

RECLAIM

MIND • TIME • FOCUS • FAMILY

Reclaim Devotional Guide | **Week Four: The Digital Rule of Life**

Day 1 – Be Alert and Sober-Minded

Scriptures:

- 1 Peter 5:8–9 – *“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...”*
- 2 Corinthians 2:11 – *“...so that we would not be outwitted by Satan; for we are not ignorant of his designs.”*
- Ephesians 6:11 – *“Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”*

Devotional:

Peter warns us to live with eyes wide open. Our enemy’s strategy isn’t always dramatic—it’s often subtle distraction. The average Christian doesn’t fall away in one dramatic moment; instead, attention is slowly ambushed, focus is fractured, and intimacy with God is numbed out by endless scrolling.

To be “alert” means to live awake. A sober mind is clear-minded, discerning, and deliberate. The Digital Fast has reminded us: spiritual warfare often takes place in the battle for our attention.

Daily Challenge:

Choose one daily moment to be fully alert to God instead of your phone (morning prayer, bedtime Scripture, or during a meal). Write down what difference you notice.

NOTES:

Day 2 – Cast Your Cares, Not Your Eyes

Scriptures:

- 1 Peter 5:7 – “Cast all your anxiety on him because he cares for you.”
- Psalm 55:22 – “Cast your burden on the Lord, and he will sustain you.”
- Matthew 11:28 – “Come to me, all who labor and are heavy laden, and I will give you rest.”

Devotional:

Our default reflex in anxiety is to grab our phones. We think distraction will give relief, but instead it brings regret. God invites us to cast our anxiety on Him, not cast our eyes on a screen.

Your device can't care for you. Notifications can't give peace. Only Jesus can carry your burden. The Digital Fast teaches us to replace the reflex of scrolling with the rhythm of surrender.

Daily Challenge:

Every time you feel anxious today, choose prayer before your phone. Whisper, “Lord, I cast this care on You,” and put the device face down.

NOTES:

Day 3 – Delight in a Better Life

Scriptures:

- *Psalm 37:4 – “Delight yourself in the Lord, and he will give you the desires of your heart.”*
- *John 10:10 – “I came that they may have life and have it abundantly.”*
- *Psalm 46:10 – “Be still, and know that I am God.”*

Devotional:

As many of you discovered in the Fast: once you detach and discover, you begin to delight. Without constant notifications, meals are richer, conversations are deeper, worship is sweeter. This is God’s design—you were made to find joy in Him, not just stimulation from devices.

Abundant life isn’t found in more apps, but in more presence with Christ. Joy multiplies when we live within God’s limits and notice His good gifts.

Daily Challenge:

Take a one-hour delight block today with no screens. Use it for something that nourishes your soul—walk outside, journal, play with your kids, or sit quietly with God.

NOTES:

Day 4 – Build Your Digital Rule of Life

Scriptures:

- *Colossians 3:17* – “And whatever you do, in word or deed, do everything in the name of the Lord Jesus...”
- *1 Corinthians 10:31* – “So, whether you eat or drink, or whatever you do, do all to the glory of God.”
- *Proverbs 4:26* – “Ponder the path of your feet; then all your ways will be sure.”

Devotional:

Everyone already has a “rule of life”—a set of habits that shape your days. The question is whether yours is intentional or accidental. A Digital Rule of Life means deciding how you will use devices so they serve your life instead of stealing it.

For some, it will mean “no phones in bedrooms.” For others, “no phones at meals.” Your rule of life will look different from mine. But the key is intentionality—bringing your digital habits under the lordship of Christ.

Daily Challenge:

Today, write down 3 simple digital rules you want to live by (e.g., no phone first hour of the day, delete one junk app, no phone at the dinner table). Share them with a friend or family member for accountability.

NOTES:

Day 5 – Stand Firm Together

Scriptures:

- *Hebrews 10:24–25 – “And let us consider how to stir up one another to love and good works, not neglecting to meet together...”*
- *Ecclesiastes 4:9–10 – “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.”*
- *1 Peter 5:9 – “...because you know that the family of believers throughout the world is undergoing the same kind of sufferings.”*

Devotional:

You are not alone in this struggle. Christians around the world are fighting the same battles of distraction, temptation, and spiritual numbness. The good news: we don't fight alone. We stand firm together.

Community makes this sustainable. Your church family, your small group, even your kids—they're all part of this battle. A Digital Rule of Life works best when it's shared. Together, we can resist the enemy, reclaim our attention, and live with freedom in Christ.

Daily Challenge:

Gather with your family, small group, or a friend. Share one digital boundary you want to keep after the fast. Pray together for courage to stand firm and live wide awake.

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