

MEDIA FAST

SPIRITUAL CHALLENGE



**SUNDAY, MARCH 1 -
SUNDAY, MARCH 8, 2026**

We are inviting you and your family to consider minimizing your media use for one week for the purpose of creating more intentional space for God, family, and friend connections.

Our prayer is for this 'media fast' to offer you an opportunity for spiritual refreshment, especially during this season of Lent leading to Easter.

SEE BACK FOR MORE INFO

PRESENTED BY THE GREATER NAPANEE
MINISTERIAL ASSOCIATION

Media Fast FAQ

1. What Is a Media Fast?

A media fast is a voluntary commitment to reduce or eliminate digital and entertainment media for a set time to draw closer to God. This includes social media, streaming, gaming, news scrolling, and non-essential screen time

It is:

- A discipline
- A reset
- An invitation

It is not:

- A rule
- A punishment
- A competition

2. Purpose of the Fast

We fast from media to:

- Create space for God's voice
- Detox from mental and spiritual noise
- Build healthier digital habits
- Renew our minds
- Restore peace and clarity
- Strengthen our unity as a church

3. Participation

Everyone should choose a level that is challenging but sustainable.

- No social media
- No entertainment streaming
- Only essential phone use

4. Suggested Replacements

Instead of media, engage in:

Spiritual Practices

- Bible reading
- Worship
- Prayer walks
- Journaling

Personal Refreshment

- Rest
- Decluttering
- Creative hobbies
- Time outdoors

Family Activities

- Meals without screens
- Board games
- Reading together

5. Family Guidelines

Kids

- Less screen time; more imagination
- Read children's Bible stories
- Pray together each night

Teens

- Reduce or eliminate social media
- Replace scrolling with journaling
- Participate in youth devotional

Adults

- Turn off notifications
- No-phone evenings
- Read Scripture before touching your phone

6. Practical Tips

- Set your phone to grayscale
- Move distracting apps to a hidden folder
- Establish no-phone zones (bedroom, dinner table)
- Start your mornings with Scripture
- Keep a simple journal of what God says

7. What to Expect

A media detox may initially bring:

- Restlessness
- Boredom
- Habit withdrawal
- Desire to "check" apps

This is normal. This is your soul waking up.

8. Ending the Fast Well

At the conclusion:

- Share testimonies
- Pray as a community
- Celebrate what God has done
- Encouraged to continue healthy boundaries

9. Long-Term Healthy Habits

- Weekly "screen sabbath"
- No-phone mornings
- Turn off unnecessary notifications
- Daily time in Scripture
- Intentional family connection

Daily Focus & Scriptures

DAY 1 – Silence & Stillness

Scripture: Psalm 46:10
Focus: Quiet your mind; invite God to speak.

DAY 2 – Renewing the Mind

Scripture: Romans 12:2
Focus: Let Scripture replace digital noise.

DAY 3 – Hearing God's Voice

Scripture: 1 Kings 19:11-13
Focus: Look for the "still small voice."

DAY 4 – Rest for the Soul

Scripture: Matthew 11:28
Focus: Receive rest and restoration.

DAY 5 – Guarding the Heart

Scripture: Proverbs 4:23
Focus: Examine what shapes you most.

DAY 6 – Strength & Courage

Scripture: Joshua 1:9
Focus: Find courage in God, not distraction.

DAY 7 – Re-Centering Life

Scripture: Matthew 6:33
Focus: Seek God first; reorder priorities.