

A Call to Fast

Fasting is the biblical practice denying yourself food or other comforts for a period of time. Fasting leads us to shift our focus more fully to God, hungering more for His presence and relying more purposefully on His strength. This week, if Woodmen is your church home, we're asking you to join us in a fast — not from food, but from media.

The average American spends 10 hours each day looking at screens and much of this time is dominated by electronic media. We find our screens and our lives overcrowded with media designed to bring us instant comfort and momentary satisfaction, while distracting us from the things of eternity.

How should you fast from media this week? It might look slightly different for each of us. The aim is to commit to sacrificially giving up something this week that will challenge you. Have a look at the ideas on the other side of this card, then ask God what He would have you do. It may be best for your whole household to work together and hold each other accountable.



Media Fast Ideas

Set social media aside

Delete your favorite social media apps from your phone.

Give up a device

Unplug your X-box or TV, or keep the radio off in your car.

Abstain for a specific time

Maybe everybody in the family puts their cell phones in a basket at sundown. Or maybe you shut off the TV for one hour after dinner each night.

Now that you've set aside time, what will you do instead?

Pray

Meditate on scripture

Journal

Still have time left over? Use it to cultivate deeper connections with friends and family. Play a game together or go for a hike.

We trust that as we remove distractions and devote our hearts and minds more fully to the Father, Son and Holy Spirit, God will reveal His will and His presence to us in powerful ways in the days ahead.

