

# 30 Day Digital Detox

## FOUR WEEK PLAN TO KICK YOUR PHONE ADDICTION



*Bonus!*

BIBLE VERSE PRINTABLE TO  
HELP YOU FOCUS ON CHRIST

# 30 Day Digital Detox

## *Instructions and Prayer*

If your phone usage has become an addiction or is distracting you from seeking Christ in all things, a digital detox is a good place to start changing these behaviors.

Start with week 1, then continue those habits as you add more each week.

**Only God can truly change your heart. Seek Him before, during, and after this challenge.**

This is my prayer for you:

Lord,

I pray that those struggling with excessive phone usage will turn to You. May You hold their rapt attention. You are worthy of all praise. May each of our thoughts, words, and actions reflect this. Help us to find complete satisfaction in You alone. Give us strength, power, and perseverance to fight this sin. Change our hearts to reflect You to those around us.

In Jesus' Precious Name, Amen

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## *Week 1*

- No phone use for one hour after waking
- Turn off push notifications

## *Week 2*

- One hour of no phone time in mid-morning
- No phone usage one hour before bed

## *Week 3*

- One hour of no phone time in the afternoon
- Keep your phone in a dedicated spot

## *Week 4*

- One day social media fast
- Limit social media to 15 minutes, twice a day

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## *Hebrews 12:1-2*

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

## *Philippians 4:8*

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.