

LIVE LENT! Digital Fasting for Intentional Living



Church of the Assumption Parish Reflection

Guide to making a Digital Fasting Plan

Let's begin with a simple questionnaire to see where you are and what you want to accomplish through a digital fast.

Questionnaire	Yes	No
Have you ever felt sluggish after spending time on social media?		
Do you feel compelled to check your email all during the day?		
Is texting your main form of communication with others?		
Do you stay up late binge-watching streaming series or YouTube videos?		
Do your social media accounts portray an idealized image of yourself?		
Have you ever viewed pornography on your digital devices?		
Do you spend too much time and money on digital items such as games, software, magazines, movies?		
Are you on your phone first thing in the morning and/or last thing at night?		
Do you use your digital media as a filler when you feel bored, lonely or anxious?		
Do you find yourself anxious and sad after spending time on your digital media?		

If you answered Yes to any of these questions, they may be the clue to those problem areas that will be important to include in your digital fast plan.

Making a plan can hold you to your fast and keep you accountable. So, let's get started!

My Lenten Digital Fast Plan



PART 1 Understand your habits

1. Identify the apps and devices that are problematic for you. Write them here.

2. What are the triggers to your excessive digital media use, such as feeling bored, lonely, anxious? List them.

3. How much time do you spend on these apps/devices per day? List app/device and time spent:

PART 2 Choose your Digital Fast

- Daily fast
- 24-hour fast
- 48-hour fast
- Weekly fast
- Monthly fast
- Seasonal fast

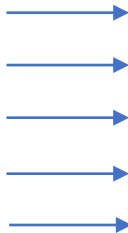
PART 3 What it looks like

1. What will you do to limit access to that app/device?

2. Consider alternatives during your fast. What will you do instead?

PART 4 Concrete actions that will help me achieve this (list them)

PART 5 Obstacles that may arise:



Ways I will respond to each obstacle:

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Church of the Assumption Parish Reflection PRAYING THE MEDIA family prayer service

(Create the space for prayer by gathering together around an open Bible with a candle and some media, such as a tablet, phone, movie, magazine, etc.)

Make the sign of the cross. † *In the name of the Father...*

Leader: *During this season of Lent let us consider our media world, examine our digital experience, pray for media creators and make reparation for all the sins committed because of the media.*

Reader 1: "I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect." Rm 12:1-2

Leader: *Let us examine our digital media experience by asking: How do I balance freedom and responsibility regarding my entertainment use of legacy media (print, film, radio and television) and digital media? Do I think, reflect and pray about my media experiences so that I ask these key questions: Is it true? Is it helpful? Is it inspiring? Is it necessary? Is it kind?*

Examination of conscience

Pray Together: Lord, have mercy. Christ, have mercy. Lord, have mercy.

Reader 2: "The risk of misinformation being spread on social media has become evident to everyone. We have known for some time that news and even images can be easily manipulated, for any number of reasons, at times simply for sheer narcissism. Being critical in this regard is not about demonizing the internet but is rather an incentive to greater discernment and responsibility for contents both sent and received. All of us are responsible for the communications we make, for the information

we share, for the control that we can exert over fake news by exposing it. All of us are to be witnesses of the truth: to go, to see and to share.”

—Pope Francis, World Communications Day message 2021

Leader: *We pray to atone for the misuse of these media that often lead people to sin and evil by asking for the Lord’s mercy.*

Together:

We adore you, O Lord, Creator of heaven and earth. We thank you for having placed at the disposition of humanity such a wealth of goods for the present life and eternal life.

“All these are yours; but you belong to Christ, and Christ belongs to God” (1 Cor 3:23).

O Jesus, Divine Master, in your mercy enlighten and direct us so that all the discoveries and means of media communication may be used for edifying and uplifting, never for spiritual or human ruin.

Today we pray for all the media. We offer you, Jesus Master, our prayers and our daily work to atone for the misuse of these gifts and to ask of you that everything may be for the glory of God and peace to humanity. Amen.

—(prayer by Blessed James Alberione, www.mediaapostle.com)

Leader: *We invoke the Holy Spirit to enlighten all media creators and users to uphold the dignity of every human being and to promote all that is true, good, and beautiful.*

G: Come, Holy Spirit, R: teach us to read and interpret the signs of the times.

G: Come, Holy Spirit, R: show us the seeds of truth present in the world.

G: Come, Holy Spirit, R: guide all media creators to uplift humanity through their gifts of creativity.

G: Come, Holy Spirit, R: help artists to point to the beauty and goodness of God.

G: Come, Holy Spirit, R: help us distinguish true prophets from false ones.

G: Come, Holy Spirit, R: develop in us that new person in Christ.

G: Come, Holy Spirit, R: reveal to us the secrets of God and the secrets of humanity.

G: Come, Holy Spirit, R: celebrate in us the marvels of the word.

G: Come, Holy Spirit, R: help us to be aware of the needs of humanity.

G: Come, Holy Spirit, R: teach us to live always in the presence of God.

G: Come, Holy Spirit, R: help us to share the Word of God with others.

G: Jesus our Master, our Way, our Truth, and our Life R: teach us your way of truth and holiness. Amen.