

THE UNDISTRACTED DISCIPLE

The 7-Day Undistracted Disciple Reset

A simple Christian practice plan for reordering phone habits, attention, prayer, Scripture, and digital life around love of God and neighbor.

HOW TO USE IT

Each day includes one Scripture focus, one practice, one question, and one small act. Do not rush it. The goal is not control for its own sake. The goal is discipleship.

Day 1**Begin Before the Phone**

Scripture focus: Psalm 5:3

Practice: Pray before checking your phone in the morning.

Question: What usually gets the first word over your day?

Small act: Move the phone away from the bed tonight.

Day 2**Make One Space Device-Free**

Scripture focus: Luke 10:38-42

Practice: Keep one meal, walk, or conversation device-free.

Question: Who receives more of your presence when the screen is absent?

Small act: Tell one person why you are putting the phone away.

Day 3**Silence False Urgency**

Scripture focus: Mark 1:35

Practice: Turn off three nonessential notifications.

Question: Which alerts train you to obey the loudest thing?

Small act: Keep only alerts that help you love, serve, or respond responsibly.

Day 4**Read Without a Second Screen**

Scripture focus: Psalm 119:18

Practice: Read Scripture for ten minutes with no other screen open.

Question: What changes when the Word is not competing with the feed?

Small act: Write down one phrase to carry into the day.

Day 5

Post With Discernment

Scripture focus: Ephesians 4:29

Practice: Before posting, ask: Is it true, loving, necessary, and wise?

Question: Are you serving your neighbor or feeding your image?

Small act: Delay one reactive post for ten minutes.

Day 6

Use Tools Without Outsourcing Wisdom

Scripture focus: James 1:5

Practice: Use AI or search as a servant, not a substitute for prayer, conscience, or discernment.

Question: Where are you tempted to trade wisdom for speed?

Small act: Verify one important claim before repeating it.

Day 7

Write a Small Digital Rule of Life

Scripture focus: Romans 12:1-2

Practice: Choose three digital boundaries for the next month.

Question: What will help your technology serve worship, love, rest, and presence?

Small act: Write your three boundaries and share them with one trusted person.

YOUR RULE FOR THE NEXT MONTH

1.

2.

3.

KEEP IT FREE

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