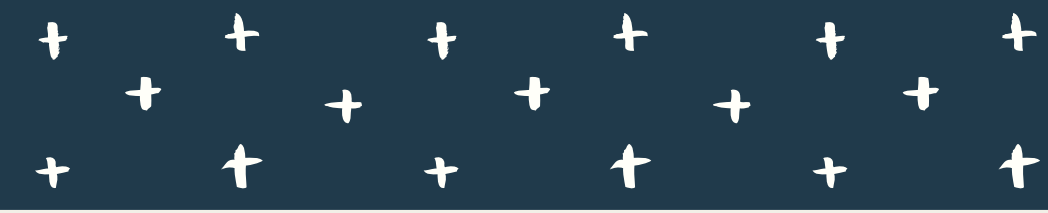


7 DAYS

*Christ centered
and media free*

CHALLENGE

by Erendira Ramirez-Ortega
erortega.com



Hello friends,

Do you come away from social media feeling more negative and cynical about life? Does social media make you more apt to covet, complain, and become more contentious?

If you answered yes, then it may be time for an entire week of freedom from the media. It's time to return to a Christ-centered focus in your life.

Let's admit it. The internet and social media can leave us feeling vexed and not blessed. The events of our day have steered us away from Christ and His purpose for our lives. It's exhausting to read all those headlines that only discourage our lives and draw our attention from the hope we have in Christ.

Here's a challenge to help you return to a Christ-centered life.

The purpose of this challenge is to exercise self-control. The consumption of information can be a real time suck and for the believer, we can turn it into an idol if we're not careful. Get challenged to put away social media for 7 days and watch it bear fruit into your life!

Don't forget to email me as soon as you've completed the challenge so I can hear about how much the Lord has shown you His power through this purging. I sure would be blessed to hear about it!

Sincerely,

Erendira Ramirez-Ortega
erendira@erortega.com



7 DAYS

Christ centered and media free

CHALLENGE

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A THOUGHT

I never thought I would become a news junkie. I take my information with cream and sugar, although I am not a coffee drinker. What I mean is I get the good, the bitter, and the ugly in my news, albeit it seems to be more bad than good on a regular basis. So, I struggle and fight the impulse to get emotionally charged about an issue, or to resort to paralysis by analysis (what did she mean by that comment?). All this doesn't edify. It's why we're here.

TURN OFF



TWITTER

VERSE

Ephesians 5:19-21

Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; Submitting yourselves one to another in the fear of God.

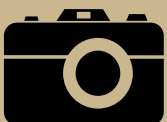
PRAYER

Dear Lord, fill us with wisdom as we seek your face, as we put you first and foremost in our lives. Let us use our words for your glory.

CHALLENGE

LISTEN TO GODLY MUSIC.
WORSHIP THE LORD IN
PSALMS, HYMNS, AND
SPIRITUAL SONGS TODAY.

DAY 1



TAKE A PIC OF WHAT YOUR CHALLENGE LOOKS LIKE TODAY.

7 DAYS

Christ centered and media free

CHALLENGE

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A THOUGHT

In James chapter 3, we're exhorted to have control of our tongues. As believers, we need to become good ambassadors of Christ wherever we find ourselves, even on social media. Let's not forfeit our Christ-likeness with online commentary we would never utter in person. Let's put our passions aside. Instead, let's approach these passionate triggers as a test of our ability to walk with Him. It's more important to be a witness of Christ than to put our opinion about an issue out there as fresh meat for animals to devour.

TURN OFF



TWITTER



FACEBOOK

VERSE

1 Corinthians 6:12

All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

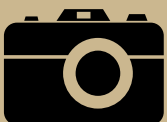
PRAYER

Dear Lord, please help us to not be brought under the power of any, but rather to speak of things that aren't evil or that do not edify others. Clean our lips of uncleanness.

CHALLENGE

WRITE SOMEONE A LETTER AND MAIL IT WITH A STAMP!

DAY 2



TAKE A PIC OF WHAT YOUR CHALLENGE LOOKS LIKE TODAY.

7 DAYS

Christ centered and media free

CHALLENGE

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A THOUGHT

The digital age has hijacked our families in such destructive ways. Our loved ones need our time and attention more than ever. Eye contact, conversation, wise counsel, affection, and sincere devotion to others is lacking. Saturation of the media kills our creativity, it demands our focus and deludes us to believe we form our identity around it. We don't need to be dumbed down with pithy quotes or rants of rage. We need authentic relationships that require face time, not shallow avatars that are far from reach.

TURN OFF



TWITTER



FACEBOOK



NEWS OUTLETS
AND PODCASTS

VERSE

Ephesians 4:32

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

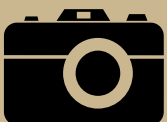
PRAYER

Dear Lord, help us to develop loving, tenderhearted, nurturing relationships in our homes. Help us to engage in truth.

CHALLENGE

TAKE A WALK OUT OF DOORS, PLAY A GAME INDOORS, AND HAVE A FAMILY HUG!

DAY 3



TAKE A PIC OF WHAT YOUR CHALLENGE LOOKS LIKE TODAY.

