



TECH DETOX

COMMITMENTS

OVER THE NEXT 7 DAYS, I COMMIT TO DETOX FROM TECHNOLOGY IN THE FOLLOWING WAYS:

- No technology use (phones, computers, tablets, TV, etc.) except for at work for work-related tasks.
- Powering off and locking up my mobile phone for the week.
- Only using my smart phone as a telephone.
- Communicating to these people about my detox to eliminate concern or obligation to break my commitments.

- Removing my phone from the bedroom at night.

- All of the above!
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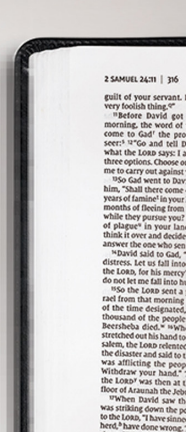
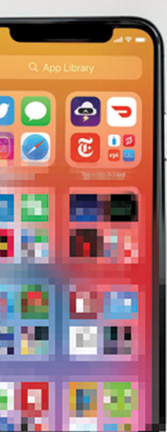
AREAS OF TECHNOLOGY I WILL INCLUDE IN MY DETOX:

- | | | |
|------------------------------------|-----------------------------|-----------------------------|
| <input type="radio"/> Social media | <input type="radio"/> TV | <input type="radio"/> _____ |
| <input type="radio"/> Video games | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Computer | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Phones | <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> Tablet | <input type="radio"/> _____ | <input type="radio"/> _____ |

APPS I WILL CONTINUE TO USE DURING MY DETOX:

(Limit these apps to essential work or family apps like *child's school/daycare app, maps, calculator.*)

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| <input type="radio"/> _____ | <input type="radio"/> _____ |
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TECH REPLACEMENT IDEAS

During your technology detox, fill your time and living space with activities that lead to connection with God and others.

Below is a list of activities that you might enjoy. Come up with your own ideas as well to be intentional with the time!

- Spend the open time in God's word.
- Read a book.
- Read aloud with your family.
- Play a game with a friend, neighbor, or family member.
- Watch a live sporting event.
- Build a fort with your kids.
- Do a service project with your family, friends, or Small Group.
- Write a letter to family or a friend who lives out of town.
- Invite a neighbor or co-worker over for dinner or dessert.
- Host an ice cream sundae party for neighbors.
- Create art with sidewalk chalk.
- Make up stories with your kids.
- Meet/spend time with neighbors.
- Begin a list of individual, marriage, or family values.
- Bake cookies to take to a neighbor or friend.
- Learn and memorize a new Bible verse.
- Redecorate something in your home.
- Start and keep a puzzle out in your living area.
- Start healthy habits by taking a walk or jog or enjoying a bike ride.

2 SAMUEL 24:11 | 316
 guilt of your secret, very foolish thing."
 "Before David got morning, the word of come to God" the pro- spects "Go and tell it what the LORD says: I three options. Choose me to carry out against "So God went to Dav- him, "Shall these com- years of families! In your month of fleeing from while they pursue you? of plague" in your lan- think it over and decide answer the one who sen "David said to God, distress. Let us fall into the hands, for his mercy do not let me fall into h- "So the LORD sent a rael from that morning of the time designated, thousand of the people Beersheba died." "Why stretched out his hand to salem, the LORD relente the disaster and said to was afflicting the peop- Withdraw your hand." the LORD" was there at floor of Azimuth the Job "When David saw th was striking down the pe to the LORD, "I have sinne- hoid," have done wrong.