



Week 4

SILENCE BEFORE SCREENS

15 minutes of Silence
every morning

Fourth Word — Luke 23:39–43
“My God, My God why has thou
forsaken me?”





WEEK 4

March 15-21, 2026

FOURTH WORD:

Luke 23:39-43

WEEKLY FAST:

SILENCE BEFORE SCREENS
15 minutes of Silence
every morning

(No Social Media Posting or COMMENTING.
Practice inward focus over outward projection.)

MONDAY, MARCH 15, 2026

Surviving Without a Signal

At noon, darkness fell across the whole land. This was not atmospheric inconvenience. This was spiritual intensity. For three hours, creation dimmed while redemption was unfolding. Then at about three o'clock, Jesus cried out, "My God, My God, why have You forsaken Me?" This is not the cry of a sinner. This is the cry of a Son. Throughout His ministry, Jesus lived with a strong signal from the Father. At His baptism, heaven opened and affirmed Him. At the Mount of Transfiguration, glory surrounded Him. At Lazarus' tomb, resurrection responded on cue. But at the cross – silence. Same Son. Same Father. Same covenant. No signal.

And here is the tension: the cross is not the first time Jesus trusted God – it is the first time He trusted God without a signal.

He says, "My God."

Pronouns matter.

He does not say "the God" or "a God." He says "My." The intimacy survives the interruption. The relationship remains intact even when the reception disappears.

Some of us know what it feels like to live in spiritual silence. You are praying, but heaven feels quiet. You are believing, but there is no feedback. You are reaching, but there is no response.

Silence is uncomfortable because it exposes what noise usually covers.

That is why this week you are practicing silence before screens. Because we often rush to digital noise to avoid spiritual stillness. But silence is not always absence – sometimes it is assignment. Jesus survives the silence by anchoring Himself in relationship.

He does not allow His WHY to replace His MY.

The pain in His "why" does not cancel the power in His "my."

And here is the devotional truth for today: In silent seasons, relationship sustains you. God may be quiet – but He is not gone.

If you are going to loveWELL, liveWELL, and leadWELL, you must learn to survive without a signal.

REFLECTION:

*When heaven feels quiet,
do you drift — or do
you anchor?
Have you allowed your
"why" to replace your
"my"?*

PRAYER:

Father, when I cannot hear
You, help me hold onto You.

Teach me to trust
relationship over reception.

Let silence deepen me
instead of discourage me.

Amen.



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THURSDAY, MARCH 19, 2026

When Silence Becomes the Sanctuary

When Jesus cries out, "My God, My God, why have You forsaken Me?" He is quoting Psalm 22.

He is not inventing words – He is leaning on liturgy.

Psalm 22 begins in anguish but ends in assurance. It opens with abandonment but closes with victory. By quoting its first line, Jesus invokes the entire psalm. This is not emotional collapse. This is disciplined discipleship.

Discipleship is what you build before darkness comes.

When the signal disappears, you fall back on what has been formed inside you. Scripture hidden in your heart becomes structure under pressure.

Jesus does not vent worry – He voices worship.

In Jewish tradition, to recite a psalm aloud was an act of worship. So even in the silence, Jesus is still worshipping.

The cross becomes an altar.

Agony becomes an offering.

Silence becomes sanctuary.

Some of us think worship requires mood. But heavy seasons require heavyweight worship. Worship that is not dependent on feelings. Worship that remembers faithfulness.

Psalm 22 moves from "Why have You forsaken me?" to "He has not hidden His face."

Trouble first. Trust later.

That is the rhythm of faith.

This week, as you practice silence before screens, understand this: silence is not punishment. It is preparation. God is forming something deeper than emotion – He is building endurance.

You may not feel Him – but He still hears you.

You may not see movement – but He is still working.

And here is the devotional truth for today:

Worship keeps you steady when answers are missing.

Jesus was bleeding in His why, but believing in His my.

If you are going to loveWELL, liveWELL, and leadWELL, you must let silence shape you rather than shake you.

REFLECTION:

*What has silence
revealed about your
faith?*

*Is your worship
dependent on mood —
or anchored in memory?*

PRAYER:

Lord, let silence deepen my trust. Hide Your Word in my heart so worry cannot ride there. Teach me to worship in the dark. Anchor me in truth when emotions waver.

Amen.