



UNPLUG

21-DAY FASTING GUIDE

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UNPLUG: A 21-DAY JOURNEY TO DISCONNECT TO RECONNECT

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INTRODUCTION

We live in a noisy, fast-paced world, constantly pulled by screens, updates, and endless demands. The Unplug Fast is an intentional 21-day period where we step away from what drains us to reconnect to the true Source of our power, YHWH. This is not just about giving up, or emptying, it is about being filled. We fast from distractions, consumption, and habits that crowd out God's presence so that we can feast on the life, joy, and freedom that only the Spirit provides, and reorient our entire being toward God.

In Hebrew, the word for fasting literally means to withhold food, often as an expression of sorrow for sin or as a penitential offering. At its core, fasting is a voluntary deprivation of bodily appetites to reorient the human spirit toward God. It is emptying ourselves of what distracts and falsely satisfies, in order to feast on God's presence, Word, and Spirit, and to make preparation for the new work the Holy Spirit desires to do within us. In this age, our appetites extend far beyond the physical, and that is why this fast stretches the practice beyond food into other forms of desire and distraction.

For this fast, we are disconnecting from the noise of social media, screens, busyness, and consumption, in order to reconnect with God, first and foremost. From that reconnection flows renewal in our relationships, our communities, and even within ourselves. Ultimately, this fast is about disconnecting from the world's noise in order to reconnect to God. That is the heart. And yes, as a byproduct we will reconnect more deeply with one another, with creation, and even with ourselves, but the primary purpose is God alone. To draw near to Him as He promised, "Draw near to God, and He will draw near to you" (James 4:8).

Each participant will choose one primary track (Attention & Consumption or Media & Entertainment) and one side track (Mind & Heart, Relationships & Speech, or Habits & Health). As we unplug from what is life-limiting, we will take up practices that are life-giving.

So I invite you: disconnect to reconnect. Unplug from the World, and plug into the Kingdom of God. It's a totally different rhythm and life.



UNPLUG PROPERLY

 Choose Your Tracks: Each person should select at least one primary track and one side track to fast from. If led, fast from all of the things listed.

 Pick 1 Sabbath Day Each Week: Choose one 24-hour period to completely unplug. Step away from the 6-day grind...no social media, TV, or endless scrolling. Only make necessary calls or texts. Use this time to be with God, yourself, your family, nature, and your community. Feast on stillness, laughter, creativity, and presence.

 Engage Spiritual Practices: Fasting is not only about what we set aside, but what we take up. See the list of spiritual practices to practice during these 21 days. These practices are not just for now; they are ways to develop a new rhythm with God that can carry you beyond the fast.

 Daily Devotional: Read the devotional each day, but don't limit your engagement with Scripture to this guide. Let these readings center you on the theme of "unplug," while also going deeper in personal study and reflection.

 If You Slip Up, Don't Give Up: If you stumble or forget, start again. If you get off track, re-center yourself. That's how healthy rhythms are built. Don't fall without getting up, and repenting. Each time you get back up, you rise with more wisdom and strength than before.

 Healthy Boundaries: During these 21 days, refrain from drugs, alcohol, and other substances that dull the mind and spirit. For those who are married, prayerfully consider with your spouse the decision to abstain from sexual intimacy for this 21-days, creating space for clarity, renewal, and deeper connection with God. For those unmarried, if you have not prayerfully resolved to abstain from sex outside of marriage, no sexual intimacy during this fast, and use this fast to pray about that. Nevertheless, abstaining during this period at least, will create space for clarity, renewal, and deeper connection with the Most High.

