

Social Media Fast

A few years ago, I felt the Lord impress upon me to dedicate two times each year to completing a weekly fast. As the years have passed, I have also added a social media fast as part of that weekly fast. At the time, I worked as a creative director for a clothing brand, and social media was part of my job every day. So I worried about how that would affect my job, my relationships, and even my creativity. That first social media fast wasn't as hard as I thought, but it exposed habits I didn't even realize I had. It exposed my dependency on dopamine to keep myself constantly entertained. I realized that every time I stood up from my desk to use the restroom, get some water, or walk over to a co-worker, I pulled out my phone, even though no social media apps were available. I realized I started looking for other apps to keep my time and attention. This is when I realized I needed to make this a regular practice.

As believers, we are asked to honor God with our time, our resources, and our thoughts. When I step away from social media for a week or more, I am more open to recognizing the Spirit's leading over my life and my thoughts. When we close the door to external areas of noise, we open the door to allowing the still small voice of the Spirit to speak. I encourage you to fully take part in this social media fast.

Guidelines for a 7 Day Social Media Fast:

- Delete all social apps from your phone. Even the ones that you think might have the chance to distract you. (Amazon, Target, Substack, etc...)
- Tell someone close to you about your fast, which will help to keep you accountable. They can even put a lock on your phone if you're need some extra security.
- Keep your Bible, journal or a book with you. Instead of scrolling through your phone during a lunch break, read your Bible, a book, or journal.
- When you notice yourself getting antsy, PRAY! Really, this actually helps you to refocus your mind to what actually matters. I like to also bless my spirit

([here's a helpful walkthrough](#))

We're so proud of you for taking this step to grow in your relationship with Jesus!

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