

Reset – A 40 Day Media Fast

Week 7: Coming off the Fast

April 17-23, 2022

Coming off a media fast, like a food fast, should be done somewhat gradually, and with great care. Here's some important questions for you to answer:

1. Did you notice any physical or emotional changes in yourself? Did your stress, anger, or anxiety levels go down? Did you experience a greater sense of peace and/or a more positive outlook on life?
2. Did you grow spiritually? Did you feel better connected to the Lord? Do you think the Lord was better able to direct you?
3. Did you feel out of touch with current events, and if so, did you find that it was actually ok?
4. How will you order your life moving forward? What forms of media will you reintroduce, when, and how much?

Day 1: Read John 15:1-11.

Define what it means to abide (or remain) in Jesus Christ? What are the results of abiding and not abiding? Name some practices that help you abide. Name some activities that hinder abiding.

Reflect on: John 15:5, "I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.

Day 2: Read Ephesians 5:7-21.

Paul reminds his readers who they were and who they are now. How does he say their lives should reflect who they are now?

Reflect on: Ephesians 5:15–17, Therefore be careful how you walk, not as unwise men but as wise, 16 making the most of your time, because the days are evil. 17 So then do not be foolish, but understand what the will of the Lord is.

Day 3: Read John 14:23-27; 16:31-33; and 20:19-22.

The disciples were entering the most stressful time of their lives. What did Jesus tell them He wanted them to have? What else did Jesus want them to know?

Reflect on: John 16:33, "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

Day 3: Read Luke 10:38-42.

Compare the responses of Martha and Mary to the presence of Jesus. Why was Mary's response better?

Reflect on: Luke 10:41–42, But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; 42 but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her."

(There are four readings for this week on the back of this page.)