

The Digital Disciple

Learn To Unplug

Psalm 23:2-3, ² He makes me to _____ in green pastures;
He leads me beside the _____ waters. ³ He _____ my soul; He
leads me in the paths of righteousness For His name's sake.

Which Scriptures address the need for rest and renewal?

Compare John 5:17 with Luke 5:16. What can we learn from the Lord in these passages?

How can we apply these biblical principles to our use of technology? (Consider everything above—Psalm 23, those identified by you, and the passages about Jesus' work and rest.)

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How might constant connectivity hinder our focus on spiritual things?

Check your stats! iPhone users, go to Settings and tap Screen Time. Android users, go to Settings and tap Digital Wellbeing. How much time did you spend on your device over the past week? What is your reaction to these statistics?

What tools can you use to help you self-regulate your screen time?

What activities restore your mind and spirit more than scrolling on a screen?
