice instead of filling every quiet moment with noise.

Day 3 — What You Focus On Shapes You

Colossians 3:2

2 Think about the things of heaven, not the things of earth.

Your mind is constantly being shaped by what you watch, listen to, and think about.

Every video, every post, every conversation influences the way you see the world. Over time, what you consistently consume begins to shape your attitudes, your beliefs, and even your identity.

That's why the Bible talks so much about guarding your mind.

When Paul wrote about setting your mind on things above, he was reminding believers that their thoughts should be directed toward things that bring them closer to God, not things that slowly pull them away.

The problem with digital culture is that it constantly competes for your attention. Algorithms are literally designed to keep you watching, scrolling, and clicking as long as possible.

But just because something grabs your attention doesn't mean it deserves it.

A digital fast helps you take back control of your focus. Instead of letting your phone decide what fills your mind, you begin choosing what deserves your attention.

Reflection Questions

- What kind of content do you watch or scroll through most often?
- Do those things help your faith grow or distract from it?

Prayer

God, help me fill my mind with things that bring me closer to You. Give me wisdom about what deserves my attention.

Day 4 — Not Everything Is Beneficial

1 Corinthians 10:23

23 You say, “I am allowed to do anything”—but not everything is good for you. You say, “I am allowed to do anything”—but not everything is beneficial.

Sometimes we assume that if something isn't sinful, then it must be fine. But the Bible challenges us to think a little deeper than that.

Paul reminds believers that just because something is allowed doesn't mean it's always helpful.

Technology is a great example of this. Your phone can be incredibly useful. It can help you learn, connect with friends, and stay informed. But it can also quietly become a distraction that steals hours of your time and attention.

Digital fasting helps you ask an important question: **Is this helping me grow, or just filling my time?**

When you step away from constant entertainment, you may notice how often you automatically reach for your phone without even thinking about it.

That awareness is powerful. Because once you recognize a habit, you can begin to change it.

Reflection Questions

- What digital habit is hardest for you to break?
- How do you feel when you spend a lot of time online?

Prayer

God, help me recognize the difference between what is good and what is truly beneficial for my life.

Day 5 — Rediscovering Boredom

Lamentations 3:25

24 The LORD is good to those who depend on him, to those who search for him.

Most people try to avoid boredom at all costs.

The moment there's nothing happening, we grab our phones. Waiting in line, sitting in the car, or even walking between classes becomes another opportunity to scroll.

But boredom isn't actually a bad thing.

Before smartphones existed, boredom often led people to think, reflect, pray, create, or talk to the people around them. Boredom can actually be the beginning of creativity and deeper thinking.

It can also be where we begin to notice God more clearly.

Waiting is uncomfortable, but Scripture often connects waiting with spiritual growth. When we slow down and resist the urge to constantly entertain ourselves, we begin to develop patience and awareness.

During this fast, there will probably be moments when you feel bored. Instead of rushing to fill that space, try sitting in it for a moment.

You might discover that boredom isn't empty after all.

Reflection Questions

- How do you usually respond when you feel bored?
- What could you do during those moments instead of reaching for your phone?

Prayer

God, help me learn to be patient in quiet moments. Teach me to use those moments to connect with You.

Day 6 — Drawing Near to God

James 4:8

8 Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

One of the biggest lies people believe about God is that He is distant. Many students assume God is far away, uninterested, or hard to find.

But the Bible says the opposite.

God promises that when we take a step toward Him, He moves toward us. He isn't hiding. He isn't avoiding you. He is inviting you.

The challenge is that our attention is often pulled in a hundred different directions. Between school, friends, sports, and digital distractions, it can be hard to focus on God long enough to actually connect with Him.

A digital fast helps remove some of those distractions. When you step away from endless scrolling and entertainment, you create time and space for your relationship with God to grow.

Drawing near to God doesn't require complicated prayers or perfect behavior. It starts with simple moments—reading Scripture, praying honestly, and choosing to focus your attention on Him.

Reflection Questions

- What usually distracts you from spending time with God?
- What could help you create space to connect with Him daily?

Prayer

God, help me take steps toward You each day. Teach me how to grow closer to You.

Day 7 — Real Rest

Matthew 11:28

28 Then Jesus said, **“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.**

Many people think scrolling through their phone is relaxing. And sometimes it can feel that way in the moment.

But often when you put the phone down, your mind still feels tired. Endless content can overload your brain without actually giving you real rest.

Jesus offers something different. He offers rest for your soul.

Real rest comes when we step away from the noise and reconnect with God. When we spend time in prayer, reflection, and Scripture, our hearts begin to settle and our minds begin to slow down.

A digital fast can help you recognize the difference between distraction and true rest. Entertainment may temporarily occupy your mind, but God restores your heart.

Reflection Questions

- Do you feel rested after spending time on your phone?
- What activities help you feel genuinely refreshed?

Prayer

Jesus, help me find real rest in You instead of constant distraction.

Day 8 — Your True Identity

Genesis 1:27

27 So God created human beings in his own image.

In the image of God he created them;

male and female he created them.

Social media constantly sends messages about who you should be.

It tells you how you should look, how you should act, and what success should look like. Over time, those messages can slowly shape how you see yourself.

But your identity was never meant to come from the internet.

Before followers, likes, or opinions existed, God created you in His image. That means your value isn't based on popularity or approval—it comes from the fact that you were created by Him.

Digital fasting can help you step away from the voices that constantly try to define you. It gives you space to remember the truth: **your worth comes from God, not from the opinions of others.**

Reflection Questions

- Have you ever compared yourself to someone online?
- How does knowing you are made in God's image change how you see yourself?

Prayer

God, remind me that my identity comes from You and not from the opinions of others.

Day 9 — Guarding Your Heart

Proverbs 4:23

**23 Guard your heart above all else,
for it determines the course of your life.**

Your heart is shaped by what you allow into your life.

The music you listen to, the videos you watch, and the conversations you have all influence the way you think and feel. Over time, those influences begin to shape your character.

That's why the Bible tells us to guard our hearts.

Digital fasting helps you become more aware of what you allow into your mind and heart. When you step away from constant media, you begin to notice how much influence it actually has.

Guarding your heart doesn't mean avoiding the world. It means being wise about what you allow to shape your life.

Reflection Questions

- What kind of content influences your thoughts the most?
- What could help you guard your heart better?

Prayer

God, give me wisdom about what I allow into my life and help me protect my heart.

Day 10 — Time Is a Gift

Ephesians 5:16

16 Make the most of every opportunity in these evil days.

Time is one of the most valuable things God gives us. Once a moment passes, we can't get it back.

Many people don't realize how quickly hours can disappear through endless scrolling. A few minutes turns into thirty. Thirty turns into hours.

A digital fast helps you become more aware of how you spend your time. Instead of letting your phone decide how your day is filled, you begin choosing what really matters.

When you become intentional with your time, you start discovering opportunities to grow, connect with others, and spend time with God.

Reflection Questions

- Where do most of your hours go each day?
- What would you do if you had two extra hours today?

Prayer

God, help me use my time wisely and focus on what truly matters.

Day 11 — Learning to Listen

John 10:27

27 My sheep listen to my voice; I know them, and they follow me.

God still speaks today.

He speaks through Scripture, through prayer, through wise people, and through the Holy Spirit working in our hearts.

But listening requires attention.

Imagine trying to hear someone talking to you while loud music is blasting and multiple people are shouting at the same time. It would be almost impossible to focus.

Our lives can feel like that sometimes. Notifications, videos, and constant information create so much noise that it becomes hard to hear God clearly.

Digital fasting helps quiet that noise so you can begin listening again.

Reflection Questions

- What usually distracts you from focusing on God?
- What helps you feel more connected to Him?

Prayer

God, help me slow down and learn to listen for Your voice.

Day 12 — Real Relationships

Hebrews 10:24

24 Let us think of ways to motivate one another to acts of love and good works.

Technology allows us to connect with people instantly. That can be a great thing.

But sometimes digital connection replaces real connection.

You might be sitting with friends while everyone is looking at their phones instead of talking to each other. Over time, those habits can weaken real relationships.

God designed us for community—real conversations, encouragement, and shared experiences.

When you step away from constant screen time, you may notice the people around you more. You might find yourself having deeper conversations and stronger friendships.

Reflection Questions

- How much time do you spend talking to people face-to-face?
- Who in your life encourages your faith?

Prayer

God, help me build real relationships and be present with the people around me.

Day 13 — The Comparison Trap

Galatians 1:10

10 Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.

Social media often shows the best moments of people's lives. Vacations, achievements, exciting events—it's a highlight reel.

When we compare our everyday life to someone else's highlight reel, it can make us feel like we aren't enough.

But comparison steals joy.

God didn't create you to live someone else's life. He created you with unique gifts, passions, and purposes.

Digital fasting can help you step away from the constant pressure to compare and remember that your value comes from God alone.

Reflection Questions

- Have you ever felt discouraged after scrolling social media?
- How can you remind yourself that your worth comes from God?

Prayer

God, help me stop comparing myself to others and trust the life You have for me.

Day 14 — Practicing Gratitude

1 Thessalonians 5:18

18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

Gratitude changes the way you see the world.

When you are constantly consuming new content, it becomes easy to overlook the good things already in your life.

Digital fasting slows life down just enough to notice what you might normally miss—friendships, family moments, nature, and everyday blessings.

When you begin noticing those things, gratitude grows.

Gratitude also strengthens your faith because it reminds you how faithful God has already been in your life.

Reflection Questions

- What are three things you are thankful for today?
- How does gratitude change your attitude?

Prayer

God, help me notice the blessings You have already placed in my life.

Day 15 — Halfway Point

Philippians 1:6

6 And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.

You've made it halfway through the digital fast.

Any time you try to change habits, it takes effort. Some days may feel easy, while others may feel challenging.

But spiritual growth often happens through consistency. Every day you choose to prioritize God, you are building a stronger foundation for your faith.

Remember, the goal isn't perfection. The goal is progress.

God is always working in your life, even through small daily choices.

Reflection Questions

- What has been the hardest part of the fast so far?
- What positive changes have you noticed?

Prayer

God, thank You for helping me grow. Give me strength to keep going.

Day 16 — The Power of Scripture

Hebrews 4:12

12 For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Your phone feeds your mind constantly with new information.

But not all information is equally valuable.

The Bible is different from any other book. Scripture has the power to shape your heart, challenge your thinking, and guide your life.

When you replace even a small amount of screen time with time in God's Word, you begin feeding your mind something that truly strengthens your faith.

Reflection Questions

- When do you usually read the Bible?
- What helps you understand Scripture better?

Prayer

God, help me love Your Word and learn from it every day.

Day 17 — Self-Control

Galatians 5:22-23

22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things!

Self-control is the ability to choose what is right even when something else feels easier.

Technology often trains us to act on impulse. When we feel bored, we grab our phones. When we get a notification, we check it immediately.

But practicing self-control strengthens your character.

A digital fast is like exercise for your spiritual discipline. Each time you choose not to pick up your phone, you are strengthening your ability to make wise choices in other areas of life too.

Reflection Questions

- When is it hardest for you to stay off your phone?
- How can practicing self-control help your faith grow?

Prayer

God, help me develop self-control and discipline in my life.

Day 18 — Putting God First

Matthew 6:33

33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

Every day begins with choices.

One of the most common habits today is checking your phone the moment you wake up. Messages, notifications, and updates immediately grab your attention.

But imagine what your day might feel like if the first voice you listened to was God's instead.

Seeking God first means making Him the priority before everything else.

Even a few minutes of prayer or reading Scripture at the start of your day can change your perspective.

Reflection Questions

- What is the first thing you usually do in the morning?
- How could you start your day differently?

Prayer

God, help me begin each day by focusing on You.

Day 19 — Solitude

Mark 1:35

35 Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

Jesus often stepped away from crowds to spend time alone with God.

If anyone had an excuse to stay busy, it was Him. People constantly wanted His attention. Yet He still prioritized quiet time with the Father.

Solitude allows you to reset your heart and mind.

During your digital fast, try spending a few minutes alone with God—without music, videos, or distractions.

Those quiet moments can become some of the most meaningful parts of your day.

Reflection Questions

- Do you spend much time alone with God?
- Where could you find a quiet place to pray?

Prayer

God, help me make space to spend time with You.

Day 20 — True Joy

Psalm 16:11

**11 You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you forever.**

Entertainment can bring temporary excitement, but it rarely brings lasting joy.

True joy is deeper than momentary happiness. It comes from knowing God and living in His presence.

Digital fasting helps you recognize the difference between temporary amusement and true fulfillment.

The more time you spend with God, the more you begin to experience the joy that comes from knowing Him.

Reflection Questions

- What activities leave you feeling empty afterward?
- What brings you lasting joy?

Prayer

God, help me find real joy in Your presence.

Day 21 — Learning Patience

Romans 12:12

12 Rejoice in our confident hope. Be patient in trouble, and keep on praying.

Phones train us to expect instant results.

Messages arrive instantly. Videos load instantly. Information appears instantly.

But faith doesn't grow instantly.

Spiritual growth often happens slowly through patience and perseverance.

Digital fasting helps retrain your mind to slow down and trust God's timing.

Reflection Questions

- Is patience difficult for you?
- What is something you are waiting on God for?

Prayer

God, help me trust Your timing and grow in patience.

Day 22 — Encouraging Others

1 Thessalonians 5:11

11 So encourage each other and build each other up, just as you are already doing.

When you spend less time on your phone, you begin noticing people around you more.

You might notice a friend who seems discouraged or someone who could use a kind word.

Encouragement is powerful. A simple conversation or message can make a huge difference in someone's day.

God often uses ordinary moments to show His love through us.

Reflection Questions

- Who could use encouragement today?
- How could you support someone this week?

Prayer

God, help me notice people who need encouragement and give me the courage to help them.

Day 23 — Filling Your Mind with Truth

Philippians 4:8

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Your thoughts influence your actions.

If your mind is constantly filled with negativity, comparison, or unhealthy content, it will affect your attitude and behavior.

But when you fill your mind with truth and encouragement, your perspective changes.

Digital fasting gives you an opportunity to intentionally replace unhealthy content with things that strengthen your faith.

Reflection Questions

- What kind of thoughts fill your mind most often?
- What helps you focus on truth?

Prayer

God, help me fill my mind with things that honor You.

Day 24 — God Sees Your Effort

Matthew 6:4

4 Give your gifts in private, and your Father, who sees everything, will reward you.

Many of the choices you make during this fast may go unnoticed by others.

But God sees every small step you take toward Him.

He sees the moments when you choose prayer instead of scrolling, when you open Scripture instead of watching another video, and when you prioritize your relationship with Him.

Those choices matter.

Reflection Questions

- What motivates you to continue the fast?
- How have you seen God working in your life recently?

Prayer

God, thank You for seeing every effort I make to grow closer to You.

Day 25 — Listening to the Right Voice

Isaiah 30:21

**21 Your own ears will hear him.
Right behind you a voice will say,
“This is the way you should go,”
whether to the right or to the left.**

There are many voices competing for your attention.

Friends, influencers, trends, and opinions constantly tell you what you should believe or how you should live.

But God’s voice brings wisdom and direction.

When you step away from the constant noise of digital culture, you give yourself a better chance to hear the guidance God wants to give you.

Reflection Questions

- What voices influence your decisions the most?
- How can you learn to recognize God’s guidance?

Prayer

God, help me follow Your voice above all others.

Day 26 — Slowing Down

Psalm 90:12

**12 Teach us to realize the brevity of life,
so that we may grow in wisdom.**

Life moves quickly.

Between school, activities, and responsibilities, it can feel like every day rushes by.

Digital distractions often speed life up even more.

But wisdom grows when we slow down long enough to reflect on our lives and the direction we are heading.

Digital fasting helps create those slower moments.

Reflection Questions

- What moments do you wish you slowed down to appreciate more?
- How can you live more intentionally?

Prayer

God, help me slow down and live wisely.

Day 27 — Training Your Faith

1 Timothy 4:8

8“Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.”

Just like athletes train their bodies, believers train their faith.

Spiritual disciplines like prayer, Scripture reading, and fasting strengthen your relationship with God.

They don't make God love you more, but they help you grow closer to Him.

Digital fasting is one way of training your heart to prioritize God.

Reflection Questions

- What spiritual habits help your faith grow?
- How could you continue practicing them after the fast?

Prayer

God, help me build habits that strengthen my faith.

Day 28 — Seeking God

Jeremiah 29:13

13 If you look for me wholeheartedly, you will find me.

God promises that those who seek Him will find Him.

But seeking requires intention.

When life is full of distractions, it becomes easy to drift through days without intentionally connecting with God.

Digital fasting helps remove those distractions and redirect your focus.

Reflection Questions

- What helps you seek God sincerely?
- What distracts you most from Him?

Prayer

God, help me seek You with my whole heart.

Day 29 — Forming New Habits

Romans 12:2

2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

The goal of a digital fast isn't just to avoid technology for a month.

The real goal is to develop healthier habits moving forward.

You may have noticed certain apps or activities that distract you more than others. Recognizing those patterns helps you make better choices in the future.

God calls us to live differently from the patterns of the world.

Reflection Questions

- What digital habits do you want to change permanently?
- What boundaries could help you stay focused?

Prayer

God, help me build habits that honor You.

Day 30 — Moving Forward

Hebrews 12:1

1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

You've completed the 30-day digital fast.

The goal was never to completely avoid technology forever. Technology can be useful and beneficial when used wisely.

The purpose of the fast was to remind you that your phone should never control your life or your attention.

Hopefully this time has helped you grow closer to God, develop new habits, and become more aware of how you spend your time.

Your spiritual journey doesn't end here. Continue running the race of faith, making space for God in your daily life.

Reflection Questions

- What did you learn during this fast?
- What habits do you want to continue?

Prayer

God, thank You for helping me grow during this fast. Help me continue choosing You every day.