

DIGITAL DETOX



Week Six

Permission to be Human

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 that we are set apart from technology and to the Lord. And we are remembering that God creates us as humans with limits. And as we acknowledge our limits and trust Him to be God, we are more able to fully live.

Day 1

God Is Vast, We Are Small (and That's Good)

Psalm to Read: Psalm 8

Read this part out loud- *"When I look at your heavens, the work of your fingers... what is man that you are mindful of him?"*

Reflection:

A few years back I had the chance to spend a week in the Swiss Alps. And I will never forget the night sky. It was breathtaking. We could see 1000 times the amount of stars from that perspective, and we would see shooting stars every minute. It made me feel small compared to the greatness of God. In this Psalm, David doesn't feel threatened by God's greatness—he feels known. God's majesty doesn't diminish our

value; it puts us in the right place. We are not the center of the universe, and that is actually a relief. You don't have to carry what only God can hold.

Prayer:

God, give me glimpses today of your majesty. Open my eyes to see your greatness. And show me the ways that I try to steal glory from you so that I may repent. So that I may let you be God and be thankful that I am a person beloved by You. Amen.

Digital Detox Practice:

Step outside today (or look out a window- its cold) without your phone for 5 minutes. No photos. No texts. Just notice creation and let God be big.

Day 2

God Is Our Refuge, Not Our Feed

Psalm to Read: Psalm 46

Psalm 46: re-read verses 1-2: out loud: "God is our refuge and strength, a very present help in trouble."

Reflection:

When anxiety rises, our instinct is to numb out. To doom scroll. To binge on food, socials, or TV. We look for answers, validation, or mind numbing distraction. But Scripture reminds us that God is already present- before the event, before the headline, before the opinion, before the notification. God is all knowing. He is all

powerful. He “sits enthroned above the earth.” Refuge isn’t found in staying informed about everything; it’s found in trusting the One who reigns over all things.

Prayer:

Lord, help me run to You first instead of to friends (my phone, texting, talking). Teach me to pray in times of anxiety rather than seeking something to fill my time. And finally, help me to list the things I am thankful for rather than focus on what I do not have. (Thank God for 5 specific things today). Amen.

Digital Detox Practice:

Establish some “No Go Zones” where you don’t allow the phone. (Meal table? Bedroom? TV Room? While in the car?) Utilize these spaces all week!

Day 3

Our Limits Invite God’s Strength

Psalm to Read: Psalm 103

Re-Read v 23-24:

Re-read v14 slowly: “For he knows our frame; he remembers that we are dust.”

Reflection:

God is not surprised by your exhaustion. He is not disappointed by your limitations. He made you human. When you push past your limits, you’re not becoming more faithful—you’re becoming more fragile. The original temptation was a desire to disregard God given limits. Give yourself permission today to be human.

Prayer:

Father, thank You for understanding my limits better than I do. Teach me to trust You with what I cannot do. Amen.

Digital Detox Practice:

Choose one block of time today (1-3 hours) to be completely screen-free as an act of humility, not discipline. Do a Digital Cleanup: Delete, hide, or disable notifications for non-essential or time-sucking apps.

Day 4

God Governs What You Cannot Control

Psalm to Read: Psalm 33

Read Psalm 33. Reread vv10–11 aloud “The Lord brings the counsel of the nations to nothing... the plans of the Lord stand forever.”

Reflection:

You were never meant to manage the world’s problems. Knowing everything doesn’t mean you can fix everything. God governs nations, leaders, and outcomes beyond your reach. Peace comes when we release control and trust His sovereignty.

Prayer:

God, I release what is outside my control today. I choose to do one good thing for someone I know today, and I will release what I cannot control. You are faithful. Amen.

Digital Detox Practice:

Skip political commentary today. No debates, no threads, no doom-scrolling. Pray instead for leaders you disagree with. Pray for a person you know that you disagree with. Ask the Lord to help you understand their perspective.

Day 5

Quiet Souls Are Strong Souls

Psalm to Read: Psalm 62

Reread verses 5–6 out loud, “For God alone, O my soul, wait in silence... He is my rock.”

Reflection:

Silence feels uncomfortable because it confronts us with our need. But silence is where trust grows. God does His deepest work not when we are consuming, but when we are waiting. Strength doesn’t always look loud.

Prayer:

Lord, quiet my soul so I can hear You again. Anoint my eyes that I can see others as you see them. Strengthen my ears to hear YOU speak. Sharpen my sense of smell to where I can accurately discern the smell of evil and temptation that I can run from it. Amen.

Digital Detox Practice:

Sit in silence for 5 minutes today. No music. No phone. Just breathe and repeat, “God alone”

Day 6

God Provides What We Lack

Psalm to Read: Psalm 127

Reread v1-2: “Unless the Lord builds the house, those who build it labor in vain.”

Reflection:

Productivity can become a form of self-salvation. We try to prove our worth through output. God invites us to rest—not because the work isn’t important, but because He is the true provider. You don’t have to earn what He freely gives. God has created you to be a worker for His glory. But He

measures productivity different than our world does. God wants faithfulness.

Prayer:

God, help me trust You with my work and my rest today. Show me what work I do that is not pleasing to you that I might repent. And teach me to work for your glory by being faithful with the gifts, abilities, and opportunities you have given me today. Amen.

Digital Detox Practice:

Stop working or checking email an hour earlier than usual tonight. Instead, be present with people in your life. Share a meal with someone. Bless someone you know could use a hand. Let your rest from work be an act of faith.

Day 7

Trust Leads to Renewal

Psalm to Read: Psalm 84

Reread v 10-11 out loud: “The Lord God is a sun and shield... no good thing does he withhold from those who walk uprightly.”

Reflection:

God does not withhold goodness from His people. When He says “wait,” it is not punishment—it is protection. When we trust His timing and His ways, renewal follows. Rest isn’t passive; it’s relational.

Prayer:

Lord, I trust You with what I want, what I lack, and what I don’t yet understand. Amen.

Digital Detox Practice:

Take a technology Sabbath block today—all morning, afternoon, or evening with your phone off. Use the time to pray, read Scripture, or simply be present.