UNPLUG SAFELY

-  Watch Out for Pride: Don't use your fast to prove your spirituality. This is between you and God. Guard your heart.
-  Check Your Motives: If you're just cutting out media, food, or habits without seeking God, it's not fasting, it's just abstaining. Always replace what you're unplugging from with prayer, worship, or the Word. Don't just disconnect, reconnect.
-  Emotional & Spiritual Sensitivity: Fasting can stir up emotions, past pain, or inner struggles. That's normal. Lean into God's presence and seek wise counsel as needed.
-  Expect Withdrawals: Anytime you give something up, the itch will show up. You might feel restless, irritable, anxious, or empty. That's normal. Don't run from it, pray in it. Let those moments push you toward God.
-  Reach Out: If the withdrawals feel overwhelming, don't struggle alone. Call someone from your church family, text a trusted friend, or ask for prayer. This fast is personal, but it is not meant to be isolated.
-  Health First: If you have medical conditions, are pregnant, or on medication, adjust your fast as needed. The goal is not to harm your body but to honor God with it.
-  Grace Over Guilt: Fasting is not a competition. Don't compare your fast with someone else's.
-  Be Wise: Yes, we are unplugging from technology, but use wisdom. In essential cases such as family needs, emergencies, or important responsibilities when there is no option, it's okay to respond and use. The fast is about your heart, not legalism.

PRIMARY TRACKS

Choose at least one Primary Track to Fast from for 21 days

Track 1: Attention & Consumption

What to Fast From:

Acquiring things / excessive consumption

Multitasking & inattentiveness

Online shopping and purchasing / impulse
spending

Scrolling (social media, TikTok, YouTube, news)

Excessive screen time

Track 2: Media & Entertainment

What to Fast From:

Social media activity/posting/scrolling

TV / Netflix

Music, podcasts, audiobooks

Gaming and streaming

Constant background noise

SIDE TRACKS

Choose at least one Side Track to Fast from for 21 days

Mind & Heart

Anxiety & mindless thought loops

Speed & rushing

Complaining

Control / always being “strong”

Easily angered

Relationships & Speech

Idle conversation & gossip

Unnecessary draining social gatherings

Harsh or judgmental speech

Oversharing

Being quick to speak

Being slow to listen

Habits & Health

Bad habits / unhealthy coping

Gambling/Sports betting

Excessive food / unhealthy eating

SPIRITUAL PRACTICES

As we unplug from what is life-limiting,
we will take up practices that are life-giving.

Prayer

Praise & Worship

Prayers of Thanksgiving

Evangelism

Confession

Spend time with other believers

Contemplative walking or prayer walks

Silence and solitude

Disciple-making

Nature connection

Scripture meditation and memorization

Breath prayer

Bible Study

Journaling / gratitude lists

Tech-free family meals

Letting someone else lead or choose

Gardening

Acts of service and compassion (giving to homeless, checking
on neighbors, etc)

Evangelism/Outreach Work

Encouraging someone daily

Creative expression (poetry, art, storytelling, singing)

Rest and Sleep (Naps, setting a bedtime, taking breaks)

Healthy body practices (water, stretching, careful/conscious
eating)

Intercessory prayer for others

Anonymous acts of kindness

Surrender prayers ("Not my will, but Yours")

Godly Conversations with others

Christ-centered worship gatherings

DEVOTIONALS

Read the devotional each day, but don't limit your engagement with Scripture to this guide. Let these readings center you on the theme of "unplug," while also going deeper in personal study and reflection.

Day 1 – Cease and Desist

Scripture: Genesis 2:1-3

Reflection: God rested, so who do you think you are not to rest, you mere mortal? God rested, not because God was tired, for the God of Israel does not grow tired or weary (Isaiah 40:28). Furthermore, the God of Israel neither slumbers nor sleeps (Psalm 121:4). The Hebrew word shabbat means “to cease or stop.” For God, to “rest” was to cease creating, because His work was finished.

You, unlike God, grow tired and weary. You are not God. Let me emphasize that: YOU ARE NOT GOD. Therefore, you must rest yourself so you don’t wreck yourself. Rest is not collapsing when you finally burn out. Rest is a rhythm. Daily. Weekly. Seasonally. Regularly. Rest is a way of saying, “God is God, and I am not.” So rest. Put your phone down. Turn the tv off. Stop thinking about work. Give your body, mind, and spirit space to reset. Rest, you weary one.

Practice: Put everything aside for 30 minutes today and simply rest in God’s presence.

Prayer: Lord, teach me to rest and remember that You are God and I am not.

