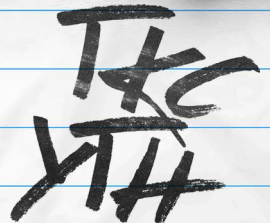




DIGITAL DETOX

SESSION GUIDES AND GUIDELINES

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TFC
YTH



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INTRODUCTION

Dear youth pastor/volunteer/parent/carer/champion of young people,

We're thrilled that you're joining the Thy Kingdom Come (TKC) prayer movement this year. As well as the Digital Detox Journal for young people, which will take them through a guided exploration of the Lord's Prayer, we thought it might be helpful to create three session guides for you to use over the course of TKC, to complement the journal. Before we get into the sessions, take some time to read through the next page, which hopefully provides you with a bit more detail to ensure you get the most out of these guides.

What is Thy Kingdom Come?

Thy Kingdom Come is a global ecumenical prayer movement that invites Christians all around the world to pray for 11 days (from Ascension all the way to Pentecost) for more people to come to know Jesus. What started in 2016 as an invitation from the Archbishops of Canterbury and York to the Church of England has grown into an international and ecumenical call to prayer. Since it began in May 2016, God has grown TKC from a dream of possibility into a movement which unites more than a million Christians in prayer, in nearly 90% of countries worldwide, across 85 different denominations and traditions, so that friends and family, neighbours and colleagues, might come to faith in Jesus Christ.

How to use these guides:

The short answer is, in any way you like! Feel free to read these guides and run them word for word, or read them and take out/add/change bits to better suit your context. Here are some ways that we think you could use them.

1. On three Sundays. The first being the Sunday before Ascension Day (Sunday the 25th of May), second on the 1st of June, and third on Pentecost Sunday (8th of June).
2. During midweek spaces throughout the time between Ascension and Pentecost.
3. As a guide in conversations with young people during 1:1 catch-ups whilst completing the Digital Detox Journal together.

Use these session guides in any way that will help you best. But do make sure that you read them fully before you're face-to-face with a young person! Some of the content is there just for you leaders. You'll also realise that during small group segments, there may be more questions than you'll need. You don't need to use them all! Use as many as you have time for, pick and choose the best ones for your setting, and don't worry if conversation strays away from them.

What exactly is VIP 3?

'VIP 3' is a phrase that we use throughout the Digital Detox Journal, and is a helpful way to commit to praying for friends/family/those around us. We explain to the young people what this is at the beginning of their journal, but we thought it would be helpful to mention it here too. VIP 3 is a Very Important Prayer, for a Very Important Person, for a Very Important Purpose. The TKC movement is all about praying for more people to come to know Jesus. We want to give young people the opportunity before they start the journal to choose the names of three people that they'll commit to praying for over the next three days, three weeks, three months, three years, (or at least for the duration of the journal!). We want to encourage them to pray that these three people come to know Jesus. They might even decide to invite them to complete the journal with them.

Why digital detox?

Sometimes when people see the phrase 'digital detox' they assume that there's a deep hatred for tech, that isn't the case here! In fact, we love technology and use it often. Sometimes though, the tech that is meant to help us becomes the thing that we're deeply dependent on. So dependent in fact that we struggle to be without it. The Digital Detox Journal is an invitation to young people (and leaders alike!) to put aside a couple of minutes each day to lay down their devices and come to God with their whole heart, mind, and attention. All a digital detox is, is a chance for us to have a breather from the relentlessness that is the digital world. Sometimes it's good to take our eyes off a screen (however much we don't want to!).

We've put together some guidelines for how churches can do a digital detox, complete with sample routes and timelines for how you could run them. If you're interested in finding out more, keep reading!



THY KINGDOM COME

Session One – INVITATION

Note to leaders: We recommend running this session on either the Sunday before Ascension Day (the 25th of May), on Ascension Day itself, or towards the beginning of TKC. This session is meant to be an invitation to the young people to take home the Digital Detox Journal and join with this global ecumenical prayer movement.

Objective:

- To explore how we can **live out our faith** in the world.
- To reflect on **Ascension Day** and what that means for Christians today.
- To invite young people to **join the TKC** global prayer movement.

1. Optional game and session intro: ‘Up, up, and away!’

Provide young people with either a balloon or ball (a crumpled up piece of paper works too!) Take it in turns to time young people and see who can keep their ball up in the air the longest. Gather young people together and introduce the session. You could say something like:

‘Ascension Day is the moment when Jesus physically left earth and returned to heaven, but it wasn’t just a goodbye - it was the beginning of something huge! After Jesus rose from the dead, he spent 40 days with his disciples, teaching them and showing them he was alive. Then, in Acts 1:9-11, he ascended (rose up) into the sky while his disciples watched. Two angels then appeared and told them he would come back the same way one day. Ascension Day isn’t just about Jesus leaving – it’s about the mission he gave us and the power he promised to help us live it out!’

2. The story: understanding the Ascension

- Read **Acts 1:6-11** (or use a short, engaging video which you have found online).
- Discussion questions:
 - » If you were standing with the disciples watching Jesus ascend, how do you think you would have reacted? What would you have been feeling?

- » In the passage we read about the disciples getting a bit confused! They ask Jesus if he's planning on doing one thing, when he's actually doing something else (v. 6). Do you ever find it difficult to understand what Jesus is doing in scripture or in your own life?
 - » Why do you think that we sometimes have limited expectations of what God is doing in our lives? (AKA, why do we sometimes put God in a box?)
 - » Read v. 7 again. How does Jesus' answer make you feel? (Comforted, anxious, safe, annoyed, etc?).
 - » Why do you think God doesn't always give us specific answers to all our questions or concerns?
- At the end of your discussion, you may want to say something like:

'It can be easy to read about the ascension and think, "so what now?". Like we said before, Jesus ascending into Heaven isn't where this all ends. Although Jesus isn't physically with us on earth anymore, he left us with quite an important task to be getting on with.'

3. Discussion: so what now?

- **The Great Commission (Matthew 28:19-20)** – Jesus' final instructions.
- In small groups discuss:
 - » Has anyone read this or heard it being said before? If so, what does that instruction mean to you?
 - » What do you think it means to 'make disciples'?
 - » In the verse, Jesus makes a point of saying 'all nations'. Why do you think he did this? What can we learn about God's heart for the world from this?
 - » In v. 20 Jesus says we should teach others to obey everything he has commanded. What are some key things Jesus taught that you think we should pass on to others?
 - » Do you find it easy or more difficult to share your faith with others? Why?
 - » Have you ever tried to share your faith with others? If yes, what happened when you did? If not, is there anything stopping you?

4. Personal reflection: what's my mission?

- You could either pass round pens and paper for this, or ask them to reflect in their heads:
 - » If you could ask Jesus one thing before he left, what would it be?
 - » What is one way you can continue his mission in your daily life (school, friendships, online presence)?
- Optional: Share responses in pairs or small groups.

5. Closing: Prayer and invitation

- Encourage them to take a copy of the TKC Digital Detox Journal home with them. Let them know that they won't be doing it alone! They'll be joining with young people from around the world, and there'll be chances to 'check-in' along the way.
- Pray for the group that over the next 11 days they'll grow closer to God and bolder in faith.

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THY KINGDOM COME

Session Two – HIS WILL

Note to leaders: If you're running this session on Sunday 1st of June, then this falls on the fourth day of the Digital Detox Journal where we focus on the line 'Your will be done, on earth as it is in heaven'. We've therefore written this session with that in mind. However, you could also run this session as a mid-point throughout TKC. This session is all about His will, a chance for young people to explore what living out God's will means in their lives.

- To understand what **God's will** means.
- To explore how we can **live out God's will** in everyday life.
- To reflect on how we can help bring **heaven's values to earth**.

1. Optional game and session intro: 'Your paradise'

- Hand out paper and pens to the young people (if you have time, you could also pick up some newspapers/magazines, or print out some stock images before the session for young people to rip out pictures/words from).
- Explain to the young people that we'll be exploring what it means for God's will to be done here on earth, as it is in heaven.
- Give them some time to design their own paradise. They might want to draw/write or rip out pictures from the papers/magazines, if you're using those.
- Ask them to talk through their paradise to the group, if they feel comfortable.

2. Understanding the verse

Read Matthew 6:9-13 (The Lord's Prayer)

Focus on Matthew 6:10 – 'Your will be done, on earth as it is in heaven.'

Discussion questions:

- This verse is calling Christians around the world to pray for God's will to be done on earth. Do you find this an easy thing to pray? Why?
- What do you think God's will looks like?
- Why do you think it can be difficult to choose God's will over our own sometimes?
- Sometimes it's hard to put God's will above our own (especially when we think we're right!). Can you think of a time when you definitely thought you were right, but it turned out you were actually wrong? How did you feel in that situation?

- Can you think of an area in your life where you think you're choosing your own will over God's will? (They don't have to share this if they don't want to, but it's good for them to ask themselves the question and become aware.)
- How do you think heaven is different from earth?
- Why do you think Jesus tells us to pray for God's will to happen on earth?
- What do you think would be the biggest difference in your local community if it looked more like heaven?

3. Living out God's will

What does God's will look like in action? (e.g. showing justice, extending kindness, forgiving others, serving those around us, being loving, telling the truth). Think about answers together, feel free to have them write their thoughts on a shared, large piece of paper.

- In small groups discuss:
 - » Are there any areas of the world or your local community where you see people not following God's will? Where? How does it make you feel?
 - » Look at the answers that you wrote down, is there one that you struggle with more than others? Why?
 - » What small things can we do to bring heaven's values into everyday life (home, school, friendships, social media)?
 - » Look at the things that you wrote down again, is there one that you can commit to implementing in your coming week?

4. Response

- Give each person a card/piece of paper. Ask them to write the words '**On earth as it is in heaven**' at the top. Encourage them to write one practical way they can live out this prayer in the coming week. If they have a phone, maybe they can put the paper in their phone case, or in their Bible: basically somewhere that they'll see it often as a reminder to them throughout the week!

THY KINGDOM COME

Session Three – EMPOWERED TO SHARE

Note to leaders: We recommend either running this session on Pentecost Sunday, 8th of June (the last day of the digital detox journal!), or as a session on evangelism at the end of TKC. This session is all about empowering young people to share the Gospel, and to encourage them to maintain the daily habit of connecting with God, even after TKC has ended.

Objective:

- To understand the **story and significance of Pentecost**.
- To explore how the **Holy Spirit empowers us for evangelism**.
- To encourage young people to **step out in faith and share Jesus**.

1. Optional game and intro: ‘Just a minute!’

- Nominate one young person at a time to speak about a certain subject for one minute. If you want an extra challenge, have the other young people pick the topic for them!
- Let them know that if they stop or use any filler words (‘ummm’, ‘errr’ etc.) then they’re out, or have to start the timer again!
- Ask them to reflect on how easy/difficult they found this.
- Tell them that in today’s session we’ll be exploring **how the Holy Spirit gives us the words and the boldness to share our faith**.

2. The story of Pentecost

Read Acts 2:1-13 – The coming of the Holy Spirit.

Optional: Show a short video of the Pentecost story. Take a look online, or google the Bible Project video on Pentecost.

Discussion questions:

- Have you ever heard of people talking about being ‘filled’ with the Holy Spirit? Have you ever experienced this yourself?
- In the verses we read that people in the crowd reacted in different ways to the disciples experiencing the Holy Spirit. If you were there, how would you have reacted?

- The Holy Spirit gave the people there the ability to speak in different languages – why do you think that was important?
- Why do you think God chose to send the Holy Spirit in such a dramatic way?
- How do you think the disciples felt before and after receiving the Holy Spirit?

