

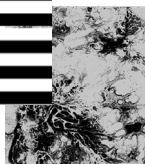
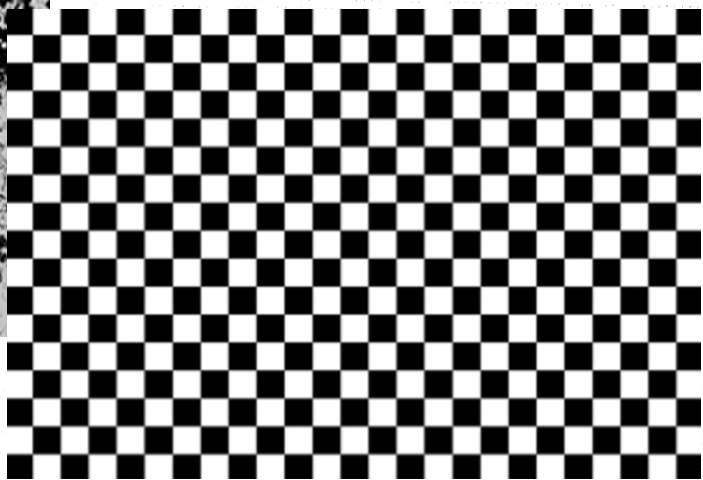
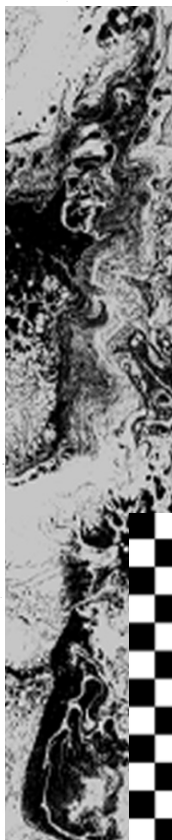
**FOCUS**

**MODE**

**FAST**



14-DAY  
DIGITAL FAST  
JOURNAL



## **WHAT IS 'THE FOCUS MODE FAST'?**

THE 'FOCUS MODE FAST' IS A 14 DAY EXPERIENCE DESIGNED TO HELP YOU DITCH DIGITAL DISTRACTIONS AND CULTIVATE MORE TIME AND SPACE TO FOCUS ON GOD, FOCUS ON OTHERS, AND FOCUS ON YOURSELF. EACH DAY WILL GIVE YOU AN OPPORTUNITY TO REFLECT ON YOUR EXPERIENCE, AND SET "FOCUS INTENTIONS" FOR THE DAY.

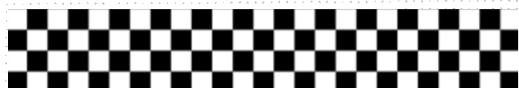
## **A WORD ABOUT FASTING...**

THE SPIRITUAL PRACTICE OF FASTING IS ABOUT INTENTIONALLY ABSTAINING FROM A CERTAIN ACTIVITY FOR A PERIOD OF TIME TO FOCUS ON GOD, PRAYER, AND SPIRITUAL GROWTH. FASTING IS NOT A WAY TO EARN FAVOR WITH GOD. RATHER, IT'S ABOUT CREATING SPACE TO DEEPEN OUR RELATIONSHIP WITH GOD, LISTEN FOR GOD'S GUIDANCE, AND REFLECT ON GOD'S GOODNESS IN OUR LIVES.





# DIGITAL FAST GUIDELINES





## **SET YOUR INTENTIONS**

REMEMBER, A FAST IS NOT ONLY ABOUT "DOING LESS". IT'S ABOUT REMOVING SOMETHING THAT MATTERS TO US IN ORDER TO MAKE MORE ROOM FOR WHAT MATTERS MOST. HERE ARE A FEW QUESTIONS FOR YOU TO CONSIDER AS YOU ENTER INTO THIS EXPERIENCE...

- WHAT DO YOU HOPE TO EXPERIENCE DURING THIS FAST?
- HOW DO YOU SEE YOURSELF BEING DIFFERENT AFTER THIS FAST IS OVER?

