



THE JOY OF MISSING OUT

Off The Shelf, Part 3
Darren Whitehead
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“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)

5 Reasons To Do A Digital Fast

1. Refresh Your Mind

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”
John 10:10 (ESV)

“Have nothing to do with the fruitless deeds of darkness, but rather expose them.”
Ephesians 5:11 (NIV)

2. Restore Your Relationships.

3. Reclaim Your Focus.

What is the Digital Fast? Make Your Smartphone Dumb

4. Renew Your Connection with God

“Turn my eyes from looking at worthless things and give me life in your ways.”
Psalm 119:37 (ESV)

5. Rely On Community Support

Take your next steps!



錯過也快樂

談書說道 (三)
Darren Whitehead
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「你們不可追隨世界的潮流，要隨着思想的不斷更新而改變，這樣就能明辨上帝的旨意，知道甚麼是良善、純全、蒙祂悅納的。」
羅馬書 12:2 (當代聖經)

五個進行「數碼禁食」的原因

1. 更新你的思想

「盜賊來，無非要偷竊、殺害、毀壞；我來了，是要叫羊得生命，並且得的更豐盛。」
約翰福音 10:10 (和合本)

「不要參與暗昧無益的事，倒要把它揭露出來。」
以弗所書 5:11 (新譯本)

2. 恢復你的關係

3. 重拾你的焦點

甚麼是「數碼禁食」？把你的「智能」手機變得「愚蠢」

4. 更新你與上帝的連結

「求你使我轉眼不看毫無價值的東西，求你藉着你的話賜給我生命。」
詩篇 119:37 (新普及譯本)

5. 依靠羣體的支持

踏出你的下一步！

