

The 7-Day Digital Detox

is a daily experiment to focus on one aspect of screen use each day. Every day will be different. Some will be easier than others! As you “put off” these habits, pray throughout the day for the desire and strength to let God transform your life.

Day 1—Don’t pick up your phone before bed. Disconnect after sunset (depending on the time of the year) or for the final two hours of your day. Sacrifice some screen time for more intentional time and enjoy the many blessings God has graciously given you.

“And so, dear brothers and sisters, I plead with you to give your bodies to God...”
(Romans 12:1 NLT)

Day 1: Pray that God would help you give Him your body.

Day 2—Don’t pick up your phone first thing in the morning. Disconnect until sunrise if you’re up before dawn. Or disconnect from technology for the first hour of the day. Give God your best. Spend the first hour of your day in the Word, praying, and exercising.

“...because of all he has done for you...” (Romans 12:1 NLT)

Day 2: Pray that the Holy Spirit would bring to your mind all that God has done for you in giving you salvation.

Day 3—Disconnect during all meals. Spend time during meals eating and reflecting on the fact that your diet isn’t just what you eat—it’s also what you read, listen to, and what you watch. Spend that time in silence or in conversation with loved ones.

“Let them be a living and holy sacrifice—the kind he would find acceptable...”
(Romans 12:1 NLT)

Day 3: Pray that you would be a living and a holy sacrifice to God.

Day 4—Disconnect during drive time. Don’t jeopardize your life and others’ by being distracted while driving. Put your phone in your purse, in a compartment, or even in the back seat. Spend that time worshipping God through prayer, worship music, or listening to an audio book.

“...This is truly the way to worship Him.” (Romans 12:1 NLT)

Day 4: Pray that you could truly worship God—in church and also in all parts of your life.

Day 5—Disconnect from all notifications for the whole day. Go into your computer, cell phone, and tablet and select the settings that turn off sounds and notifications. Consider the difference between checking your email or social media every time you receive a notification and only when you open the app. Use all your extra time to pray.

“Don’t copy the behaviors and customs of this world...” (Romans 12:2 NLT)

Day 5: Pray that God would give you the wisdom and power to avoid copying the behaviors and customs of the world.

Day 6—Track the time you’ve spent and cut it in half today. Figure out how much time you’ve been spending on your phone. If you have an Apple cell phone, you can use Screen Time in your settings feature to track screen time. Or if you have an Android phone, you can find an app in the Google Play Store. Be forewarned! You might be shocked at how much time you have been spending passively staring at a screen!

“...but let God transform you into a new person by changing the way you think...” (Romans 12:2 NLT)

Day 6: Pray that God would transform you and your thinking and make you a new person.

Day 7—Disconnect for a full 24 hours. You are going to feel both the pain and the pleasure! You may even experience withdrawal symptoms or feel like you’re missing something. You were perfectly made; you do not need an extra appendage in the form of a cell phone or device.

“...then you will learn to know God’s will for you, which is good and pleasing and perfect.” (Romans 12:2 NLT)

Day 7: Pray that God would teach you His good, pleasing, and perfect will.