

Analog Life in a Digital World

Lent 2025

DAY 1

[Romans 12:1-2](#); [Philippians 4:8](#)

Psychology tells us that the more often we're exposed to something, the more we think about it. In other words, our thoughts are largely shaped by the things around us that we see and experience regularly. And to a great extent, our thoughts control our lives. The things we think about repetitively eventually become the things we fixate on, the things we invest in, and the things that influence our decisions. That's why the Apostle Paul reminds us that a key component to our spiritual transformation is changing the way we *think*. As Christians, we are called to be "living sacrifices" who don't copy the behaviors of the rest of the world. Instead, we are meant to worship God by the way we live – which starts by changing the way we think – which starts by changing what we're exposing ourselves to. Nowadays, screen time dominates our free time, from vacation days to bathroom breaks. So it's time to take a good look at the content we are consuming from our screens and decide if it's making us think and live more like Jesus.

How would you have to change your screen time to align it with a life that is holy and pleasing to God? Do you interact with screens differently than your non-Christian friends? Does your screen time match the description in Philippians 4:8 of things we should think about?

Next Step: Take a month-long mealtime challenge by allowing no screens whatsoever during meals (breakfast, lunch and dinner – by yourself and with others) for the next 30 days.

Prayer Prompt:

"God, only You can transform me to be more like Jesus. This month, begin opening my eyes to reality of screen time in my life and begin renewing my mind as I set aside the screen and focus on You and on the people I love..."

For more resources, check out www.whoisgrace.com/read

DAY 2

[Psalm 119:33-37](#)

How many times have you caught yourself mindlessly scrolling through social media, vegging out in front of the TV, online shopping for things you don't need, getting lost in a video game for hours, reading articles with information you will never use, or watching videos with no real point?

In verse 37, the Psalmist contrasts life in God with looking at worthless things. Have you ever considered that looking at worthless things could be impacting your relationship with God? Yesterday we covered that what we are exposed to becomes what we think about. In that vein, looking at worthless things leads to worthless thoughts – and worthless thoughts most likely won't lead us to a very meaningful life. They certainly won't lead us closer to God.

If we're honest with ourselves, a lot of our screen time can be spent looking at worthless things. But none of us truly want to waste our lives in this way, right? Let's look again at the Psalmist's prayer for an alternative. He invites God to show him how to live a *holy* life, because obedience to God brings him delight. If your heart does not delight in the thought of living according to God's commands, then it might be time to start examining what kind of worthless content is distracting you from your Creator and the life of purpose he has planned for you.

What are some things that the world ascribes worth to that God would ultimately consider worthless? What triggers cause you to turn your eyes to worthless things and how could you redirect yourself when you feel tempted to satisfy your *[fill in the blank]* with a screen?

Next Step: Choose one worthless thing that you look at and replace it with something meaningful today.

Prayer Prompt:

"God, help me discern the things of worth from what is worthless..."

DAY 3

[Colossians 3:12-17](#)

When you pick up your tablet, or turn on the TV, do you ever do it *in the name of the Lord*? When you're on social media, do you think of yourself and your profile as a representative of Jesus or just of yourself? Verse 17 -*do everything in the name of the Lord Jesus*- is one of those challenges in scripture that brings everything into clear focus, and the previous verses help us see what it looks like to live out that call. The goal is not to be legalistic— it's to examine the choices that we are making day in and day out to see if they glorify God. So take a minute and think about how your interactions with technology bring you closer to the attributes of God's chosen ones in verse 13, or produce the peace of Christ mentioned in verse 15. Open yourself to the Holy Spirit's guidance and conviction.

What parts of your screen time are leaving you feeling uneasy in light of this passage? What do you have to lose by cutting them out? What do you have to gain?

Next Step: Delete an app from your phone or a show from your queue that you sense the Holy Spirit might be asking you to spend less time on.

Prayer Prompt:

"God, I want to honor you today..."

DAY 4

[Jeremiah 2:1-8](#)

In this Old Testament passage, God calls out the Israelites for spending their time with worthless idols and becoming worthless themselves. The Israelites had forgotten what God had done for them, and even the religious leaders were not trying to remind them. How often have you found yourself in a

similar situation? Wasting your time with cheap substitutes for God and forgetting his faithfulness to you. Sadly, it's not hard to do. Our hearts lean toward sin, and we must constantly remind ourselves of God's grace in our lives to avoid turning to the very things that pull us away from Him.

We're on our fourth day of examining our digital lives - is there still a piece of your screen time habits that you aren't quite willing to turn over to God? If that's the case, you're likely dealing with an idol. What causes hesitation in you when you think about changing your digital routines, and how does remembering God's faithfulness to you and throughout all of history reframe that hesitation?

Next Step: Come up with a way to remind yourself of God's faithfulness that will motivate you to walk with him more closely this week (e.g. change the background of your phone to a picture that reminds you of a time in your life when God proved his faithfulness, or write a reminder on a sticky note and put it on your bathroom mirror)

Prayer Prompt:

God, you alone are Lord of my life...

DAY 5

[Galatians 5:22-26](#)

If we are letting the Holy Spirit reign in our hearts, then we will follow the Spirit's leading in every part of our lives, like verse 25 says. When it comes to screen time, goodness, faithfulness, and self-control are the three attributes of a Spirit-filled believer that probably get challenged the most. So why are we often too quick to justify our digital choices with excuses that clearly don't align with God's goals for his followers? If the way we are currently using technology is robbing us of our conviction to demonstrate the fruit of the Spirit, then we must find a better way to use it, or we must cut it out of our lives until we can be led by the Spirit once again.

Is your screen time crucifying or awakening the desires of your flesh? Have you ever found yourself becoming the things that verse 26 warns us against ("conceited, provoking one another, envying one another") as a result of your screen time?

Next Step: Take some time to sit with the conviction that the Holy Spirit has been pressing on your heart over the last 5 days of this plan. Examine your heart for places where your sinful nature still leads instead of the Holy Spirit. Do whatever you sense God is asking you to do.

Prayer Prompt:

*Create in me a clean heart, O God
And renew a right spirit within me.*

-Psalm 51:10

DAY 6

[Philippians 4:4-9](#)

We've spent the last five days examining whether or not our screen time is aiding or hindering our sanctification (aka becoming more like Jesus), and if we walk in freedom or slavery to digital masters. In this final section of his letter to the church in Philippi, Paul is encouraging them to focus their hearts and their minds on the most important things as they learn and grow in serving God and one another.

Take a moment to reflect on your week and make note of the moments of joy, of peace, of prayer, of good choices.

Take a Next Step: Make a list of the apps and websites you use on a daily basis. Then review the adjectives listed in Philippians 4:8. How well does your screen time reflect those positive qualities? What changes can you make that will help you limit the "junk" and keep the "lovely"?

Memorize:

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.
-Philippians 4:8

DAY 7

[Romans 12:1-21](#)

In the first eleven chapters of Paul's letter to the Roman church he unpacks a lot of theological truth about our salvation. Then, in chapter 12, he begins to encourage Christians to live out this great salvation in their homes, in their churches, in their communities and in the world. It's hard to imagine that any of those Romans Christians or even Paul himself could look ahead to a day when anyone could write words that would instantly be accessible around the world. What we say and what we watch and what we read matters to us, and it influences the people around us.

According to Paul, what is the impact of a transformed mind (read through verses 1-21 again)? What impact does your screen time have on your opinion of yourself and of others? How do the words you read and the words you write on social media impact your love for others?

Take a Next Step: Keep track of your emotional and mental responses to the things you read and watch today. What goals and boundaries can you begin setting that will guard your mind and your heart so that you can love others well?

Memorize:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. -Romans 12:2

DAY 8

[Colossians 3:1-3](#)

Becoming a Christian means becoming a whole new person. Our life on earth is not our primary life, and our earthly identities are not our primary identities. We have been raised to a new life with Christ, and we ought to always live in the truth of that identity. But it's easy to lose sight of that and get caught up in building a façade on social media, feeling unsatisfied until you reach a new high score, or letting what you see on TV subtly set your expectations for your life. On social media platforms especially, we can be tempted to let our profiles, likes, or followers define us, our success, and our self-worth.

