



“Draw nigh to God, and he will draw nigh to you; cleanse your hands, ye sinners; and purify your hearts, ye double minded.” (James 4:8 KJV)

“You will seek me and find me, when you seek me with your heart.” (Jeremiah 29:13 ESV)

“All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not. (I Corinthians 10:23)

UNPLUG - means to disconnect from something that takes your attention, energy, or focus away from what truly matters.

To UNPLUG as a Believer - means intentionally stepping away from the things, people, habits, and distractions that weaken or hinder our relationship with God. It means choosing His voice over the noise, His presence over the chaos, and His purpose over our own desires. It is about removing whatever pulls us away so we can draw closer to Him.

UNPLUG FROM - distractions that can hinder our relationship with God:

Social Media and Digital Noise

- Endless scrolling
- Negative content

Proverbs 4:23; 2 Corinthians 5:17

- * Comparison
- * Wasted Time

Entertainment and Distractions

- Television, movies, and shows
- Mindless Browsing

Hebrews 12:1; Psalm 1:1-3

- * Gaming
- * Music or content that pulls us away from God

Unhealthy Relationships

- Toxic influences
- Unforgiveness

Psalm 1:4-6; Amos 3:3

- * Gossip
- * Backbiting
- * Drama

Busyness and Overcommitment

- Always being available
- Trying to do it all

Philippians 4:6-7; Jeremiah 29:11

- * Work and Stress
- * Lack of Rest

Worldly Values and Temptations

- Materialism
- Seeking approval from others

Philippians 4:19; Matthew 6:33

- * Pride
- * Ungodly Desires

Hindrances that keep us from prayer, reading the Word, and spending time with God may result in:

- A distracted mind and a busy schedule
- Lack of discipline and consistent spiritual habits
- Fear, anxiety, and worry
- Unforgiveness and unresolved hurts
- Spiritual apathy or complacency
- The pull of the world and the desire to fit in

Steps to Restore Focus:

- Get Quiet: Make space for God. Turn off the noise, physically and mentally.
- Refocus on the Word: Read, meditate on, and apply Scripture daily.
- Pray Consistently: Be real, be honest, and be persistent. Talk to God daily.
- Set Boundaries: Limit distractions and protect your time with God.
- Seek His Presence: Worship, listen, wait, and allow Him to renew your heart.

Seven-Day Prayer Focus & Daily Scriptures

October 25— Unplug from Distractions: Psalm 46:10

Prayer focus: Ask God to quiet your mind, remove distractions, and help you make room for His presence.

October 26 — Unplug from Busyness: - Matthew 6:33

Prayer focus: Ask the Lord to help you prioritize Him above your schedule, responsibilities, and daily demands.

October 27 — Unplug from Worldly Influences: Romans 12:2

Prayer focus: Pray for discernment to recognize ungodly influences and the strength to choose God's ways.

October 28 — Unplug from Unforgiveness: Ephesians 4:31–32

Prayer focus: Ask God to reveal unresolved hurt, help you release bitterness, and teach you to forgive as He forgives.

October 29 — Unplug from Fear and Worry: Philippians 4:6–7

Prayer focus: Surrender anxiety and fear to God, trusting Him to guard your heart and **mind with His peace.**

October 30 — Unplug from Spiritual Neglect: - Psalm 119:105

Prayer focus: Renew your commitment to daily prayer, Bible reading, worship, and obedience to God's Word.

October 31 — Reconnect with God: Jeremiah 29:13

Prayer focus: Rededicate your heart to the Lord. Ask Him to deepen your relationship with Him and guide you in His purpose.

“Draw nigh to God and He will draw nigh to you.”

UNPLUG - Seven Day Fasting Guidelines

October 25 – 31

Fast Begins: Sunday, October 25, at Midnight, or after last meal

Fast Ends: Sunday Saturday, October 31 at Midnight, or after last meal

Type of Fast: Fruits and Vegetables, 100% Juices (no sugar added)

****Wednesday, October 28:** Is our regular straight fast day for those able to participate. It ends after service. REMEMBER: It's only if you're able to participate!

*We will be celebrating together during our Sunday Service so come with great expectation!

Scriptures

Matthew 4:4 – *“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”*

Isaiah 58:6 *“Is this not the fast I have chosen; To loose the bands of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?”*

Permissible Foods

ALL Fruits, All Vegetables, Beans

Juices All 100% juices (no sugar added)

Vegetarian Foods Boca, Morning Star, etc.

Non-Permissible Foods

Caffeine coffee, teas, pops, energy drinks

Sweets cookies, pies, candy, sugar substitutes, ice cream, honey, etc.

Meats ALL MEATS, sea food, fish, No Fried Foods

Pastas, Breads, White Potatoes No Nuts no eggs, cheese, yogurt, protein drinks, shakes, etc.

At Family Worship Center Church International, we are not requiring this fast. It is strictly voluntary. We are not asking anyone to do anything that is inconsistent with your dietary needs or against the recommendations of your medical doctor.

Prayer Schedule, October 25 – 31

Date	Time	Location
Monday, October 26	6:00 am - 6:30 am	Prayer Line
	6:00 am – 7:00 am	Church Sanctuary
	12:00 noon – 1:00 pm	Teen Ministry Room
Tuesday, October 27	6:00 am – 7:00 am	Church Sanctuary
	12:00 noon – 1:00 pm	Teen Ministry Room
Wednesday, October 28	6:00 am – 6:30 am	Prayer Line
	6:00 am – 7:00 am	Church Sanctuary
	12:00 noon – 1:00 pm	Teen Ministry Room
	6:00 pm - 6:45 pm	Church Sanctuary
Thursday, October 29	6:00 am – 7:00 am	Church Sanctuary
	12:00 noon - 1:00 pm	Teen Ministry Room
Friday, October 30	6:00 am – 6:30 am	Prayer Line

****SPECIAL PRAYER, SATURDAY, OCTOBER 31 6:00 am – 6:30 am Prayer Line**
Prayer Line – 1-605-313-4822 Access Code 710906#

Declaration

I choose to unplug from every distraction that keeps me from God's presence. I will make room for prayer, meditate on His Word, and seek Him with my whole heart. My relationship with the Lord will be my priority. I am unplugging from the world so I can reconnect with God

UNPLUG today..... RECONNECT with God.....EXPERIENCE a stronger, deeper relationship with Him!