

TECH DETOX

COMMITMENTS

OVER THE NEXT 7 DAYS, I COMMIT TO DETOX FROM	
TECHNOLOGY IN THE FOLLOWING WAYS:	

No technology use (phones, computers, tablets, TV, etc.) except for at work for work-related tasks.

O Powering off and locking up my mobile phone for the week.

- Only using my smart phone as a telephone.
- Communicating to these people about my detox to eliminate concern or obligation to break my commitments.

O Removing my phone from the bedroom at night.

All of the above!

AREAS OF TECHNOLOGY I WILL INCLUDE IN MY DETOX:

Social media		TV	O
Video games			0
Computer			Ō
Phones	Ō		Ō
Tablet			Õ

APPS I WILL CONTINUE TO USE DURING MY DETOX:

(Limit these apps to essential work or family apps like *child's school/daycare app*, *maps*, *calculator*.)



TECH REPLACEMENT

IDEAS

guilt of your servant. I very foolish thing.⁴⁷ ¹⁹Before David got morning, the word of come to Gad' the pro seer:⁵ ¹⁰Go and tell D

hree options. Choose on me to carry out against: "550 Gad went to Dav viam, "Shall there comerears of famine¹ in your; nonths of fleeing from while they pursue you? M plaque⁶ in your lan hink it over and decide möwer the one who sen

distress. Let us fall into disc. distress. Let us fall into disc. the LORD, for his mercy' do not let me fall into hi "So the LORD sent a rade from that morning of the time designated, thousand of the people Beersheba died." "wh stretched out his hand to steretched out his hand to steretched and the lowb reference the disaster and said to t why atticing a shad

was afflicting the peop Withdraw your hand." the LORD^y was then at t floor of Araunah the Jebr "When David saw th was striking down the pe to the LORD, "have since

During your technology detox, fill your time and living space with activities that lead to connection with God and others.

Below is a list of activities that you might enjoy. Come up with your own ideas as well to be intentional with the time!

- O Spend the open time in God's word.
- Read a book.
- Read aloud with your family.
- Play a game with a friend, neighbor, or family member.
- O Watch a live sporting event.
- Build a fort with your kids.
- O Do a service project with your family, friends, or Small Group.
- O Write a letter to family or a friend who lives out of town.
- Invite a neighbor or co-worker over for dinner or dessert.
- O Host an ice cream sundae party for neighbors.
- Create art with sidewalk chalk.
- Make up stories with your kids.
- Meet/spend time with neighbors.
- Begin a list of individual, marriage, or family values.
- Bake cookies to take to a neighbor or friend.
- Learn and memorize a new Bible verse.
- Redecorate something in your home.
 - Start and keep a puzzle out in your living area.
 - Start healthy habits by taking a walk or jog or enjoying a bike ride.

