



This week try the practice of Unplugging. Listen to Christ’s invitation to “Come away to a quiet place.” Purposefully unplug from technology to draw closer to Jesus. Suggestions for unplugging:

- Each week choose one day to unplug.
- Each day choose an hour or two to unplug.
- Choose a period of time to fast from social media.
- Limit your technology time.

As you unplug, read and meditate on God’s Word. The readings listed below are verses on quiet and rest. You might want to journal about the experience or what you learned from the verses.

day one

Scriptures: Psalm 131:2 and Mark 6:31

Journal:

day two

Scripture: Psalm 46:10 and Isaiah 30:15

Journal:

day three

Scripture: Psalm 37:7 and Psalm 62:5

Journal:

day four

Scripture: Psalm 116:7 and Ecclesiastes 4:6

Journal:

day five

Scripture: Psalm 23:2-3 and Matthew 11:28

Journal: