

# THE BRIDGE DIGITAL CHALLENGE

For 28 days, we are intentionally removing digital distractions to see what happens when we embrace limits. Here are some challenges to consider incorporating.

## CONNECT WITH GOD

- ☐ Start your day with God in prayer or scripture before checking your phone.
- ☐ Take a prayer walk without devices.
- ☐ Replace screen time with scripture reading.
- ☐ Sabbath from screens one day a week.
- ☐ Keep a prayer journal during the digital challenge.
- ☐ If you typically read scripture on a digital app, read in a physical Bible for these 28 days.

## CONNECT WITH OTHERS

- ☐ Institute no phones at the dinner table.
- ☐ Eat at least one meal a day with no screens and reflect on what you notice.
- ☐ Incorporate intentional table conversation at your meals. Helpful resources could include Every Table conversation cards or Gratikubes (available in the Resource area on Sundays).
- ☐ Host a game night with board games and no screens.
- ☐ Call a friend instead of texting.
- ☐ Implement a “car time is conversation time” as a family, avoiding using screens for entertainment.

## REDUCE DIGITAL DISTRACTIONS

- ☐ Turn off notifications (except for calls and texts).
- ☐ Move all non-essential apps off your phone.
- ☐ Set a bedtime for your phone—putting it away in a designated place outside of your bedroom.
- ☐ Put your phone away for an hour each evening.
- ☐ Cut your screen time in half / Challenge your family or Bridge Group to see who can reduce their daily average screen time the most.
- ☐ Partner with a friend or family member to set screen time limits on your phone so that certain apps shut down after a certain amount of time each day (and let them choose and know the passcode).

## PRACTICE DIGITAL BOUNDARIES

- ☐ Remove social media apps from your phone.
- ☐ Eliminate personal streaming for an extended period of time.
- ☐ Abstain from using personal screens for leisure (e.g., scrolling, web browsing, etc.).
- ☐ Keep a handwritten reflective journal to observe differences you notice within yourself, others, and God during the digital challenge.
- ☐ Establish “Screen-Free Zones” in your home, such as the bedroom, dining room, or a designated quiet space.

*unplugged*

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