Day 2 – Rest Is the Real Flex

Scripture: Hebrews 4:9–10

Reflection: What if you stopped thinking of rest as something to get, and started seeing it as a gift to receive? Not to get deep, but you can sleep and not rest. You know what I'm talking about, right? You're sleep, but tossing and turning because of anxiety. You're sleep, but keep getting woke up by the grief, the pain, the heartache, the deadline. But let me tell you about a gift called rest. Jesus said if you, who certainly get weary and heavy laden, come to Him, He will give you rest (Matthew 11:28–30).

This rest is a holistic rest. Don't let the sun go down on your wrath, rest. Don't just go to sleep, but cease from reflecting on the day that is fading away, and cease from worrying about the day that has not yet come, rest. Let go of anxiety, control, self-reliance, having to have everything all figured out, trying to control your own destiny, rest.

Rest is not something that can be received through sleep, but it is a disposition you carry. So rest. Rest when you're woke. Rest when you're sleep. Rest when you're working. Rest when you're grieving. Rest is not something to get, it is something God gives to you, and it is to be received.

Practice: Take pauses throughout your day today to breathe slowly, release your worries, and say, "God, I rest in You."

Prayer: Lord, teach me to stop striving and receive the rest You freely give.

Day 3 – When the Work Stops, the Feast Starts

Scripture: Exodus 20:8-11

Reflection: Shabbat shalom! That's what I heard in Israel one Friday evening, when everything shut down. Stores closed, driving stopped, and the streets filled with people near the Western Wall. Some were reading Scripture, some were dancing, some were singing, and some were simply sitting in silence. Families gathered at the table. Joy was thick in the air. For us, it was tears and worship as we felt the weight of God's presence. Why? Because Sabbath had come.

When the work ceased, the feast began. And everywhere you turned, people greeted one another with the same phrase: Shabbat shalom. Literally, "Sabbath peace." I have since learned that that was more than a greeting; it was a blessing: may you receive peace in exchange for ceasing. That's a message we need in our own households and community. Imagine if instead of fueling each other's grind, we blessed one another with rest.

Sabbath is not exhaustion forcing you to stop, it's obedience teaching you to stop. It's not just a break; it's a delight. It's remembering that God holds the world together, not you. When you stop working, you make space to start living.

Practice: Choose one 24-hour period this week to cease from work and feast with God and loved ones if you have not already done so,, and keep this up beyond the fast.

Prayer: Lord, help me embrace Your rhythm of ceasing, and share that peace with others.

Day 4 – God’s Got Care Packages

Scripture: 1 Kings 19:5–8

Reflection: Elijah was done. Worn out. Depressed. Ready to quit. He had just faced down prophets of Baal, but now he was hiding under a broom tree, praying that his life would end. Maybe you’ve been there too – not under a broom tree, but in that place where the weight of it all made you want to give up. And notice what God did. He didn’t shame Elijah. He didn’t give him a lecture. He sent an angel with food, water, and sleep.

God’s answer to burnout was not a productivity plan. It was care. Simple, holy care. Get up, eat, rest. Some of us are stuck in depression because we’ve built our lives around the grind instead of God’s rhythm. We neglect our bodies, our rest, our mental health, and then wonder why our souls are weary. But the truth is, sometimes what you need most is not another strategy, but to let the Most High care for you.

Elijah ate. He drank. He slept. And when he woke up, the angel came again with another meal. Because even prophets need reminders. Even prophets need to be nourished. Even prophets need care. And so do you.

So hear this word: stop trying to carry yourself. Let God carry you and care for you. Receive His provision, His word, His presence. His care is enough to keep you moving forward.

Practice: Slow down as you take in your meals today, and do not multitask while eating.

Prayer: Lord, I receive Your care. Restore me in body, mind, and soul.

Day 5 – Rest for Everybody

Scripture: Exodus 20:10

Reflection: When God commanded Sabbath, He didn't just say you rest. He said your sons and daughters, your servants, even your animals. Sabbath was never meant to be selfish – it was meant to be communal. Because God's heart is not just for your rest, but for everybody's rest.

The problem is, we often only think about our own break. We want to breathe while someone else keeps working. But the Sabbath command reminds us that rest is justice. Think about it: the clothes we buy, the food we eat, the tech we use...how much of it is tied to somebody else's exhaustion or exploitation? Whole systems run on the backs of people who never get a Sabbath. And if we're not careful, our convenience becomes somebody else's slavery.

God's rhythm is different. In His design, no one is left behind. Sabbath is a protest against the grind. It's saying: I will not build my life on endless production, and I will not benefit from systems that refuse to let others breathe. Sabbath is not just about stopping work, it's about making space for others to stop too. That's God's heart.

So yes, take your rest. But also ask: how can I help someone else find rest? That's justice. That's love. That's Sabbath.

Practice: Give someone else a break today lightening their load in a simple, tangible way.

Prayer: Lord, teach me to seek rest not only for myself, but for all creation.

Day 6 – Walk With Me, Lord, Walk with Me

Scripture: Genesis 3:8-9

Reflection: Before sin entered the world, humanity's rhythm with God was simple: walking with God in the cool of the day. That image is intimacy without distraction. No phone buzzing. No deadlines hanging over your head. No constant viewing of news and television, or constant scrolling of social media, entertainment, or comparison. Just presence. Just walking with God in the cool of the day.

But notice what happens after sin: Adam and Eve hide. Instead of walking openly, they withdraw in shame. The same happens to us. What if our distractions, our busyness, our sin pull us into hiding? And we keep God at a distance, not because God moved, but because we did. And still, God calls: "Where are you?"

What if that question isn't about location, but about relationship. Where are you with the Most High? Are you hiding behind your schedule, your phone, your grind, your shame? Or are you walking with God, unhindered, unfiltered, unplugged? God is not waiting for you to perform, but worship is in your feet as you walk. So step out from behind the noise. Take a walk with God in prayer, in silence, in stillness. The cool of the day that the Lord has made is waiting.

Practice: Take a prayer walk today, just you and God.

Prayer: Lord, draw me out of hiding and teach me to walk with You again.

Day 7 – Daily Bread, Not Daily Burnout

Scripture: Exodus 16:13–30

Reflection: When Israel wandered in the wilderness, God sent manna. Daily bread. But here's the catch: they could only gather enough for that day. If they hoarded it, it spoiled because God was teaching them dependence, trust, and the truth that His provision is not stored in a refrigerator, pantry, or bank account, but it's poured out daily. In some ways we struggle with that same lesson. We want to stockpile security, hustle for control, grind for more, all so we don't have to "worry" about tomorrow. However, God told us to not worry about tomorrow and seeking His Kingdom and Righteousness above all (Matthew 6:33) because ultimately it is not our money or resources that sustain us, but God's provision. God is enough. God's mercies are new every morning. God's provision will meet you in the morning. Therefore, seek His Kingdom and His righteousness first. That's the power of unplugging. It forces you to stop trying to live off yesterday's bread or tomorrow's anxiety. It pulls you back to the now. God is here, today. God is feeding you today. God is sustaining you today. Get in tune with that.

Now don't be a fool, but stop worrying about the fridge being full, the schedule being perfect, the bank account being endless. Rest in the daily bread of God's presence regardless of those things. It's enough.

Practice: As you go about your day today, pause and thank God for His daily provision.

Prayer: Lord, teach me to trust You for today's bread and not tomorrow's worry.

Day 8 – God’s Whisper > World’s Noise

Scripture: 1 Kings 19:9-13

Reflection: Elijah was desperate. He ran, hid in a cave, and waited for God to show up. And then came the loud wind, shaking the mountains, but God wasn’t in the wind. Then an earthquake, moving the ground beneath him, but still not God. Then a dramatic, consuming fire, but God wasn’t in the fire. And finally...a small, still voice. That’s where God was.

Without a doubt, when you turn the noise down in your mind, soul, and world, you will be able to hear God clearly. Sometimes unplugging is the only way to hear God again. Not because God is not speaking, but because you’ve been drowning God out with everything else. Sometimes our thoughts and the utter distraction of the world causes us to miss the very ways in which God communicates, such as the nature around us, and all the hints God leaves for us in the blessing of the day. Consider stepping out of the earth, wind, and fire. Unplug from the noise, and find God in the quiet.

Practice: Spend a considerable amount of time today being quiet and in a quieted environment, just listening for God’s presence, revelation, and peace.

