

# STAYING HUMAN IN A WORLD OF DEVICES

jubilee  
CCO  
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A FREE GUIDE TO ACCOMPANY AMY CROUCH'S JUBILEE 2023 WORKSHOP

Think about the role of technology and screens in the world. **How does it bring good things?**

**What do you appreciate about this world that has technology in it?**

**How do you see technology bringing bad things to your life or the world?**

**What is something you wish you could change?**

*Dear God,  
You are the restorer of all things.  
I pray that you reveal the areas where I  
am relying too much on technology  
instead of you. I don't want to be so  
distracted. that I don't pay attention to  
the good you have for me.  
Amen.*

## SUGGESTED SPIRITUAL DISCIPLINES

Amy Crouch recommends three spiritual disciplines for re-evaluating our relationship with technology and putting screens down to focus more on the Lord's presence. We recommend picking one and committing to the practice for a period of time (1, 2, 3, or 4 weeks).

### FASTING

- Spend the first half hour and last half hour of your day without screens
- Only watch shows or movies in community with others, never on your own.

### CONTEMPLATION

- Build in time every day where you are sitting alone with you and God without screens present.

### CONFESSION

- Confess to the Lord in prayer where you prioritize screens over time with Him.
- Speak openly about the joys and challenges of technology in our physical and spiritual lives