

# HOME SECURITY

## Digital Detox

The 7-day digital detox is an opportunity to refocus our time and attention on what matters most, our relationship with God and others. Every day will be different and each day builds on the next. Ask for the Lord's presence and blessing as you refocus your attention and time.

**Day 1** - Shut off all screens two hours before bed. Learn to enjoy the blessings God has given you outside of your screen.

**Day 2** - Disconnect during all meals in order to reconnect with God and family.

**Day 3** - Don't turn on a screen for the first hour of your day. Instead, spend intentional time with God in His word and in prayer.

**Day 4** - Disconnect from your phone during drive time. Enjoy looking at God's creation around you and have intentional conversations with God and your family as you drive.

**Day 5** - Disconnect from all notifications for the whole day. Learn to be present with others rather than constantly distracted.

**Day 6** - Don't use any apps other than phone or text. Be intentional to use the time you've redeemed for good.

**Day 7** - Disconnect from all screens for a full 24 hours, trusting the Lord will fill you and meet your needs.

### Continue the detox:

- Repeat this pattern weekly
- Remove apps that suck your time or damage your soul
- Put protections and safeguards on your and your kids' devices to limit screen time and harmful content.
- Commit to redeeming your screen time for good by: \_\_\_\_\_"

