

DIGITAL RULE OF LIFE

A simple guide for shaping healthy, Christ-centered digital habits.

1. BEGIN WITH PURPOSE

Write a 1–2 sentence purpose statement describing why you want healthier tech habits and who God is forming you to become.

*Examples: "I want my digital life to support prayer, presence, and peace."
"I want my attention shaped by Jesus, not by algorithms."*

My Purpose: _____

2. IDENTIFY DIGITAL DISTRACTIONS

Name where technology most often pulls you away from presence or peace.

Examples: endless scrolling, constant email checking, social comparison, late-night screens, news overload

My Top Distractions: _____

(CORE PRACTICE) 3. SET ATTENTION RHYTHMS

Choose 1–2 daily rhythms and 1 weekly rhythm that train your attention toward God and others.

*Daily: Scripture before screens • no phone first 30 minutes • no screens at meals
Weekly: 12–24 hr Digital Sabbath • one tech-free evening • phone-free family night*

Daily: _____ **Weekly:** _____

4. SET SIMPLE BOUNDARIES

Choose 2–3 clear, sustainable boundaries that protect what matters most.

*Examples: social media limits • no scrolling after ____ PM • phone outside bedroom
• news once per day • Do Not Disturb during prayer/work*

1. _____ **2.** _____ **3.** _____

5. ADD ONE REDEMPTIVE PRACTICE

Choose one way to use technology for formation, not distraction.

*Examples: YouVersion App, Lectio 365 App, BibleProject App • gratitude note
• daily message of encouragement • prayer reminders*

My Redemptive Practice: _____

6. COMMIT AND REVIEW

Share your rule with a trusted friend or group. Review monthly and ask:

What's giving life? What needs adjusting?