

MIDDLE

The
Digital
Fast

WEEK 1

EDITION

SCHOOL

The Digital Fast

WEEK 1 | DAY 1 DETACH

Does God Have Your Attention?



VERSE

“Turn my eyes from looking at worthless things; and give me life in your ways.”

PSALM 119:37

As a middle schooler, there’s a lot of pressure to be constantly on your phone or devices. Social media and messaging apps make you feel like you need to be always connected, keeping up with friends and trends. Think 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*

Draw a “web of distractions” with things like apps, friends, or social expectations at the center. Then identify one or two you want to work on this week.

DISCUSSION QUESTIONS



1 What is the most distracting part about being a middle schooler?

2 How has your phone / your friends’ phones changed your friendships?

3 How can focusing on God help us feel less pressure to “fit in”?

The Digital Fast

WEEK 1 | DAY 2
DETACH

Does God Have Your Attention?



WEEKLY AT-HOME CHALLENGE

Swap 15 minutes of screen time (phone, tablet, games, etc.) for prayer, journaling, or going for a walk three times this week. Reflect on how you felt after.

What I did:

How I felt:

VERSE

“Turn my eyes from looking at worthless things; and give me life in your ways.”

PSALM 119:37



The Digital Fast

WEEK 1 | DAY 3
DETACH

Does God Have Your Attention?



WEEKLY AT-HOME CHALLENGE

Swap 15 minutes of screen time (phone, tablet, games, etc.) for prayer, journaling, or going for a walk three times this week. Reflect on how you felt after.

What I did:

How I felt:

VERSE

“Turn my eyes from looking at worthless things; and give me life in your ways.”

PSALM 119:37



The Digital Fast

WEEK 1 | DAY 4
DETACH

Does God Have Your Attention?



WEEKLY AT-HOME CHALLENGE

Swap 15 minutes of screen time (phone, tablet, games, etc.) for prayer, journaling, or going for a walk three times this week. Reflect on how you felt after.

What I did:

How I felt:

VERSE

“Turn my eyes from looking at worthless things; and give me life in your ways.”

PSALM 119:37



The Digital Fast

WEEK 1 | DAY 5
DETACH

Does God Have Your Attention?



WEEKLY AT-HOME CHALLENGE

Swap 15 minutes of screen time (phone, tablet, games, etc.) for prayer, journaling, or going for a walk three times this week. Reflect on how you felt after.

What I did:

How I felt:

VERSE

“Turn my eyes from looking at worthless things; and give me life in your ways.”

PSALM 119:37



