

THRIVE 7-Day Digital Detox Plan

Overview:

For the next 7 days, we invite you to reset your relationship with technology. Whether you're ready to switch to a Wisephone or simply want to reduce tech stress, these daily steps will help you find mental clarity and spiritual renewal.

Day 1 – Awareness

Verse: *“Everything is permissible, but not everything is beneficial.” – 1 Corinthians 10:23*

Challenge:

- Check your screen time stats (iPhone: Settings → Screen Time | Android: Digital Wellbeing).
- Journal how much time you spend on each app.
- Identify 3 apps that drain your time or peace.

Reflect:

What surprises you about your screen time? What's one app you could live without?

Day 2 – Silence the Noise

Verse: *“In quietness and trust is your strength.” – Isaiah 30:15*

Challenge:

- Turn off ALL non-essential notifications (social media, news, shopping, etc.).
- Keep calls and texts only.

Reflect:

What do you notice without constant buzzing or pings?

Day 3 – Remove Temptation

Verse: *“If your right hand causes you to stumble, cut it off.” – Matthew 5:30*

Challenge:

- Delete one app that contributes to distraction, comparison, or emotional stress.
- Bonus: Move all other apps off your home screen.

Reflect:

What emotional or spiritual space opened up when you deleted that app?

Day 4 – Sabbath From Screens

Verse: “Remember the Sabbath and keep it holy.” – Exodus 20:8

Challenge:

- Take a full 4–8 hour break from your phone today.
- Go for a walk, read a physical book, or spend time with loved ones.

Reflect:

How did your body, mind, or soul respond to the screen break?

Day 5 – Go Grayscale

Verse: “Set your minds on things above, not on earthly things.” – Colossians 3:2

Challenge:

- Change your phone to grayscale mode (Settings → Accessibility).
- Keep it in grayscale for 24 hours.

Reflect:

Did it make your phone less appealing? What habits did it interrupt?

Day 6 – Reconnect With People

Verse: “Carry each other’s burdens.” – Galatians 6:2

Challenge:

- Make a phone call instead of texting or scrolling.
- Schedule a tech-free meal with a friend or family member.

Reflect:

How did being present deepen your relationships today?

 **Day 7 – Reconnect With God**

Verse: *“Draw near to God and He will draw near to you.” – James 4:8*

Challenge:

- Spend 30 minutes in undistracted prayer, journaling, or worship.
- Ask God what digital boundaries He wants you to establish going forward.

Reflect:

What did you hear from the Lord today? What rhythms will you carry forward?