There are a lot of things in life that will attempt to tell us who we should be and what we should care about. But these verses in Colossians remind us to fix our eyes on things of eternal importance. We are on mission, and it's time to dismiss the distractions and stand firm in our identities in Christ!

What worldly things have you found yourself setting your mind on lately? What are some practical differences between a new life in Christ and an old life driven by selfish motives?

Next Step: What is something of eternal value that you can set your mind on this week? Write it down somewhere you will see it often this week.

Prayer Prompt:

Lord, I want to set my mind on the things that matter...

DAY 9

[Romans 12:3-21](#)

This passage doesn't beat around the bush when it says not to think of yourself as more important than you are. Christians are primarily called to love and obey God and to love and serve others. But how often do we use social media for our own glory? We try to promote the most attractive versions of ourselves and our lives, the versions we believe will lead to the most acceptance and affirmation. That doesn't sound like the Christian life described in this passage. Instead, Romans instructs us to live radically counter-cultural lives and to prioritize things that, for better or for worse, can't be captured in a social media post. We don't need to rely on the acceptance or affirmation of others, because our heavenly father has chosen us to be his Kingdom workers, and that higher calling should drive everything we do, even online.

How have you been tempted to paint yourself in a favorable light online? To what degree do you use social media to improve your self-image more than to genuinely connect with people?

Next Step: If you're using social media, create a shoutout post for someone that you love today in light of verse 10: "Love one another with brotherly affection. Outdo one another in showing honor" (ESV). Try not to choose a partner or child!

Prayer Prompt:

God, my value and my worth is in you alone...

DAY 10

[Matthew 11:28-30](#) and [1 John 2:3-6](#)

Your faith should result in you becoming more like Jesus, a process we call sanctification. Too often we forget that you can't *be like* Jesus if you don't *live like* Jesus. In Matthew 11:29, Jesus invites us to join him under a yoke, which is a farming tool that is used to link a pair of animals side by side so that they work and walk at the same pace. But the allure of a 21st century paced life can easily pull us away from the yoke that Jesus wants to give his followers.

Jesus regularly practiced pulling away from the crowds so that he could get alone with God. He knew that he needed to get filled up by God before he could pour out for others. Obeying God starts with knowing God, and knowing God starts with spending time with him. The most common excuse for why Christians don't consistently spend time with God is that we are too busy. But if we take a look at the number of hours we spend in front of a screen every day, there is definitely more room in our lives for time alone with God. If Jesus needed it, so do we!

Do you regularly “pull away from the crowds” of social media to spend time with God? Does your lifestyle match what you read of Jesus in the gospels? From the outside, does your life look like your priority is to become more like Jesus?

Next Step: Schedule time to pray tomorrow without a screen anywhere in sight. Aim to pray for twice the amount of time you normally do. For example, if you typically pray for around 5 minutes, set a timer for 10 minutes.

Prayer Prompt:

Jesus, I want to walk with you...

DAY 11

[1 Corinthians 9:24-27](#)

The apostle Paul uses the metaphor of a runner to demonstrate the need for self-discipline and strict training when it comes to running the race of faith. It is absolutely essential to “put in the miles” during practice in order to reach the finish line on race day. As Christians, we get to rest in the righteousness that Christ purchased for us on the cross, but at the same time, we must never lose sight of our finish line and the many, many steps of faith we will take before we cross it. You are a marathoner! Expect to train like one!

In what ways are you taking a lazy approach to your training? How could you be actively preparing yourself for what lies down the road?

Next Step: Choose one area of screen time that you could increase in self-discipline when consuming, and make a plan to be more disciplined in that way until the end of this reading plan.

Prayer Prompt:

God, forgive my lack on time and attention spent with You...

DAY 12

[Proverbs 3:13-15](#), [James 3:13-18](#)

In order to figure out the best way to use all of the digital technologies available to us, we are going to have to ask God for wisdom. Intelligence is measured by how much you know, but wisdom is measured by how you use what you know to make good decisions. Wisdom is taking what you've learned in this plan and putting it to work in your life.

