

3-DAY DETOX YOUR FEED

*What you consume is shaping you.
On purpose or by accident.*

This challenge is about taking back control of what you allow into your mind and spirit through your digital space. Every scroll, post, and account you follow has the power to pull you closer to God (or further from peace).

Each day, you'll focus on one intentional action to realign your feed with your faith. It's not about judgment, it's about wisdom, discernment, and protecting your peace!



"Everything is permissible—but not everything is beneficial." – 1 Corinthians 10:23

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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God, give me the courage to let go of anything that no longer aligns with who You've called me to be. Help me release what distracts or discourages me, and make room for more of Your voice in my life. Amen.

DAY 2: FILL IT UP

"Faith comes by hearing, and hearing by the word of Christ." – Romans 10:17

What voices do I want shaping me? Who speaks life?

Challenge: Follow 3 new Christian creators, ministries, or pages that consistently speak life, truth, and encouragement into their space. *(Think: faith-based creators, Christian mental health advocates, scripture aesthetic or verse-of-the-day accounts, pastors that align with sound doctrine)*

How did it feel to intentionally fill your feed with voices of truth?

CLOSING PRAYER

Lord, thank You for voices that point me back to You. Help me seek out what edifies, what uplifts, and what aligns with Your Word. Let the things I see day to day shape my heart toward wholeness, not insecurity. Amen.

"Set your mind on things above, not on earthly things." – Colossians 3:2

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Jesus, thank You for being better than distraction. Help me break the habit of constant scrolling and replace it with real connection with You. Keep pulling my attention back to the things that truly matter. Amen.