

**A digital Lent?**

**FASTING IDEAS**

**Fast from Time Wasters**

Make a point to spend your social media time wisely instead of wasting it on unnecessary experiences. Work on the discipline of fasting from things that are non-productive or hurtful of your time online.

**Fast from Access Assumptions**

Since we have access to a digital world and its riches and challenges, we need to be mindful of those who do not have access to such resources by being responsible and accountable in our use and sharing of this digital world.

**Fast from Cell Phone Isolation**

When in the company of others, fast from using your cell phone – so you can give your undivided attention to the people around you. Don’t become isolated in a crowded room.

**Fast from Superficiality**

Instead of simply browsing through tweets or status updates (or skipping past seemingly-unimportant friends on the way to find out what’s happening with others), make it a point to spend a few moments more looking and praying for all your friends’ and their status updates. Make your online connections count.

**Fast from Gossip, Inappropriate Content, and Negativity**

Blogs and comment sections on websites and social media can lead us into the temptations of gossip or inappropriate actions online – as well as negative and hurtful language. Fast from these experiences whenever possible – avoid gossip and steer clear of conversations, images, and sites that promote immoral behavior.

**Fast for Offline Experiences**

Instead of abandoning the social media world altogether, simply fast from making social networking the only interaction you have with others. If you fast from social media, make it a point to continue those relationships offline instead. Fast with care and concern for all the people on your list and never abandon them.

**GIVING IDEAS**

**Contribute to Causes**

Facebook, Twitter, and other social networking sites make it easier for you to get connected to causes or to donate money or resources. Don’t avoid these, but be intentional about participating in the giving process. Do not shy away from the “DONATE NOW” button, but think seriously about selflessly giving of yourself.

**Connect with Social Action**

Various charities, action groups, and justice programs are more available now than ever before. Search out social action opportunities, follow them on Twitter, like them on Facebook, and research what is already going on through websites, blogs, and other online sites; but most importantly, resolve to get more involved with at least one aspect or principle of Catholic social teaching.

**Start a Campaign**

If you feel compelled to action for a certain issue, make a stand and start an online campaign: get others involved in your passions and interests; organize off-line opportunities to affect change; share content on the issues on your pages… the key thing is starting something – and the web is a great tool for making it viral.

**Share with the World**

Much of the globe is still disconnected. The Gospel challenges us to offer a preferential option for the poor. Work towards helping those in third-world countries and disadvantaged parts of the United States have access to the Internet, to social media, and to the opportunities we often take for granted in the digital world.

*Adapted from: “A Digital Lent Guide: Social Media Prayer, Fasting, and Almsgiving” © Paul Jarzembowski (Sparks from Ashes), 2016. All rights reserved.*

