

Digital Fast Parent Cues

The
Digital
Fast

As a student, there's a lot of pressure to be constantly on your phone. Social media and messaging apps make you feel like you need to always be connected, keeping up with friends and trends. As a parent, create a conversation on how this pressure to stay "in the loop" can pull you away from moments of peace and spiritual growth, making it challenging to prioritize God and nurture a deeper faith. Here are some questions to help:

ASK THIS WEEK:

- What feels most distracting to you right now? (Apps, friends, pressure to respond, notifications, etc.)
- How do phones, yours or your friends', change the way friendships work?
- Do you feel more pressure to "fit in" when you're on your phone or when you step away from it? Why?
- When you slow down or put your phone away, is it easier or harder to focus on God?

TRY THIS TOGETHER:

- Swap 15 minutes of screen time for prayer, journaling, or a walk three times this week.
- Ask: How did that make you feel afterward?

PARENT TIP:

You don't have to fix anything. Just listen. Awareness is the first step of the Digital Fast.

DISCOVER WEEK PARENT CUE

When we connect socially online, it can often be hard to truly know each other. It is so easy to only show the best parts of ourselves, and it can be even easier to compare our own lives to others' best moments. Talk about ways that Jesus offers true fulfillment and can help us appreciate what we have without comparing it to others.

ASK THIS WEEK:

- Who are you when no one is watching or posting?
- Do you ever feel pressure to compare your life to what you see online? How does that affect you?
- Why do you think God made people different instead of all the same?
- How can talking to God help when comparison creeps in?

TRY THIS TOGETHER:

- Each day this week, write down one thing you're grateful for.
- *Ask:* Did gratitude change the way you viewed yourself or others?

PARENT TIP:

Comparison steals joy. Gratitude helps kids see the life Jesus says is “full.”

DELIGHT WEEK PARENT CUE

By putting down our phones, it is easier to see His love and presence in everyday life. Prayer, reading scripture, and spending time in nature are simple ways to connect with God. By practicing kindness, showing compassion to others, and serving in small ways, they can experience the joy that comes from living out their faith. Celebrating God's goodness in both big and small moments, like appreciating a beautiful day or feeling comforted during tough times, can help you grow closer to Him and find true joy in His love.

ASK THIS WEEK:

- Where do you feel most at peace or happy? Inside or outside?
- Do you think seeing something on a screen feels the same as experiencing it in real life? Why or why not?
- How does slowing down help you notice God more?
- What are some small things that bring you joy that don't involve a phone?

TRY THIS TOGETHER:

- Take a 10-minute walk.
- Notice and talk about what you see, hear, or feel; especially things you normally overlook.

PARENT TIP:

Joy doesn't show up when you are plugged in, but when we're fully present.

DETERMINE WEEK PARENT CUE

Taking from what you've learned, explore some ways to reconnect with God going forward. Try keeping your phone in another room when you're focusing on studying, reading, or spending time with family. Engaging in hobbies like sports, drawing, or playing a musical instrument can also help keep you away from your phone and foster more face-to-face interactions.

ASK THIS WEEK:

- What matters most to you right now?
- What distractions make it hardest to protect those priorities?
- How can you stand up for what you believe, even when friends pressure you?

- What's one habit you want to keep after the Digital Fast ends?

TRY THIS TOGETHER:

- Help your student write down one commitment to spend time with God (reading Scripture, praying, quiet time; at least 5 minutes a day).
- Ask: How can we help each other stay accountable?

PARENT TIP:

The goal isn't perfection, it's direction. Small choices shape big faith.