

MIDDLE

The  
Digital  
Fast

WEEK 4

EDITION

SCHOOL

# The Digital Fast

WEEK 4 | DAY 1

**DETERMINE**

*Living a New Way - Unplugged!*

## VERSE

*“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 devices 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, honesty, time with God). Think about how to protect those priorities.

---

---

---

## DISCUSSION QUESTIONS

**1** 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?

---

---

**TRANSIT**

# The Digital Fast

WEEK 4 | DAY 2  
**DETERMINE**

*Living a New Way - Unplugged!*



## WEEKLY AT-HOME CHALLENGE

Write down one commitment for today, and spend 5 minutes practicing.

What did you hear?

---

---

What did you feel?

---

---

What did you learn?

---

---

### VERSE

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*

**ROMANS 12:2**



# The Digital Fast

WEEK 4 | DAY 3  
**DETERMINE**

*Living a New Way - Unplugged!*



## WEEKLY AT-HOME CHALLENGE

Write down one commitment for today, and spend 5 minutes practicing.

What did you hear?

---

---

What did you feel?

---

---

What did you learn?

---

---

### VERSE

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*

**ROMANS 12:2**



# The Digital Fast

WEEK 4 | DAY 4  
**DETERMINE**

*Living a New Way - Unplugged!*



## WEEKLY AT-HOME CHALLENGE

Write down one commitment for today, and spend 5 minutes practicing.

What did you hear?

---

---

What did you feel?

---

---

What did you learn?

---

---

### VERSE

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*

**ROMANS 12:2**



# The Digital Fast

WEEK 4 | DAY 5  
**DETERMINE**

*Living a New Way - Unplugged!*



## WEEKLY AT-HOME CHALLENGE

Write down one commitment for today, and spend 5 minutes practicing.

What did you hear?

---

---

What did you feel?

---

---

What did you learn?

---

---

### VERSE

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*

**ROMANS 12:2**



