

MIDDLE

The
Digital
Fast

WEEK 3

EDITION

SCHOOL

The Digital Fast

WEEK 3 | DAY 1
DELIGHT
Finding Joy in God



VERSE

“Whatever is true, noble, right, pure, lovely, admirable—think about such things.”

PHILIPPIANS 4:8

By putting down our devices, 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, or find a room to sit quietly. Try to think of or notice three things you’ve never paid attention to before (sounds, sights, etc.) and list or draw them below.

DISCUSSION QUESTIONS

1 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?

3 How does appreciating our surroundings help us appreciate God?

The Digital Fast

WEEK 3 | DAY 2
DELIGHT
Finding Joy in 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.

What did you hear?

What did you see?

What was fascinating or captivating?

VERSE

*“Whatever is true, noble, right, pure, lovely,
admirable—think about such things.”*

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The Digital Fast

WEEK 3 | DAY 3
DELIGHT
Finding Joy in 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.

What did you hear?

What did you see?

What was fascinating or captivating?

VERSE

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The Digital Fast

WEEK 3 | DAY 4
DELIGHT
Finding Joy in 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.

What did you hear?

What did you see?

What was fascinating or captivating?

VERSE

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admirable—think about such things.”*

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The Digital Fast

WEEK 3 | DAY 5
DELIGHT
Finding Joy in 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.

What did you hear?

What did you see?

What was fascinating or captivating?

VERSE

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