

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER *Discovery*

Episode #97

How to Cut the Crazy and Balance Your Digital Life



How to Cut the Crazy and Balance Your Digital Life

Discovery Verse

1 John 5:21 (NLT)

Dear children, keep away from anything
that might take God's place in your hearts.

Grow Your Grit

Embrace God's Grace

Discovery Quote

"We Google everything until we no longer go to God first.
Instead, we go to Google first." ~Arlene Pellicane

Digging Deeper

1. Where do I depend on technology, that I could put my trust in God instead?

2. Journal a bit about these prompts for a bit...

H – Hold down the off button:

3. A – Always put people first:

4. B- Brush daily. Live with a clean conscience:

4. I – I will go online with purpose:

5. T- Take a hike! Actually get outside in God's creation:

Discovery Prayer

Dear Jesus,
Help me to create new habits around my use of technology.
I want you to be the first and most important source
of help and love in my life.
Amen



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