

## Reset

March-April 2022

Reset is a media fast leading up to Easter Sunday in which we individually and voluntarily refrain from the media that is addictive, stirring emotion, and/or consuming large amounts of our time for the purpose of hearing God and aligning our lives with His will. The goal is the reduction of anxiety, anger, fear, stress, and other negative emotions. The fast includes social, news, and entertainment media; in particular, TV, radio, internet, print, and cell phone.

We are asking you to prayerfully discern what your fast should look like; what will best serve this purpose for you personally. It may be a wholesale fast of all media, certain select media, a gradual decrease, etc. Then begin with a humble and open heart. Use the time you would normally be giving to media to Bible reading, prayer, meditation, and relationships.

We are providing four passages of Scripture for you to read each week along a theme. Resist the temptation to read quickly and give it a “completion check.” Prayerfully read slowly, reread, ask God what He wants you to know and how He wants you to respond. Feel free to add other passages along the same theme other days of the week. There are only four passages because many, hopefully most, of you already have a Bible reading routine.

Get an accountability partner and encourage each other throughout the journey, it will help immensely! Give yourself grace but not permission to quit. It will be an up and down, success and failure, process. Deeply engrained habits that capitalize on our weaknesses are not easy to resist. Lastly, and most importantly, pray continuously (1 Thessalonian 5:17). The ever-present Spirit of God will help you if you ask!

May God bless you with a deeper walk and appreciation of Himself!  
Pastor Dan

## Week One: A Living God, Worthy of Worship

Day 1: Read Jeremiah 10:2-12

What attributes of Himself does God point out? What kind of response is God saying He wants from you?

Jeremiah 10:10, But the LORD is the true God; He is the living God and the everlasting King. At His wrath the earth quakes, And the nations cannot endure His indignation.

Day 2: Read Psalm 89:11-18

What does this passage tell us about God in relation to all creation? What comforting thoughts does this give you?

Reflect on: Psalm 89:11, The heavens are Yours, the earth also is Yours; The world and all it contains, You have founded them.

Day 3: Read 1 Peter 1:13-21

What attributes of God, and responses to God are brought forth in this passage? Do you have this hope?

Reflect on: 1 Peter 1:15–16, but like the Holy One who called you, be holy yourselves also in all your behavior; 16 because it is written, “YOU SHALL BE HOLY, FOR I AM HOLY.”

Day 4: Read Revelation 1:4-8; 21:1-8

What do these passages tell us God has done and will do? How does this affect your thinking about your life in the present?

Reflect on: Revelation 21:6, Then He said to me, “It is done. I am the Alpha and the Omega, the beginning and the end. I will give to the one who thirsts from the spring of the water of life without cost.