
7-WEEK SCHEDULE

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