



GMZ MEDIA FAST 2024

It's time to unplug.

January 15- January 19

IT'S TIME TO UNPLUG

In today's fast-paced world, platforms like Facebook, Instagram, YouTube®, X, Pinterest, and LinkedIn, along with movies, TV, texting, email, video games, and the internet, all compete for our attention. However, the constant flood of likes, criticisms, gossip, bad news, and breaking news updates can clutter our hearts and minds over time.

The challenge of being bombarded with these distractions lies in the gradual drowning out of the voice of God.

WHAT ARE WE FASTING FROM?

- TV/Netflix/Movies
- Social media (TikTok, Facebook, Instagram, Twitter, Pinterest, Snapchat, etc...)
- Video Games
- Music
- YouTube
- Online Dating Apps
- Podcasts

GOALS OF THE FAST

1. Discern the reasons for your amount of media intake.

- Escape
- Anxiety
- Procrastination
- Loneliness
- Others

2. Determine the positive or negative impact of your media intake.

- Upon my desire to know God and surrender to his will?
- Upon my priorities, goals, and life perspective?
- Upon my relationship with my family?
- Upon my performance at work?
- Upon my physical and mental health?
- Upon my stewardship of what I own?



RECOMMENDED RESOURCES

YouVersion Bible Plans

Fasting From Social Media – 5 Day Devotional
<https://www.bible.com/en/reading-plans/26671>

Digital Detox – 7 Day Devotional
<https://www.bible.com/en/reading-plans/22895>

Books

Sacred Rhythms: Arranging Our Lives for Spiritual Transformation by Ruth Barton

Undistracted: Capture Your Purpose Rediscover Your Joy by Bob Goff

Reconnect: Spiritual Restoration from Digital Distraction by Ed Cizewski

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3. Discover what you can do to replace excessive media intake.

- More family time.
- More self-care.
- More rest.
- More time to learn.
- More time with friends.

4. Develop a greater appreciation of spending time with God.

- Study the following passages and meditate on how they apply to you.
 - Luke 10:38-42
 - Matthew 6:5-15
 - Psalm 145:18
 - Mark 6:31-32
 - Philippians 4:6-7
 - Psalm 62:5, 8
 - Matthew 4:4
 - Joshua 1:8
 - 2 Timothy 3:16-17
- Pray for the desire and discipline to honor the Scriptures.

5. Devote yourself to managing your media intake after the fast.

- Decide the amount of screen time you give yourself each day.
- Engage media in ways you enjoy without making it a time stealer.
- Determine ways to spend the additional time you have.
- Give yourself grace without feeding yourself excuses.
- Discuss what you have learned with others and how you are applying it.



PRAYER REQUESTS DURING THE FAST

For Yourself

- For comfort in silence and solitude to spend more time with God.
- For courage to seek God and surrender to him.
- For guidance regarding an immediate and long-term need.
- For greater dependence on the Holy Spirit in your daily life.

For Greater

- For broader surrender to God's will by each member and regular attender.
- For souls to be saved and compassion expressed to those in need.
- For influence in our community and city that draws others to Christ.
- For our life groups and collective worship to be transformative environments.