7 DAYS

Christ centered and media free

CHALLENGE

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A THOUGHT

Last week, I read that sour words were written over a social media channel and that they were coming from a Christian. It was sad to note that the issues of our daily lives turn our spirits into combative forces. We shouldn't be combative in our speech. When we speak to others with sarcasm, negativity, or cynicism, we're actually keeping them further away from coming to Christ.

TURN OFF



TWITTER



RSS FEEDS



FACEBOOK



NEWS OUTLETS
AND PODCASTS

VERSE

2 Timothy 2: 15-16

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. But shun profane and vain babblings: for they will increase unto more ungodliness.

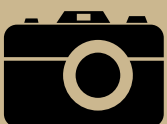
PRAYER

Lord, please help us exercise the sweetness of our words to increase learning. May we avoid vain babblings and any lack of civility.

CHALLENGE

SHOW A STRANGER AN ACT OF RANDOM KINDNESS.

DAY 4



TAKE A PIC OF WHAT YOUR CHALLENGE LOOKS LIKE TODAY.

7 DAYS

Christ centered and media free

CHALLENGE

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A THOUGHT

The media can become a device of the enemy's deception. Love, happiness, and life are portrayed in a skewed manner and social media has given provision to many people to become a persona, a personality, a brand. Anonymity has become the conduit for those wishing to live double lives. In the throes of gossip, slander, and divisive banter, the believer may find themselves ensnared. When we venture into these online thoroughfares, we are setting ourselves up for the numbing of truth in our lives.

TURN OFF



TWITTER



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FACEBOOK



INSTAGRAM



NEWS OUTLETS AND PODCASTS

VERSE

Romans 16:19

For your obedience is come abroad unto all men. I am glad therefore on your behalf: but yet I would have you wise unto that which is good, and simple concerning evil.

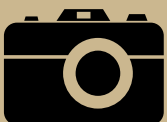
PRAYER

Almighty Father, we admit that the portrayals of others may be tantalizing. We have much to learn about being separate in this world, as we are called to do. Please help us seek only what is eternal and what bears godly fruit.

CHALLENGE

CALL SOMEONE ON THE TELEPHONE-NOT TEXT-BUT CALL SOMEONE WHO MAY HAVE A PRESSING NEED.

DAY 5



TAKE A PIC OF WHAT YOUR CHALLENGE LOOKS LIKE TODAY.

7 DAYS

Christ centered and media free

CHALLENGE

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A THOUGHT

We end up empty when we focus too much on social media's stronghold. When you're in the middle of something on the internet, isn't it hard to detach? Isn't it ironic that sometimes we may know what's going on in the external world of our lives via social media, yet we may find unfamiliarity with our own families? This ends up leaving our families famished and we starve their needs and rightful place in our lives when we focus too much on knowing about everything else outside instead of what and who should matter most to us.

TURN OFF



TWITTER



RSS FEEDS



FACEBOOK



INSTAGRAM



NEWS
OUTLETS
AND
PODCASTS



PINTEREST

VERSE

Ecclesiastes 1:17-18

And I gave my heart to know wisdom, and to know madness and folly: I perceived that this also is vexation of spirit. For in much wisdom is much grief: and he that increaseth knowledge increaseth sorrow.

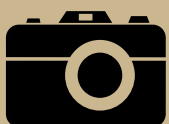
PRAYER

Please Lord, help us to not crave what is outside of our immediate lives. Help us look at our dearest loved ones with full devotion and joy.

CHALLENGE

FORGIVE SOMEONE WHO'S WRONGED YOU.

DAY 6



TAKE A PIC OF WHAT YOUR CHALLENGE LOOKS LIKE TODAY.

Christ centered and media free

WE'VE REACHED THE FINISH LINE

Now that the impulse to ride the currents of social media is in full effect, how has life changed for you?

If this challenge failed to help us respond correctly to the condition of how much social media influence our lives, then consider one thing: just because there is a substantial amount of information out there, doesn't mean we need to know it all.

We cannot sacrifice our precious time and energy on what is not of eternal value. That is the cross we carry daily as believers, isn't it? How do we best magnify the Lord in our entire life?

I'm not saying social media should have no place at all in our lives, but I fear that it has become an idol for many. I do hope this challenge has helped us realize that we really add unnecessary pressure in our lives by our own hand and when we are purged of the vanities of this life, the vain babblings, the clutter, we can see God more clearly in our purpose.

I'm afraid the idol of social media has become a new kind of normal, but if we ever hope to put the Lord first and foremost, where He has preeminence over all things, we should keep it simple. Simplicity promotes peace. It centers our attention on what matters most, on people, on walking intentionally with Him. "Life is fast and demanding, but we can choose to slow our pace to a follower's speed."

Truthfully, I'm not sure this idol will ever be completely dismantled until Jesus rules on the earth, but I do believe if we want to see improvements in guarding our hearts, our minds, and our spirits, we should reexamine what it is we place as a priority.

VERSE

Philippians 4:7

"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

PRAYER

Please Lord, help us to ground our footing in only You and to experience the peace that passeth all understanding.



CHALLENGE

KEEP YOUR HEART IN LOCKSTEP WITH THE LORD. CHOOSE WHAT MOTIVATED YOU MOST THIS WEEK TO AFFIRM A CHRIST-CENTERED PURPOSE!