

ABIDING SELF EVALUATION



Identify the hurdles, distractions, and bad habits that keep you from drawing close to Jesus in a quiet, focused environment every day.

Describe your current practice of abiding including the frequency and process.

TIME	What time do you...	HOURS AWAKE?
	WAKE UP? _____ GO TO BED? _____	_____

If you have screen time reporting activated on your smartphone, **what is your daily average time spent on your device?**

How much time, on average, would you say you spend a day on non-phone screens unrelated to work (TV, iPads, video games, etc)?

HOURS ON PHONE? _____ HOURS ON SCREENS? _____

75% of Americans use their mobile phones on the toilet

What are the first five things that you do when you wake up?

1. _____ 2. _____

3. _____ 4. _____

5. _____

ABIDING SELF EVALUATION

How many times per day do you...

- _____ Check your email?
- _____ Check your social media profiles (instagram, facebook, tiktok, youtube, etc)?
- _____ Look at your newsfeeds?
- _____ Play video games (even casually)?
- _____ Zone out on your phone ?

FUN? FACT

The average smartphone owner unlocks their phone 150 times a day

● Do you spend time with God while multitasking (example: listening to the Bible while emptying the dishwasher or driving)? yes / no

● What are things that you do during the day where you are fully focused and engaged (example: Do you leave your phone off to the side while doing an hour of yoga)? _____

● When you think about your day, what activities get top priority (example: daily time at the gym, going to happy hour, TV time before bed, etc)? _____

Revisiting your answers, what do you think is the greatest hindrance in your life to spending quality time with God in silence and solitude?

CHALLENGE FOR THE WEEK Do not touch your phone or any electronic devices until you have spent some time with God in the Word, prayer, and journaling. If electronics are not a problem for you, then identify where you spend your time first thing in the morning or right before bed, and replace that time with Quiet Time with the Lord.

TO INCREASE MY TIME WITH THE LORD THIS WEEK

I COMMIT TO: _____

AND _____ WILL HOLD ME ACCOUNTABLE.
(insert Godly friend's name here)