**Tethered**

5-Day Devotional: Week 1 - Conformed or Transformed

**Challenge for the Week:**Use a physical Bible instead of your phone or tablet for all your reading and study this week. Create a space without notifications, distractions, or digital noise, and ask God to speak clearly through His Word.

### **Day 1: Living as a Living Sacrifice**

**Read:** Romans 12:1–2

To be a living sacrifice means offering every part of your life to God; your time, attention, habits, and even your screen time. Worship isn’t just singing; it’s how we live each day in response to His mercy.

1. What areas of your life feel least surrendered to God right now?
2. How does being set apart for God change the way you think about your daily choices?

**Prayer:** Lord, help me live each day as a living sacrifice, holy, pleasing, and fully Yours. Teach me to worship You not just with my words, but with how I live. Amen.

**Day 2: Conformed or Transformed**

**Read:** 2 Corinthians 3:12–18

Transformation happens when we fix our eyes on Jesus, not the world. The longer we stare at the things of this world, our phones, our fears, our desires, the more we begin to look like them. But when we turn toward Christ, the Spirit changes us from the inside out.

**Reflect:**

1. In what ways are you being shaped more by culture or technology than by Christ?
2. How can you intentionally renew your mind this week?

**Prayer:** Jesus, I don’t want to be conformed to this world. Change me by Your Spirit so that I reflect Your glory and not the noise around me. Amen.

**Day 3: Check What You’re Tethered To**

**Read:** Matthew 6:19–24

Whatever has your attention has your heart. Our screens and schedules often tether us to things that don’t lead us closer to Jesus. Today is a chance to pause and ask what’s pulling me away from God’s best for my life?

1. What are you most tethered to emotionally or mentally right now?
2. What would it look like to loosen that hold and tether yourself more tightly to Jesus?

**Prayer:** Father, reveal anything that’s taken first place in my life. Untether my heart from distractions so I can fix my eyes on You. Amen.

**Day 4: Sacred Spaces, Renewed Minds**

**Read:** Psalm 46; Mark 1:35  
 Jesus modeled sacred rhythms. He often withdrew to quiet places to pray. In a noisy, digital world, sacred spaces protect our hearts and minds from constant conformity. Silence and solitude aren’t wasted time; they are holy ground where transformation begins.

1. Where can you create a sacred space in your home or routine this week?
2. How does silence or time away from screens impact your awareness of God?

**Prayer:** God, help me slow down and make room for Your presence. Teach me to value sacred silence more than endless scrolling. Amen.

**Day 5: Intentional Living, Holy Living**

**Read:** 1 Corinthians 6:12; Philippians 4:8–9

Freedom in Christ doesn’t mean doing whatever we want. It means choosing what’s best for our souls. Being set apart means living intentionally, using technology, time, and attention in ways that glorify God and serve others.

1. How can you use your screens and devices to point others toward Jesus rather than yourself?
2. What is one intentional step you can take this week to live more set apart?

**Prayer:** Lord, help me live with intention. Let my choices reflect Your love and my habits reveal Your holiness. Transform me day by day into Your likeness. Amen.

**Helpful Resources:**

* **Book:** *The Ruthless Elimination of Hurry* by John Mark Comer – A powerful reminder to slow down and live intentionally with Jesus.  
  **Podcast Episode:** *Fight Hustle, End Hurry* (John Mark Comer & Jefferson Bethke) – Great insights on resisting the pull of constant connection.
* **App Alternative:** Use the *Pause* app by John Eldredge, designed to help you step away from digital noise and reconnect with God.
* **Practice:** Try a “digital Sabbath” — one day this week without unnecessary screen use. Use that time for prayer, Scripture, or simply rest