

# - WEEK ONE -

## DIGITAL AUDIT

### MONDAY

IDENTIFY YOUR "WHY"

- WRITE DOWN WHY YOU WANT TO STEP AWAY FROM DIGITAL DISTRACTIONS. ARE YOU SEEKING MORE PEACE, DEEPER FAITH, BETTER RELATIONSHIPS?

### TUESDAY

SET A GOAL

- DEFINE WHAT YOU HOPE TO GAIN FROM LIMITING TECHNOLOGY.
- USE THE SPACE ON THE BACK OF THIS SHEET.

### WEDNESDAY

DECLUTTER YOUR DIGITAL LIFE

- BROWSE YOUR PHONE AND DETERMINE ANY USELESS OR DISTRACTING APPS

### THURSDAY

DECLUTTER YOUR DIGITAL LIFE

- CANCEL NEWSLETTER SUBSCRIPTIONS AND EMAIL ADVERTISEMENTS YOU DON'T ACTIVELY USE.

### FRIDAY

REMOVE NEGATIVITY

- UNFOLLOW OR UNFRIEND ANY SOCIAL ACCOUNT THAT DOES NOT POSITIVELY FEED INTO YOUR DAILY LIFE.

### SATURDAY

PAUSE & REFLECT

- SET A TIMER FOR 30 MINUTES TO INTENITONALLY NOT USE TECHNOLOGY.
- USE THIS TIME TO PRAY OR MEDITATE ON SCRIPTURE.

### INTENTIONAL FOCUS

A 40-DAY DIGITAL DETOX FOR CHRISTIANS CAN BE A POWERFUL WAY TO DISCONNECT FROM THE DISTRACTIONS OF THE DIGITAL WORLD AND DRAW CLOSER TO GOD. THE GOAL IS TO CREATE INTENTIONAL TIME FOR PRAYER, REFLECTION, WORSHIP, AND COMMUNITY AND TO PRIORITIZE SPIRITUAL GROWTH WHILE MINIMIZING DISTRACTIONS FROM TECHNOLOGY.

## SPIRITUAL FOUNDATIONS

THIS DETOX IS MEANT TO RECONNECT YOU WITH GOD AND HELP YOU BUILD HABITS THAT PRIORITIZE HIM OVER DIGITAL DISTRACTIONS. REMEMBER, IT'S A JOURNEY, NOT A ONE-TIME EVENT. IF YOU FALL SHORT ON SOME DAYS, DON'T BE DISCOURAGED - GOD HONORS THE INTENTION OF YOUR HEART.

### YOUR "WHY"

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### PRAYER FOCUS

ASK GOD TO HELP YOU REPRIORITIZE YOUR HEART'S DESIRES. SPEND TIME IN PRAYER, ASKING HIM TO RENEW YOUR MIND AND HEART TO FOCUS ON HIS KINGDOM FIRST.

### WHAT DO YOU HOPE TO GAIN?

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