

WEEK 1

The Price of Your Device

VERSE:

**“Turn my eyes from looking
at worthless things; give
me life in your ways.”
- Psalm 119:37**

TRUTH:

We become what we behold.

WEEK 2

We Were Made for Limits

VERSE:

**“Be still, and know that I am
God.”- Psalm 46:10**

TRUTH:

**You don't have to do it all
--trust the One who can.**



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WEEK 3

The Joy of Missing Out

VERSE:

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

- Romans 12:2

TRUTH:

Missing out on the world's noise makes space for God's voice.

WEEK 4

The Digital Rule of Life

VERSE:

“Cast all your anxiety on Him because He cares for you.”

- 1 Peter 5:7

TRUTH:

What fills your mind will form your life --choose wisely.



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