

# WEEK 1: DETACH DOES GOD HAVE YOUR ATTENTION?

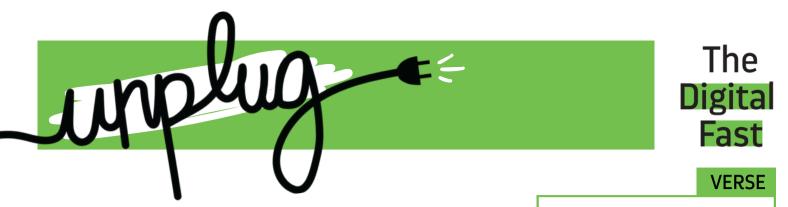
'Turn my eyes from looking at worthless things; and give me life in your ways.' Psalm 119:37

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As a middle schooler, there's a lot of pressure to be constantly on your phone. Social media and messaging apps make you feel like you need to be always connected, keeping up with friends and trends. Talk about how this pressure to stay "in the loop" can pull you away from moments of peace and spiritual growth, making it challenging to prioritize God and nurture a deeper faith.

#### **ACTIVITY: DISTRACTION WEB**

1 What	is the most distracting part about being a middle schooler?
2 How h	nas your phone / your friends' phones changed your friendships?
3 How o	can focusing on God help us feel less pressure to "fit in"?
MEEVIVAT	LIOME CHALLENCE
Swap 15 minu	-HOME CHALLENGE utes of screen time (phone, tablet, games, etc.) for prayer, journaling, or valk three times this week. Reflect on how you felt after.
What I did:	
How I felt:	



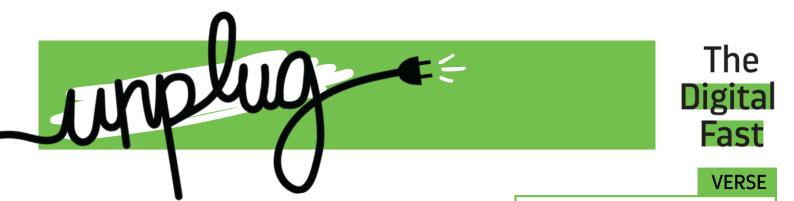
# WEEK 2: DISCOVER WHO ARE YOU OFFLINE?

'I have come that they may have life, and have it to the fullest.'

When we connect socially online, it can often be hard to truly know each other. It is so easy to only show the best parts of ourselves, and it can be even easier to compare our own lives to others' best moments. Talk about ways that Jesus offers true fulfillment and can help us appreciate what we have without comparing it to others.

### **ACTIVITY: WHO AM I?**

1 Why is it bac	d to compare ourselves to others?
2 What are so	ome ways talking to God can help with comparison?
3 God made e	each of us unique for a reason – why do you think that is?
WEEKLY AT-HOM	E CHALLENGE
	ning you are grateful for every day this week - it can be big or sma
am grateful for:	



# WEEK 3: DELIGHT FINDING JOY IN GOD

'Whatever is true, noble, right, pure, lovely, admirable—think about such things.' Philippians 4:8

By putting down our phones, it is easier to see His love and presence in everyday life. Prayer, reading scripture, and spending time in nature are simple ways to connect with God. By practicing kindness, showing compassion to others, and serving in small ways, they can experience the joy that comes from living out their faith. Celebrating God's goodness in both big and small moments, like appreciating a beautiful day or feeling comforted during tough times, can help you grow closer to Him and find true joy in His love.

### **ACTIVITY: BE IN THE MOMENT**

Go outside as a group (if possible) or sit quietly in the classroom. Try to think of or notice three things you've never paid attention to before (sounds, sights, etc.) and list or draw them below.

0	What is your favorite type of scenery?
2	Do you think seeing a place on your phone is the same as seeing it in real life?
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<b>-</b>	How does appreciating our surroundings help us appreciate God?

## WEEKLY AT-HOME CHALLENGE

Spend 10 minutes going on a walk. Think about and document what you see and hear during it, particularly things that you find fascinating or captivating.



## The Digital Fast

#### **VERSE**

# WEEK 4: DETERMINE LIVING A NEW WAY - UNPLUGGED!

'Do not conform to the pattern of this world, but be transformed by the renewing of your mind.' Romans 12:2

Taking from what you've learned, explore some ways to reconnect with God going forward. Try keeping your phone in another room when you're focusing on studying, reading, or spending time with family. Engaging in hobbies like sports, drawing, or playing a musical instrument can also help keep you away from your phone and foster more face-to-face interactions.

### **ACTIVITY: BE IN THE MOMENT**

Create a "priority list." Write down three things you value most (e.g., family, honest
time with God). Discuss how to protect those priorities.

0	How can you stand up for what you believe in, even when friends pressure you?
2	What steps will you take to keep God at the center of your life after this series?
3	How does God's love make us unique and special, even if we're not like everyone else?

## WEEKLY AT-HOME CHALLENGE

Write down a commitment to spend time with God (e.g., reading the Bible, praying) for at least 5 minutes daily. Share with your parents for accountability.