



The 28-Day Digital Fast is an invitation to step back intentionally from non-essential digital distractions. This fast helps create space to focus on God, His Word, and meaningful real-life connections.



1. Examine – Observe and Prepare

Awareness is key. Notice how tech shapes your attention, emotions, and routines.

Pray & Plan:

- Ask God to reveal distractions and give focus.
- Identify your motivation: Why fast? What do you hope to gain?
- Share your plan with a friend, family member, or group.

Prepare Life & Relationships:

- Schedule non-digital activities: meals, outdoors, reading, journaling, hobbies.
- Communicate your fast to those affected.
- Set goals: duration, apps to limit, start date.

Observe Digital Habits:

- Track screen time (Screen Time, Digital Wellbeing).
- Note which apps are essential vs. distracting.
- Imagine life with fewer interruptions for prayer, rest, and relationships.



2. Eliminate – Remove Distractions

Simplify your digital space to focus on God and others.

Simplify Devices:

- Delete or pause non-essential apps.
- Turn off notifications; use grayscale or simple layouts.
- Designate tech-free zones and times (meals, bedtime, devotional time).
- Use an alarm clock; keep devices out of bedrooms.

Set Boundaries & Support:

- Inform friends, family, coworkers for accountability.
- Choose a trusted check-in partner.
- Optional: post a brief note on social media about your fast.

Prayer Prompt:

- "God, help me release distractions to be fully present with You and others."



Abiding in Jesus begins with giving Him our attention. This fast is not about abandoning technology completely. Rather, it is about using devices purposefully.



3. Engage – Life-Giving Practices

Replace screen time with habits that deepen faith and relationships.

Spiritually:

- Prayer, Scripture, journaling, meditation, silence.
- Reflect on God's teaching.

Relationally:

- Face-to-face conversations, family time, fellowship.
- Serve, encourage, or visit others.

Personally:

- Offline hobbies: reading, walking, music, crafts, cooking.
- Rest intentionally without screens.

Discomfort is normal—let it point you toward God and meaningful engagement.



4. Establish – Build Lasting Habits

Make intentional tech use a permanent rhythm.

Reflect & Reassess:

- Which apps or habits were unnecessary?
- How did less screen time affect relationships and spiritual focus?

Keep Healthy Practices:

- Maintain screen-free routines (mornings, meals, evenings).
- Keep tech-free zones and limits.
- Use tech intentionally—replace passive scrolling with meaningful activities.

Prayer Prompt:

"Lord, help me maintain these rhythms so technology serves my life, relationships, and devotion to You."

Recommended Books:

The Tech-Wise Family – Andy Crouch
My Tech-Wise Life – Amy & Andy Crouch
The Ruthless Elimination of Hurry – John Mark Comer