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**Seek
Week**

Hey, Church Family!

Did you know that the average person engages in seven hours and three minutes of screen time per day?

Research reveals that we are paying a high price for our devices in the form of our time, our attention, and even our well-being. Not to mention the negative spiritual implications they are having on the hearts and minds of believers.

According to a study by Tidio, the negative effects of digital technology are many:

Psychological issues - 50% of users affected

Sleep problems - 48% of users affected

Social issues - 45% of users affected

Difficulty forming relationships - 42% of users affected

Difficulty focusing - 41% of users affected

The study also concludes that 47% of users found a compulsive need to fill any momentary boredom with the use of a smartphone. Additionally, since the COVID-19 pandemic there has been a significant increase in smartphone use. Fifty seven percent of Americans now consider themselves addicted to their devices, and 52% of children now spend more time on screens than before.

If we give most of our attention to our screens, what does that say about our spiritual well-being and devotion to God?

This is why we as a church family are joining together for a seven day digital fast, a time to seek God without distraction. My prayer is that this week God will reset your spirit and open your heart to experience His presence in a new and fresh way! You are not going to regret this.

Are you ready?

Let's go!

Pastors
Jonathan & Joanne
Brozozog

**“Turn my eyes
from looking at
worthless things;
and give me life
in your ways.”**

Psalm 119:37 ESV

Last Post

Take a photo of the image below and post it to your social media as your last post. Invite your friends to join you!



CreativeChurch.com/Seek
#SeekWeek

Daily Plan

4 Steps

Welcome to Seek Week.

We want to help you each day as you commit to time with God during this digital fast. For the next seven days, you will see a prayer topic and scripture to help you along the way.

Here is a guide to help make the most of your journey:

01

Make Time.

You don't find time, you make time.

Whether in the morning, during a lunch break, or after the kids are in bed, we encourage you to extend your time with God beyond your usual routine this week.

02

Find a Place.

Whether in your car, workplace, bedroom, back porch, or even the bathroom, find a quiet place to open your heart and mind. It is important to find a place with little to no distractions.

03

Read God's Word.

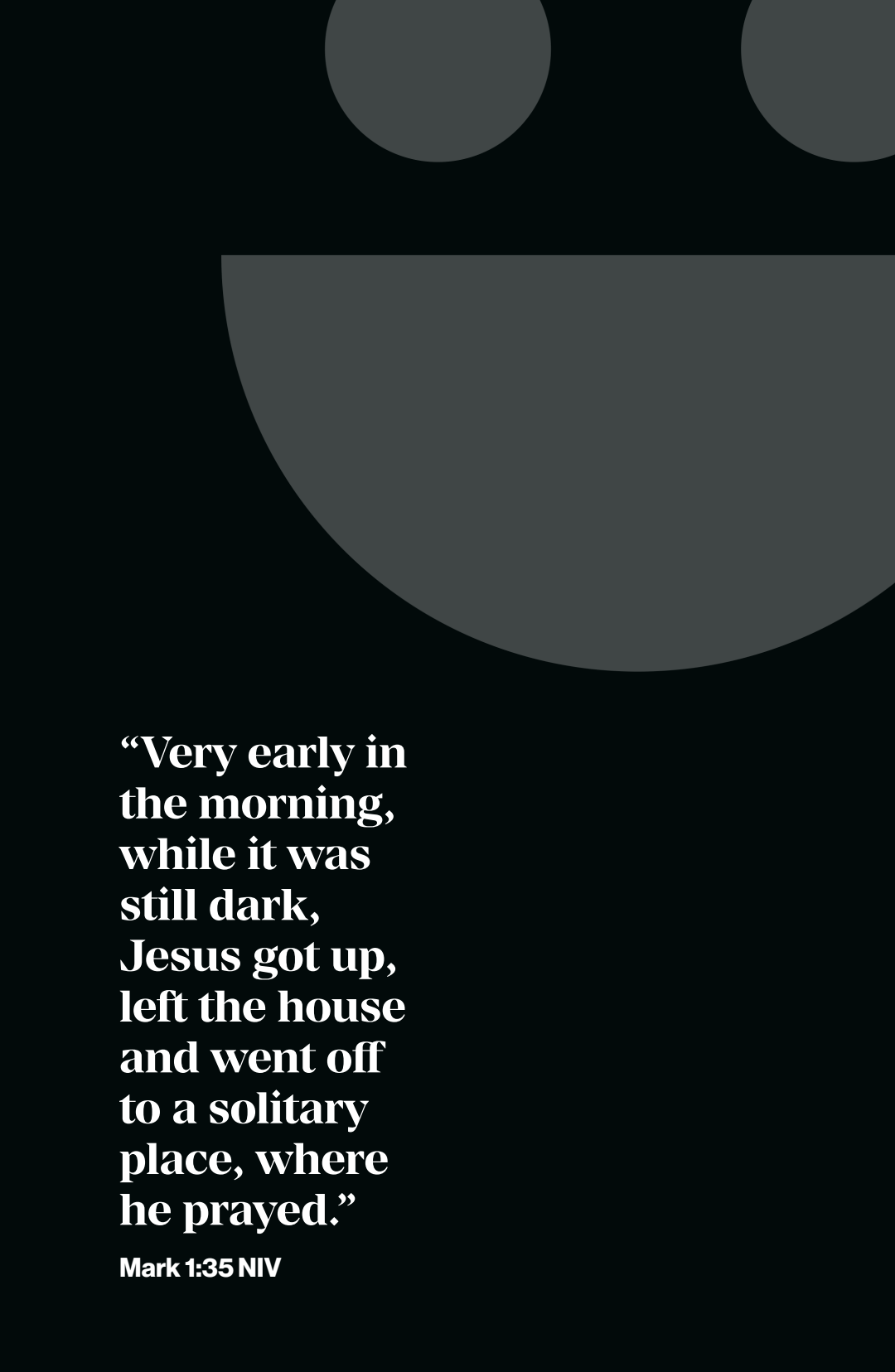
If possible, use a physical Bible and follow our seven day reading plan provided in the back of this book.

