

## Why Digital Distractions Lure Us.

- We use digital distractions to keep hard things away.
- We use digital distractions to keep people away.
- We use digital distractions to keep thoughts of eternity away.

## Questions we should ask ourselves regularly:

- Does my digital connectedness move me toward God or away from him?
- Does my digital connectedness edify me and others, or do they build anything of lasting value?
- Does my digital connectedness expose my freedom in Christ or my bondage to technology?

## 10 Boundaries to Consider

1. Turn off all nonessential push notifications.
2. Delete expired, nonessential, and time-wasting apps.
3. At night, keep your phone out of the bedroom.
4. Use a real alarm clock, not your phone alarm, to keep the phone out of your hands in the morning.
5. Guard your morning disciplines and evening sleep patterns by using phone settings to mute notifications.
6. Invite people closest to you to offer feedback on your phone habits.
7. Recognize that much of what you respond to quickly can wait. Respond at a later, more convenient time.
8. Use strategic points during the day to read and respond to emails.
9. When eating with people leave your phone out of sight.
10. At strategic moments, digitally detox your life and recalibrate your ultimate priorities.

## Resources: