

DIGITAL DETOX



Week Five

Consecrated, Set Apart for God in a Distracted World

How to use these devotionals: Pull out your Bible. Preferably a real, paper version rather than a digital copy. Each day, read the assigned Psalm slowly. Read it out loud if you can. Notice a word or phrase that stands out. Sit with it. Let it shape your prayer. This week, we are replacing scrolling with stillness, distraction with devotion, and noise with attentiveness to God. We are consecrating ourselves so we are set apart **from** technology...**to** the Lord.

Day 1 *Setting Our Attention on God*

Psalm to Read: Psalm 27

Re-Read v 4:

“One thing I have asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.”

Reflect:

Consecration begins with focus. David doesn't ask for many things—just one. In a world constantly competing for your attention, this Psalm reminds us that spiritual clarity comes when we decide what matters most. Before habits change, desires must be reordered.

Pray:

“Lord, simplify my desires. Help me want You more than I want noise, comfort, or distraction. Reveal to me what is distracting me from fully following You.”

Practice:

Begin today without your phone for the first hour. Let God receive your first attention.

Day 2 *Stillness Before Movement*

Psalm to Read: Psalm 62

Re-Read v1-2:

“For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.”

Reflect:

Waiting in silence feels unproductive to us, but Scripture says it is stabilizing. Consecration creates space for stillness so that our lives aren't shaped by urgency or reaction. Silence isn't emptiness—it's availability.

Pray:

“God, teach my soul to wait. Quiet what is anxious and loud inside me. Forgive me for the times I get distracted in my prayer and reading times with you. Teach me to be fully present.

Practice:

Sit in silence for 5 minutes today. No music. No phone. Just stillness before God

Day 3

Honest Self-Examination

Psalm to Read: Psalm 139

Re-Read v 23-24:

“Search me, O God, and know my heart!
Try me and know my thoughts! And see if
there be any grievous way in me, and lead
me in the way everlasting!”

Reflect:

Consecration requires courage. This Psalm invites God to reveal what we often avoid—hidden sins, misaligned loves, unhealthy patterns. Confession is not about condemnation; it’s about healing and alignment.

Pray:

“Lord, show me what I cannot see. I trust You with what You reveal. Teach me to be more honest with myself, others, and you about my shortcomings. Teach me to turn to you for healing.

Practice:

Write down anything God brings to mind—attitudes, habits, or distractions that compete for your devotion.

Day 4

Cleansing and Renewal

Psalm to Read: Psalm 19

Re-Read v12-14:

“Who can discern his errors? Declare me innocent from hidden faults. Keep back your servant also from presumptuous sins; let them not have dominion over me...”

Reflect:

God cares not only about obvious sin, but about what slowly gains influence over us. Consecration invites God to interrupt patterns before they dominate us. Renewal begins when we ask for protection, not just forgiveness.

Pray:

“God, guard my heart and my habits. Let nothing rule me but You.” Take time to confess that which is continuing to keep you from fullness in your relationship with God.

Practice:

Identify one habit this week that needs a boundary. Make a specific plan to limit it.

Day 5

Replacing Distraction with Delight

Psalm to Read: Psalm 16

Re-Read v8-11

“I have set the LORD always before me...
You make known to me the path of life; in
your presence there is fullness of joy.”

Reflect:

We don’t remove distractions simply to be disciplined—we remove them to make room for joy. God’s presence is not a void to endure but a delight to discover. What you place before you will shape what you pursue.

Pray:

“Lord, help me believe that life with You is better than life distracted from You. Show me what you can do with the time I consecrate to you. Make my life fuller as I release certain time wasters.

Practice:

Replace each scrolling moment today with Scripture or prayer.

Day 6

Offering Ourselves Fully

Psalm to Read: Psalm 84

Re-Read v10:

“For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness.”

Reflect:

Consecration is choosing presence over prestige, faithfulness over convenience. This Psalm reframes success—not as having more, but as being near God. A consecrated life is a surrendered life.

Pray:

“God, I offer myself again—my time, my body, my choices—to You.”

Practice:

Be fully present in one conversation today. No phone. No rushing. Just attention.

Also- Open your device for one reason now. Open a music app. Find a “Worship Music” station/ playlist and spend some time worshipping along with the music today.

trusting God in a specific area of your life today. Confess this inability to trust. Then pray the following: “Lord, I choose to trust You. Prepare my heart for what You want to do next. Show me an area of obedience that I need to undertake today to deepen my trust with you.

Practice:

End today by praying Joshua 3:5 in your own words, offering yourself in faith and expectancy.

‘Consecrate yourselves, for tomorrow the LORD will do amazing things among you.’”

Day 7

Expectant Obedience

Psalm to Read: Psalm 20

Re-Read v7:

“Some trust in chariots and some in horses, but we trust in the name of the LORD our God.”

Reflect:

Consecration redefines where we place our trust. We stop relying on what is impressive, efficient, or entertaining, and learn to depend on God again. When our trust shifts, our obedience follows.

Pray:

Reflect on if you are having a hard time