

## HAPPENING THIS WEEK

### SUNDAY • JANUARY 25

8:15am	<b>Worship Service</b> & Nursery
9:15am	Bible Study - Meeting Room
9:30am	<b>Worship Service &amp; Livestream</b>
9:30am	Nursery / Kids Club - Kids Wing
9:30am	Radiate Middle School - Gym
9:30am	Engage High School - High School Room
11:00am	<b>Worship Service</b>
11:00am	Nursery / Kids Club - Kids Wing
11:00am	Bible Study - Meeting Room
6:00-8:00pm	<b>High School Ice Skate - Munn Ice Arena</b>

### MONDAY • JANUARY 26

6:30pm	Finance Meeting - Multipurpose Room - Door 3*
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### TUESDAY • JANUARY 27

10:00am-2:00pm	Food Pantry Open
5:30pm-7:00pm	Food Pantry Open
6:00-7:30pm	Radiate Middle School Group - Gym - Door 6*
6:00-7:30pm	<b>Financial Peace University</b> - HS Room - Door 4*
	<b>WEDNESDAY • JANUARY 28</b>
10:00am	Senior Bible Study - Meeting Room - Door 4*
7:00pm	Worship Team Practice
	<b>THURSDAY • JANUARY 29</b>
6:30pm	<b>Men's Ministry Duckpin - Lansing Duckpin</b>

### FRIDAY • JANUARY 30 - Office Closed

### SATURDAY • JANUARY 31

### SUNDAY • FEBRUARY 1

8:15am	<b>The Digital Fast Challenge Begins Today</b>
9:15am	<b>Worship Service</b> & Nursery
	Bible Study - Meeting Room
9:30am	<b>Worship Service &amp; Livestream</b>
9:30am	Nursery / Kids Club - Kids Wing
9:30am	Radiate Middle School - Gym
9:30am	Engage High School - High School Room
11:00am	<b>Worship Service</b>
11:00am	Nursery / Kids Club - Kids Wing
11:00am	Bible Study - Meeting Room
5:30pm	<b>Parent Meeting for SpringHill</b> - Gym - Door 6*
6:30-8:00pm	Engage High School Group - Gym - Door 6*

\*Door numbers refer to the large white numbers on the building's exterior, above each outside door.

 **Redeemer**  
church

13980 Schavey Rd.  
DeWitt, MI 48820  
517-669-3430

**Office Hours:**  
Mon-Thurs: 8:30am - 4:30pm

**Sunday Services:**  
8:15, 9:30, & 11 am  
Online: 9:30 am (FB & YouTube)

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Sign up for our weekly eNews!  
Email us at:  
[office@dewittredeemer.org](mailto:office@dewittredeemer.org)

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# The Digital Fast

## Detox Your Mind and Reclaim What Matters Most

Bid farewell to the endless scroll and hello to mental clarity and spiritual rejuvenation. You are invited to embark on a 28-day transformative journey, starting February 1, to detoxify your mind from digital distractions and de-clutter your digital life. Unlock the power of being present in every moment, leading your children well in this area, and finding increased peace and fulfillment, both personally and as a family.

MESSAGE: WE WERE MADE FOR LIMITS

January 25, 2026

Text: Genesis 2:15-17; 3:1-6

Pew Bible: 4

# Welcome to Redeemer!

### CHECK IN

Whether you're online, new, or here all the time, be sure to sign in on a connection card, on the Redeemer app, online, or use the QR code! You can also share prayer requests, ask questions, & more.

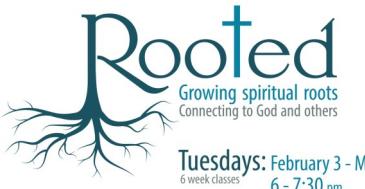


Reminder for parents of students attending the SpringHill Winter Weekend:  
Next Sunday, February 1, there is a Parent Meeting at 5:30 pm in the Gym.



#### MEN'S MINISTRY EVENT | [SIGN UP](#)

- **THIS Thursday**, January 29 | 6-7:30 pm
- Lansing Duckpin:  
3224 E. Michigan Ave, Suite G
- Free pizza and bowling
- No bowling equipment needed
- Learn more online under [EVENTS](#)



#### ROOTED | [SIGN UP](#)

- Tuesdays: Feb 3 - Mar 10 | 6-7:30 pm
- Four Adult Classes
  - The Digital Fast - Led by Pastor Debbie
  - Financial Peace University
  - Bible Study on James - Led by Cal Long
  - Dare to Be Uncommon - Men's Ministry
- Kids Club: grades K-5 / Nursery: ages 0-5
- Radiate MS youth group meets as usual
- Engage HS encouraged to volunteer
- Learn more & sign up under [EVENTS](#)



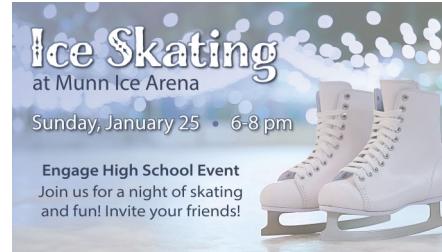
#### CONFIRMATION CLASS | [SIGN UP](#)

**Classes:**

- February 8 - March 15
- 10:45 am - 12:00 pm
- Located in the Student Café (Gym)

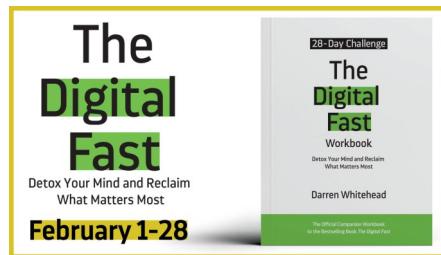
**Confirmation Sunday:**

- March 22 | 11 am Service
- Learn more online under [EVENTS](#)



#### HIGH SCHOOL ICE SKATING

- **TONIGHT**, January 25 | 6-8 pm
- For: HS Students Grades 9-12
- Entry and skate rental fees will be covered by Redeemer, but you're welcome to bring your own skates.
- Bring your friends!
- **Parents MUST sign a waiver!**
- Learn more online under [EVENTS](#)



#### THE DIGITAL FAST | [SIGN UP](#)

Bid farewell to the endless scroll and hello to mental clarity and spiritual rejuvenation. Join us for a 28-day transformative journey to de-clutter your digital life.

- Message Series: January 18 - February 22
- Digital Fast Program: February 1-28
- Activities for the whole family
- One devotion for each of the 28 days
- Small Groups available
- **Sign up through Rooted**



#### RAMSEY FPU | [SIGN UP](#)

- Starts **THIS Tuesday**, January 27
- Tuesdays from 6-7:30 pm
- Location: High School Room
- Luke Thompson and Cassie Kornexl will teach the Financial Peace University course by Ramsey Solutions
- Registration is now open!
- Learn more online under [EVENTS](#)



#### LANSING SHELTERS | [SIGN UP](#)

Women | S. Cedar | Serve Dinner @ 5:30 pm  
February 13 | March 13 | April 10  
Men | Kalamazoo St. | Serve Dinner @ 5:30 pm  
February 19 | March 19 | April 16

#### ST. VINCENT DE PAUL | [SIGN UP](#)

February 20 | 10 am (Monthly, 3rd Friday)  
Looking for volunteers to sort clothing donations.

#### BLANKET SUNDAY | NO SIGN UP

February 22: Church World Services (CWS) Blankets program provides blankets and other essentials to victims of natural disasters.

\$10 = 1 Blanket | Donate online under [GIVE](#)

#### #BETHECHURCH1000 | NO SIGN UP

Sunday, March 1 | 2 pm  
Bless over 1000 people with hands-on Outreach projects (projects suitable for all ages).  
Learn more online under [EVENTS](#)



**SAVE THE DATE!**  
**HELP US MAKE**  
**AN IMPACT!**

#### #BETHECHURCH EVENT CALENDAR

Find sign-ups & learn more online under [Outreach](#) or on the Redeemer mobile app under sign ups.

**Feb 5** - Ronald McDonald - deliver dinner  
**Feb 8** - Hand out items to the homeless at the park  
**Feb 11** - Helping Hands  
**Feb 13** - Women's Shelter - serve dinner

Follow Redeemer Outreach on Facebook to see all the ways your donations and volunteer efforts are sharing the love of Jesus and supporting those facing tough times.

# The Digital Fast

## Detox Your Mind and Reclaim What Matters Most

Message: WE WERE MADE FOR LIMITS

January 25, 2026

Text: Genesis 2:15-17; 3:1-6

Pew Bible Page: 4

**BIG IDEA** CHOOSE A FOCUSED LIFE IN A NOISY WORLD

### GETTING STARTED

What food do you find especially tempting?

### REFLECTION/DISCUSSION QUESTIONS

1. Which portion of the serpent's statements (v.1,4,5) are true and which are false (compare 3:4-5; 3:22, 5:5)? Why do you think the serpent mixes truth with lies?
2. Compare Eve's responses (v.2,3) with what God actually said and did (2:9,16,17). How does Eve fixate upon and amplify God's commands?
3. How might someone today fall prey to the same tempting question: 'Did God really say...?'
4. God is outside the limitations of time and space. Where do you feel the pull to be limitless, like God?
5. Why would God allow Adam and Eve to be tempted? What does this say about God and what He wants from us?
6. How do you think the 28-day Digital Fast could help you set boundaries and limits in your life? How could it help you to hear God's voice more clearly?
7. What are the prayer requests on your mind and heart today?

**PRAYER:** Lord God, thank you for being all-knowing, always present, and all powerful. We can trust you and depend on you in these areas. Help us to embrace our limits—to sleep and let go, allowing you to handle the world. Help us to feel a sense of your peace and reassurance in a special way this week. In the name of Christ, we pray, Amen.

**GOING DEEPER:** Read Genesis 3:1-6 and Luke 4:1-13. Compare Eve's temptation to Jesus' temptation. How was his similar? How were his responses different? Where in your life is temptation seemingly alive and well? How can you respond and set limits to honor Christ in your daily life?

"The Lord God placed the man in the Garden of Eden to tend and watch over it. But the Lord warned him, 'You may freely eat the fruit of every tree in the garden—except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die.' Genesis 2:15-17 "The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, 'Did God really say you must not eat the fruit from any of the trees in the garden?' 'Of course we may eat fruit from the trees in the garden. It's only the fruit from the tree in the middle of the garden...'"

Genesis 3:1-3

### MY NOTES:

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