



Digital Detox



This 7-day study helps women renew their minds and hearts by replacing digital distractions with God's peace, purpose, and presence in daily life.



Table of contents

<u>Introduction</u>	3
<u>Day 1: Recognizing the Pull of the World</u>	4
<u>Day 2: Replacing Scrolling with Scripture</u>	10
<u>Day 3: Detoxing the Mind, Renewing the Soul</u>	17
<u>Day 4: Cultivating Quiet with God</u>	24
<u>Day 5: Living Present in a Distracted World</u>	31
<u>Day 6: Setting Holy Boundaries</u>	38
<u>Day 7: Filling the Void with Eternal Joy</u>	45



✨ Introduction: When Screens Steal Your Soul

Every ding. Every like. Every scroll.

They promise a quick hit of joy—yet leave you feeling anxious, scattered, and hollow.

Dopamine addiction is real.

But it doesn't always look like drugs or alcohol.

For many women today, it looks like **smartphones, streaming platforms, text threads, and the constant buzz of notifications.**

Maybe you didn't mean to fall into the trap.

You just wanted to unwind... or check in... or not feel so alone.

But now?

You find yourself consumed. Distracted. Easily irritated. Spiritually dry.

This 7-day Bible study is for the woman who wants to reclaim her peace.

It's not just about logging off—it's about tuning **in** to God.

You'll learn to replace the world's false stimulation with true rest, purpose, and joy in Jesus.

This isn't a guilt trip. It's a reset.

Let's begin.





Day 1: Recognizing the Pull of the World



Day 1: Recognizing the Pull of the World

Your Verse

1 John 2:15–16 (NIV):

“Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.”

Supporting Scriptures

- **Romans 12:2 (NIV):**

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

- **James 4:4 (NIV):**

“Friendship with the world means enmity against God... anyone who chooses to be a friend of the world becomes an enemy of God.”

- **Matthew 6:24 (NIV):**

“You cannot serve both God and money.”



Day 1: Recognizing the Pull of the World

Devotional Thought

You didn't mean to become addicted.
It happened slowly, almost without notice.
Just a little scroll to unwind.
A few texts here.
A binge-watch there.

But somewhere along the way, your peace was replaced with distraction.
Your prayer time was crowded out by screen time.
And now your soul feels... noisy.

1 John 2:15–16 is clear: the world is full of false comforts that lure us away from the Father.
They offer dopamine spikes, but leave us dry.
They promise escape, but enslave our attention.

It's not that phones or entertainment are evil in themselves.
It's that our **attachment** to them has taken root.
And now it's time to uproot the weeds.

You don't detox just to be more productive—you detox to be more present.
To return to the One who doesn't compete for your attention... He **waits** for it.



Day 1: Recognizing the Pull of the World

Reflect and Apply

- Where are you seeing signs that digital distractions are affecting your spiritual life?

- Have you unintentionally replaced time with God with time on your phone?

- What worldly comforts have become unhealthy crutches in your daily routine?



Day 1: Recognizing the Pull of the World

Journaling Prompts

1. List all the ways you spend time on screens that leave you feeling empty afterward.

2. Write down 3 emotions you often feel after excessive screen time—and 3 you wish you felt more often.

3. What would it look like for your life to be led by the Spirit, not the scroll?



Day 1: Recognizing the Pull of the World

Prayer for Today

Father,

I come to You admitting that I've allowed worldly distractions to steal my time, my focus, and my peace.

I've turned to screens for comfort more than I've turned to You.

But I don't want to live numb anymore.

I want to be awake to You again.

Restore my sensitivity to Your Spirit.

Clear out the clutter and silence the noise.

Help me recognize the things that compete for Your place in my heart—and give me the strength to lay them down.

In Jesus' name,

Amen.





Day 2: Replacing Scrolling with Scripture



Day 2: Replacing Scrolling with Scripture

Your Verse

Psalms 119:105 (NIV): "Your word is a lamp for my feet, a light on my path."

Supporting Scriptures

- **Joshua 1:8 (NIV):**
"Keep this Book of the Law always on your lips; meditate on it day and night... then you will be prosperous and successful."
- **Matthew 4:4 (NIV):**
"Man shall not live on bread alone, but on every word that comes from the mouth of God."
- **Colossians 3:16 (NIV):**
"Let the message of Christ dwell among you richly..."



Day 2: Replacing Scrolling with Scripture

Devotional Thought

It's so easy to scroll.
You're waiting in line... you open Instagram.
You feel bored... you check TikTok.
You want to unwind... you dive into YouTube.

It's **automatic**—and that's the problem.

When Scripture becomes an *afterthought* and scrolling becomes a *reflex*, we're training our hearts to settle for surface stimulation instead of soul transformation.

