



FAITH CHURCH  
MAGNIFY | MANIFEST | MULTIPLY

PRESENTS

# Must-Flee TV



A Month of Consecrated Christian Living by  
Turning OFF the Television and Turning ON  
**THE POWER OF COMMUNITY**

## GOAL 1

I pledge to spend more quality time with Christ, family, and friends than with an impersonal computer, gaming system, or television set that cannot love me back.

## GOAL 2

I pledge to live free from the bonds of slavery to a culture that is literally “entertaining” us to death, by killing our ability to reflect upon, and enjoy the simple gifts of life!

## GOAL 3

I pledge to deepen my walk with Jesus Christ by deepening my relationships with other believers—especially those that live under the same roof.

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# MUST-FLEE TV

## SUGGESTED DAILY ACTIVITIES & STUDY

**Pastor Matthew Everhard**

### DAY 1

Take a prayer walk around your local public (or Christian) school. As you walk around the campus or playground, pray for the teachers, administrators, staff, and students. Ask God to bring godly educators into our schools, and to train future Christian leaders for our country.

**Study Together: Mark 1:1-20**

### DAY 2

Come to the campus of Faith Church ready to do some light handiwork. Perhaps beautifying the surroundings by picking up sticks, weeding, planting flowers, or painting. Check with the administrator if you need an idea to get started.

**Study Together: Mark 1:21-45**

### DAY 3

Enjoy God's creation by taking a bike ride on one of our wonderful local trails.

**Study Together: Mark 2:1-12**

### DAY 4

Play a competitive (but fair!) game of Scrabble as a family. Discuss how God's laws and commandments keep our lives "in line."

**Study Together: Mark 2:13-28**

### DAY 5

Make a long-distance phone call to a family member who lives out of state. Be sure to put the call on speaker phone so that youngest and oldest alike can get in their "two cents." If possible, end the phone call by praying aloud for the person on the other line.

**Study Together: Mark 3:1-19**

### DAY 6

Create a piece of artwork together, perhaps as simple as a chalk-drawing on your driveway. Contemplate how temporary the chalk drawing is compared to living for an eternal purpose.

**Study Together: Mark 3:20-35**

### DAY 7

Read a book together aloud, depending on the age(s) of your children. "Horton Hears a Who" (by Dr. Seuss) has a wonderful pro-life principle to discuss. "The Lion the Witch and the Wardrobe" (by C.S. Lewis) may take several days, but is well worth your time.

**Study Together: Mark 4:1-20**

### DAY 8

Host another family for a grill-out. If the other family is not a covenant Christian family, make sure to model your faith by praying before the meal.

**Study Together: Mark 4:21-41**

### DAY 9

Play a game of softball, soccer, or kickball in the yard. Discuss the gift of the human body and how it reflects God's glory!

**Study Together: Mark 5:1-20**

### DAY 10

Spend some time gardening in the yard or raking leaves. The dying and falling of the leaves remind us of the temporal nature of life, nevertheless promising the resurrection to come!

**Study Together: Mark 5:21-43**

### DAY 11

Make a trip to visit a local nursing home. If you do not know anyone who is elderly or ill, contact the church office for a list of shut-ins that you may visit.

**Study Together: Mark 6:1-29**

### DAY 12

Take a long walk. If little children are present, tell each child the story of his or her birth.

**Study Together: Mark 6:30-56**

### DAY 13

Play a game of Monopoly. Discuss how a Christian family must give back to God its tithes and offerings. Talk together about how your family plans to obey this biblical mandate.

**Study Together: Mark 7:1-23**

### DAY 14

Do some evening star-gazing if tonight is a clear night. If possible, consult a book on constellations. See if you can find Orion, the Big Dipper, Venus, the North Star, and other celestial bodies. Discuss how "the heavens declare the glory of God" (Psalm 19:1).

**Study Together: Mark 7:24-37**

### DAY 15

Help an elderly neighbor. Ask if you can do something simple: clean a gutter, take out the garbage, pick up fallen sticks in the yard, clean the garage etc.

**Study Together: Mark 8:1-26**

**DAY 16** Cook something together on an open fire. (Gas grills do not count!) Be sure to notice how much better hotdogs and marshmallows taste on an open fire!

**Study Together: Mark 8:27-38**

**DAY 17** As you take your family walk tonight, see how many different leaves you can collect on the way. Reflect on Psalm 1 when you are done with the walk.

**Study Together: Mark 9:1-32**

**DAY 18** Listen to a sermon online. Perhaps you have missed a sermon in church during a week of vacation. Catch up at [faithpc.net](http://faithpc.net) or perhaps listen to John Piper on [desiringgod.org](http://desiringgod.org).

**Study Together: Mark 9:33-50**

**DAY 19** Write a letter to a missionary. Phil Thrash (church planting in East Germany) and David Holsten (missions pilot in Indonesia) are two missionaries that Faith Church supports who would love your hand-written cards of encouragement. Contact the Church Office for more details if needed.

**Study Together: Mark 10:1-31**

**DAY 20** Find items in your household to donate to Jericho Road Ministries or the New Generation Women's Resource Ministry. Discuss how giving things away to others who need them is a freeing experience!

**Study Together: Mark 10:32-52**

**DAY 21** Spend extra time in family prayer tonight. Pray for: your church to be faithful, your pastors to lead wisely, your elders and deacons to live with integrity, your family to remain steadfast in the faith, new missionaries to be called to the field, seminaries to teach the Scriptures faithfully etc. Then, conclude by praying for each member in your extended family by name.

**Study Together: Mark 11:1-19**

**DAY 22** Invite a single person to dinner tonight. Do not forget to pray for them as they leave. Faith Church has dozens of people who are: young, unmarried, divorced, widowed etc. Please make sure they are loved here!

**Study Together: Mark 11:20-33**

**DAY 23** Wash your cars by hand (weather permitting of course)! Reflect on how every gift that we have is given from God our Heavenly Father.

**Study Together: Mark 12:1-27**

**DAY 24** Play together at a public park. Frisbee is a good game that can be played together no matter your skill level!

**Study Together: Mark 12:28-44**

**DAY 25** Do a 500 piece puzzle! Think about how God is putting together the pieces of our lives!

**Study Together: Mark 13:1-31**

**DAY 26** Play a game of Trivial Pursuit. Anything that stretches your intellect has got to be better than television (which is entirely passive)!

**Study Together: Mark 13:32-37**

**DAY 27** Read a great (but brief) work of theology. I recommend Jonathan Edwards' Resolutions. This document can be found under the "Pastors Desk" section of our website: [www.faithepc.net](http://www.faithepc.net).

**Study Together: Mark 14:1-42**

**DAY 28** Groom, dress, and walk your pet. Go ahead, let your dog or cat look goofy. This is just for fun! Laughing is biblical!

**Study Together: Mark 14:43-72**

**DAY 29** Bake and give away some cookies. Again, notice the great feeling of giving something away for free! No strings attached, just like God's grace!

**Study Together: Mark 15:1-32**

**DAY 30** Paint something—anything! A finger painting, a mural on your garage wall, an old wrought-iron chair, a wall in your bedroom... Just make sure it's legal if you are going to do spray-paint graffiti!

**Study Together: Mark 15:33-47**

**DAY 31** Listen to a piece of classical music. Mozart, Beethoven, Handel, or Bach are favorites. If your tastes are less "sophisticated" and you do not own any classics, you can check these out in a public library or find them online.

**Study Together: Mark 16:1-20**