

UNPLUG YOUR ATTENTION

DEVOTIONAL GUIDE

Reclaim your focus. Rediscover your peace. Be present again.

Scripture

Luke 10:38–42; Psalm 46:10

Reflection

In a world shaped by alerts, updates, and constant motion, attention has become one of the most valuable and most fragile parts of our spiritual lives. We are rarely just doing one thing. Many of us live in a state of low-level distraction that we have come to accept as normal.

The Bible speaks often about focus, listening, and watchfulness. The wisdom of Proverbs tells us to guard our hearts, because everything we do flows from them. Jesus regularly stepped away from crowds and noise to pray in quiet places. The prophets called people to open their ears and eyes, not just to see the world more clearly, but to perceive what God is doing within it. In each case, spiritual clarity begins with attentiveness.

Modern neuroscience affirms what Scripture already knew: what we pay attention to, we begin to mirror. Over time, our habits of focus shape our emotions, decisions, and relationships. This is why Jesus' words to Martha are not only gentle but necessary. He knows how easily a good and faithful heart can become burdened, distracted, and pulled apart. And he offers her, and us, a better way.

Psalm 46 offers a similar invitation. Stillness is not passivity or escape. It is not about removing ourselves from the world but returning to what is real. It is a deliberate act of turning our minds and hearts toward the One who is already present. In stillness, we are reminded that our value does not come from constant movement or endless productivity. It allows us to reclaim the sacred space where our awareness of God changes how we move through the day.

Reflection Questions

- When do I feel most distracted or scattered? What tends to pull me in too many directions?
- What helps me move from reaction to presence, from multitasking to focus?
- Where in my life am I physically present but not spiritually or emotionally engaged?
- How might I practice stillness this week, not as escape but as a way to reconnect with God?

Prayer

God of peace and presence, I am pulled in many directions. But You are steady. You are here. Help me to unplug from the things that fragment my focus. Teach me to be still, so I might hear Your voice. Help me remember again who You are and who I am in You. Amen.

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DAILY PRACTICES

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Weekly Rhythm:

- Mon – Scripture & Reflection
- Tue – Digital Fast
- Wed – Presence Practice
- Thu – Listening or Prayer Focus
- Fri – Connection Challenge
- Sat – Sabbath or Rest Practice
- Sun – Worship Together (in person or online)

DAILY PRACTICES **FOR ADULTS**

Monday (Jan 19):

Read Luke 10:38-42 slowly. Notice which sister, Mary or Martha, you relate to most today. What might Jesus be inviting you to let go of, or pay closer attention to?

Tuesday (Jan 20):

Keep your phone in another room for the first hour of your day. Pay attention to how you begin the morning—your thoughts, habits, and focus. Start the day with a prayer or moment of quiet instead of scrolling.

Wednesday (Jan 21):

Choose one everyday task (e.g., washing dishes, folding laundry, driving, walking) and turn it into a prayer of attention. With each movement, breathe slowly and say: “In this moment, I am here. God is here.” Let the ordinary become sacred through your focus.

Thursday (Jan 22):

Set a timer for 5 minutes and sit in silence. As distractions come, gently return to this prayer: “Be still and know that God is God.” Let your inner noise settle.

Friday (Jan 23):

Share a screen-free meal with someone. No phone, no TV, no computer screens. Make eye contact. Listen well. Invite conversation with a question like, “What’s something that brought you life this week?”

Saturday (Jan 24):

Unplug from all media for two hours today. Do not scroll on social media, no tv shows or movies, no listening to podcasts or music. Let this be a Sabbath for your attention. Use the time to read, rest, walk, or simply be. Notice where your mind wanders when there’s no input.

DAILY PRACTICES **FOR KIDS**

Monday (Jan 19): Read the story of Mary and Martha (Luke 10:38-42) with a grown-up. Who do you think you’re more like—Mary or Martha? Talk about what it means to “pay attention to Jesus.”

Tuesday (Jan 20): Start your day without screens for the first hour—no games or videos! Instead, stretch, talk with someone, draw, or just enjoy breakfast. Can you feel the difference when your day starts quiet?

Wednesday (Jan 21): Look around at lunch or recess and just *watch* for a few minutes. Who's sitting alone? Who's laughing? Who might need a friend? Ask God to help you see people the way God sees them.

Thursday (Jan 22): Find a quiet place to sit. Close your eyes and take a few deep breaths. Say slowly in your mind: "*Be still... and know... God is here.*" Sit for 2 minutes and let your body and brain rest with God.

Friday (Jan 23): Eat a meal or snack with your family—no screens allowed! Talk about your day. Ask someone: "*What was your favorite part of today?*"

Saturday (Jan 24): Instead of screen time today, go outside for a little while. Look around and really *notice* what God made—trees, clouds, bugs, rocks, or sunshine. Say: "*Thank You, God, for what I see.*" Even the sky can be a reminder that God is with you.

DAILY PRACTICES **FOR YOUTH**

Monday (Jan 19): Read the story of Mary and Martha (Luke 10:38–42). Who do you relate to more right now—Martha (busy, distracted) or Mary (focused, present)? What might Jesus be inviting you to shift this week? Maybe it's less rushing and more listening.

Tuesday (Jan 20): Leave your phone in another room for the first hour after you wake up. No TikTok, no texts, no YouTube. Start your morning with quiet, music, prayer, or just a slow moment. How does your day feel when it starts with presence instead of pressure?

Wednesday (Jan 21): Today, stop and actually *notice* the space around you—your room, the hallway at school, the car. What do you see, hear, or feel that you usually miss? Say quietly: "*God, help me see what I usually ignore.*"

Thursday (Jan 22): Set a timer for 5 minutes and sit in silence—no phone, no music, no noise. Breathe deeply and slowly. As your mind wanders, gently come back to this prayer:

"Be still... and know... God is God."

This stillness can reset your whole day.

Friday (Jan 23): Have one screen-free meal with someone today—no phones, no scrolling. Make eye contact. Be curious. Ask: "*What was the best part of your day?*" or "*What made you laugh this week?*" Be fully there—it might be the best conversation you've had in a while.

Saturday (Jan 24): Take a 2-hour break from everything—no social media, no shows, no music, no noise. Let the silence make space. Go for a walk, stretch, draw, journal, or just rest. You don't have to fill the time—just be in it. *You're allowed to pause. God meets you there.*

Next Week's Theme: Unplug To Reconnect