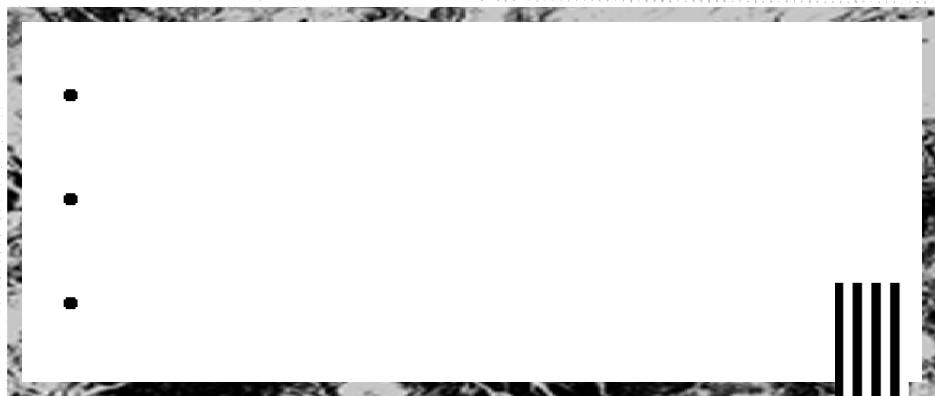
## SET YOUR BOUNDARIES

THIS IS WHERE YOU DECIDE WHAT YOU WILL BE FASTING FROM, AND HOW. IN THE BOX BELOW, YOU WILL HAVE AN OPPORTUNITY TO CHOOSE **1-3 AREAS OF 'INTENTIONAL DISCONNECTION FROM TECHNOLOGY'**. THESE MIGHT INCLUDE...

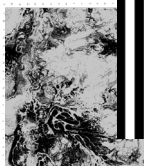
- DELETING A CERTAIN APP FROM YOUR PHONE FOR ALL 14 DAYS
- SETTING "POWER HOURS" ON CERTAIN DEVICES WHERE YOU WILL KEEP THEM POWERED OFF AND PUT AWAY.
- REMOVING CERTAIN DEVICES ENTIRELY FOR ALL 14 DAYS.

TO EXPERIENCE THE POWER OF THIS SPIRITUAL PRACTICE OF FASTING, IT'S A GOOD IDEA TO CHOOSE BOUNDARIES THAT ARE CHALLENGING YET REALISTIC. CHOOSE BOUNDARIES THAT ARE ACTUALLY DO-ABLE WITHIN YOUR UNIQUE CIRCUMSTANCES. BUT ALSO CHOOSE BOUNDARIES THAT WILL CHALLENGE YOU AND PUSH YOU OUTSIDE OF YOUR COMFORT ZONE. THAT IS WHERE GOD OFTEN DOES THE BEST WORK.

BEFORE YOU BEGIN THE FAST, TAKE A MOMENT AND PRAY THIS SIMPLE PRAYER... **GOD, WHAT WAYS ARE YOU INVITING ME TO 'INTENTIONALLY DISCONNECT FROM TECHNOLOGY' DURING THIS FAST?**



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## **SET THE EXPECTATIONS**

BEFORE YOU START, IT MIGHT BE A GOOD IDEA TO COMMUNICATE YOUR NEW BOUNDARIES TO THE PEOPLE WHO NEED TO KNOW. THIS PROVIDES CARE TO THEM AND ACCOUNTABILITY FOR YOU. CARE, SO THAT THOSE IN YOUR LIFE KNOW WHEN AND HOW YOU WILL NOT BE REACHABLE OR RESPONSIVE THROUGH TECHNOLOGY. AND ACCOUNTABILITY, SO THAT YOU HAVE OTHERS WHO CAN SUPPORT YOU AS YOU WALK THROUGH THIS EXPERIENCE.

- WHO DO I NEED TO COMMUNICATE MY NEW BOUNDARIES TO BEFORE I START THIS DIGITAL FAST?**
- HOW CAN I CLEARLY EXPLAIN MY BOUNDARIES AND WHY THIS FAST IS IMPORTANT TO ME?**
- WHO CAN I INVITE TO HELP HOLD ME ACCOUNTABLE THROUGHOUT THIS EXPERIENCE?**





## TODAY I WILL:

FOCUS ON GOD BY...

FOCUS ON OTHERS BY...

FOCUS ON MYSELF BY...



## TODAY I WILL:

FOCUS ON GOD BY...

FOCUS ON OTHERS BY...

FOCUS ON MYSELF BY...



## TODAY I WILL:

**FOCUS ON GOD BY...**

**FOCUS ON OTHERS BY...**

**FOCUS ON MYSELF BY...**



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