

30-Day Digital Witness Challenge

Living with Integrity in an Online Age

Day 1 Audit your screen time. Look at your weekly usage and ask what's driving it.	Day 2 Unfollow (3) accounts that distract you from Christ or stir up unhealthy comparison.	Day 3 Share a Scripture that has personally challenged you (not just one that sounds good).	Day 4 Take a 1-hour digital Sabbath. No phone, just Scripture and silence.	Day 5 Send a private message of encouragement to someone.	Day 6 Reflect: What platform tempts you most to act differently than you do in person?
Day 7 Pray before logging on today. Ask God to guide every word, post and scroll.	Day 8 Revisit your bios and online presence. Do they point to Jesus?	Day 9 Delete or archive one post that doesn't reflect who you are in Christ.	Day 10 Skip social media entirely today. Use the time to memorize one Bible verse.	Day 11 Ask someone close to you: Does my digital life reflect my real-life faith?	Day 12 Create something that glorifies God. A photo, video, blog or post.
Day 13 Leave a kind comment on someone's post. Make it genuine & specific.	Day 14 Reflect: When do you feel pressure to perform online?	Day 15 Re-share a past testimony or a story of God's faithfulness.	Day 16 Pray for someone you disagree with online. Don't post—just pray.	Day 17 Write a digital witness statement: What kind of presence do you want to have online?	Day 18 Don't post anything today. Just listen and observe your habits.
Day 19 Follow a new account that encourages you spiritually.	Day 20 Revisit your notifications. Which ones need to be turned off to protect your peace?	Day 21 Fast from social media during a meal or time of day when you typically scroll.	Day 22 Ask God to show you one person to check in on or encourage today.	Day 23 Post a reflection about what God is teaching you...honestly and humbly.	Day 24 Turn off your phone for one hour and go on a walk to pray or reflect.
Day 25 Replace one scroll session with time reading a Psalm.	Day 26 Identify one area of your digital life that needs better boundaries.	Day 27 Post something joyful. A praise, a moment of gratitude, or a blessing.	Day 28 Review who's influencing you. Who do you need to mute, follow, or engage with differently?	Day 29 Journal: How has your relationship with social media changed over the last month?	Day 30 Celebrate what God has done. Share a testimony from this journey or commit to one new habit moving forward.



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WITNESS**
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