Use a translation that you can understand. We encourage you to highlight and take notes!

04

Talk to God.

Praying is simply talking to God. We want to challenge you to pray out loud. Share your heart, make requests, ask Him questions, and listen to what He has to say.



**“Very early in
the morning,
while it was
still dark,
Jesus got up,
left the house
and went off
to a solitary
place, where
he prayed.”**

Mark 1:35 NIV

01

DAY

RESET

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Romans 12:2 ESV

Lord, I ask you to help prepare my heart in this digital fast to receive all you have for me. Help me to reset my focus on you and your word. I repent for the areas in my life where I have not prioritized you. Begin a fresh and new work in my life. In Jesus' name, Amen.

What areas of your life have drifted out of alignment with God?

02

DAY

DIRECTION

**“Many are the plans
in a person’s heart,
but it is the Lord’s
purpose that prevails.”**

Proverbs 19:21 NIV

Lord, today I seek your will and purpose for my life.
Let “Thy kingdom come, thy will be done” in every
facet of my world. I choose to lay down my plans and
preferences for your master plan. Lead my life and be
my guide. In Jesus’ name, Amen .

What is the Holy Spirit prompting you to do next?

03

DAY

HEALING AND MIRACLES

“You are the God who performs miracles; you display your power among the peoples.”

Psalm 77:14 NIV

Lord, I believe that you are a healer and a miracle worker. I pray for healing in my life and in the lives of others. I am asking for you to bring healing to our hearts, our bodies, and our minds. I know that you can do the impossible. In Jesus' name, Amen.

What healing and miracles are you believing for?

04

DAY

THE NEXT GENERATION

“But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.”

1 Peter 2:9 NKJV

Lord, I pray for the next generation. I believe that you have called them and have a plan for them. Protect them, keep them, speak to them, and use them. Let your power be evident in their lives. In Jesus' name, Amen.

What are some specific things that you are praying over the next generation?

05

DAY

RELATIONSHIPS

**“As iron sharpens
iron, so one person
sharpens another.”**

Proverbs 27:17 NIV

Lord, I am asking for you to be the center of all of my relationships. Let them be spiritually strong. Give me wisdom to discern between healthy and unhealthy relationships. In Jesus' name, Amen.

Who are you in a relationship with that you need to influence for Jesus?

06

DAY

THE NATION

“What joy for the nation whose God is the LORD, whose people he has chosen as his inheritance.”

Psalm 33:12 NLT

Lord, I ask that you touch our nation. Give wisdom, guidance, and protection to our leaders at every level of our government. Watch over our nation and protect those who defend us at home and abroad. We declare that you are God over this land. In Jesus' name, Amen.

What is an area in our nation that you feel led to pray for?

07

DAY

REVIVAL

“If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”

2 Chronicles 7:14 NKJV

Lord, as I come to the end of this digital fast I ask that you bring revival to my family, my church, my community, my nation, and my world. Let your Spirit come and do the supernatural. Save the lost, heal the hurting, and deliver the oppressed. In Jesus' name, Amen.

What area of your life needs revival?

7 DAY READING PLAN

Day 1: John, chapters 1-3

Day 2: John, chapters 4-6

Day 3: John, chapters 7-9

Day 4: John, chapters 10-12

Day 5: John, chapters 13-15

Day 6: John, chapters 16-18

Day 7: John, chapters 19-21

OPTIONAL READING:

Proverbs

(One chapter per day for seven days)

**“Ask, and it
will be given
to you; seek,
and you will
find; knock,
and it will be
opened to
you.”**

Matthew 7:7 ESV

WHAT DID YOU FIND?

**WHAT DID GOD DO IN YOUR LIFE
DURING SEEK WEEK?**

We want to hear from you.
Share your story.



