

# SPIRITUAL DIGITAL HYGIENE

Individuals

## BEST PRACTICES FOR SPIRITUAL DIGITAL HYGIENE

**1**

### CONSIDER DOING A DIGITAL DETOX

- Try one week without non-work social media/Internet/TV use
- Keep a journal of your feelings and emotions

### SET A LIMIT ON YOUR MEDIA USAGE

- Identify 2 healthy hobbies/activities to do instead
- Track your usage with apps

**2**

**3**

### BE MINDFUL OF YOUR BEHAVIOR ONLINE

- Use the Bible's Filter:  
Phil. 4:8

### ADOPT A NO-DEVICE RULE DURING SOCIAL GATHERINGS

- This will be a challenge. Don't just catalogue moments, enjoy them

**4**

**5**

### TURN OFF NOTIFICATIONS AND DELETE UNUSED APPS AND SOFTWARE

### DETERMINE HOW YOU WILL USE MEDIA TO DEEPEN YOUR WALK WITH GOD AND MINISTER TO OTHERS

**6**

**7**

### WHEN ASKED, SHARE YOUR SPIRITUAL MEDIA HYGIENE HABITS WITH OTHERS, AND WHY YOU HAVE CHOSEN TO TAKE THESE STEPS