Prayer: Lord, quiet the noise in me, and around me, so I can hear Your voice.

Day 9 – Soul Reset
Scripture: Psalm 23

Reflection: “He makes me lie down... He leads me beside still waters... He restores my soul.” Notice God doesn’t ask if you’d like to rest, eat, or drink, but when you are truly in the care of the Good Shepherd, He makes you lie down. Be honest, sometimes you won’t stop until you’re forced to. However, rest is not optional for your soul. You cannot run on fumes forever. God knows this. That’s why God built rest and replenishment into His rhythm for you. Lying down. Still waters. Green pastures. Restoration, and restoration for your soul, because you can rest your body and still have an exhausted spirit. Soul fatigue shows up as irritability, numbness, cynicism, or that restless need to prove yourself. But The Good Shepherd restores in ordinary ways: unhurried meals around a real table, a short prayer before you answer, the dignity of a walk, laughter with people who know your name. He restores when you put the phone face down and look your child or friend in the eyes. He restores when you let someone else lead and you simply receive. Let God shepherd you out of hurry and into health. Lie down. Drink. Breathe. Be restored. Get this: God is not waiting for you to schedule a vacation to restore you. Rest is not a luxury, rest is a life source. So let God shepherd you. Let God lie you down in green pastures. Let God lead you beside still waters. Let God restore your soul.

Practice: Take some time today to lie down in silence, and just breathe and let God restore your soul.

Prayer: Lord, shepherd me into rest and reset my weary soul.

Day 10 – The Retreat Is Right Now

Scripture: Psalm 46:10

Reflection: There is a time and place to get away, but never let “If I could just get away...” become a stumbling block that keeps you from God right here. The psalm doesn’t say “be elsewhere.” It says, “Be still and know.” God is present in traffic, in laundry, in a lunch break, in the hospital waiting room. The Holy Spirit doesn’t only meet us at conferences, retreats, or vacation destinations; The Holy Spirit meets us at kitchen sinks, gatherings, car rides, and so on. The world disciplines us into thinking there is never enough time, never enough quiet, never enough me. God disciplines us into presence with the sweet assurance: “I am with you.” Unplugging teaches you to notice God in the midst, not just the margins. Pause before you reply. Breathe before you scroll. Whisper a prayer before the meeting. Pray without ceasing. That’s training your soul to attend to the Almighty not just some of the time, but all of the time. The retreat is already here because God is already here. So the question is not, “When can I get away to find God?” The real question is, “Will I notice God right here?” You don’t have to wait for life to stop to start walking with God. You just have to slow down to realize God’s walking with you.

Practice: Step/Look outside today, even if just for a few minutes, and sit/observe in stillness with creation...notice the trees, the sky, or the breeze, and let them remind you that God is present right where you are.

Prayer: Lord, open my eyes to see that You are here with me, right now.

Day 11 – You have the Right to Remain Silent

Scripture: Psalm 62:1-2, 5-8

Reflection: There is an interesting connection between silence, waiting, and salvation. In fact, the hebrew word דומִיָּה (dumiyah) which shows up in verse 1 and 5 is translated as silence, stillness, or quiet waiting. Salvation doesn't have to come in the loud, dramatic, and tense. You see, silence is not just the absence of noise, but silence can be the presence of trust. Silence is communication itself. Silence can be a form of waiting and anticipating.

When you unplug, when you stop talking, when you stop filling the space with music, TV, or endless chatter, you're saying something.

You don't always have to use words, be loud, or outwardly expressive to get God's attention. The combination of stillness, silence, and anticipation of God's salvation speaks volume.

But truthfully, we often resist silence because silence reveals us. It reveals our anxieties. Our insecurities. Our distractions. But that's part of why silence is a discipline in this sense. It forces you to bring your raw, unfiltered self before God and wait. And in the waiting, God becomes your rock, your fortress, your refuge. Silence is not empty, silence is full of God.

Yes, it can be painful, but it is sure to be sanctifying. Salvation is not found in filling your life with more noise. It's found resting in God alone. In silence.

Practice: Set a timer for a few minutes today and sit in silence.

Prayer: Lord, teach me the salvation of silence and the strength of waiting on You.

