



6/7/2026 | Digital Fasting

Reflect + Discuss

- Have you ever fasted from your phone or technology for a period of time? What was that like for you?
- Michael pointed out that our phones and technology should not be what we primarily depend on; we should depend on God. What are some things only God can provide that technology cannot?
- Michael said, *“what we constantly give our attention to eventually shapes the person we become.”* How has your relationship with your phone influenced your habits, priorities, or character? As you consider a digital fast, what changes or growth do you hope to experience?
- How have you encountered God in ways that surpasses the comfort and security your phone gives you? How can you lean into that when digital fasting becomes challenging?
- Michael said, *“fasting isn’t just about temporarily removing something from your life; it’s also about filling the space you made with God and then trying to live differently when the fast is over.”*

What practice or pattern would you like to cultivate in place of digital consumption? What do you want to give greater attention to, and how do you hope it will shape you? Is there a pattern you’ve fallen into with your phone or technology that needs a reset in order to make space for God?

- As fasting can be a challenging and disruptive practice, community can play an important role in sustaining it. Are there ways you could invite others into this journey, such as a friend, family member, or community group, to encourage and support one another? How can this group support one another along the way?

Pray

Pray that we may grow in our understanding of how deeply we need time with God in order to flourish. Pray that we may grow in the spiritual practice of fasting from the things that distract us from Him and replace them with new patterns that draw us nearer to Him. As we continue to reflect on this message, pray that our desire for God and our devotion to Him would continue to grow.

Next Steps

Check out the [resources page](#) for links to several Bible reading plans and other helpful tools. Explore other opportunities for growth and transformation by checking out [courses](#).