

7 DAY DIGITAL DETOX

The 7-day digital detox is a daily experiment to focus on one aspect of screen use each day. Every day will be different, and each day's detox builds upon the next. Some days will be easier than others. As you cut back on these habits, pray throughout the day to stay connected to Jesus no matter what.

DAY 1: *Don't pick up your phone before bed.*

Disconnect after sunset or for the final two hours of your day. Sacrifice some screen time for more intentional time with God and enjoy the many blessings God has given you.

"I am the true grapevine, and my Father is the gardener." -John 15:1

PRAY: Ask God to help you prioritize connection over production.

DAY 2: *Disconnect during all meals.*

Spend time during meals eating and reflecting on the fact that your diet isn't just what you eat – it is also what you read, listen to and watch. Spend that time in silence or with your loved ones in conversation.

"You have already been pruned and purified by the message I have given you" - John 15:3

PRAY: Pray that you would grow in the discipline and joy of reading the Bible consistently.

DAY 3: *Don't pick up your phone first thing in the morning.*

Disconnect until sunrise or disconnect from technology for the first hour of your day. Give God your best. Spend your first hour of the day with God. Utilize the Pray First Devotional. Take some time to read His Word and pray.

"He cuts off every branch of mind that does not produce fruit, and he prunes the branches that do bear fruit so they will produce even more." -John 15:2

PRAY: Ask God to reveal to you one area in your life that needs pruning.

DAY 4: Disconnect during drive time.

Put your phone in your purse or glove box or even the trunk of your car. Spend your drive time worshipping God through prayer and/or worship music.

“Remain in me and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.” -

John 15:4

PRAY: Pray this simple prayer out loud: Lord, help me release to You what keeps me from remaining in You!

DAY 5: Disconnect from all notification for the whole day.

God into your computer, cell phone and tablet and select the settings that turn off sounds and notifications. Consider the difference between checking your email or social media every time you get notified. Use all your extra time to pray.

“Yes, I am the vine, you are the branches.” -John 15:5

PRAY: Ask the Lord to help you find your significance in who God says you are rather than what you do.

DAY 6: Don't use any APPS on your phone. Limit yourself to only your phone and texts.

“...those who remain in me, and I in them, will produce much fruit...” -John 15:5

PRAY: Read Galatians 5:22-23. Choose one fruit from the list in this passage that you are struggling with. Ask the Holy Spirit to help you grow in this area and to produce this characteristic more and more in your life.

DAY 7: Disconnect for a full 2 hours.

You are going to feel both pain and pleasure. You may even experience withdrawal symptoms or feel like you are missing something. You are perfectly made; you do not need an extra appendage in the form of a cell phone or device.

“...For apart from me you can do nothing.” -John 15:5

PRAY: Choose one area of your life that you are trying to get by in your own strength and confess it (get specific). Ask for the Holy Spirit to teach and remind you daily that you are the branch and to stay connected to the vine (Jesus).