Day 12 – Stop Running

Scripture: Isaiah 30:15

Reflection: Israel kept running to other nations for help. They thought their security would come from alliances, from chariots, from human strength. But God said: “In returning and rest you shall be saved; in quietness and trust shall be your strength.” In other words, stop running. Stop hustling for safety. Stop leaning on everything but the Most High. Stop running. From God’s call on your life. From accountability. From repentance. From forgiveness. From healing. Stop running.

This word cuts right into our lives and culture. We think our salvation is in the grind. Our worth is in the hustle. Our peace is in the paycheck. But God turns that upside down idea right side up and teaches us that salvation is in returning. Repenting. Rest. Quietness. Trust. Not activity, but surrender. Not grinding, but resting. The strength you keep chasing is found in the very thing you resist: slowing down. Unplugging is not weakness. It’s life-giving. It’s trust. It’s choosing to slow down and disconnect to realize God’s been carrying you all along.

(Re)turn to God today. (Re)turn to God all day. (Re)turn to God everyday.

Practice: Before reacting or rushing into your next task, pause for five deep breaths and whisper, “I return to You, Lord,” letting quiet trust replace frantic striving. Do this throughout day, when anxiety/stress creeps in.

Prayer: Lord, remind me that my strength is not in striving but in trusting You.

Day 13 – Fast Lane to Justice

Scripture: Isaiah 58:6-11

Reflection: God has a way of checking us when we get fasting twisted. Israel thought skipping meals and looking religious was enough. But God said, “Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?” In other words: your fast isn’t just about your plate, it’s about your posture. Here’s the truth: fasting without justice is empty. Skipping lunch but ignoring your neighbor’s hunger is hypocrisy. Saying you love God but refusing to forgive is a contradiction. Reading the Word but refusing to live the Word is disobedience. God says real fasting connects devotion to duty. To truly seek God is to also truly seek God’s will. When you lay something down, it’s not just to be empty, it’s to be filled up with justice and righteousness.

Fasting is a reminder: I don’t live by bread alone, but by every word from God. And God’s Word always moves me toward justice and righteousness. So if my fasting makes me look holy but doesn’t make me love better, I’ve missed it.

God is after a different rhythm. A rhythm where your spiritual practices break chains, feed the hungry, and set people free.

Practice: Do one anonymous act of kindness or justice today (give, forgive, feed, help, etc)

Prayer: Lord, let my fasting/worship draw me closer to You and closer to justice and righteousness.

Day 14 – Living Water, not Leaky Buckets

Scripture: Jeremiah 2:13

Reflection: When it comes to your flesh, your body needs water. And tomorrow, you'll need more water. That's how the body works. But your soul runs on a different rhythm. Your soul needs a source that is steady, reliable, and never runs out. The world can't provide that. The world only offers broken cisterns, these quick fixes that look like they'll hold, but always leak. Don't be deceived. That's all the world has to offer: temporary relief that won't last. A relationship you thought would fill you, but it left you thirsty. A purchase you thought would fix the emptiness, but it wore off. Hustling for approval, only to find you need another hit the next day. Scrolling late at night looking for peace, but waking up more empty. Pouring yourself into work, only to find that promotion still doesn't heal your soul. Eating and drinking to numb the pain, but the hunger always comes back. That's broken cistern living.

But Jesus offers a better rhythm. He said, "Whoever drinks the water I give will never thirst" (John 4:14). Your soul wasn't designed to live off quick fixes. Your soul was designed for living water. For Christ Himself. A fountain that doesn't stop flowing. A well that doesn't run dry. A source that keeps you filled even when everything else is leaking away. So stop patching cisterns that can't hold water. Go to the resource to be filled, and stay filled.

Practice: Name one "broken cistern" you've been running to, reflect deeply, and resolve to turn to God and develop healthier habits that will be life-giving and not life-limiting.

Prayer: Lord, unplug me from false sources and quench my thirst with Your living water.

Day 15 – Stay Plugged into the Vine

Scripture: John 15:1-11

Reflection: Branches don't try to bear fruit, they abide. Disconnected, a branch looks healthy for a while, but then it dries. Connected, fruit happens in season. Abiding is the opposite of striving. Striving is grinding to prove yourself, carrying the weight like it all depends on you. It drains you. Abiding is staying connected, depending on the Vine instead of your own strength. Fruit doesn't come from forcing; it flows when you're plugged in.

