

DIGITAL DETOX



Week One

Delighting in God's Word (Digital Detox Focus)

Introduction: As a church, we are spending some time during January and February looking at how the world wants to conform us versus how God wants to transform us by his ways. We are spending time both tweaking our spiritual disciplines (reading the word, prayer, fasting, silence, stillness, etc.) and paying close attention to how our technology forms us.

As a way to take a step back from the digital world, we are slowing down in the book of Psalms. Each day, take time reading through the Psalm noted. Then read through the short devotional we have prepared and take the time to answer the reflection questions. End each day with a time of prayer.

Day 1 *Two Ways to Live*

Psalm to Read: Psalm 1

Psalm 1 opens the entire Psalter by drawing a contrast between two paths: one shaped by God's Word and one shaped by everything else. The blessed person isn't described as busy, impressive, or influential—but as someone who delights in the law of the Lord and meditates on it day and night. Their life becomes rooted, steady, and fruitful, like a tree planted by streams of water. They live in abundance as

opposed to the fleeting life... the sinful path takes us down.

Digital life trains us to skim, scroll, and react. Psalm 1 invites us to slow down and let God's Word sink deep enough to shape who we are becoming. Detoxing from constant digital noise makes room for a deeper joy—one that doesn't dry up when circumstances change.

Reflection Questions:

- (From the sermon)- How much time do you spend on devices each day on average (including TV, laptop not for work/ school, gaming, etc.)?
- How do digital voices shape you day to day (thought life, emotional health, spiritually, socially, etc.)? Which digital distractions are you most drawn to?
- What might "delighting" in Scripture look like for you this week?

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

Day 2

God Speaks, and He Keeps His Word

Psalm to Read: Psalm 12

Psalm 12 acknowledges something we all feel: words are cheap, promises are broken, and truth can feel scarce. But in contrast to human speech, the words of the Lord are pure-tested, refined, and trustworthy. God doesn't exaggerate, manipulate, or mislead.

In a digital world flooded with opinions, misinformation, and constant commentary, this psalm reminds us where true stability lies. A digital detox isn't just about unplugging—it's about re-centering our trust in the One whose promises never fail.

Reflection Questions:

- Where do you notice “noise” competing with God's voice in your life?
- What are some practical ways you can eliminate 1-2 specific “voices” that might bring you a greater peace?
- How does knowing God's words are pure change the way you listen to Him?

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

Day 3

A Lamp for the Next Step

Psalm to Read: Psalm 119:105–112

I usually want God to give me a 5-year plan... But He prefers to give me just enough direction to know the right next step. God's Word doesn't always show us the whole road ahead—but it does give light for our feet. Scripture isn't a spotlight into the distant future. It's not the roadmap of my whole life all at once; it's a lamp for my feet. That's often exactly what we need. Just as Manna was food for the day, God hasn't

forgotten the recipe for manna. Even though you'd like a full fridge.

Our devices promise instant answers and quick clarity but often leave us more anxious and distracted. Scripture invites patience, trust, and obedience—step by step. Detoxing digitally can help us relearn how to walk by faith instead of constant certainty.

Reflection Questions:

- Where are you craving instant clarity instead of daily faithfulness?
- If you knew God's plan for the next 20 years of your life, how would that affect your ruthless trust of Him? Your prayer life?
- What would it look like to let God's Word guide just today?

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

Day 4

Anchored by God's Promises

Psalm to Read: Psalm 119:49–56

In this section of Psalm 119, the psalmist clings to God's promises in the middle of a major trial. God's Word isn't just instructional—it's comforting. His promises give life when circumstances feel heavy or uncertain.

Today, I wonder if the Psalmist would really cry out to God in hard times or just turn on a movie, play a video game, doomscroll, or just watch reels for 30 minutes. It's easy to numb out to our phones when the “going gets tough.” When we constantly consume digital content, we often numb discomfort instead of bringing it to God. This psalm invites us to sit with Scripture long enough for it to steady our hearts and remind us what is unshakably true.

(Day 4 Continued)

Reflection Questions:

- In stressful times, how is your conversation with God? How much “numbing” to technology to you participate in?
- What promise of God do you need to remember right now?
- How might silence and Scripture help you process hardship differently?

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

Day 5

God's Faithfulness Across Generations

Psalm to Read: Psalm 78:1–8

Psalm 78 calls God's people to remember, rehearse, and pass on the promises of the Lord. God's Word is not just for personal encouragement—it's meant to shape families, communities, and future generations. His people are just that—people. Not person. He expects us to live in community with each other and share our lives and burdens for multiple generations.

Digital habits are often individual and isolating. Scripture pulls us into a shared story and reminds us that our faith is something to be lived and told. A detox can help us be more present—with God and with one another.

Reflection Questions:

- Do you have a community you share your life with? You are open with? Are you honest with other believers and do you have people you share burdens with? Giving and receiving?
- Who helped shape your faith through God's Word?
- How can you model a Scripture-centered life to others this week?

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

Day 6

Peace Through God's Word

Psalm to Read: Psalm 119:161–168

This psalm section highlights a powerful truth: those who love God's law have great peace. Peace here isn't the absence of trouble—it's stability in the middle of it. God's Word anchors the soul. A biblical definition of truth is actually wholeness, completeness. A wholistic flourishing that comes with God's activity in your life. How does that sound?!

Digital overload often increases anxiety, comparison, and restlessness. Turning down the volume on our screens can help us rediscover the quiet confidence that comes from trusting God's promises. It's hard to trust His presence when our lives are too loud to perceive it.

Reflection Questions:

- What tends to steal your peace most quickly?
- What would it look like to pursue true “shalom” in an area of your life that is lacking it? How can you pursue His presence and fullness in this area?
- How could time in Scripture replace anxiety this week?

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

Day 7

Waiting on the God Who Keeps His Word

Psalm to Read: Psalm 130

I hate waiting. I hate wasting time.
Especially when I rarely have to wait for anything any more! Psalm 130 is a prayer from the depths, yet it is full of hope. The psalmist waits for the Lord, trusting His word more than watchmen wait for morning. God's promises give us reason to hope even when answers are slow.

Digital culture trains us to expect immediacy. Scripture trains us to wait. Detoxing from constant stimulation helps us practice holy waiting—trusting that God is at work even when nothing seems to be happening.

Reflection Questions:

- Where is God inviting you to wait instead of rush?
- What could God be teaching you in the “waiting room”?
- How does God's faithfulness give you hope right now?

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