

# Lent Technology Fast

We are all becoming increasingly influenced, even addicted, to our devices. This has created a culture in which we are being discipled by technology. Many of our apps, news feeds, and social media platforms are intentionally designed to create emotional engagement that grows over time. Algorithms are built to deliver dopamine hits and rewards that keep us coming back for more.

During Lent, we want to journey with Jesus — growing in faith and deepening our awareness of Him. Simply put, we want Christ and His Word to disciple us more than our devices, apps, and screen-centered lives.

## BOUNDARIES FOR USAGE:

Clarify your work rhythms. Decide when you are working and what tools truly support your work.

Remove work email from your phone. Access it only on your computer to create healthier boundaries.

Delete social media apps during Lent. Limit or remove apps designed to increase your screen time.

Limit news intake. News apps and shows are created to keep you engaged. Choose one round of stories and avoid extended commentary cycles.

Practice a weekly Sabbath. Take one full day each week to go completely tech-free at home. Cultivate enjoyment and activities in the real world rather than the virtual one.

Follow a guided reset. Consider reading “How to Break Up with Your Phone” by Catherine Price as a practical guide to changing your relationship with technology.

Rediscover offline fun. Explore games and activities you can enjoy at home or with others that do not rely on screens.

## **WHAT TO MAKE TIME FOR:**

**Silence and solitude. Create space to be still before the Lord.**

**Worship. Build a Lent worship playlist and spend intentional time listening.**

**Scripture reading. Follow our church reading plan during Lent.**

**Family prayer at dinner. Ask each person to share their “happy and crappy” from the day. Give thanks for each joy and pray through each stress or struggle.**

• **Watch The Chosen together as a family. The series brings the life of Jesus to life through narrative and dialogue.**

• **Practice Lectio Divina. Read the daily Scripture slowly and multiple times, paying attention to the words or phrases the Holy Spirit highlights.**

**Be inventive. Revisit spiritual practices you’ve enjoyed in the past and try new ones as well.**