But Psalm 119:105 reminds us: God's Word is a **lamp**.
It's not just comforting—it's **guiding**.
It doesn't just give information—it gives **illumination**.

The dopamine you crave is temporary.
But the truth of God? It **rebuilds your heart**.

Today, instead of reaching for your phone first thing, what if you reached for the Word?
What if, instead of numbing your mind with noise, you renewed it with *truth*?

This isn't about legalism.
It's about rewiring your inner life to reflect what matters most.



You're not just breaking a habit—you're rebuilding your heart.



Day 2: Replacing Scrolling with Scripture

Reflect and Apply

- What app do you instinctively open when you have a few spare minutes?

- How would your mindset shift if you replaced those micro-moments with Scripture?

- What lies has the digital world whispered into your heart that God's Word could rewrite?



Day 2: Replacing Scrolling with Scripture

Journaling Prompts

1. Write down the first 3 apps you tend to open when you're idle. What emotional need are they meeting?

2. Choose a favorite verse and write out how it speaks to an area of your life where you need clarity or peace.

3. Create a "Scripture First" plan—how can you intentionally read God's Word before scrolling each day this week?



Day 2: Replacing Scrolling with Scripture

Prayer for Today

God,
I've given so much of my mind to meaningless content.
But I want to renew my heart with Your truth.

Help me replace the scroll with Scripture.
Let Your Word become my first refuge, not my backup plan.
Give me a hunger for what lasts, not what fades.

I surrender the habits I've built—and I ask You to rebuild me with Your
presence and truth.

In Jesus' name,
Amen.





Day 3: Detoxing the Mind, Renewing the Soul



Day 3: Detoxing the Mind, Renewing the Soul

Your Verse

Ephesians 4:22–23 (NIV):

“You were taught... to put off your old self... to be made new in the attitude of your minds.”

Supporting Scriptures

- ***2 Corinthians 10:5 (NIV):***

“We take captive every thought to make it obedient to Christ.”

- ***Romans 8:6 (NIV):***

“The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

- ***Philippians 4:8 (NIV):***

“Whatever is true, whatever is noble... think about such things.”



Day 3: Detoxing the Mind, Renewing the Soul

Devotional Thought

Detox isn't just about changing what's in your hand.
It's about changing what's in your head. 🧠💭

Every time you reach for your phone, you're feeding your mind something.
And like food, your thoughts shape how you feel, what you believe, and how you act.

The endless images, opinions, and highlight reels you consume begin to form a new narrative:

“You're not enough.”

“You're missing out.”

“You need more.”

But God's Word speaks another story:

“You are chosen.”

“You are deeply loved.”

“You have a sound mind.”

Ephesians reminds us that renewal begins in the **attitude of our minds**.
We can't just unplug—we need to **reprogram**.

This detox is about clearing out the mental clutter and choosing to **think God's thoughts**.

To take every lie captive.



To silence shame.

To replace noise with **peace**.

When you detox your mind, your soul will begin to breathe again.



Day 3: Detoxing the Mind, Renewing the Soul

Reflect and Apply

- What thoughts tend to dominate your mind after long periods on social media or screen time?

- Can you recognize any patterns of comparison, fear, or distraction that have formed?

- How can you “take captive” toxic thoughts and replace them with biblical truth?



Day 3: Detoxing the Mind, Renewing the Soul

Journaling Prompts

1. Write down 3 recurring negative thoughts you've had recently. What Scripture can counter each one?

2. How do you feel physically, emotionally, and spiritually after excessive screen time?

3. List 5 truths from God's Word that you want to meditate on instead of digital input this week.



Day 3: Detoxing the Mind, Renewing the Soul

Prayer for Today

Lord,
I need a mental reset.
The world's voices have been loud—and I've been listening.
But today, I choose to listen to **You**.

Renew my mind.
Help me take every thought captive and filter it through Your truth.
Let my soul no longer be led by distraction or comparison.

Replace the lies I've absorbed with the peace of Your presence.
I want a mind set on You—a mind full of life, not fear.

Thank You for loving me even when I'm tangled up.
Untangle me now.

In Jesus' name,
Amen.





Day 4: Cultivating Quiet with God



Day 4: Cultivating Quiet with God

Your Verse

Psalm 46:10 (NIV):

“Be still, and know that I am God.”

Supporting Scriptures

- ***Isaiah 30:15 (NIV):***

“In repentance and rest is your salvation, in quietness and trust is your strength...”

- ***Lamentations 3:25–26 (NIV):***

“The Lord is good to those whose hope is in him... It is good to wait quietly for the salvation of the Lord.”

- ***Mark 1:35 (NIV):***

“Very early in the morning, while it was still dark, Jesus got up... and prayed.”



Day 4: Cultivating Quiet with God

Devotional Thought

In a noisy world, silence feels foreign.

We fill every gap with chatter, music, scrolling, or podcasts.

Even our *quiet time* is often rushed, distracted, or sandwiched between notifications. 🔔

But God isn't found in the frenzy—He whispers in the **stillness**.

Psalm 46:10 doesn't say, "Get busy and know Me."

It says, "*Be still.*"

Stillness is more than silence—it's surrender.

It's turning off the dopamine faucet and sitting with the discomfort of quiet... until God's peace fills the space.

Jesus, even in His perfect ministry, *withdrew to lonely places to pray*.

Why?

Because **power** flows from **presence**, and presence requires **intentional quiet**.

You don't need an hour.

You need a moment.

A moment without screens. Without distractions. Without a digital pacifier.

Just you and God.

He doesn't demand your performance—He desires your attention.



Today, choose the quiet.
It might feel awkward at first, but eventually...
it will feel like **home**.



Day 4: Cultivating Quiet with God

Reflect and Apply

- When was the last time you sat in true silence with God—no music, no phone, no noise?

- How does the constant hum of media affect your ability to hear the Holy Spirit?

- What fears rise up when you try to slow down and sit with God?



Day 4: Cultivating Quiet with God

Journaling Prompts

1. Describe what “stillness with God” means to you. Have you experienced it before?

2. What distractions prevent you from cultivating daily quiet time? How can you overcome them?

3. Write out a plan for a daily 10-minute “digital fast” where you sit quietly with the Lord.



Day 4: Cultivating Quiet with God

Prayer for Today

Father,
I confess—I fill every quiet space with noise.
But You are found in the stillness, not the scroll.

Teach me to be still.
Quiet my heart and hush the chaos in my mind.
Help me sit with You in the silence and find peace in Your presence.

Let this quiet not be empty, but holy.
A sacred pause to feel Your love, hear Your whisper, and rest in Your arms.

Train me to treasure this time.
I want to know You in the stillness.

In Jesus' name,
Amen.





Day 5: Living Present in a Distracted World



Day 5: Living Present in a Distracted World

Your Verse

Ecclesiastes 3:1 (NIV):

“There is a time for everything, and a season for every activity under the heavens.”

Supporting Scriptures

- ***Matthew 6:34 (NIV):***

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

- ***Proverbs 27:1 (NIV):***

“Do not boast about tomorrow, for you do not know what a day may bring.”

- ***Luke 10:41–42 (NIV):***

“‘Martha, Martha,’ the Lord answered, ‘you are worried and upset about many things, but few things are needed—or indeed only one.’”



Day 5: Living Present in a Distracted World

Devotional Thought

You're here... but your mind is somewhere else.
Maybe it's on the next task.
The text you haven't replied to.
The reel you saw that made you compare your life.
The email that buzzed during dinner.

Distraction isn't just digital—it's emotional. And spiritual. 📱💭

Jesus calls us to *presence*.
To live in this moment—not endlessly escaping into another.

Ecclesiastes 3 reminds us there's a time for everything.
But our screens often confuse that time.

Instead of *being present*, we perform.
Instead of *resting*, we scroll.
Instead of *listening*, we glance.

Even Martha—faithful, serving Martha—was *distracted*.
And Jesus gently told her: “Only one thing is needed.”

That one thing is Him.
His peace. His presence. His still voice in a noisy, screen-lit world.



God doesn't want half your attention.
He wants your **heart**.

You were created to be *present*—not perfect.

Put the phone down.

Look into your child's eyes.

Hold your coffee in both hands.

Take a deep breath and remember: this moment is sacred.



Day 5: Living Present in a Distracted World

Reflect and Apply

- In what areas of life are you physically present but mentally absent?

- How has distraction impacted your relationships with others—or with God?

- What would it look like to give God your full attention today?



Day 5: Living Present in a Distracted World

Journaling Prompts

1. Describe a recent moment where you missed something beautiful because you were distracted.

2. Write a prayer of confession and intention to live more fully in each moment.

3. Create a “Presence Practice” for today—3 small moments where you’ll be fully attentive.



Day 5: Living Present in a Distracted World

Prayer for Today

Jesus,
You are here—and I want to be here too.

Forgive me for the ways I've escaped the present moment.
For the times I've missed Your whisper because I was looking at a screen.

Help me return to presence.
Slow my mind. Anchor my heart.
Teach me to love well in the small moments, not just the big ones.

Let me live this day with You—fully awake, fully present, fully alive.

In Your holy name,
Amen.





Day 6: Setting Holy Boundaries



Day 6: Setting Holy Boundaries

Your Verse

Proverbs 4:23 (NIV):

“Above all else, guard your heart, for everything you do flows from it.”

Supporting Scriptures

- **1 Corinthians 6:12 (NIV):**

“I have the right to do anything... but I will not be mastered by anything.”

- **Titus 2:12 (NIV):**

“It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.”

- **Galatians 5:1 (NIV):**

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”



Day 6: Setting Holy Boundaries

Devotional Thought

Boundaries are not about building walls.

They are about building **wisdom**. 🧱 ✨

God has called us to **freedom**—not digital slavery.

We often think of addictions as physical, but digital habits can take us captive too.

Late-night scrolling. Constant checking. Binge-watching. Always “on.”

These habits chip away at our time, attention, and intimacy with God.

And without boundaries, they become **masters** instead of **tools**.

Proverbs reminds us to *guard our hearts*, because everything flows from there.

That means protecting our eyes, our minds, and our time.

Jesus set boundaries—He stepped away from crowds, silenced voices, and prioritized communion with His Father.

So can you.

You don't have to apologize for protecting your peace.

You don't have to say yes to every text, notification, or DM.

Say **yes** to God.

Say **yes** to rest.

Say **yes** to wisdom.



And say **no** to anything that masters you.



Day 6: Setting Holy Boundaries

Reflect and Apply

- What digital behaviors feel like they're "mastering" you?

- What's one area where you need to draw a new boundary?

- How can you protect your heart and your time in this season?



Day 6: Setting Holy Boundaries

Journaling Prompts

1. List three boundaries you could create around your phone, TV, or internet habits this week.

2. Write about a time when a lack of boundaries led to spiritual or emotional burnout.

3. Draft a “Digital Freedom Plan” with one clear commitment for each day this week.



Day 6: Setting Holy Boundaries

Prayer for Today

Lord,
 You've called me to freedom.
 But I've often returned to digital chains that leave me empty and distracted.

Give me wisdom to set holy boundaries.
 Teach me to guard my heart—not just from big sins, but from the subtle
 habits that drain me.

Help me say “no” with courage, and “yes” to the things that bring life.
 Let my heart be governed by Your Spirit, not by screens.

You are enough.
 And in You, I am strong enough to choose better.

In Jesus' name,
Amen.





Day 7: Filling the Void with Eternal Joy



Day 7: Filling the Void with Eternal Joy

Your Verse

Psalm 16:11 (NIV):

“You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”

Supporting Scriptures

- ***John 4:13–14 (NIV):***

“Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst.”

- ***Isaiah 55:2 (NIV):***

“Why spend money on what is not bread, and your labor on what does not satisfy?... Listen, listen to me, and eat what is good, and you will delight in the richest of fare.”

- ***Romans 15:13 (NIV):***

“May the God of hope fill you with all joy and peace as you trust in him...”



Day 7: Filling the Void with Eternal Joy

Devotional Thought

We were never meant to live on scraps of dopamine.
Quick thrills. Likes. Notifications. A video that made you smile for 15 seconds.
Then... emptiness again.

Digital highs promise *so much*—but they never satisfy. 📱
They excite, but they don't fulfill.
They distract, but they can't heal.

Why?

Because your soul was designed for **eternal joy**, not temporary stimulation.

Psalms 16:11 says joy comes from God's **presence**, not from your screen.
Not from a binge session. Not from likes. Not from endless scrolling.

Jesus told the woman at the well that His water would cause her to never thirst again.

You don't need another scroll. You need a **Savior**.
You need **living water**.

Today, instead of reaching for your phone when you're lonely or stressed—
reach for His Word.

Instead of chasing connection through apps—talk to your Heavenly Father.
Instead of seeking thrill—choose stillness.

Let God fill the void the world keeps poking.



Because joy that is eternal... never runs dry. 💧



Day 7: Filling the Void with Eternal Joy

Reflect and Apply

- What have you used to fill emotional or spiritual emptiness that didn't last?

- How has the presence of God brought deeper peace than anything digital ever has?

- What joy-filled habits can you carry with you after this 7-day detox?



Day 7: Filling the Void with Eternal Joy

Journaling Prompts

1. Reflect on how your cravings for digital stimulation have been met (or unmet) this past week.

2. Write a letter to God thanking Him for His lasting joy and peace.

3. Create a list of joy-producing, God-honoring habits you want to maintain going forward.



Day 7: Filling the Void with Eternal Joy

Prayer for Today

Father,
Thank You for filling me with joy that isn't dependent on a screen.
Your presence is enough. Your Word is satisfying. Your love runs deep.

Help me to remember that I don't have to chase the world's version of
pleasure.

I have You.

And in You, I have everything I need.

Let me carry this detox forward—not as a fad, but as a lifestyle.
Fill the empty spaces with Your voice, Your peace, and Your eternal joy.

I surrender my habits to You.

Fill me up—heart, soul, and mind.

In Jesus' name,

Amen.





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):




 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy


 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.