

FCC Digital Fast Challenge

What?

An intentional week of eliminating digital distraction.

When?

Mon. Apr. 22-Sun. Apr. 28

Why?

To improve mental health, make space for relationships, and prioritize quality time with God.



How?

Smart phones:

- Remove "distraction apps" from your phone.

Examples: social media, games, Amazon, news, email, YouTube

- Remove from bedside at night

- Turn off notifications

- Set phone display to grayscale (black and white)

Other screens:

- During this week, eliminate using other screens for personal/entertainment use.

Examples: TV, gaming devices, tablets, etc.

FAQs

How do I know which apps to delete?

Differentiate “distraction” apps from “utility” apps and remove the distraction apps.

Distraction examples: social media, games, Amazon, news, email, YouTube

Utility examples: phone, text, calendar, camera, weather, maps

What if I need certain apps and notifications on my phone for work?

We don't want you to get fired. Use what you *need* and cut out the distractions.

Talk to your boss and co-workers about your fast ahead of time to let them know you're doing this and why. Set up a special auto-reply for the week of the fast.

What if I use my phone as my alarm clock?

Dust off that old alarm clock or buy one (before you remove the Amazon app).

I'm having a hard time differentiating “distraction” apps from “utility” apps. Any tips?

What do you find yourself wasting time on? What pulls you away from where you are? What apps leave you feeling anxious, drained, or numb? Cut those out.

Can I use my computer?

Yes, for what is necessary—work, homework, communication, travel, etc.

I'm going to have a lot of time on my hands without devices. What should I do?

Read books, spend more time in Scripture & prayer, play board games, host a get-together, go for walks, journal, plan some special homemade meals, call friends & family, explore our area.

How do I handle this with my kids?

Every family is different, and kids have different needs. The goal of the fast is to cut out what is unnecessary and distracting and to replace these things with what is “true, noble, right, pure, and lovely” (Philippians 4:8). Cutting screens with kids for a week will be a challenge.

How do I prepare my family for a week with no screens?

See our additional “Preparing Your Family for a Digital Fast” sheet!