

40-DAY DIGITAL DETOX



April 10 – May 19



Minimizing our use of digital devices, screens & tech for the purpose of:

Increasing our capacity to be heart, soul, mind, body complex beings designed for loving relationship with God and people.

- Making space to encounter God
- Taking intentional time to love our friends, family, & community
- Reforming our imaginations
- Decreasing distraction and anxiety



And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. –Romans 12:2



40-DAY DIGITAL DETOX RECOMMENDED PRACTICES

1. Minimize consumption of movies, television, and video games.
2. Turn off all notifications on phone except calls/texts.
3. Remove all apps that are not for utility
 - Remove social media, games, streaming (and email if possible).
 - *Utility apps: camera, weather, maps, flashlight, calculator, etc.*
4. Set a "bed time" for your phone an hour before you sleep and put it in another room.
 - If possible, use an alarm clock that isn't your phone.
5. Take an entire day each weekend to be completely phone/device-free as a family (Sabbath).

QUESTIONS? CHALLENGES? email rhett@calvaryboise.com

Please also use this email to send us praise reports throughout the digital detox.

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ADDITIONAL RECOMMENDATIONS:

- Before beginning, do a self-inventory. What does your phone/digital device use look like? (How long daily? Where is most of that time spent?)
- Do all necessary digital work from a computer during work hours.
- Stay off social media all together unless needed for work.
- Avoid bingeing content.
- Be selective & intentional about what you consume (things like a movie with family).

**All of this is optional and can be adapted for your personal commitment.*



SUGGESTIONS FOR YOUR NEWFOUND FREE TIME

- Start and end the day with a short prayer time/Scripture reading as first and last things to enter your mind.
- Find a daily time to be outside and breathe fresh air.



ACTIVITY IDEAS

- Go on a walk/hike.
- Play a board game.
- Invite friends over for a meal.
- Find a recipe and cook something.
- Practice a new skill (origami, crochet, etc.)
- Play a musical instrument.
- Do art (paint, draw, write a poem/song/story).
- Read a good book.
- Do something kind for a neighbor.
- Have a face-to-face conversation with someone.



Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

–Philippians 4:8



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