After your discussion, you could say something like:

‘When read alone, these verses can seem a bit random! It’s important to remember the purpose of the Holy Spirit. God sent the Holy Spirit to His followers to give them power, courage, and the ability to share Jesus with the world. Jesus called us to “go and make disciples of all nations”, but he knew that we couldn’t do it alone! The same Holy Spirit that came at Pentecost is still with us today, giving us strength, guidance, and courage to live for Jesus.’

3. The Holy Spirit and Evangelism

Key scriptures: Acts 2:14-41 - Peter preaches, and 3,000 people believe! Matthew 28:19 - before Jesus ascended into Heaven, he told his disciples (and us!) to go and make disciples of all nations.

Key discussion points:

- Before Pentecost, Peter denied Jesus three times. After Pentecost, he boldly preached to thousands. What do you think changed in his life to allow him to do this?
- When you think about this command, how do you feel? (Excited, nervous, expectant, etc?).
- Peter preached to a lot of people! How do you think we can share the Gospel if we don’t enjoy standing on a stage or doing lots of public speaking?
- In Acts 2, we’re reminded that God’s spirit is for all. How does this make you feel? (God loves those that you struggle to like!)

Round up the discussion. You could say something like:

‘Jesus commands us to go and tell others about Him, to share our faith and to make disciples of all nations. Even if the idea of this makes you nervous, remember, you don’t have to do it alone. This huge task is possible with the help of the Holy Spirit. He gives us the words to say, the courage to speak, and He has the power to change hearts.’

4. Responding to the Holy Spirit's call

- Practical evangelism challenge:
 - » Ask: 'Who are your VIP 3?'
 - » Encourage young people to write down the names of their VIP 3 and to pray for an opportunity to share their faith with them this week. (If you have anything coming up in your church/local community, this would be a great time to encourage young people to invite their VIP 3 along to that too.)

- Prayer Time:
 - » Ask the Holy Spirit for boldness and opportunities to share the Gospel.
 - » Invite those who want to be prayed for to receive confidence and guidance.

5. Closing and challenge

Key thought: Pentecost wasn't just for the disciples – it's for us today! The Holy Spirit gives us power to share Jesus with the world.

Challenge: Even though TKC 11 days of prayer has come to an end, can you commit to asking the Holy Spirit every day this week:

- Who do you want me to talk to?
- What do you want me to say?
- How can I be bold for You?

Where next?

PLEASE CHECK OUT



cofe.io/TwentyEightNineteen

28:19 exists to build a community of young evangelists across the Church of England who are empowered and released to answer the call of The Great Commission, making disciples of Jesus in their communities, nation, and beyond.

We hope this resource will help you as you develop a culture of invitation and peer to peer evangelism with your young people.



DIGITAL DETOX

UNPLUG TO RECONNECT:

By now, you'll have probably heard the phrase 'digital detox'. In the context of a church or youth group, it simply means to dedicate some time to lay down our devices, and fully centre ourselves around connecting with and hearing from God. We thought it might be helpful to put together this short guide, a 'how to' if you will, on running your own digital detox. We're aware that every context is different, and there isn't a 'one size fits all' approach when it comes to youth work. Because of this, you'll find that we've tried to incorporate different versions of digital detox. In this handbook you'll find guidelines on how to run one during:

- **a church service**
- **a youth session**
- **an overnighter**

Alongside guidelines on these different routes, we've also included ideas around how we'd break up the timings of the events, as well as some promotional assets you could use to engage young people and the wider church/community. There are also lots of downloads and other useful resources available on the Thy Kingdom Come website e.g. videos and Digital Detox branded drawstring bags.

Before running a digital detox in any context, there are some things you'll want to consider:

1. **Who is this digital detox for? (If in a service, are you inviting all congregants regardless of age to join, or are you just aiming for the young people?)**
2. **Will you have a dedicated place for people to drop their phones/devices? If so, when will this happen?**
3. **Do you have a safe check-in/out system in place?**
4. **Will this be a detox from all tech throughout the event, or just certain devices?**
5. **How will you explain a digital detox to a young person in a way that motivates and excites them to join in?**
6. **What alternative activities will you plan to keep people engaged?**
7. **How will you end your digital detox?**
8. **Will you follow up with young people following the digital detox experience? If so, how?**

Don't let the questions and advanced planning that's needed put you off from running these events. That's where we come in! Below, we've split up the questions from above, and sort to cover as many bases as possible.

