

# RECLAIM

MIND • TIME • FOCUS • FAMILY

## Reclaim Devotional Guide | **Week One: The Joy of Missing Out**

### **Day 1 – Reclaim Your Mind**

#### **Scriptures:**

- *Romans 12:2 – “Do not be conformed to this world, but be transformed by the renewal of your mind...”*
- *Philippians 4:8 – “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”*
- *Colossians 3:2 – “Set your minds on things that are above, not on things that are on earth.”*

#### **Devotional:**

Our minds are battlefields. The world—and especially our devices—are constantly competing for our mental real estate. Studies show that the average person spends 5–6 hours a day on their phone. That’s more time than most Christians spend in the Word in a week. Scripture reminds us that transformation starts with renewing the mind. Every scroll, every click, every video is forming your thought patterns, either toward the world or toward Christ.

Paul gives us a powerful filter in Philippians 4:8. Before you consume content, ask: Is it true? Is it pure? Is it worthy of praise? If not, then it does not belong in the mind of a follower of Christ.

#### **Daily Challenge:**

Take the first 30 minutes of your day with no phone. Instead, open your Bible. Write down three thoughts from Scripture to meditate on. Before bed, review those three truths and let them be the last words you think about—not social media.

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#### **NOTES:**

## Day 2 – Reclaim Your Relationships

### Scriptures:

- *Ephesians 5:15–16* – “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity...”
- *Proverbs 17:17* – “A friend loves at all times, and a brother is born for adversity.”
- *John 13:34–35* – “A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.”

### Devotional:

Technology can make us connected to everyone but present with no one. Many of us have been guilty of giving our children, spouses, or friends only half of our attention because of a glowing screen. But love requires presence. Jesus modeled this perfectly—He looked people in the eyes, He listened, He stopped for the one in front of Him.

Ephesians 5:16 reminds us to make the most of every opportunity. Every conversation is an opportunity. Every dinner table is holy ground. Every bedtime prayer with your child is a chance to deposit truth. Let’s not trade these for another scroll or another notification.

### Daily Challenge:

Commit to phone-free meals for the next 7 days. Whether at home with your family or out with friends, put your device away. Look into the eyes of the people you love. Start conversations. Ask questions. Be present.

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### NOTES:

## Day 3 – Reclaim Your Focus

### Scriptures:

- *Psalm 119:37* – “Turn my eyes from looking at worthless things; and give me life in your ways.”
- *Matthew 6:33* – “But seek first the kingdom of God and his righteousness, and all these things will be added to you.”
- *Ecclesiastes 3:1* – “For everything there is a season, and a time for every matter under heaven.”

### Devotional:

We live in a culture that thrives on distraction. Research shows the average attention span is now 8 seconds—shorter than that of a goldfish. Our phones are engineered to fragment our focus. But God calls us to seek Him first, not second or third behind notifications, entertainment, and constant noise.

Focus is a spiritual discipline. When we give God our focused attention, He directs our steps and multiplies our fruitfulness. Ecclesiastes reminds us that there’s a time for everything. But if every time becomes “scroll time,” then we’re robbing ourselves of the ability to hear, learn, and grow in Christ.

### Daily Challenge:

Pick one 60-minute block today with no phone, no TV, no music—just you and the Lord. Use it to pray, study Scripture, or journal. Notice how hard it is at first—and how freeing it becomes.

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### NOTES:

## Day 4 – Reclaim Your Spiritual Life

### Scriptures:

- *Psalm 46:10 – “Be still, and know that I am God.”*
- *Mark 1:35 – “And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.”*
- *Psalm 119:105 – “Your word is a lamp to my feet and a light to my path.”*

### Devotional:

The greatest danger of digital distraction is not that we waste time, but that we miss God. Stillness is where His voice becomes clear. Mark 1:35 shows us that even Jesus—God in the flesh—needed quiet moments with the Father. If He needed it, how much more do we?

Instead of living in the shallow waters of constant digital consumption, God calls us to the depths of His presence. Psalm 119:105 tells us His Word is our guide. But we can’t hear His voice if we are never still. When we step away from screens, we step into clarity.

### Daily Challenge:

Tonight, turn off all screens one hour before bed. Use that hour for Scripture reading, prayer, or worship. Ask the Lord to speak to you in stillness. Write down any impressions or Scriptures He brings to mind.

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### NOTES:

## Day 5 – Reclaim Your Community

### Scriptures:

- *Hebrews 10:24–25 – “Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together...”*
- *Acts 2:42 – “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.”*
- *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.”*

### Devotional:

Faith is meant to be lived in community. Digital fasts are no exception. What feels impossible alone becomes powerful when done together. The early church grew strong because they shared life—teaching, meals, prayer, and encouragement. When you put down your phone and spend time with God’s people, you’re stepping into the same rhythm that fueled revival in Acts.

Community isn’t just a convenience—it’s God’s design. When you walk with others, you’re less likely to stumble. When you encourage others, you strengthen their faith. The Digital Fast is easier, richer, and more joyful in community.

### Daily Challenge:

Invite someone from your church or small group to join you in a phone-free gathering today—maybe a walk, a coffee, or a meal. Ask them what God is teaching them through this fast. Pray together for stronger faith and deeper fellowship.

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### NOTES: