

MY WEEK UNPLUGGED

Take a break from technology before it breaks you.

Come with me by yourselves to a quiet place and get some rest. Mark 6:31

DIGITAL INVENTORY

What digital activities are life-draining?

What digital activities are life-giving?

What digital activities are necessary?

What digital activities are unnecessary?

DIGITAL BOUNDARIES

What digital boundaries will help you be present to the life God has for you?

Top Ten Boundaries:

- Put devices to bed.
- Quiet time before screen time.
- Create a device basket, out of site out of mind.
- Delete apps.
- Put time limits on apps.
- Turn off notifications.
- Set times for email, social media, news, texting, calls, tv, games.
- Ruthlessly unsubscribe.
- Keep tv off when not watching.
- Do not open device without intention.

DIGITAL SABBATH

When will you take your digital sabbath?

Who will you include and inform?

What will you do with your time?

What simple pleasures will you appreciate?

Tips:

1. Take time to slow and be present to God and others.
2. Spend time outside.
3. Let the "silence" help you notice your soul (longings, prayers, hopes).
4. Journal and reflect.
5. Play, create, rest, delight, have fun.

I have come that they may have life, and have it to the full. John 10:10