

## Media Fast For 2025

That's right: no TV, social media, games, movies, YouTube videos, Netflix, Hulu, Prime, Disney Plus, etc. You can still use your phone for texting and calling, no worries there. **You CAN watch Christian TV, preachers, the news (to stay abreast of what's happening in the world), but limit it to only those types of media. Try watching Christian based shows and teaching (The Chosen, Right Now Media Videos and Teaching, etc.)**

When the thought of a media fast comes to mind, I'm sure you wanted to immediately blow it off. "*That's way too hard and unrealistic,*". It does seem a little unrealistic considering the amount of time we spend doing media related things.



According to Hacker Noon, the average person spends over 4 hours a day on their phone for social media purposes. That's 86 hours a month! Furthermore, Statista states the average U.S. consumer spends 3.6 hours watching TV a day. Another study by MediaKix shows that over the average lifetime, most will spend 7 years and 8 months watching TV and 5 years and 4 months on Social Media. I don't know about you, but those statistics alone reveal a **global obsession** with media.

The truth is, doing a media fast isn't unrealistic or impossible, it's just extremely *inconvenient* for most of us. But can we offer you a bit of encouragement that was given to us? **Many times, we do sincerely desire to hear God, know His voice, and get in tune with His heart. While our desire may be authentic and real, are we willing to tune out the noise of our loudest competitor in order to tune in to what God is doing and speaking?**

Twenty-one days. Give this thing 21 days. This is a common amount of time for any type of fasting. It's a long enough period of time to *begin* developing a healthy habit and honestly, it goes pretty fast! Starting this fast on January 5<sup>th</sup> and run through January 26<sup>th</sup>, mark out the FULL 21 days on your calendar, which means starting at 12noon of day 1 and ending at 12noon of day 22.

Because media is such a habitual part of our lives, some people find it helpful to completely delete the apps they frequently use to make it less of a temptation. I've also heard of people putting signs on their TV saying, "Don't watch me!" so they remember not to turn it on. Whatever will help you, do it! Also, tell a friend what you're doing and have them keep you accountable. Or, challenge them to do it with you!

## Exceptions

I realize that some people have to use social media for their jobs. This is not a big deal, just get your posting and scheduling done and try your best not to mindlessly scroll for entertainment's sake. However, do still check emails on the fast.

Also consider just listening to Christian music for the 21 days. Remember the heart of “tuning out” is to “tune in”.

## Ideas of What to Do Instead of Media

You’ll be amazed at how much time you normally spend on media when it’s no longer an option! Here are some ideas of things to do while you are media-less:

- Get a few books you’ve been wanting to read
- Board games—play them!
- Read your Bible or start a new Bible study
- Make a 21 Day prayer journal and write in it when you feel like you want to grab your phone or watch TV
- Cook for fun!...but stick to the Daniel Fast if you’re participating.
- Take a walk/ walk your dog.
- Create things! (That’s right—without Pinterest.)
- Call your friend/relative you haven’t talked to in awhile
- Exercise!
- Clean and organize cluttered spaces that drive you bonkers
- Write an encouraging note to a friend
- Invite friends over to hang out/have dinner/ play a game

## Establish a Clear Vision

These next 21 days will be **hard**— but most good things are. As you prepare to start your media fast, have a clear vision of what you want to learn and pursue in these next 21 days. Some examples could be, “In these 21 days, I want to...

- Grow closer to God and focus on hearing Him
- Spend more quality time with my husband, kids and/or friends
- Learn how to be authentically creative without media-inspiration
- Develop new habits on how to spend my free time wisely
- Make space to pray and prepare for the New Year

Whatever your vision, you can count on this: *you will learn so much*. Anticipate it! And most importantly remember the heart of fasting.

Remember Jesus words from Matthew 6:16-18,

*“Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”*

Taken from: <https://kaitlingarrison.com/2017/12/23/helpful-guide-21-day-media-fast/>