



# 21-DAY DIGITAL FAST

## WHAT IS A DIGITAL FAST?

Much like a traditional fast, which includes abstaining from food for a certain period of time, a digital fast is abstaining from all kinds of digital technology for a set period of time. Digital technology includes the internet, television, movies, computers, music players, video games, etc.

## WHY A DIGITAL FAST?

Digital fasting is about becoming free enough to reconnect and engage in reimagined forms of communication with God, ourselves and others. It is about knowing God, listening to God's voice and reflecting our humanness as we engage others. Digital technology is not evil, but it can take up an inordinate amount of time and energy in our lives. We have become a culture of digital excess. On average adults are:

- watching over 5 hours of television per day
- spending 35.2 billion hours on Facebook, Instagram, and YouTube each year

Although social media can be a wonderful tool to connect with others, if we are paying more attention to our favorite TV shows, Twitter, Instagram and Snapchat than we are engaging in communion with God, ourselves and others, it can become problematic. Digital messages are informing our brains, hearts and lives, and we are becoming shaped by our digital experience.

## FASTING

Dates: January 2-23, 2019

Times: 7:00PM - 7:00AM

## PRAYER

Twice daily at 7AM and 7PM

Corporate Prayer: 7AM (Mon - Fri)

Phone: 605-475-6006 Code: 751-1558

Online: [www.fcbcnyc.org/digital-fast](http://www.fcbcnyc.org/digital-fast)

AT FCBC: Tuesdays at 6:45PM, Sundays at 7AM

## WAYS TO RECONNECT

- Set your phone to do not disturb
- Practice silence
  - Rest
  - Pray
- Meet up with friends and family
- Read a book or other printed material
  - Go for a walk
  - Journal or write
- Clean your home, closet, etc.

# WHAT DOES THE FAST ENTAIL?

During this season, we invite you to turn off all media (computers, televisions, tablets, phones, games, etc.) each day from 7:00PM to 7:00AM. Some guidelines for your digital fast are:

1. No phone usage, texting or chatting
2. No games or other apps on the phone
3. No television or movies
4. Computer is allowed for school or work purposes, only as absolutely necessary
5. No internet usage, unless absolutely required for school or work purposes
6. No streaming
7. No social media whatsoever
8. Email only as absolutely necessary

QUESTION OF THE EVENING: CAN THIS WAIT UNTIL MORNING?

**During your prayer time, give thanks to God for this tremendous opportunity and sacrifice; pray for others and then for yourself. Please look at the following prayers as a guide.**

† God give me the strength, focus and desire to be faithful to this fast.

† Healer of body, mind, spirit, and soul, heal my relationship with my past. Help me to forgive myself and others.

† Lord, teach me to follow the living example of my brother, Jesus. Increase my faith, hope, and love so that I may strive to improve the lives of others and stand in solidarity with them.

† Lord, I believe that the fruit of this fast will carry me into the future with vigor, enthusiasm and more trust in you.

† I pray for my pastor's strength, renewal, obedience, and vision for FCBC.

† I pray for the staff, church leaders, ministry leaders and disciples who are working diligently to build your kingdom.

† Great Spirit, help me to recognize and have compassion for those who may be suffering in ways that I am not.

† God, help me to minister to the least of these in my daily walk.

† Renew my eagerness to work with you in building a better world, so that my friends may see your gospel of peace and justice through my actions.

## RESOURCES TO HELP YOU UNPLUG AFTER THE FAST HAS ENDED

Visit: <https://www.nationaldayofunplugging.com/>

### DIGITAL APPS

Quality Time App – Manage your digital diet. Whether you are serious about curbing your phone usage or simply curious about how you use your device.

Forest: Stay Focused – If you want to temporarily put down your phone and focus on what's more important in real life, you can plant a seed in Forest.