

20 Days of Prayer – Social Media Guide

You are either one of two people: one may say, “Why in the world should I do a social media fast?” and the other says, “Oh my goodness I am drowning in the waves of social media. I need a break so bad!” **Here’s why it is important to take a break:**

1. **Clear your mind – Philippians 4:6-8:** Social media can cause confusion and misdirection. It can make us see a false reality of our world that is not true. We need to clear our minds because it allows us to focus wholeheartedly on God.
2. **Gives us more time – Ephesians 5:15-17:** The time we set aside for social media can be time we use to invest into ourselves or others. You know the famous saying, “You want to see what’s important to someone? Check their calendar.” When we set aside hours a day for social media we are giving up time to do something else. We can use this time to build relationships with others.
3. **Better Sleep – Matthew 11:28:** This is one you may shout “AMEN!” for. We could all use more sleep. The truth is our screens have an effect on our eyes and ability to sleep well. When we put our phone down and look at them less our sleep will be better.
4. **Stronger Relationships – Proverbs 27:17:** You’ve heard this verse in Proverbs, “As iron sharpens iron, so one person sharpens another.” This refers back to **#2**. The time we spend away from social media can be used to invest into relationships. Also, if you choose to do this plan with a friend you can spend time praying with/for them.
5. **Focus on God – Hebrews 12:1-2:** Time away from social media will allow for more time to fix our eyes on Jesus. This means we can pray, read scripture, and listen to what He wants from us without having another distraction.

Now that we **understand the why**, here are some ideas to pray through whenever you feel the urge to get on a social media app, during the set time of the day you choose to pray, and when you just simply want to connect with God. **Set a time every day to pray** through these prayers and through other prayers you feel led to:

1. **Help me seek You first**
2. **Let me find peace in You**
3. **Let me find strength in You**
4. **Let me find my identity in You**

And finally, **here are some tips to making this successful:**

1. **Delete apps off your phone:** This will help cut down on the urge to get on them!
2. **Do it with a friend:** Having a friend do it with you will help you keep each other accountable.
3. **Pray when you’re tempted:** Go through the list of prayers when you feel the need to get on social media.
4. **Read scripture:** You can take time to read through the verses listed above or you can do your own study throughout the 20 days!