

5-DAY SOCIAL MEDIA FAST

Clear the noise. Reclaim your peace.

This challenge is designed to help you step away from social media and step into intentional time with God. Each day gives you a focus word, a reflection prompt, a verse to anchor your mind, and a simple task to help you reset your attention and hear from God more clearly.

You don't need to do it perfectly, just show up with an open heart. Watch what shifts when you silence the noise and make space for peace.

Want Some Accountability?

Tell a friend you're doing this fast or post a quick note to your story before logging out:

"Taking 5 days to reset with God. See you soon!"

Sometimes just saying it out loud is the first step to showing up with intention.



DAY 1: RESET

"Be still and know that I am God." – Psalm

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DAY 2: RECONNECT

"Draw near to God, and He will draw near to you." – James 4:8

What have I been too distracted to notice lately? About myself, God, or others?

Challenge: Journal for 30 minutes. Let it be messy, honest, and unfiltered.

Reflect on what emotions came up while journaling.

CLOSING PRAYER

Lord, I want to draw near to You, not just today, but every day. Remind me of the things I've been too distracted to notice. Help me reconnect with what's real, with the people I love, and most of all with You. Meet me in the stillness, and help me see You more clearly. Amen.

REFILL

DAY 3: REFILL

"My sheep hear My voice, and I know them, and they follow Me." – John 10:27

What is God trying to speak to me in this quiet space?

Challenge: Read 1 chapter of Scripture—slowly. Ask God to show you something new.
What part of that chapter stood out or spoke to something you're facing?

CLOSING PRAYER

Jesus, I want to hear Your voice above all the others. Fill the empty spaces with Your truth, Your peace, and Your presence. Speak to me in the quiet, through Your Word and through this time I'm setting apart. Let Your Spirit be what sustains me today. Amen.

"Do not be conformed to this world, but be transformed by the renewing of your mind." – Romans 12:2

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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Father, renew my mind. Reframe the way I see myself, others, and the world around me. If I've allowed lies, comparison, or pressure to take root, uproot them now. Replace them with truth. With love. With clarity. Help me see through Your eyes. Amen.

"Above all else, guard your heart..." – Proverbs 4:23

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

God, thank You for meeting me in the quiet. Realign my heart with Yours. Help me move forward with intention, with boundaries, and with peace. Show me how to protect what You've planted during these five days, and help me carry this stillness with me long after the fast is over. Amen.