

DIGITAL DETOX



Week Two

Praying the Psalms (Digital Detox Focus)

Introduction: This week, we are practicing prayer, not by trying to say impressive things to God, but by letting God's own words shape what we say to Him. The Psalms remind us that prayer doesn't have to be polished—it just has to be honest. Each day, read the Psalm slowly. If a phrase stands out, pause and turn it into your own prayer. You don't need to rush. Let this be a week where prayer replaces scrolling, even if only for a few minutes a day.

Day 1

When You Don't Know What to Pray

Psalm to Read: Psalm 13

"How long, O Lord?" is not a lack of faith—it's a prayer. Psalm 13 gives us permission to bring our impatience, frustration, and confusion straight to God. David doesn't clean things up before praying. He names what hurts, asks boldly for help, and somehow ends with trust. Simply put—God loves our honest cries much more than masks of perfection. Many of us ask questions on social media, look up YouTube sermons, ask AI, or turn to our phones when we don't know what to do with our emotions. The Psalms teach us to turn toward God instead. If you don't know

what to pray today, this Psalm already put the words in your mouth.

Reflection Questions:

- What emotion have you been numbing instead of praying?
- What would it sound like to honestly ask God, "How long?"
- Where do you see even a small movement toward trust in this Psalm?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

Day 2

Letting God Search You

Psalm to Read: Psalm 139:1–12, 23–24

Psalm 139 reminds us of a truth that's both comforting and uncomfortable: God already knows us completely. Nothing is hidden—not our thoughts, habits, fears, or browser history (yep, even that). And yet, He still invites us into relationship. This is why we are able to come to Him even if we have recently messed up. This is why we can be honest with others about our mistakes. This Psalm becomes a prayer when we stop defending ourselves and start inviting God's searching presence. Detoxing digitally creates space to notice what's actually going on inside us—and to trust that God meets us there with grace, not shame.

Day 2 Reflection Questions:

- What part of your life are you most tempted to hide or distract yourself from? How do you hide these things from those closest to you?
- How does it feel to know God already sees and still loves you?
- What might God be inviting you to notice or change?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

Day 3

A Prayer for Mercy, Not Performance

Psalm to Read: Psalm 51

What do you do when you make the error of your life? Psalm 51 is not a prayer of excuses—it's a prayer of surrender. David doesn't justify his sin or minimize it. He throws himself fully on God's mercy. This Psalm reminds us that prayer isn't about sounding spiritual; it's about being honest. Learn to confess from this prayer model. Social media trains us to curate and perform. The Psalms train us to confess. Praying Psalm 51 helps detox our souls from pretending and invites God to do the deep inner work only He can do.

Reflection Questions:

- Where are you tempted to perform instead of repent?
- What does it look like to ask God for a clean heart?
- How does grace motivate real change more than guilt?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

Day 4

Casting Your Anxiety on God

Psalm to Read: Psalm 55:16–23

I remember when I was a younger believer being ashamed to admit my anxiety about a certain situation. I intellectually trusted God so I ignored my anxious thoughts and fears and acted tough as a way to “not sin.” “Cast your burden on the Lord” sounds nice—until you realize how tightly you're holding onto your worries. This Psalm invites us to hand over what we were never meant to carry alone. God doesn't shame us for our anxiety; He invites us to bring it. To heal it. Most of us cope with anxiety by scrolling, distracting, or staying busy. And that does not help it at all! It typically makes it worse! Praying this Psalm helps us practice a better habit: naming our burdens and physically giving them to God in prayer.

Reflection Questions:

- What burdens are you carrying that God never asked you to?
- What does “casting” look like practically for you?
- How could prayer replace one anxious digital habit today?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

Day 5

Praying When You're Overwhelmed

Psalm to Read: Psalm 61

Have you ever run out of words? Maybe you were just too exhausted to pray well though you knew you needed to. You wanted to, Psalm 61 is a short prayer for long days. David doesn't pretend to be strong—he admits he's overwhelmed and asks God to

lead him to higher ground. This is a prayer for when you feel emotionally maxed out. And yes, I've prayed these types of prayers before. And felt inadequate praying them at the time.

Mindless scrolling often adds to our overwhelmed feelings rather than relieving them. Binging episodes of the latest Netflix series seems to be a good solution to rough times. This Psalm teaches us to pause, breathe, and pray—even when we don't have many words.

Reflection Questions:

- What's making you feel overwhelmed right now?
- Where are you trying to self-soothe instead of seeking God?
- What would it look like to pause and pray before reaching for your phone?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

Day 6

Re-centering Your Heart on God

Psalm to Read: Psalm 62

I have so much. Whenever I want it. I have a good family. Most material needs I have are met. I have not been hungry and I'm a 2-day prime delivery away from getting pretty much anything I want, so am I content in Jesus or in my many things? Psalm 62 repeats a simple but hard truth: my soul finds rest in God alone. Not God plus entertainment. Not God plus distraction. God alone. This Psalm is a prayer of re-centering when life feels loud and scattered. Silencing notifications, even briefly, can help us notice how restless we really are. Quitting meal deliveries and online shopping for more, faster, might actually be better for our souls than getting what we want when we want it. This Psalm becomes a prayer

when we admit where we've been seeking rest in the wrong places.

Reflection Questions:

- Where do you usually look for relief or rest?
- What competes most with God for your attention?
- What would it look like to sit quietly with God for a few minutes today?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

Day 7

Ending the Week with Praise

Psalm to Read: Psalm 103

Psalm 103 is a reminder that prayer isn't only about asking—it's also about remembering. David preaches to his own soul, calling himself to remember God's benefits: forgiveness, healing, redemption, compassion.

Digital life constantly pulls our attention to what's wrong, missing, or frustrating.

Praying this Psalm retrains us to notice grace. Praise becomes an act of resistance against distraction and negativity.

Reflection Questions:

- What blessings have you forgotten to notice?
- How does gratitude shift your perspective?
- How might praise become part of your daily rhythm?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world