Striving leaves you empty. Abiding keeps you sustained. Abiding means staying close enough to Jesus that His words set your thoughts, His love steadies your emotions, and His commands shape your choices. Unplugging from noise is half the story; plugging into Christ is the main thing. Stay connected with God through the Holy Spirit by studying the Word, obey the nudge, remain in His grace and mercy. Fruit isn't a flex; it's a byproduct of proximity. Apart from Him, you can do nothing. With Him, you will bear much fruit.

Practice: Schedule one intentional "abiding break" today. Step away from tasks, put your phone aside, and simply sit with Jesus by studying the word and just abiding in His presence.

Prayer: Lord, keep me plugged into You, the true Vine, so my life bears lasting fruit.

Day 16 – Spirit-Led Moves

Scripture: Acts 13:1-3

Reflection: The Antioch church wasn't brainstorming; they were worshiping and fasting when the Spirit said, "Set apart Barnabas and Saul." Mission flowed from devotion, not from a meeting agenda and discussion. The Spirit still speaks in rooms where hunger for God outweighs hurry for outcomes. If you want guidance, give God your attention. Make space to listen. Invite others to listen with you. Lay hands. Bless. Send. Spirit-led moves are born in surrendered communities. The church's greatest missionary movement started not in a boardroom, but in a prayer room. Not in a church meeting, but a prayer meeting. You don't need more clarity from your own mind. You need more space for the Holy Spirit to speak. Unplugging isn't just about stopping, it's about listening. And when you listen, God leads.

Don't just make a move. Let God lead you before you make a move, and don't move, until God moves you to move and make a move.

Practice: Set aside time today to pray silently, asking God for direction on some specific requests/concerns you have, and moves you are discerning.

Prayer: Holy Spirit, I unplug from my plans so I can hear Yours.

Day 17 – Break the Pattern

Scripture: Romans 12:1-2

Reflection: The world will try to shape you. It pushes comparison, greed, busyness, and distraction until you just go along with it without even realizing. The world has patterns such as endless scrolling, constant comparison, endless consumption. If you don't resist, you'll get pressed into the mold without even realizing it. That's what Paul means when he says "don't be conformed." If you don't resist, you'll end up shaped and molded by the world's patterns. In some ways, we probably have been shaped and molded by the world's patterns, but there is good news, and that good news is that God offers something better: transformation. And that transformation comes when you give Him your whole life: your body, your mind, your time, your choices. Unplugging helps with that. Because it's not just saying "no" to something, it's saying "yes" to a new rhythm. Trade scrolling for Scripture. Trade gossip for Godly conversations. Trade plotting against, to praying for. Trade evil for evil, for evil for good. Trade hate for love. Trade isolation for real connection. That's how your mind gets renewed. That's how your life starts to look different. And that's how you discover God's will, not just by talking about it, but by living it out.

If you want a different life, you've got to choose a different rhythm. You can't live plugged into the world and expect to be transformed by the Spirit. You've got to unplug from one to plug into the other. Break the pattern, the cycle, by allowing God's Spirit to transform you with the word of God.

Practice: Write down one worldly pattern you feel conformed to, and ask God to renew your mind in that area.

Prayer: Lord, break the patterns of this world in me and renew me by Your Spirit.

Day 18 – Drop the Weight, Run Free

Scripture: Hebrews 12:1-2

Reflection: Life is a race, but too many of us are running with weights strapped to our backs. Sin. Distraction. Worry. Comparison. Consumption. The writer of Hebrews says: “Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race set before us, looking to Jesus.”

That’s what unplugging is, dropping the weight. Shedding the baggage. Refusing to run tied down by what drains you. You were not created to run with the weight of the world/sin on your shoulders. Jesus already did that, once and for all. IYKYK. You were created to run free in Christ.

When you lay aside every weight, you make room to run with endurance, with joy, with focus, with Christ at the finish line.

So drop it like it’s hot, literally. Drop the sin. Drop the distractions. Drop the false attachments. And run free.

Practice: Write down the “weights” holding you back, slowing you down, and commit to laying it aside.

Prayer: Lord, help me drop the weight so I can run the race You’ve set before me.

Day 19 – Turn Down to Tune In

Scripture: Mark 1:35

Reflection: Jesus was constantly surrounded by crowds pressing in, disciples asking questions, people pulling at Him from every direction. Yet Scripture tells us that “very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.”

That’s the rhythm of unplugging: turning down the volume of the world to tune in to the voice of the Father.

If Jesus, the Son of God, needed solitude and time with the Father, what makes us think we don’t?

Your hunger for God will become dull and your relationship with God will become dull, if it is always crowded out by noise. Unplugging is not a luxury, it’s survival for your soul. The question is not if you need solitude to be with God, but when you will make room for it.

Practice: Take some time today in solitude and pray, just you and God.

Prayer: Lord, help me turn down the noise so I can tune in to Your voice.

Day 20 – Slipping Away to Pray

Scripture: Luke 5:15-16

Reflection: Crowds kept coming to Jesus. Needs were everywhere. People pressed in for healing, deliverance, teaching. And yet Luke says, “But Jesus often withdrew to lonely places and prayed.” He often unplugged. He didn’t wait until He was completely burned out. He built in rhythms of retreat.

That’s the way of Jesus...meeting needs, but not neglecting the Source. Unplugging is not selfish; it’s survival. You cannot pour into others if you never let God pour into you. If Jesus needed to step away from the noise, how much more do we? Sometimes the holiest thing you can do is log off, step back, and be still with God.

If you don’t develop this kind of rhythm for your life, you won’t have the strength you need to do ministry, do life, and so on. Without it, you will run on empty and eventually wear yourself out.

Practice: Step away from your normal routine for some time today, and pray in silence.

Prayer: Lord, teach me to follow Jesus’ rhythm of slipping away to be with You.

Day 21 – Come Away and Rest

Scripture: Mark 6:30–32

Reflection: The disciples had just finished working hard—teaching, healing, serving. They were busy doing Kingdom work. But Jesus didn't say, "Do more." He said, "Come away by yourselves to a quiet place and rest a while." Sometimes obedience looks like retreat. Not quitting, not laziness, but intentional rest with the Lord. Notice Jesus didn't just say "rest"—He said "come away." True rest requires separation from the demands, the noise, the crowd. That's what unplugging is: coming away to a quiet place so your soul can breathe again. If you never come away, you'll run dry. But if you come away with Him, He'll fill you to keep going.

Don't buy into that old saying, "I'll rest when I'm dead." I bought into that early on, and almost wore myself completely out. That's foolishness. Rest now. Notice that Jesus gave an invitation to rest. Rest is a gift from God. And it's not something you have to earn or fight for, it's something you receive from God. Learning to rest helps you prioritize what God says over what your employer, culture, or anyone else says. Rest is obedience, not laziness. Rest is trust, not weakness. Rest is aligning with God's rhythm instead of the world's grind. And you may have to practice rest as resistance in a world that sees you as a machine to do, rather than a human to be.

Practice: Accept the Lord's invitation to rest today. Receive rest.

Prayer: Lord, call me away from the noise so I can find rest in You

RESULTS OF FASTING

Note: This list is not exhaustive

When God's people fasted and prayed, these were
some of the results:

God gave Ezra direction (Ezra 8:21-23)

Elijah's negative and emotional habits were broken.
(1 Kings 19)

God's people and Esther were granted power and
protection for their task (Esther 4:16).

Revival for the saved and Salvation for the unsaved
(1 Samuel 7: 2-11).

Other Results:

Clarity on a decision you have to make

More attentive to God and the things of God

Healing and wholeness

Deliverance from worldly influences

God moving powerfully in your life and the life of
our church.

A more disciplined life

Repenting of self-indulgent, addictive, and immoral
behaviors.

Fasting will result in God doing something powerful
in our lives. God will also do something powerful in
the lives of others, in the life of our church, and in
our world. Fasting will allow the Spirit of God to
take us from our present state of spiritual
awareness and responsiveness and lift us to a
higher level.



UNPLUG

Disconnect to Reconnect.