

Digital Decluttering Inventory

Goal: Restoring Wholehearted Personal Attention

Any reference to “technology” or “device” can refer to phones, tablets, computers, TV or anything that requires your Wholehearted Personal Attention.

1. **Rhythms:** Is my use of technology making me more human or more like a machine?

- Engage devices immediately after waking up
- Engage devices immediately before going to bed
- Engage devices during down time (waiting in line, lull in conversation, commuting)
- No established daily or weekly break from devices

2. **Personal Space:** How often can I see, touch and hear my devices?

- Notifications (sound, vibration, etc) are usually on during waking hours
- At least one device at bedside during sleep
- Non-work device is within eyesight while I work
- Device on person (in pocket, on table, etc) during meals with others

3. **Content:** Does technology mediate the “true, good and beautiful” to me, or hook me on content that falls short of this vision?

- Check social media notifications (likes, comments, re-tweets) more than once/day
- Read news stories or gossip that have no bearing on life, work or responsibilities
- Checking scores, playing games, consuming that create no real-world value
- Other behavior that relieves short-term stress but causes long-term regret (gambling, shopping, porn, social media squabbles, bingeing shows)

What are 1-2 changes you would like to make to declutter your digital life this Lent?

For example: 1 day/week with phone off, no devices 1 hr before/after bed, pause social media

Resources for further reflection:

- [*The Good of Giving Up: Discovering the Freedom of Lent*](#) by Aaron Damiani
- [*The Common Rule: Habits of Purpose for an Age of Distraction*](#) by Justin Earley
- [*Digital Minimalism: Choosing a Focused Life in a Noisy World*](#) by Cal Newport
- [*Freedom App*](#): Blocks websites, email, apps for chunks of time to eliminate distractions.

Lenten Fasting Ideas

Lent is an opportunity to follow Jesus who was led into the wilderness by the Holy Spirit for 40 days of prayer and fasting. Together, we help each other say 'no' to all of the things that we consume and that consume us so that we can say 'yes' to the Lord. So many of us have no space for silence, speaking with and listening to the Lord, and receiving love, strength, and guidance from him.

- Take time to pray about God's invitation to you this Lent. What is he asking you to say 'no' to? What practices is he asking you to say 'yes' to? Write them down in your journal and share them with a prayer partner.
- God will invite everyone into their own practices. We don't need to share all of the details of our Lenten devotion with others if you don't want to and we don't need to judge others for what they may be doing or not doing.
- There are lots of ideas, but don't try to take on too much. Pick one or two things that create space and then a simple way to connect with God in prayer.

Remember, fasting is all about growing our desire and need for the Lord. When we fast, we realize our need for Jesus. When we fail at our fast, we realize our need for Jesus. So let's clear out space to meet with him, and if it's harder than we thought it would be, that just means we're recognizing how much more we need him than we thought.

Sabbath-keeping: Sabbath-keeping is a Biblical invitation to set aside one day a week to fast from work in order to connect with God. Maybe this Lent the Lord would invite you to begin keeping the sabbath for the first time or to renew a practice of sabbath-keeping. Decide what day you will hallow (eg: Saturday, Sunday, another day), what you will cease from (eg: work, email, technology), and what you will feast on (eg: good food, creation, the Bible, relationships).

Food: Fasting from food in order to pray connects our bodies and spirits in recognizing our hunger and need for God. If you have dietary or health restrictions or are a nursing mother, do not fast from food. If you have never fasted from food before, you could try it for the first time this Lent—perhaps on Ash Wednesday, Good Friday, or our Lenten Day of Prayer and Fasting. Another way to fast is to choose one type of food to fast from for all of Lent, like candy, alcohol, etc.

Technology: Technology and particularly screens and audio can fill up all of the extra space in our lives. Fasting from technology can create space to engage with the Lord. Here are a few ideas. Some of these sound drastic and difficult, so for each one there are different levels of intensity.

- Put your devices to bed before you do and wake up before your devices. Tip: put your charger out of reach; get an old fashioned alarm clock from goodwill; set a Bible on your nightstand open to the Psalms. Make prayer the last thing and first thing each day.
- You could try not listening to radio, podcasts, or any other sound in the car. Enjoy the silence and pray. Tip: Remove your phone input, and set your radio to static for the times you habitually turn them on.
- You could try getting off social media. Or only use social media one day a week. Or only use social media one hour a day. Use an app on your phone or computer to setup a block for when you click before you think.
- You could take a break from watching shows. Or only watching a show one night a week. Or one hour a day. Move the screen into a less convenient room. Or put it in the closet and just get it out when you're going to watch it.
- You could try no technology after 8pm, or on sabbath day, or only one hour a day with no tech (eg: try dinner and eat by candle light).