

## HAPPENING THIS WEEK

### SUNDAY • FEBRUARY 1

#### The Digital Fast Challenge Begins Today

Worship Service | Nursery

Bible Study - Meeting Room

#### Worship Service | Livestream | Nursery

Kids Club - Kids Wing

Radiate Middle School - Gym

Engage High School - High School Room

#### Worship Service | Nursery

Kids Club - Kids Wing

Bible Study - Meeting Room

#### Parent Meeting for SpringHill - Gym - Door 6\*

Engage High School Group - Gym - Door 6\*

### MONDAY • FEBRUARY 2

10:00-11:00am MiniCo Playdate - Nursery - Door 4\*

### TUESDAY • FEBRUARY 3

10:00am-2:00pm Food Pantry Open

5:30pm-7:00pm Food Pantry Open

#### Rooted Classes Begin Today - Door 4 & 3\*

6:00-7:30pm The Digital Fast - Worship Center

6:00-7:30pm Financial Peace University - High School Room

6:00-7:30pm In-depth Study of James - Multipurpose Room

6:00-7:30pm Dare to Be Uncommon - Meeting Room

6:00-7:30pm Kids Club - Bridge Room | Nursery - Nursery

6:00-7:30pm Radiate Middle School Group - Gym - Door 6\*

### WEDNESDAY • FEBRUARY 4

10:00am Senior Bible Study - Meeting Room - Door 4\*

7:00pm Worship Team Practice

### THURSDAY • FEBRUARY 5

6:30pm MomCo Meeting - Multipurpose Room - Door 3\*

### FRIDAY • FEBRUARY 6 - Office Closed

### SATURDAY • FEBRUARY 7

### SUNDAY • FEBRUARY 8

8:15am Worship Service | Nursery

Bible Study - Meeting Room

#### Worship Service | Livestream | Nursery

Kids Club - Kids Wing

Radiate Middle School - Gym

Engage High School - High School Room

#### Confirmation Class - Student Café (Gym)

#### Worship Service | Nursery

Kids Club - Kids Wing

Bible Study - Meeting Room

6:00-Game's End HS Super Bowl Party - Gym - Door 6\*

\*Door numbers refer to the large white numbers on the building's exterior, above each outside door.



13980 Schavey Rd.  
DeWitt, MI 48820

517-669-3430

**Office Hours:**  
Mon-Thurs: 8:30am - 4:30pm  
**Sunday Services:**  
8:15, 9:30, & 11 am  
Online: 9:30 am (FB & YouTube)

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[office@dewittredeemer.org](mailto:office@dewittredeemer.org)

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# The Digital Fast

## Detox Your Mind and Reclaim What Matters Most

Bid farewell to the endless scroll and hello to mental clarity and spiritual rejuvenation. You are invited to embark on a 28-day transformative journey, starting February 1, to detoxify your mind from digital distractions and de-clutter your digital life. Unlock the power of being present in every moment, leading your children well in this area, and finding increased peace and fulfillment, both personally and as a family.

MESSAGE: THE JOY OF MISSING OUT

Text: Romans 12:1-2

February 1, 2026

Pew Bible: 944

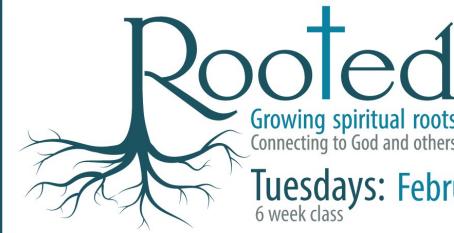
# Welcome to Redeemer!

#### CHECK IN

Whether you're online, new, or here all the time, be sure to sign in on a connection card, on the Redeemer app, online, or use the QR code! You can also share prayer requests, ask questions, & more.



Reminder for parents of students attending the SpringHill Winter Weekend:  
There is a Parent Meeting TONIGHT at 5:30 pm in the Gym.



[ROOTED](#) | [SIGN UP](#)

**• STARTS THIS TUESDAY!**

- Tuesdays: Feb 3 - Mar 10 | 6-7:30 pm
- Four Adult Classes
  - The Digital Fast - Led by Pastor Debbie
  - Financial Peace University
  - Bible Study on James - Led by Cal Long
  - Dare to Be Uncommon - Men's Ministry



4 Adult Classes  
Kids Club open  
Nursery Care Available  
Volunteers needed for Kids & Nursery  
Radiate MS Youth Group

**CONFIRMATION**  
2026

8<sup>th</sup> - 12<sup>th</sup>  
Grade Students

Classes: **Feb. 8 - Mar. 15**  
10:45 am - 12:00 pm

Confirmation **March 22**  
Sunday: 11 am service

[CONFIRMATION CLASS](#) | [SIGN UP](#)

**Classes:**

- Kids Club: grades K-5 / Nursery: ages 0-5
- Radiate MS youth group meets as usual
- Engage HS encouraged to volunteer
- Learn more & sign up under [EVENTS](#)

**Confirmation Sunday:**

- March 22 | 11 am Service
- Learn more online under [EVENTS](#)



[LANSING SHELTERS](#) | [SIGN UP](#)

Women | S. Cedar | Serve Dinner @ 5:30 pm  
February 13 | March 13 | April 10

Men | Kalamazoo St. | Serve Dinner @ 5:30 pm  
February 19 | March 19 | April 16

**NEW! SHELTER FREEZER MEALS** | [SIGN UP](#)

**Thursday, February 19 | 1 pm**

Support Haven House Family Shelter by preparing freezer lasagna. Ingredients provided, but please bring 2 large mixing bowls and 2 mixing spoons. Please sign up online since spots are limited.