1 Who is this digital detox for? (If in a service, are you inviting all congregants regardless of age to join, or are you just aiming for the young people?)

It's important to know who the digital detox is for before you begin an event. This way, you can ensure that you're targeting the right audience with your communication and expectations. If you're running a digital detox during a church service, then why not extend the invitation to all people present to join in (it's not just young people that could do with a break from tech!). If you decide to keep it youth-centred, then you may want to think about having a 'youth zone' where all young people and leaders who are partaking in the detox throughout the service can come and sit together.

When running a digital detox of any kind, we find that having an 'opt-in' approach is helpful. This is especially true if you're running the event during a church service where you may have unsuspecting members of the public joining for the first time, and all of a sudden they're having their phones pried out of their hands!

Whether you're running this during a multigenerational church service or in youth specific space, we'd encourage you to lead by example. It's hard to encourage young people to enter into a space of digital detox if we as leaders are standing at the side, unintentionally doom scrolling – don't worry, we've all been there.

2 Will you have a dedicated place for people to drop their phones/devices? If so, when will this happen?

Physically 'surrendering' your device acts as a symbolic step towards laying down distractions. So, where possible, we would recommend doing so. If, however, you don't have a safe storage option available to you, then fear not! You can simply ask young people/partakers to switch off their devices and store them away in their bags/jackets/pockets.

If you're keen to physically 'surrender' the devices during the event, then you can either use the Digital Detox branded bags for each individual phone/device, or simply use a locker or box that you have hanging around. Being able to store them in a secure place, either a locker, safe, or room that can be locked with limited access, is an important step. If you're choosing to take this path, then we recommend having a point person who has responsibility for keeping an eye on the storage box/locker.

Whether you've decided to physically 'surrender' the devices, or simply ask people to turn them off and put them away, we'd recommend marking the moment in some way. Doing so allows you the chance to elaborate on the reasons for and the heart behind your digital detox. We've found that this also helps to avoid any confusion if anyone has come along for the first time – it's also a great time to explain in detail the check-in/out system that you've got in place.

3 Do you have a safe check-in/out system in place?

There are a number of different ways for you to do this. If you're using the branded Digital Detox bags (and you're dealing with a manageable sized group), then there is a place for each person to write their name to ensure that no one goes home with the wrong device. Alternatively, we recommend implementing a ticketed system. When a young person checks in their device, attach a raffle ticket to said device, and give the young person the matching raffle ticket for them to hand back in at the end of the event to get their device back (much like the system at lots of commercial cloak rooms).

In order for this to run smoothly, we suggest assigning specific team members to oversee this 'station'. The bigger your group, the bigger the team you may need to help with this. Marking out some kind of traffic system helps with this process too, and ensures that your check-in/out team doesn't get ambushed!

4 Will this be a detox from all tech throughout the event, or just certain devices?

This is a helpful question for you to reflect on before the event, as your decision will impact the activities and resources that you use during the digital detox itself. Technology is all around us and, at its core, we don't think it's bad! It would be easy to hear the words 'digital detox' and think that we're telling you to turn off all the power including the lights. You'll be pleased to hear, we're not! If you'd like to go full detox and remove all types of screens during your event, then that's great! But it's also okay to still utilise certain tech, such as music or podcast platforms, to help guide young people into deeper connection with God.

Why not try incorporating different levels of detox during the event? For example, you could have times of guided reflection using an app, and then times of stillness with no screens or external input at all. There are many types of detox options – no one way is better than the other, do what suits your context and young people best.

5 How will you explain a digital detox to a young person in a way that motivates and excites them to join in?

‘We’re going to be running something called a digital detox where we’ll take your phones away from you so you can’t talk to any of your mates or go on social media. But don’t worry, we think this will help you to connect with God’. Saying something like this and asking someone to put down the little device that helps them to connect with the rest of the world, isn’t a helpful way to communicate the idea, neither is it particularly fun or engaging, regardless of age!

