

Lent Self-Denial Project: “Fasting” (50 Bonus Points)

Principle #1: It is difficult to “be still and know” that God is God (Ps 46:10) in the midst of all of our busyness and interruptions.

Principle #2: Scripture speaks frequently of “self-denial” and “sacrifice” and “fasting.”

In light of these two principles: **Choose any 10 day period within Lent this year (Feb 26 – April 10)** to fast and abstain completely and totally from:

1. **any and all cell phone use** including your phone and the phones of others (unless it is a call to 911 on someone else’s phone) and **no texting** of any kind
2. **any and all social media** (whether your own or that of other people around you) including but not limited to:
 - a. facebook, snapchat, twitter, pinterest, LinkedIn, tumblr, Instagram, etc.
 - b. virtual/group/interactive and/or online games/gaming, clubs, role playing, user groups, forums, blogs/blogging, etc.
 - c. skype, google chat, discord, etc.
 - d. etc.

If in doubt about something not listed, do not do it. Acceptable things you can still do: email someone on a computer (laptop or desktop only; **no texting**), snail mail, land-line phone use.

The ten day period will commence when you hand me your cell phone(s) and it will end when I hand it back. Please alert any/all relevant friends, “friends,” family, etc. that you will be offline and without a cell phone for 10 days so they don’t worry about you having been kidnapped or being in a coma in a hospital somewhere. Also be sure to tell them that you are doing this *voluntarily* and for your own spiritual and academic benefit. For some job situations you may need to clear this with your employer before you start.

- For each day of your 10 day fast write at least **one or two sentences** about how things are going and how you feel about this fast.
- At the end of the 10 days summarize your thoughts into a **one or two page reflection** on your experience. Submit this summary along with your daily entries at the conclusion of your 10 day fast.