**ST. VINCENT DE PAUL** | [SIGN UP](#)

February 20 | 10 am (Monthly, 3rd Friday)  
Looking for volunteers to sort clothing donations.

**BLANKET SUNDAY** | [NO SIGN UP](#)

**February 22:** Church World Services (CWS)  
Blankets program provides blankets and other essentials to victims of natural disasters.

**\$10 = 1 Blanket** | Donate online under [GIVE](#)

**#BETHECHURCH1000** | [NO SIGN UP](#)

Sunday, March 1 | 2 pm  
**Bless over 1000 people with hands-on Outreach projects** (projects suitable for all ages).  
Learn more online under [EVENTS](#)

**#BETHECHURCH EVENT CALENDAR**

Find sign-ups & learn more online under [Outreach](#) or on the Redeemer mobile app under sign ups.

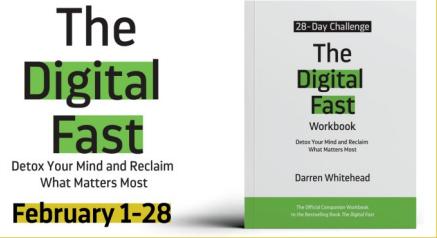
**Feb 5** - Ronald McDonald - deliver dinner

**Feb 8** - Hand out items to the homeless at the park

**Feb 11** - Helping Hands

**Feb 13** - Women's Shelter - serve dinner

Follow Redeemer Outreach on Facebook to see all the ways your donations and volunteer efforts are sharing the love of Jesus and supporting those facing tough times.



[THE DIGITAL FAST](#) | [SIGN UP](#)

Bid farewell to the endless scroll and hello to mental clarity and spiritual rejuvenation. Join us for a 28-day transformative journey to de-clutter your digital life.

- Message Series: January 18 - February 22
- Digital Fast Program: February 1-28
- Activities for the whole family
- One devotion for each of the 28 days
- **Ready to commit to the challenge?**  
[Sign up online under EVENTS!](#)



[ASH WEDNESDAY SERVICE](#)

- Wednesday, February 18 | 7 pm
- During this service of worship, you will have the opportunity to receive ashes on your forehead as a symbol of cleansing and repentance.
- Nursery care provided
- Service will be live-streamed
- Learn more online under [EVENTS](#)



[HS SUPER BOWL PARTY](#) | [NO SIGN UP](#)

- Sunday, February 8 | 6 pm
- Watch the big game plus enjoy food, drinks, games, and prizes
- Wear your favorite team's gear/colors
- Bring a friend!
- Learn more online under [EVENTS](#)

# The Digital Fast

## Detox Your Mind and Reclaim What Matters Most

Message: THE JOY OF MISSING OUT

February 1, 2026

Text: Romans 12:1-2

Pew Bible Page: 944

**BIG IDEA** | THE MIND MATTERS IN SPIRITUAL GROWTH

### GETTING STARTED

What has been your experience with fasting from something in your life? What did you learn?

### REFLECTION/DISCUSSION QUESTIONS

1. What does it mean "to offer your bodies as living sacrifices" (v.1)?
2. Paul warns us not to conform to this world (v.2). In what areas do you think many Christians "are squeezed into the mold" of the world?
3. How does the "renewing of your mind" happen—and with what result (v.2)? How might the Digital Fast assist in this way?
4. In what current situation do you need to know God's will? Where do you need His direction specifically?
5. What is the purpose of fasting? In what situation you face might fasting be helpful?
6. If you are participating in the Digital Fast starting today, what are you most excited about? Concerned about? What do you hope to gain out of the experience?
7. What are the prayer requests on your mind and heart today?

**PRAYER:** Lord God, we want to offer ourselves to you in worship—body, mind, and soul. Help us to sacrifice what is needed and find the time to hear from you. We dedicate this month to you and ask for your direction and wisdom in the situations we are currently facing. Renew our minds as we seek not to be conformed by this world. In the name of Christ, we pray, Amen.

**GOING DEEPER:** Read Matthew 6:16-18, Joel 2:15, 2 Chronicles 20:1-4 and Ezra 8:21-23.

For what purposes were these group fasts called? What does Jesus say in the Matthew passage about how we are to conduct ourselves during a fast? How can this be an important time in your life?

"Dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 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."

"And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable... But when you fast, wash your face..."

Matthew 6:16-17

### MY NOTES: