



Digital Media Fast Lent 2026

*Once again I have chosen distraction
that depletes rather than satisfies,
that numbs rather than renews.*

*Forgive me, O God, for neglecting
the better and higher things to which you have called me.*

*Now make me a more mindful
steward of my hours.*

-A Liturgy for Wasted Moments, Every Moment Holy: Volume III

PURPOSE OF FASTING

The season of Lent is the 40 days before Easter, where Christians devote themselves to reflection and prayer as they prepare to celebrate Christ's resurrection on Easter. Many Christians elect to engage in a fast during Lent, remembering Jesus' fasting for 40 days in the wilderness (Luke 4:1-13). Ultimately, the purpose of any fast is to draw closer to God, and the temporary restriction or abstaining from food or something else helps us to identify our need for God and draw nearer to him.

During this season of Lent, we would like to invite our entire church into a media* fast. The purpose of a media fast is to temporarily remove outside input, noise, and formation to "reset" our minds, focusing our attention on God and that which is present before us. A digital media fast will help us to reorient our thoughts and focus toward the kingdom of God, create silence and space for us to hear from God and explore our own motivations, and to remove our eyes from worthless things (Psalm 101:3).

HOW TO FAST

This fast will look different for each person, as we all have different levels of engagement with digital media*, and different media we're drawn to. For some, it's YouTube or streaming services, for others, it's the news, for others, it's video games, and for others, it may be social media. We are not drawing hard and fast rules for this fast, because the purpose is for you to draw closer to God – do the best you can with the fast, and if you struggle to keep it, continue to try.

We invite you to follow the guide below, giving time to assess your own relationship with digital media, and prayerfully deciding the best way to structure this fast.

*Digital media can be defined a number of ways and will be used interchangeably with "media" and "outside input" throughout this document. In your own reflection, you can determine a definition that is relevant to you and also determine if you'd like to include other media such as books and music in your fast.

DIGITAL HABIT ASSESSMENT

To begin with, assess your current engagement with digital media. This assessment is only for you and the questions are subjective, so do your best to give your most honest answer. This assessment will help you make a plan for your media fast.

	YES	NO
Do you ever feel drained after spending time on your phone?		
Do you have social media?		
Do you check your email or other messaging apps frequently?		
Is texting your primary form of communication with others?		
Do you stay up late watching YouTube or streaming series on TV?		
Does social media make you feel like you should be a more ideal version of yourself?		
Have you viewed pornography or sexual images on any of your devices in the last 6 months?		
Do you spend too much time and money on online shopping or digital items (games, software, devices, news apps, Amazon, etc.)?		
Are you on your phone first thing in the morning and/or last thing at night?		
Does your phone live in your bedroom at night?		
Do you go to digital media when you feel bored, lonely, or anxious?		
Do you feel sad or anxious after spending time on digital media?		

What is your screen time daily average?**	
What are your most used apps?	
What is your daily average number of phone pickups?	
How many daily average notifications do you receive?	
How much money do you spend on media every month (streaming subscriptions, digital purchases, etc.)	

*This assessment is modified from a resources shared by The Church of the Assumption Parish:
http://www.assumptionsanleandro.org/uploads/1/1/7/9/117932656/live_lent_parish_handout.pdf

**For iPhone: Go to settings → screentime → see all app & website activity
For Android: Go to settings → digital well being

REFLECT ON YOUR ASSESSMENT

What did you notice about your digital habits? What surprised you?

What apps and devices are problematic for you or take up most of your time? List them below.

What are the triggers for your excessive digital media use? (Ex. boredom, loneliness, anxiety, certain times of day, etc.). List them below.

CHOOSE YOUR FAST

What are you committing to fast from during Lent?*

- Social Media
- YouTube/Video Apps
- TV/Streaming
- Online shopping and purchase
- Podcasts
- Other apps (Sports, News, Weather, ChatGPT, etc.)
- Keeping phone out of your bedroom
- Using your phone during certain periods of time
- Turning off phone notifications
- Limiting screen time to <1 hour for non-work related apps
- Using your smart watch
- Other:

*If you are a parent, consider inviting your children to participate in this conversation and making a family commitment to fast from certain forms of media.

PLAN YOUR FAST

How will you limit access to the apps or devices you are fasting from? (Ex. deleting the app, leaving your phone in another room, using a website blocker, etc.) Be specific.

What will you do instead of engaging in this app/device?

This is a very important question – without a plan, it's easy to slip back into your previous practices. For example, you could pray the Lord's Prayer, take a short walk, call a friend, read a book, or engage a hobby.

Whom will you share this plan with? Whom will you be accountable to?

What is your hope and prayer for this fast? Write down your desires for engagement with God and the world around you through limiting digital engagement. Confess your fears or concerns about this fast to God.

MEDIA FAST RESOURCES & LEARNING

- [The Life We're Looking For](#) by Andy Crouch
- [The Digital Fast: 40 Days to Detox Your Mind and Reclaim What Matters](#) by Darren Whitehead
- [The Techwise Family](#) by Andy Crouch
- *The Social Dilemma*, Netflix Documentary

WEEKLY REFLECTION

Take time each week to reflect on your fasting experience.

How easy or challenging was your fast this week?

- Extremely easy
- Kind of easy
- Neutral
- Kind of difficult
- Extremely difficult

What did you learn about yourself in relation to God through your fast this week?

Where did you notice God this week?

Is there anything you want to do differently or change for your fast next week?

FINAL REFLECTION

At the end of Lent, reflect on your fasting experience.

Overall, how was the fast for you? Was it more or less challenging than you expected and why?

What did you notice about God and the world around you as you silenced the “noise” of digital media?

How did this fast impact your relationship with God and others?

Are there any long-term changes or shifts you would like to implement in your interaction with media?