In James we see that wisdom leads to good works, serving others, and peace. We also see that jealous comparison and selfish ambition are not compatible with God's wisdom. Do you see comparison and selfishness springing up in your life because of things that you view during your screen time? When you ask God for wisdom about how to use social media and other technology, does your attitude match James 3:17?

Next Step: Ask God for wisdom regarding your use of the three apps/shows/games/websites that take up most of your screen time.

Prayer Prompt:

God, all wisdom is found in You. Lead me to wise choices today...

DAY 13

[Colossians 3:1-17](#)

You are a new creation! You have been saved, through faith, by the work accomplished for you by the death and resurrection of Jesus Christ. It is as if you took off a set of clothes that were dirty and didn't fit right, and you were handed a (free!) new set of clothing that fits you perfectly. And now, day by day, your new self is being transformed to look more and more like Jesus.

In this letter to the church at Colossae, Paul is reminding the Christians that a lot of the "old" things that they used to do and watch and say do not line up with their new identities. That old stuff doesn't "fit." As you read Paul's words, is there anything of the old that you're trying to make fit in your life as a Christian? What things do you consume on a screen need to be "taken off" and discarded like old clothes? When you interact with people on social media, do they see you as "clothed with Christ"?

Take a Next Step: Delete one app from your device today.

Memorize:

Set your minds on things that are above, not on things that are on earth. -Colossians 3:2

DAY 14

[Titus 3:1-11](#)

Remember that our identities are firmly rooted in our status as children of God and heirs of his Kingdom. Meditate on these truths of scripture:

But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life. -Titus 3:4-7

DAY 15

[1 Corinthians 9:19-23](#)

It might feel kind of funny to be reading a plan about curbing your screen time... that you have accessed via a screen... in an age when the church is eagerly exploring new ways to engage people through their screens. But it's no secret that we can leverage new technology for God's glory. Today's screens can become the medium for sharing the best news in the history of the world - that there is a God who loves us and wants to reconcile us to himself!

Paul understood this concept when he said, "I have become all things to all people, that by all means I might save some" (ESV). He took the time to understand *who* he was trying to reach, and that determined *how* he tried to reach them. He met them where they were and used what they knew and understood, what they saw and experienced, to teach them about the Savior of the whole world. Paul was both faithful *and* flexible. By increasing his effectiveness, he also increased the Kingdom.

We want to use technology intentionally and carefully, because we will be faithful and flexible in how we invite people into the family of God. How are you using technology in your life? How can you take what you're already using and be faithful and flexible in sharing the gospel, encouragement, or love with others?

Next Step: We are halfway through our mealtime challenge. How has it been going? Recommit to allowing no screens during meals (breakfast, lunch and dinner – by yourself and with others) for the last half of this plan.

Prayer Prompt:

God, thank you for going to great lengths to save me. I want you to use my life to point others to your Son...

DAY 16

[Matthew 28:18-20](#)

You might recognize these verses as “The Great Commission.” These are the last instructions that Jesus gave before he ascended to heaven, and they give us our mission as his followers – to make disciples across the entire earth.

It’s clear that from the beginning, Jesus’ vision for the church is that it would be a global movement. And it’s never been more possible to reach the world than it is today through technology. The internet has spread the gospel further than previous generations could have ever dreamed, has connected millions of people to Christian community, and has even united several Bible translation organizations to get the Word of God translated into every language on earth by 2033. Technology is allowing us to live out the great commission in new and exciting ways! How could you harness technology to make disciples within your circles of influence?

Next Step: Find one way you can plug into what God is doing in a different country than yours (e.g. follow a missions organization on Instagram, sign up to receive prayer emails from a church overseas, etc.).

Prayer Prompt:

God, I want to be part of your mission to save the whole world...

DAY 17

[Acts 17:22-34](#)

In this passage in Acts, we see Paul using an aspect of Athenian culture to explain his faith to the men of Athens. He even quotes a pagan poet in verse 28, which would be today's equivalent of quoting lyrics from a popular song on the radio. Paul shows us that we don't have to outright reject aspects of culture that don't explicitly glorify God if we can redeem them instead. We can use non-religious elements of the culture around us to help people understand the message of the gospel.

Athenian culture was helpful to Paul's mission – how could your culture be helpful to yours? How will you plan to handle the rejection that Paul faced from some who listened to him?

Next Step: It can be easy to justify our love (and sometimes idolatry) of worldly things as cultural tools to share the gospel, but that's obviously not the goal of today's reading. Pray and ask God to expose any worldliness in your heart that does not glorify him. Then ask him to show you what parts of culture you can be using for his glory.

Prayer Prompt:

God, open my eyes to see how the world around me points to you...

DAY 18

[Philippians 2:1-4](#)

These verses from Philippians act as a guide for us when we interact with others through social media or shared screen time. When you feel embarrassment, judgment, or frustration rise within you, do you remind yourself to fight for harmony, tenderness, and compassion? Are you trying to impress others, or are you committed to valuing others above yourself? These are hard things to do, but what the world really needs to see are Christians who act differently, who use technology in a better way, and whose words and actions lead to the waters of life that Jesus offers his followers. Verse 3 says to do *nothing* from selfish ambition – today that might mean do nothing for the likes, comments, or reactions; do nothing to show off; do nothing to build your reputation or follower count.

Social media allows us to connect to others like never before, which means we have the opportunity to “look to the interest of others” like never before, too. What are your primary goals when you use social media (or shared screen time like playing video games with others or watching shows as a family, etc.)? What is one thing you could do to increase your “interest of others”?

Next Step: When you hop on social media today, look for an opportunity to live out today’s passage in a creative way.

Prayer Prompt:

God, show me how to love someone today...

DAY 19

[Romans 14:13-23](#)

In this passage, Paul is talking to believers who were permitted to eat any kind of food, regardless of whether or not it was sacrificed to a pagan god or considered kosher under Jewish law. Even though the Christians in Rome had this freedom, Paul is encouraging them to eat only what fits their personal convictions and also does not distress or confuse others.

Here’s how The Message translation of the Bible reads in verses 13-14: “Forget about deciding what’s right for each other. Here’s what you need to be concerned about: that you don’t get in the way of someone else, making life more difficult than it already is. I’m convinced—Jesus convinced me!—that everything as it is in itself is holy. We, of course, by the way we treat it or talk about it, can contaminate it.”

This is a great passage through which to filter our thinking about screen time. How much and what type of screen time feel right for you? Are you holding others to the same standards? Do your standards for yourself trip up other people? Do you “contaminate” technology by how you treat it? Take a second to think through those questions.

What it boils down to is this: Are you driven by love? Are you willing to put others before yourself, even in the way you use technology?

Next Step: Is there a behavior or habit you have within your screen time that might be impacting someone else in your life negatively? Examine whether or not you should change it or remove it entirely.

Prayer Prompt:

God, help me to honor you and to honor others with my screen time...

DAY 20

[1 Corinthians 9:19](#)

What comes to your mind when you read the word “servant?” Is your response negative, positive or neutral? Now consider that both Jesus and His apostle, Paul, used this word to describe their work and their mission. God wants you to join him in his mission to seek and save the lost, and He calls you to do it as a servant to all.

What do you remember about how Jesus and Paul served others? How do you see fellow Christians living as servant? Brainstorm a list of words and actions that reflect this kind of Christ-like service.

Take a Next Step: In both your “analog” and “digital” life, decide on an action or words that will serve someone today.

Memorize:

For though I am free from all, I have made myself a servant to all, that I might win more of them.
-1 Corinthians 9:19

DAY 21

[1 Corinthians 1:18-31](#)

There are attributes of God which belong to Him alone- God alone has infinite knowledge (omniscient) and God alone has infinite power (omnipotent), for example. There are other aspects of God's character, however, in which He intends for His followers to be like Him. Because we are made in His image we can reflect His goodness, His love, and His patience, for example. And as the Spirit transforms our hearts and minds to be more like Him, we can also gain wisdom.

Wisdom is tricky though. Human beings tend to believe themselves smarter and wiser than others. We like to be right. We don't like to admit we're wrong. Does that describe you in large part or even small?

What is Paul teaching the church in Corinth about God and His wisdom? If God is most wise, where should we be looking for wisdom? Where does the "wisdom of the world" come from? In your daily interactions with others and in the decisions you make, are you thoughtful, prayerful, intentional about choosing wise words and actions? Or do you more often go with your gut?

Take a Next Step: Before you post or share or send message today, think through the wisdom of your words.

Use this prompt to lead you into prayer:

God, I want to live and work and speak with your wisdom...

DAY 22

[Colossians 4:15-18](#)

Paul ends his letter to the church in Colossae by telling them to share his letter to the church in Laodicea and vice versa. Paul couldn't be there in person, so he used the technology of his day – letters – to not only connect with churches far away, but also to connect those churches to each other. Laodicea was about 15km (10mi) away from Colossae, just the next town over. While Paul is in prison, he is still able to connect to churches all over the region. That's the beauty of technology – it connects where distance divides. This week, we'll look at how technology can teach, correct, encourage, and unite us in prayer, and how those things can ultimately help our relationships with God and each other.

In your own life, how have you seen technology bring connection where distance divided? Who do you live far away from that you could intentionally connect with over a digital platform this week?

Next Step: There is one more week left in the mealtime challenge! What changes has it made in your life so far? Recommit to one more week of allowing no screens whatsoever during meals (breakfast, lunch and dinner – by yourself and with others).

Prayer Prompt:

God, thank you that no distance can separate me from you...

DAY 23

[Romans 1:8-15](#)

Technology helps us: *Teach*

This letter to the church in Rome is an exceptional piece of teaching, yet Paul had not yet even visited the Roman Christians! Many biblical scholars regard this letter as Paul's finest work, and it was actually the book of the Bible responsible for Martin Luther's instigation of the Protestant Reformation. Amazing! Such a powerful dissertation that did not require a firsthand relationship with the Romans.

As we said yesterday, that's the beauty of technology – it connects where distance divides. Today's digital technologies make it even more possible for us to provide biblical teaching to people all across the world. Think about the number of people who were able to stay connected to biblical teaching through the COVID-19 pandemic lockdowns. Think about the underground churches in Africa and Asia who can access helpful Christian resources online. For the first time in history, it's possible for the gospel to enter any home with a Wi-Fi signal. Praise God for the possibilities available to us!

What digital technologies could you be using to increase your learning of the Bible? Which of those teachings could you share with others?

Next Step: Find a Christian podcast, sermon, or audiobook to share with a friend or listen to yourself! Visit www.whoisgrace.com/read for some recommended resources.

Prayer Prompt:

God, thank you for access to your Word...

DAY 24

[2 Timothy 2:24-26](#); [Philippians 3:12-16](#)

Technology helps us: *Correct*

This plan is being written in 2021, after the upheaval of COVID-19 and all of the social and political conversations that transpired in its wake. Racial injustice was one topic that was brought to the forefront of many national conversations, and white Christians around the world were forced to see how they had neglected to truly love people of color with the love of Jesus. When everyone was staying at home and connecting with each other via screens, we were uniquely able to have a conversation about a correction that needed to take place. And that's another beauty of technology – it has the capacity to expose sin and guide us to repentance and a knowledge of the truth.

Hard conversations no longer have to wait – from national conversations to deeply personal ones, technology allows us to see our errors much more quickly and press on toward spiritual maturity. There is too much at stake for us to sit in our misconstructions and miss the Kingdom work going on in every arena around us. Ideally, correction leads to healing, and healing leads to stronger relationships. Do you have open ears to hear new information that could be transforming you into a better disciple of Christ? When you come across a perspective or idea that challenges something you believe to be true, do you take the time consider that you might be wrong and learn from new voices? What conversations have you rejected or ignored that you could begin to participate in and learn more about through the technology available to you?

Next Step: Repent (admit your wrongdoings) of the ways you have sinned against others “*in thought, word, and deed, by what you have done and by what you have left undone.*” (-Prayer of Confession, Book of Common Prayer)

Prayer Prompt:

God, I want to know your truth...

