



The Digital Fast

Our world is filled with *noise*. Whether we realize it or not, our attention is being constantly pulled in different directions. As a result, we've become the most distracted and lonely generation ever. Our attention spans are shorter than ever, and most of us have a hard time concentrating for more than a few minutes at a time. Why? Because content is a drug, and we are the addicts.

What we need is a detox—a chance to turn down the noise and focus on what really matters. We need to say *no* to certain things so we can say *yes* to something better. This digital fast is designed to help us fix our eyes on Jesus, on our families, and on our true callings as men.

"Turn my eyes from looking at worthless things; and give me life in your ways." -Psalm 119:37

For the next 30 days:

1. Make Your Smart Phone Dumb - take all social media, news, and streaming apps off your phone. Remove any feature that is not essential for communication. Apply these same settings to your smart watch if you wear one.
2. Stay Off Social Media - logout of all your social media apps and stay off on all devices (Facebook, Instagram, TikTok, etc.).
3. Don't Play Video Games - unplug and remove any game consoles and don't play any games on your phone.
4. Take a Weekly Phone Sabbath - Choose a day each week (that works with your schedule) to turn off your phone or leave it behind where you aren't constantly checking in.
5. Parent Your Phone - Put your phone away at least an hour before you go to bed. Don't use your phone in the morning until after your morning quiet time.
6. Limit Streaming - Set restrictions on how much you watch TV, stream shows, movies, etc. If you do watch TV, watch it with someone else.
7. Report Weekly - Check in on a weekly basis with one other person in your group to hold each other accountable.

Helpful Tips

- Use your newfound time to be present with your family, to pray, or to read.
- Lean on your group for accountability and encouragement when you face cravings or withdrawals.

- If you're married, bring your wife in on the process. Explain the digital fast to her and ask for her support and encouragement.
- Set Device-Free Zones: To be more present, designate areas like the bedroom, dining table, or living room as device-free.
- Change your phone notification settings for the least amount of distraction throughout the day.