Digital Detox: Reconnecting Spiritually and Socially



Challenge yourself to unplug from screens, reduce stress, and deepen your relationship with God and others through a digital detox.





Table of contents

| <u>Introduction</u> | 3 |
|---|----|
| <u>Day 1: Embracing Rest from Screens</u> | 4 |
| Day 2: Reconnecting with Others Face-to-Face | 10 |
| Day 3: 👶 Cultivating Balance in the Digital Age | 16 |







Introduction

In today's fast-paced, screen-dominated world, teens often find themselves overwhelmed by constant notifications, social media, and online demands. This **digital detox** Bible study encourages you to take intentional breaks from screens and engage more deeply with God and the people around you. Unplugging doesn't mean disconnecting from your life but rather reconnecting with what truly matters — your faith, your family, and your own well-being.

Scripture reminds us that while technology and communication can serve good purposes, rest and focused time with God are essential for spiritual growth and mental health. By stepping away from the digital noise, you can reduce stress, gain clarity, and cultivate relationships face-to-face. Imagine how refreshing it feels to simply be present and attentive without distractions!

Throughout these three days, you'll explore God's encouragement to slow down, reflect, and invest in real-life connections. This journey invites you to discover how unplugging regularly can strengthen your faith and bring peace to your daily routine. Get ready to experience a refreshing break from constant screens and a deeper walk with God and those around you.







Day 1: (1) Embracing Rest from Screens









Day 1: (3) Embracing Rest from Screens

Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- Exodus 20:8 "Remember the Sabbath day by keeping it holy."
- Mark 6:31 "Come with me by yourselves to a quiet place and get some rest."







Day 1: (3) Embracing Rest from Screens

Devotional: Finding Peace in Digital Stillness

Psalm 46:10 calls us to *be still* and recognize God's presence. Amid the distractions of digital life, this stillness is a precious gift. Taking intentional breaks from screens creates room for God's voice to be heard clearly in our hearts. It allows moments of genuine peace in a noisy world. The command to **remember the Sabbath** reminds us that rest is part of God's design. It's about stepping away from work and busyness — including the constant buzz of online activity — to focus on spiritual renewal.

Jesus Himself modeled this by inviting His disciples to withdraw and rest. In a life filled with demands, taking a digital detox is a way to honor God and care for yourself. The challenge today is to turn off devices and find a quiet place to pray, reflect, or simply be still. As you do, watch how your stress lowers and your awareness of God's love increases.







Day 1: (8) Embracing Rest from Screens

Reflect and Apply

| 1. | What distractions keep you from being still before God? |
|----|--|
| | |
| | How does taking a break from screens help you sense God's presence more clearly? |
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| 3. | What might rest from technology look like for you this week? |
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| | |







Day 1: (3) Embracing Rest from Screens

Journaling Prompts

| 1. | List the things that usually distract you from quiet time with God. |
|----|---|
| | |
| 2. | Describe how you feel after taking a break from your digital devices. |
| | |
| 3. | Write a prayer asking God to help you embrace rest and peace. |
| | |







Day 1: (3) Embracing Rest from Screens

Prayer for Today

Dear Lord, thank You for reminding me to be still and know that You are God. Help me to step away from my screens and distractions to find peace in Your presence. Teach me to rest in You and to value quiet moments that refresh my soul. May this time of unplugging renew my spirit and help me grow closer to You. In Jesus' name, *amen*.

















Your Verse

Hebrews 10:24–25 – "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

Supporting Scriptures

- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."
- John 13:34 "A new command I give you: Love one another."







Devotional: Building Relationships Beyond Screens

While digital communication connects us in many ways, face-to-face interaction brings unique depth to relationships. Hebrews urges believers not to neglect meeting together because community strengthens faith and encourages good works. When you unplug regularly, you open space for intentional, in-person connections with family, friends, and mentors.

Proverbs 27:17 paints a powerful picture of sharpening and strengthening through close contact. This sharpening happens best when we're present, listening, and engaging with one another without screens as barriers. Moreover, Jesus commanded us to love one another, and love flourishes through genuine presence.

Today's challenge is to replace some online time with a real-life conversation or activity that fosters connection and growth. By doing so, you reflect God's love and deepen relationships. Notice how your interactions become richer and more meaningful when you're fully present.







Reflect and Apply

| 1. | How does face-to-face interaction differ from online communication? |
|----|---|
| | |
| 2. | Who in your life could benefit from more of your undistracted presence? |
| | |
| 3. | What steps can you take to prioritize in-person connections this week? |
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| | |







Journaling Prompts

| 1. | Write about a recent meaningful face-to-face conversation. |
|----|---|
| | |
| 2. | List ways you can encourage or support someone offline. |
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| 3. | Reflect on any challenges you experience when trying to unplug around others. |
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| | |







Prayer for Today

Lord, thank You for the gift of community. Help me to be fully present with those around me and to love them as You have loved me. Teach me to put down my devices and intentionally connect face-to-face, building relationships that honor You. May my presence encourage and uplift others in meaningful ways. In Jesus' name, *amen*.

















Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God... will guard your hearts and minds in Christ Jesus."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- 1 Corinthians 10:31 "Whatever you do, do it all for the glory of God."







Devotional: Finding Peace and Purpose Amid Screens

The constant barrage of digital information can fuel anxiety and distraction, making it hard to experience true peace. Yet, Philippians offers a powerful antidote: bring your worries to God through prayer, and His peace will guard your heart and mind. This peace transcends circumstances and technology pressures.

Jesus invites those who are weary to find rest in Him, reminding us that balance comes from trusting God rather than relying on digital engagement for fulfillment. Striving to live for God's glory means using technology wisely, not letting it dominate your life.

Today's focus is on developing a balanced approach to digital use—one that includes prayer, rest, meaningful relationships, and purposeful screen time. Consider how your daily habits can honor God and protect your mental and spiritual health.







Reflect and Apply

| 1. | How does digital overload affect your peace and focus? |
|----|--|
| | |
| 2. | In what ways can prayer help you manage digital stress? |
| | |
| 3. | What habits could you create to maintain balance in your life? |
| | |







Journaling Prompts

| | Describe moments when you felt God's peace during stressful digital times. |
|----|--|
| | |
| 2. | List changes you want to make to honor God in your technology use. |
| | |
| 3. | Write a plan for a balanced daily routine between screen time and rest. |
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| | |







Prayer for Today

Gracious God, in the midst of digital noise and busyness, help me to find true peace in You. Guard my heart and mind as I learn to balance technology with prayer, rest, and real relationships. Teach me to use my time wisely, honoring You in all I do. Lead me to healthy habits that renew my spirit and bring clarity. In Jesus' name, *amen*.









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