

SOUL TRAINING

Media Fast

Based on James Bryan Smith's "The Good and Beautiful Life"

Our culture is sexually saturated, and it is only exacerbated by much of our media. Consider fasting from media for two days. This will be challenging, but don't be alarmed: so far no one has died from it. The forty-eight-hour media fast includes the Internet, television, newspapers and magazines, radio stations, video games, iPods, mp3 players and stereos. What will you do with your time? How will you entertain yourself? Try playing a board game or card game with your friends. Read a book... Take a walk, get coffee with friends, exercise. You are beginning to change your mind (metanoia), which has been filled with false narratives about who you are and what life is about. For forty-eight hours free your mind from the junk; give some space to the Holy Spirit to renew your thinking. This is your way of saying, "I am not under the dominion of media. I am going to show that I can live without it."