

UPSIDE-DOWN KINGDOM

Sermon on the Mount Series | Matthew 6:16-18
September 14, 2025



Fasting The Kingdom Way Part 4

"Disconnect to Reconnect" — Digital Fasting

ROMANS 12 // NIV

2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will

DIGITAL FASTING:

a _____ refraining from digital devices,
for a set _____,
for the purpose of _____.

1. _____

PSALM 119:37 // ESV

Turn my eyes from looking at worthless things and give me life in your ways.

*"It is good to lay down useful things for a season in order to remember that they are simply things to be used. **Even the most useful things go from useful to useless the moment we cling to them more than we should.** There is only one God, and He shares His throne with no other. **Is your phone on His throne?**"*

– Wendy Speake

2. _____

• _____

PSALM 46:10 // NIV

He says, "Be still, and know that I am God;"

• _____

LUKE 9:23 // NIV

Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.

HOW DO I DO A DIGITAL FAST?

1. Make your _____.
2. _____ where you _____.
3. _____ to _____.
4. _____ over _____.
5. _____ the fast _____.

"Like all fasting, a digital detox is a way we can disconnect from good things in order to reestablish love for the greatest thing. A digital fast can help us reaffirm that God himself is everything we need." – Tony Reinke

