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7-WEEK SCHEDULE

<b>Week 1</b> (Feb 21)	<b>Quantity: Set Boundaries</b> How can you tell if your consuming too much news?	Consume only 5 minutes of news/day
<b>Week 2</b> (Mar 1)	<b>Quality: Curate Sources</b> What is your news doing to you?	Hire (and fire) some news sources
<b>Week 3</b> (Mar 8)	<b>Eternal Perspective</b> Is your news making you fearful or faithful?	Contemplate Heaven
<b>Week 4</b> (Mar 15)	<b>Choose Humility</b> Is your news making you combative or curious?	Apologize to someone
<b>Week 5</b> (Mar 22)	<b>Love Unconditionally</b> Is your news making you resentful or compassionate?	Love a (political) enemy
<b>Week 6</b> (March 29)	<b>Respond</b> Is your news making you paralyzed or prayerful?	Pick a cause
<b>Week 7</b> (April 5 - Easter)	<b>Radiate Hope</b> Sharing the good news in a world consumed by bad news.	Invite someone to church