DAY 25

[Ephesians 4:29-32](#)

Technology helps us: *Encourage*

Technology gives us almost unlimited access to one another. You can ask a friend for prayer via text in five seconds. You can make someone's day with one kind comment on social media. You can donate to a friend's online fundraiser for a cause they care deeply about. There are so many ways to use technology for encouragement. And yet, it's all too common to see Christians complain, fight, or judge on social media. And who knows what kind of gossip and harsh remarks are sent via private messages or calls. Are you using technology to build up or tear down? We have the means to create limitless amounts of encouragement at our fingertips - how could you be a voice of encouragement?

Next Step: Send an encouraging message or comment to someone you know who is walking through a hard season right now.

Prayer Prompt:

God, thank you for your kindness. Teach me to show that kindness to others...

DAY 26

[Acts 12:1-11](#); [2 Corinthians 1:11](#); [Philippians 1:19](#); [1 Thessalonians 1:2-4](#)

Technology helps us: *Pray*

Did you catch verse five from the story of Peter in Acts 12? It said, "So Peter was kept in prison, but earnest prayer for him was made to God by the church" (ESV). The church prayed, and then what happened? A miracle! That's the power of prayer, and that's what we get to be a part of today when we unite and pray for each other! Today's technology makes it possible, and even simple, to be aware of and to pray for people all over the world in real time.

These passages reveals a pattern we see throughout the New Testament – asking for prayer and praying for others. Again, technology makes it easier than ever to share requests quickly and globally. How could you incorporate prayer into your screen time habits? Could you pray while you read or watch the news? Could you intentionally open a social media app to pause and pray for each user that you scroll past? Could you pray for an organization that you support when you see one of their update emails?

Next Step: Shoot a quick message to someone and ask them how you can be praying for them. Then make sure to actually pray! Also consider sending a message to someone you trust and ask them to pray for you about something specific.

Prayer Prompt:

God, I know you hear and you answer when I pray...

DAY 27

[1 John 1:5-9](#)

Remember the truth of the good news of Jesus Christ- He is the light of the whole world. He is the hope of the world. Where there is darkness, only His light can bring salvation, healing, peace and wholeness. As followers of Jesus, we are His light in this dark world. With every word we say and every choice we make and every thing we do, we can reflect His light. And that is good news for us and for a dark world!

Are there any areas of your screen time that feel like darkness? Are you able to bring light into those areas? If you are, consider how you can do that both boldly and with love. If you are not bringing light, what is keeping you from doing that? Is this an area of screen time you should give up?

Take a Next Step: What has God been teaching you over the last four weeks? How can you share that with someone in your life?

Use this prompt to lead you into prayer:

God, I don't want to hide your light from anyone who needs You...

DAY 28

[2 Corinthians 3:17-18](#); [Romans 12:1-2](#)

Well done! If you're finishing this plan today, it means you successfully used technology to consider how God wants to transform your life and habits! How did it go? How did the mealtime challenge go? What guard rails will you put up in your life to cultivate a healthier lasting relationship with technology?

It can feel a little overwhelming to consider all the ways we could use technology for expanding God's Kingdom on earth, but be encouraged by Paul's words to the church in Corinth. 2 Corinthians 3:18a (ESV) says that we "*are being transformed into the same image from one degree of glory to another.*" Paul is saying that Christians become more like Jesus (sanctified) one degree at a time. Think of a compass with 360 degrees. This verse says we are transformed from ONE degree to the next. And that word "transformed" – it's the same word in Greek that we find in Romans 12:2 that we read on Day 1 of this plan ("*be transformed by the renewal of your mind*").

So don't give up when you feel like progress is slow. Focus on changing one degree at a time. Little by little, you'll notice you're headed in an entirely different direction!

Next Step: Choose one "rule of life" that you will establish for yourself when it comes to using technology moving forward. Some examples might be to keep phones off of the dinner table, to set a time limit on a social media app, or to spend time with God every morning before you do anything else on your phone.