
HERE NOW:

*Digital Detox
Journal Prompts*

Day One

Are you taking life for granted? Do you tune out and act like time is endless, wasting valuable moments you'll never get back? If so, reflect on this. What do you spend time on that could be better spent elsewhere? List them out or expand on one in particular.

Whatever you are going through is ground for building or tearing down a beautiful life. How can you accept God's plan and be present in it? What do you think "practicing presence" would look like in your life?

Day Two

Is the goodness of your life being drowned out by your baggage? Have you taken the time and found the courage to lay your baggage out and find what is consuming your heart and not allowing you to flourish? I encourage you to lay it down and list it out here and ask God to do the heavy lifting.

Are there places God wants to take you but you haven't gone yet? If so, ask yourself, do you trust God with your life? Do you trust him in the quiet spaces and the times of change? Write out your thoughts here.

Day Three

Do you get distracted by technology? Have you ever abandoned the familiarity of technology and went off the grid? If so, what was your experience? If not, what has stopped you from disconnecting?

Sometimes it is hard to distinguish the divide between what is real and what is fiction. If you sat social media aside, who are the closest people to you that you want to share your moments with?

What do you feel like when you are viewing other people's social media post? Does your social media portrays the reality of your life or do you feel like you can't be yourself?

Day Four

Reflect on the season you are in now. If you are feeling discontent, what are the sources of these feelings?

Do you ever give yourself time to just sit at Jesus's feet? How do you feel after spending time with God? If you haven't take a second to ask yourself, why not?

Think of all that God has created for you to enjoy. Do you have a favorite place to sit and enjoy his creation? If so, what is one of your most memorable moments there?

Day Five

Imagine getting an evacuation notice and being forced to decide what prize possession you pack up to take with you. In a time like this, you are forced to take stock of the true value of things. What would you choose to take with you? Make a list here of what you might take, but ultimately try to choose just one.

The question of what matters most hits hard when faced with loss. Think of the material possessions you own that hold your heart. Why is it so hard to let go of these things?

Day Six

Moments add up to create your life. The edits you make to your life affect the direction these moments take. Have you opened your heart to see what God is trying to show you about what needs work in your life? What “life edits” have you made in the past. Or, are there “life edits” you need to make now? If so, what makes you think this?

Everyone has something useful, lovely, and powerful to bring to the table. You are equipped to make a difference and are being called to do so. What are your gifts that can make a difference? List them here.

Comparing yourself to others can cause fear that you’re not good enough or you’re insignificant. Yet God has created you with a gift to make a difference. How can you stop comparing yourself to others?

Day Seven

Take a few minutes to reflect on your life and where you are now. Most likely, what you see does not fit the script you had written for yourself. How would you describe your current season of life? What steps can you take in this season to be more present and intentional?

Looking back on your life, recall all of the seasons you went through. Whether they be good or bad there was a reason for each one. What advice would you give your younger self during some of your biggest struggles? What advice do you think your future self would offer you? Write these out as a letters here.

