

MIDDLE

The
Digital
Fast

WEEK 2

EDITION

SCHOOL

The Digital Fast

WEEK 2 | DAY 1 DISCOVER

Who are you offline?



VERSE

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

JOHN 10:10

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. Think about ways that Jesus offers true fulfillment and can help us appreciate what we have without comparing it to others.

ACTIVITY *WHO AM I?* //

Draw a self portrait of you doing some of the things that make you 'you' - things like sports, hobbies, activities, or adventures you have done!

DISCUSSION QUESTIONS



1 Why is it bad to compare ourselves to others?

2 What are some ways talking to God can help with comparison?

3 God made each of us unique for a reason - why do you think that is?

The Digital Fast

WEEK 2 | DAY 2
DISCOVER

Who are you offline?



WEEKLY AT-HOME CHALLENGE

Write down something you are grateful for today - it can be big or small!

I am grateful for:

VERSE

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

JOHN 10:10



The Digital Fast

WEEK 2 | DAY 3
DISCOVER

Who are you offline?



WEEKLY AT-HOME CHALLENGE

Write down something you are grateful for today - it can be big or small!

I am grateful for:

VERSE

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

JOHN 10:10



The Digital Fast

WEEK 2 | DAY 4
DISCOVER
Who are you offline?



WEEKLY AT-HOME CHALLENGE

Write down something you are grateful for today - it can be big or small!

I am grateful for:

VERSE

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

JOHN 10:10



The Digital Fast

WEEK 2 | DAY 5
DISCOVER
Who are you offline?



WEEKLY AT-HOME CHALLENGE

Write down something you are grateful for today - it can be big or small!

I am grateful for:

VERSE

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

JOHN 10:10



