



POWER IN UNPLUGGING

DID YOU KNOW?

The average person in the US spends approximately 10 hours and 39 minutes each day* consuming media through smartphones, computers, video games, radios, tablets and TVs?

SCREENS AND TEENS

8-18 year-olds spend an average of 8 hours a day** in front of a screen using entertainment media. That's not counting schoolwork on a computer or tablet.



Many people are beginning to realize that it is beneficial to take a break from news media, entertainment media, and social media to refocus and give your heart, your mind, and your eyes some rest.

WHAT IS A MEDIA FAST?

A media fast is when you take an intentional break from electronic screens for the purpose of reconnecting with your family, with others in your life, and with God.

OPTION 1: Set aside a specific time every day to put your phone down, turn the TV off, ignore your computer or tablet and have some quiet time to read, to reflect, and to pray.

OPTION 2: Set aside an entire day to have a media sabbath. You might find it so refreshing that you'll want to try it once a week.

OPTION 3: Some families or individuals have learned the benefits of taking an entire week or two off from non-essential screen time to detox from the oversaturation of media and entertainment in their day to day lives.

OPTION 4: Determine the greatest non-essential media distraction in your life and go cold turkey for 30 days. Use that extra time to seek God, spend time in the Bible, and reconnect with others in meaningful ways.

REPLACE VS. TAKE-AWAY

Get your family together and make a list of meaningful non-screen activities that you have been neglecting and then use the time you are saving during your media fast to accomplish some of those things on your list.

