

the three pauses ...

March 28–April 10

during the season of Lent

FASTING FROM OUR PHONES

Two suggestions for this fast:

1. Turn off your phone during your three pauses.
2. Find an hour in each day when you will turn off your phone in order to be fully present with friends and family.

● intimacy

God I want to know you.

Will you reveal yourself more deeply to me?

Pause to start your day.

As you turn your phone off, giving your full attention to God, meditate on these words:

The Lord is my shepherd;

I have all that I need.

He lets me rest in green meadows;

he leads me beside peaceful streams.

He renews my strength.

He guides me along right paths,

bringing honor to his name.

Psalms 23:1-3

●● incarnational

Jesus, I want others to know you.

Will you shine through me so those around me are drawn to you?

In the middle of your day, take a short pause from your normal activities to notice how God shines through you. As you turn your phone off, giving your full attention to God, pray Psalm 23 over those around you.

●●● intercession

Jesus, I have personal longings and concerns.

Will you hear my heart and respond to my requests?

Towards the end of your day, take a short pause to be quiet in God's Presence. As you turn your phone off, giving your full attention to God, talk to Him about your day. Allow Him to remind you that He is your shepherd – you have all that you need. Let Him lead into rest and peace. As you head to bed for the night, invite Him to renew your strength as you sleep.