



Our digital world gives us access to more than we were ever meant to carry. Constant noise and attention-demanding content can leave us distracted, exhausted, anxious, or angry. A digital reset is an invitation to step back — not to reject technology, but to use it more intentionally and make room to be grounded in God’s truth, present with people, and attentive to Jesus.

1. LIGHT RESET

Create space throughout your day for 1 week

- For 1 week, keep your phone away for the first 30 minutes after waking and the last 30 minutes before bed.
- Turn off non-essential notifications so your device is not constantly asking for your attention.
- Limit your time on apps that distract you most or impact your emotions.
- Keep your phone out of reach during at least one daily rhythm, such as a meal, prayer, a walk, or time with family.

2. DEEP RESET

Reduce the noise competing for your attention for 2 weeks

- For 2 weeks, keep your phone away for the first 30 minutes after waking and the last 30 minutes before bed.
- Turn off non-essential notifications.
- Eliminate social media and/or news and commentary.
- Keep your phone away during all meals, conversations, and time with other people.

3. LONG RESET

Build a new rhythm for your digital diet for 5 weeks

- For 5 weeks, keep your phone away for the first and last 30 minutes of your day
- Once a week choose a 24-hour block for very limited digital content and screen time.
- Eliminate all non-essential use, including social media, news, commentary, entertainment, and scrolling apps.
- Treat your device like a tool: use it only for what is necessary (calls, texts, camera, navigation, work, or other essentials).
- Choose an intentional replacement for screen time daily (physical, relational, spiritual, creative, thoughtful, enjoyable, etc.)

FIX YOUR EYES

“Let us throw off everything that hinders ... fixing our eyes on Jesus.” — Hebrews 12:1–2

Choose a reset that resonates and is realistic for you, and use the space you create to redirect your attention toward Jesus and what matters most.

OWN IT & SHARE IT

Living this out is easier in community. Tell at least one person what you’re choosing so they can encourage you and help you follow through.

For the next _____ days/weeks, I’m choosing the _____ reset.

I’m going to step away from or limit _____.

I want to redirect that attention toward _____.

I’m telling _____.