



# 40 DAYS DEEPER

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## LENT 2025

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“The first and most basic thing we can and must do  
is to keep God before our minds.

This is the fundamental secret  
of caring for our souls.”

Dallas Willard  
*The Divine Conspiracy*

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Welcome to Blue Route Vineyard's experiment in growing during the 40 days of Lent. Remember a couple of things:

1. Over the years, Christians have practiced spiritual disciplines as ways to get closer to God.
2. As we grow in our awareness of him, we grow to become more like him.
3. Finding a few people to work with you can help make this experiment more interesting and productive.
4. While the church is going to promote these two practices, you're free to alter them, or do others.
5. Some people like to ask something of the Lord, during Lent, that only he could do for them. We call that The Big Ask.

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## SCRIPTURE MEMORIZATION

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"I have stored up your word in my heart, that I might not sin against you." Psalm 119:11

One practice this year is to memorize Col. 3:1-17. Getting a separate notebook will help. Here's how to get started.

1. Pick the 3 most important words from each paragraph. Think about what Paul is saying. Write them down and memorize them. Get 2-3 friends to do the same. Use them as structure for learning the rest of the passage.
2. Work on memorizing one paragraph at a time. Recite them back and forth with your partners. Some people will be helped by memorizing the last paragraph first. Then the 3rd, and so on.
3. Spend an early week copying this passage by hand.
4. Spend another week paraphrasing it in your own words.
5. Recite it while driving to work. Recite it to your partners. Recite it publicly. Don't worry about gaps in your memorization, they'll fill in as you repeatedly work on it.

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## COLOSSIANS 3:1-17

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Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your minds on things above, not on earthly things. <sup>3</sup> For you died, and your life is now hidden with Christ in God. <sup>4</sup> When Christ, who is your life, appears, then you also will appear with him in glory.

<sup>5</sup> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup> Because of these, the wrath of God is coming. <sup>7</sup> You used to walk in these ways, in the life you once lived. <sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup> Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup> and have put on the new self, which is being renewed in knowledge in the image of its Creator. <sup>11</sup> Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.

<sup>15</sup> Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. <sup>16</sup> Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. <sup>17</sup> And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

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# DIGITAL FAST :: PRACTICES

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Some of us are going to fast from the digital world during Lent. Below are six practices for you to choose from and/or combine to maximize this season. The goal is creating a special kind of time for you to connect better with God and to allow him to form you.

## **PRACTICE 1 GIVE GOD YOUR FIRST AND LAST**

- abstain: Don't sleep in the same room as your phone.
- add: When you wake up, spend a few minutes with God before reaching for your phone. You can recite Psalm 23, pray for your day, or read the Bible. Before bed, thank God for at least three things from your day.

## **PRACTICE 2 TURN OFF TO TUNE IN**

- abstain: Give your phone a Sabbath. Pick a time each week to turn off your phone and put it in a drawer or in another room. If you can go 24 hours, great, but if you need to start with 4 hours do that.
- add: Spend time with God in solitude by journaling, reading scripture, prayer, or taking a nature walk.

## **PRACTICE 3 MAKE YOUR SMART PHONE DUMB**

- abstain: Eliminate distracting apps on your phone
- add: Reclaim habits that bring life to your soul. Rediscover lost joys such as reading, hobbies, creativity or uninterrupted time with God and loved ones.

## **PRACTICE 4 EMBRACE THE BOREDOM TO BE PRESENT WITH GOD**

- abstain: Refrain from turning to your phone when you are bored or waiting for something.
- add: Turn your attention to God when you're bored.

## **PRACTICE 5 FAST FROM FEEDS, FEAST ON FRIENDSHIP**

- abstain: Eliminate all social media from your phone and computer.
- add: Spend time connecting with people in real life.

## **PRACTICE 6 FIX YOUR EYES ON JESUS**

- abstain: Give up all screen time.
- add: Prayer, scripture reading and memorization, and any other practices that you have found helpful!



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# DIGITAL FAST :: THOUGHTS FOR EACH WEEK

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## MARCH 5-11

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Psalms 4:8

In peace, I will lie down and sleep, for you alone, Lord, make me dwell in safety.

Adaptations for other screens: choose a time each evening to power down and replace screen time with a relaxing, non-digital activity like reading, doing a puzzle, or journaling.

Questions for consideration: What are some practices you'd like to incorporate into your morning and evening routines to help you focus on God and His presence throughout the day?

## MARCH 12-18

Hebrews 4:9-11

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Adaptations for other screens: Take a break from all screens one day a week or at least for a portion of the day.

Questions for consideration: From which of the following has your device stolen in the past: Sleep, family time, productivity, creativity, energy, socializing, contentment, joy, hobbies, curiosity, peace of mind, money, health, ability to be present, and/or time with God.

## MARCH 19-25

Psalms 119:37

Turn my eyes away from worthless things; preserve my life according to your word.

Adaptations for other screens: Choose to not binge TV shows, sports, or the news. Before you do any of these, set a limit on how much time you will devote to them before you watch them.

Question for discussion or consideration: What do you normally do when you are bored? What are healthy ways you can respond to these emotions without using your phone?

## MARCH 26-APRIL 1

“The first and most basic thing we can and must do is to keep God before our minds. This is the fundamental secret of caring for our souls.”

Dallas Willard, *Divine Conspiracy*

Adaptations for other screens: When driving or doing chores at home, don't turn on background noise, such as TV, podcasts, or music.

Questions for consideration: When you have nothing to do, what thoughts or feelings rise to the surface? How can you invite God into these times and think about him?

## APRIL 2-8

Proverbs 29:25

“Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe.”

Questions for discussion or consideration: Make a list of God's blessings in your life. Then, ask how can I share these blessings with others this week?

## APRIL 9-19

Colossians 3:2

Set your minds on things above, not on earthly things.

Questions for consideration: In what ways is it easy for me to connect with God? What ways are more difficult?

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## DIGITAL FAST :: FINAL THOUGHTS

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1. Through the ages, Christians have celebrated Lenten Sundays as mini-Easters when fasts can be broken for the day.
2. As Lent concludes, reflect on what you've learned, what's been helpful and what changes you'd like to continue.
3. You might want to read *The Digital Fast*, Darren Whitehead; *You Are What You Love*; James K.A. Smith, *The Tech-Wise Family*, Andy Crouch; *God's Chosen Fast*, Arthur Wallis; *Ruthless Elimination of Hurry*, John Mark Comer; or *Reconnected*, Carlos Whitaker