

RECLAIM

MIND • TIME • FOCUS • FAMILY

Reclaim Devotional Guide | **Week Two: The Price of Your Device**

Day 1 – Guard Against the Subtle Theft of Time

Scriptures:

- *John 10:10* – “The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.”
- *Ephesians 5:15–16* – “Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.”
- *Psalms 90:12* – “So teach us to number our days that we may get a heart of wisdom.”

Devotional:

The first strategy of the enemy is to steal—quietly, subtly, without you realizing it. In Greek, *klepto* means to filch something so cleverly the victim doesn’t even know it’s missing. Isn’t that exactly what our screens do? A “quick check” turns into 36 minutes lost to reels and scrolls. Hours are stolen each week, not with malice but with subtle distraction.

Satan doesn’t need you to bow down to him; he just needs you to waste your time. When your minutes are stolen, so is your focus on God and your attention to what matters most—your faith, your family, and your calling.

Daily Challenge:

Track your screen time today. Write down how many minutes/hours you spend. Then ask yourself: *What could I have done with that time for God, my family, or my health?*

NOTES:

Day 2 – Protect Your Mind and Heart from Digital Poison

Scriptures:

- 1 Peter 5:8 – *“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”*
- Philippians 4:6–7 – *“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God... will guard your hearts and your minds in Christ Jesus.”*
- Proverbs 4:23 – *“Above all else, guard your heart, for everything you do flows from it.”*

Devotional:

The second strategy of the enemy is to kill—to drain life, joy, and peace from your soul. Research shows that heavy social media use is directly tied to anxiety, depression, and even suicidal thoughts, especially among teenagers. What steals our joy? Constant comparison. What kills our peace? The barrage of negative headlines. What destroys contentment? A steady diet of curated highlight reels that make us feel “less than.”

Jesus warns us that the thief comes to kill. But He also promises abundant life. The more we fill our minds with empty noise, the less space we leave for His peace to dwell.

Daily Challenge:

Take a 24-hour break from all social media apps. Use that space instead to pray, call a friend, or read Scripture when you feel the urge to scroll.

NOTES:

Day 3 – Resist the Destruction of Flourishing Life

Scriptures:

- *John 10:10b* – “I came that they may have life and have it abundantly.”
- *Psalms 1:1–3* – “Blessed is the man who does not walk in the counsel of the wicked... but his delight is in the law of the Lord... He is like a tree planted by streams of water.”
- *Jeremiah 29:11* – “For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

Devotional:

The thief not only steals and kills—he seeks to destroy. The Greek word *apollumi* carries the sense of stripping life of its flourishing. You may still “exist,” but you’re void of joy, peace, and growth.

Smartphones and digital overconsumption don’t just waste time—they destroy intimacy in marriages, hinder healthy child development, erode our ability to focus, and in some cases, corrupt hearts through pornography and toxic content. Jesus came to restore what the thief tries to destroy: a flourishing life rooted in Him.

Daily Challenge:

Choose one “worthless thing” (Psalm 119:37) to eliminate today—maybe a game, a shopping app, or endless YouTube videos. Replace that time with something that feeds your flourishing: prayer, a walk outdoors, or a face-to-face conversation.

NOTES:

Day 4 – Reclaim Attention for What Matters Most

Scriptures:

- *Colossians 3:2* – “Set your minds on things that are above, not on things that are on earth.”
- *Hebrews 12:1–2* – “...let us throw off everything that hinders... and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith.”
- *Psalms 46:10* – “Be still, and know that I am God.”

Devotional:

Attention is your most valuable currency. Companies spend billions to capture it, because where your attention goes, your life follows. Catherine Price put it bluntly: if you wanted to design a device that rewired brains, isolated people, weakened memory, and reduced empathy, you’d invent the smartphone.

God calls us to “set our minds on things above.” When our focus is fractured, our worship is shallow. When our gaze is fixed on Christ, we are renewed. Reclaiming attention is about lifting our eyes from screens to the Savior.

Daily Challenge:

Set three “no phone zones” in your day: mealtimes, quiet time with God, and one face-to-face conversation. Be fully present and notice how it changes the moment.

NOTES:

Day 5 – Choose Life to the Full

Scriptures:

- Deuteronomy 30:19 – “I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.”
- Psalm 16:11 – “You make known to me the path of life; in your presence there is fullness of joy.”
- John 15:5 – “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit...”

Devotional:

Jesus contrasts the thief’s plan with His own: not survival, but *abundant life*. That doesn’t mean endless entertainment, but a Spirit-filled life marked by joy, clarity, and peace. Digital fasting isn’t about losing fun; it’s about regaining freedom. It’s not about living without, but about living with more—more of God’s presence, more meaningful relationships, more clarity of purpose.

Deuteronomy reminds us that every day we must choose: life or death, blessing or curse. Choosing life today may look like putting down your phone, looking your child in the eyes, and saying, “Tell me about your day.” It may look like reading Scripture instead of scrolling. These small choices are how abundant life takes root.

Daily Challenge:

Tonight, gather as a family or with a friend. Share one thing God has been showing you through the digital fast. End by praying together that you would choose life—real, abundant life—in Christ.

NOTES: