



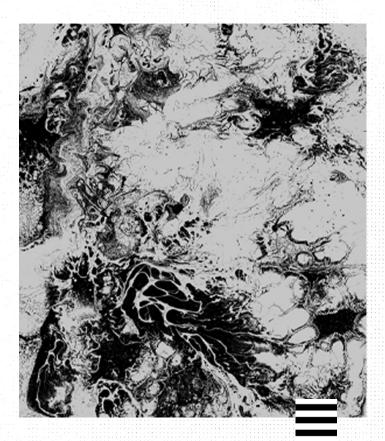
WHAT IS 'THE FOCUS MODE FAST'?

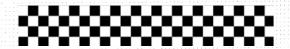
THE 'FOCUS MODE FAST' IS A 14 DAY EXPERIENCE DESIGNED TO HELP YOU DITCH DIGITAL DISTRACTIONS AND CULTIVATE MORE TIME AND SPACE TO FOCUS ON GOD, FOCUS ON OTHERS, AND FOCUS ON YOURSELF. EACH DAY WILL GIVE YOU AN OPPORTUNITY TO REFLECT ON YOUR EXPERIENCE, AND SET "FOCUS INTENTIONS" FOR THE DAY.

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...



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?



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?

"BE STILL, AND KNOW THAT I AM GOD." PSALM 46:10

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

WHAT ARE YOU LEARNING? • WHAT HAS BEEN CHALLENGING?
WHERE ARE YOU SEEING GOD MOVE?

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DAY 2

"COME TO ME, ALL WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS."

MATTHEW 11:28-29

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

WHERE ARE YOU SEEING GOD MOVE?	* 1 - 1 - 2 - 3 - 3 - 3 - 3 - 3 - 3 - 3 - 3 - 3
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"DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND." ROMANS 12:2

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"YOUR WORD IS A LAMP FOR MY FEET, A LIGHT ON MY PATH." PSALM 119:105

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"BUT THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY, THEY WILL WALK AND NOT BE FAINT." ISAIAH 40:31

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"FINALLY, BROTHERS AND SISTERS, WHATEVER IS TRUE, WHATEVER IS NOBLE, WHATEVER IS RIGHT, WHATEVER IS PURE, WHATEVER IS LOVELY, WHATEVER IS ADMIRABLE—IF ANYTHING IS EXCELLENT OR PRAISEWORTHY—THINK ABOUT SUCH THINGS."

PHILIPPIANS 4:8

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"SET YOUR MINDS ON THINGS ABOVE, NOT ON EARTHLY THINGS." COLOSSIANS 3:2

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS FROM IT." PROVERBS 4:23

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"BUT WHEN YOU PRAY, GO INTO YOUR ROOM, CLOSE THE DOOR AND PRAY TO YOUR FATHER, WHO IS UNSEEN. THEN YOUR FATHER, WHO SEES WHAT IS DONE IN SECRET, WILL REWARD YOU."

MATTHEW 6:6

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"YES, MY SOUL, FIND REST IN GOD; MY HOPE COMES FROM HIM." PSALM 62:5

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

WHAT ARE YOU LEARNING? . WHAT HAS BEEN CHALLENGING?

WHERE ARE YOU SEEING GOD MOVE?



"SO WHETHER YOU EAT OR DRINK OR WHATEVER YOU DO, DO IT ALL FOR THE GLORY OF GOD." 1 CORINTHIANS 10:31

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

WHAT ARE YOU LEARNING? • WHAT HAS BEEN CHALLENGING? WHERE ARE YOU SEEING GOD MOVE?							



"YOU WERE TAUGHT, WITH REGARD TO YOUR FORMER WAY OF LIFE, TO PUT OFF YOUR OLD SELF, WHICH IS BEING CORRUPTED BY ITS DECEITFUL DESIRES; TO BE MADE NEW IN THE ATTITUDE OF YOUR MINDS; AND TO PUT ON THE NEW SELF, CREATED TO BE LIKE GOD IN TRUE RIGHTEOUSNESS AND HOLINESS." EPHESIANS 4:22-24

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

WHERE ARE YOU SEEING GOD MOVE?	



"BE STILL BEFORE THE LORD AND WAIT PATIENTLY FOR HIM." PSALM 37:7

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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"I AM THE VINE; YOU ARE THE BRANCHES. IF YOU REMAIN IN ME AND I IN YOU, YOU WILL BEAR MUCH FRUIT; APART FROM ME YOU CAN DO NOTHING."

JOHN 15:5

GENERAL REFLECTION USE THE SPACE BELOW TO REFLECT ON THIS EXPERIENCE SO FAR.

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