

Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



DIGGING DEEPER

Devotional

Episode #98

Daring Decisions for Your Highest Screen-Time Standards



Daring Decisions for Your Highest Screen-Time Standards

Devotional Verse

Exodus 20:2-3

"I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me."

Bad Rule

I need my phone.

Focus on the Truth

I need God, but my phone can be a useful tool.

Devotional Quote

"When I'm constantly twitching to reach for something else...
I think then it's become a drug. "

~Cheri Gregory

Digging Deeper

1. How many times do I reach for my phone (or other technology) daily?

2. Do I pivot toward people and away from technology?

3. How do I feel in my conscience about how I use technology?

4. Does my behavior reflect my values in regard to technology?

5. When have I left technology behind to go outside? How can I increase that?

Devotional Prayer

Dear Jesus,

I don't want to be "normal" when it comes to technology.
I want to be the exception that prioritizes you, those I love
and living life in the REAL world. Help me to be honest with myself
and change what needs to be changed.

Amen.



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