

# UNPLUG

Bombarded with email? Stressed out about social media? Unplugging (aka taking a brief break from the internet, social media, email, texting, TV, or whatever technology that distracts you) may be just what you need to recharge your energy.

Here are simple ways to unplug from anything that causes fear, anxiety or distraction:

- Eat breakfast or drink a cup of coffee without checking your phone.
- Watch a movie from start to finish without doing other things.
- Listen to an album all the way through without doing something else.
- Focus on the art of listening instead of talking.
- Dive into a novel and commit to reading it without distraction.
- Play a board game or cards with a couple friends.
- Capture to do's in a notebook instead of multitasking.
- Instill a morning ritual to start your day off on a positive note.
- Declutter your desk to eliminate distractions.
- Detox from technology once a week: "Screen-Free Sunday."
- Allocate one day of the week to cleaning, rather than being distracted by clutter/dust on a daily basis.
- Slow down your evenings with nightly rituals.

*67% of cell phone owners check their phone for messages, alerts or calls - even when they don't notice their phone ringing or vibrating.*

*Traditional TV viewing eats up over six days (144 hours, 54 minutes) worth of time per month.*

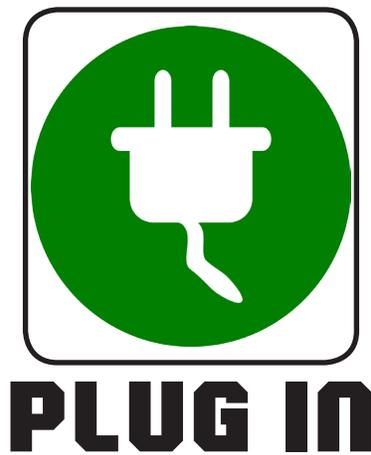
*Some researchers have begun labeling "cell phone checking" as the new yawn because of its contagious nature.*

*88% of U.S. consumers use mobile devices as a second screen even while watching television.*

*84% of cell phone users claim they could not go a single day without their device.*

*Almost half of cell owners have slept with their phone next to their bed because they wanted to make sure they didn't miss any calls.*

*Studies indicate some mobile device owners check their devices every 6.5 minutes.*



Here are simple resources and practices to plug into so you can renew your faith:

### **Websites**

- Frederick Buechner “Quote of the Day” - <http://www.frederickbuechner.com/quote-of-the-day>
- Thomas Merton “Spiritual Practices for Everyday Life” - <http://www.spiritualityandpractice.com/practices/features>
- Center for Action and Contemplation “Daily Meditations” - <https://cac.org/category/daily-meditations/>
- Luther Seminary “God Pause” - <https://www.luthersem.edu/godpause/>
- United Church of Christ “Stillspeaking Devotionals” - [http://www.ucc.org/daily\\_devotional](http://www.ucc.org/daily_devotional)
- Ignatian Spirituality “The Daily Examen” - <http://www.ignatianspirituality.com/ignatian-prayer/the-examen>
- Richard Rohr, Center of Spirituality and Contemplation - <https://cac.org/>
- Contemplative Monk - [www.contemplativemonk.com](http://www.contemplativemonk.com)

### **Mobile Apps**

- Upper Room Devotional Lite
- Luther’s Small Catechism
- NRSV Bible
- Reimagining the Examen by Loyola Press
- 3-Minute Retreat
- Sacred Space Daily Prayer
- The Book of Common Prayer by Logos Creative
- Centering Prayer by Contemplative Outreach

### **Books**

- Brueggemann, Walter; *A Way Other than Our Own -- Devotions for Lent*. Westminster John Knox Press, 2016.
- Bonhoeffer, Dietrich; *God Is on the Cross -- Reflections on Lent and Easter*. Westminster John Knox Press, 2012.
- Wright, N.T.; *Lent for Everyone: Matthew, Year A: A Daily Devotional*. Westminster John Knox Press, 2013.
- MacBeth, Sybil; *Pray and Color: A coloring book and guide to prayer*. Paraclete Press, 2016.
- Vinita Hampton Wright, Ms. Margaret Silf; *Daily Inspiration for Women*. Loyola Press, Chicago, Il. 2013.
- Randy McKim; *Moments with Martin Luther: 95 Daily Devotions*. Westminster John Knox Press, 2016.
- Randy Petersen and Robin Shreeves; *The One Year Women in Christian History Devotional: Daily Inspirations from God’s Work in the Lives of Women*. Loyola Press, Chicago Il. 2014.
- IBOC Moravian Church (Editor); *Moravian Daily Texts 2017 North American Edition: A Devotional Guide for Every Day*.
- Jan Johnson; *Meeting God in Scripture: A Hands-On Guide to Lectio Divina*. InterVarsity Press, Downers Grove, Il. 2016.