

LIFT YOUR EYES, LIFT YOUR HEARTS

concrete ways to fast from technology

LIMIT SOCIAL MEDIA USE

Choose specific times or days (such as weekends or 1/2 hour per day) when you won't check or post on social media, or delete the apps from your phone for the duration of Lent. Social media often takes up a lot of mental space and can distract from prayer or personal reflection. By fasting from it, you can focus on spiritual growth and the life that's actually happening right in front of you.



UNPLUGGING ON SUNDAYS

If you're looking for another way to intensify your fast or if you don't feel ready for a full tech fast for 40 days, you could start by fasting from technology on Sundays. This gives you a time to unplug and reconnect with God and family. A day of rest and prayer (without technology) aligns with the sanctity of the Sabbath.

AVOID SCREEN ENTERTAINMENT

Fast from watching TV shows, movies, or YouTube for the entirety of Lent. Replace these with reading, playing board games or cards as a family, reading Scripture, or time outdoors for more time for spiritual enrichment and less reliance on mindless entertainment.



CUT BACK ON NEWS CONSUMPTION

Limit or stop reading the news for the 40 days of Lent. Consider setting a specific time for catching up on news (like once a week), or remove news apps from your phone. Constant exposure to negative news can create anxiety and distract from peace and prayer. Fasting from it gives you more time for reflection and trust in God's plan.

MUTE NOTIFICATIONS

Set your phone on "Do Not Disturb" for extended periods or disable non-essential notifications on apps. Constant notifications can disrupt time with your family, work, time with friends, and moments of prayer. This will allow you to be more present and mindful.



USE TECHNOLOGY FOR GOOD

If you need to use technology for work or study, focus on how you can use it for more meaningful purposes. For instance, listen to spiritual podcasts or watch uplifting religious content, like Mass or Bible studies. This allows technology to support your spiritual growth rather than distract from it. This year, **St. Henry Parish has partnered with Hallow** to invite parishioners into a deeper relationship with Jesus. Join us on Hallow and receive prayer challenges and Catholic content throughout Lent.

LIMIT SMARTPHONE USE

Set specific boundaries for use, such as no phone use during meals or right before bed. You can also challenge yourself to use only essential apps (like calling or texting) and limit others. Phones are often a major source of distraction. This fast encourages you to reconnect with yourself and those around you.



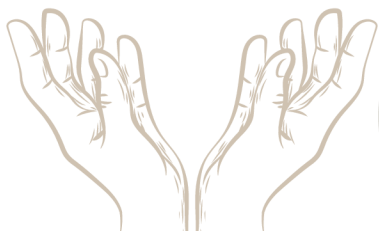
FAST FROM VIDEO GAMES

If you're a gamer, give up video games. Instead, spend time in prayer or take part in service opportunities or community activities. Rediscover the joy of other activities, including spiritual practices and connecting with people face-to-face.



TEXTING, ETC. FAST

Try fasting from texting or limiting communication to phone calls only. Instead of texting people throughout the day, call them to catch up or set aside a specific time for conversation to encourage more meaningful and personal connections while avoiding distractions.



KEYS TO SUCCESS

Be intentional about replacing your typical time spent on technology for success... Maybe even past Lent!



REPLACE TECH WITH PRAYER

Replace the time you would typically spend on your devices with prayer, such as daily Rosary, the Divine Mercy Chaplet, or journaling about your spiritual journey. This keeps your focus on God, making technology a tool for connecting with Him rather than a distraction.



REPLACE TECH WITH FAMILY

Pray together as a family, even a simple Our Father or a Rosary! Spend time playing board games or cards, taking a bike ride or getting outdoors.



ASK THE LORD FOR HIS GRACE

We do not have to do this alone. Challenge yourself this Lent & ask the Lord to bestow His graces upon you for a successful fast.



AFTER FAILURE, TRY AGAIN

Do not give up after a failed attempt. Ask the Lord for help & try again.

WHAT IF I DON'T STRUGGLE WITH TECHNOLOGY USE?

Catholics are "communal beings", but often we think of 'sin' as a merely private matter, between me and God. In reality, sin is also a 'communal' matter - my sins don't just hurt my relationship with Jesus (the Head), they also hurt my relationship with His Church (the Body). By doing communal penance, we are making amends to the Whole Christ - Head and Body. This sense of communion applies to our penances as well: my penances don't just strengthen me personally, but they can be a source of strength for others, too. **So even if you don't personally struggle with technology, by making this sacrifice you call down graces for someone else in the parish, maybe even in your own home, for whom technology is a real cause of temptation and sin.** The evil we do harms the Mystical Body, but the good we do strengthens and heals the Mystical Body. Fasting and doing penance communally can deepen our understanding of this mystery of our faith: "For as in one body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ, and individually members one of another" (Rom 12:4-5). And so **even if you don't struggle with technology, perhaps consider doing this penance as an act of love for the sake of someone who does.**



OFFER IT UP