There are however, many ways to talk about a digital detox that will bring young people on side with the whole idea, and even get them encouraging their friends to join in too. Firstly, see if you can frame it as a challenge, not a punishment! We don’t want young people to feel like they’re being told off, instead, we want to encourage them to push themselves outside of their comfort zone and to try something new. Secondly, if you can, try and involve young people in the planning process. This doesn’t have to be a huge part of the planning, it could be as simple as asking a young person what song of worship should be sung, or what kind of snack they think should be available. As soon as a young person has had their say and knows that it’ll be implemented, there’s a feeling of ownership over the event now that wasn’t there before. It moves to a gathering that is ‘led’ by young people and hosted by you, the leader. It’s much easier for young people to get their peers on side with something they’ve designed and had input with.

6 What alternative activities will you plan to keep people engaged?

Ensuring you have this step planned out beforehand, can be really key in engaging young people during the run up to the event, and helping with the challenges of exciting and motivating them that we discussed in question 5. The limit does not exist when it comes to activities to keep people engaged throughout a digital detox, but we thought we’d list a few here. One of the key elements, we think, in a successful digital detox, is ensuring that you have multiple zones for young people to explore throughout your event.

If you have a space which allows for it, maybe you could have different rooms in the building allocated to different styles of prayer and worship, with a leader in each helping to facilitate engagement.

If you're running your detox in one room, think about how you could break up the space by using different sides and corners to implement the same effect. Again, with a leader at each zone to help.

If you'd rather do your detox all together, you could think about breaking up your time into sections. This way, although you don't have different 'zones', it still allows young people to explore different types of activities and styles of prayer and worship.

Here are some different 'zones' that you could use:

- Space to pray for yourself (bringing worries, fears, future plans, etc. to God).
- Space to pray for the community (praying for things that have happened in your local community, and any events that are coming up in the wider church).
- Space to pray for the world (any areas of the world that need particular prayer, and countries that are in the hearts of the young people).
- Space with arts and crafts.
- Space with music.
- Space with silence.
- Space for group prayer.

As we said, the list is endless! What's key is that you have different zones/times during your event that will appeal to the interests of different young people.

7 How will you end your digital detox?

Just like we recommended having a moment to mark the beginning of the digital detox, we'd also recommend marking the end of it too. There are a couple of reasons we think this is important.

Firstly, it can be easy, once you've fasted something, to want to jump straight back in where you left off, or even to gorge on the thing you've just fasted from. Doing a digital detox, for whatever length of time, is a great moment to encourage reflection on your relationship with your devices. There are lots of ways you could mark the end of your digital detox. Maybe you could have some time for either self or group reflection, allowing people to share their own experiences of how they found it, and

maybe even the things that they felt God saying to them. You could also mark the end with a time of prayer and worship, giving people the opportunity to be prayed for as they re-enter the digital world. You might also want to do some kind of activity, such as asking people to write down a commitment or goal that they want to set when it comes to their relationship with the digital space. They can then take this paper/card home with them as a physical reminder of their time in digital detox. You could also end with a time of celebration and fellowship – sharing a meal together afterwards is a great way to reinforce real world connections, whilst celebrating the achievement of doing a digital detox!

Secondly, from an operations standpoint, marking the end of your digital detox gives you the chance to remind people of your check-out system for phones/devices (if you've chosen to physically 'surrender' them at the start). This will also ensure that your allocated team members on check-out don't get ambushed – that's always a plus!

8 Will you follow up with young people following the digital detox experience? If so, how?

Offering young people the chance to reflect and process their digital detox experience is always a good idea. Offering doesn't always mean that they'll engage, but for the young people who want to, having the chance to talk through their experience with a trusted leader can really help make sense of what God was up to, and can be a huge encouragement to implement this rhythm of digital detox in their daily lives, outside of a structured church/youth group event. Through reflecting after the event, they may even come to realise things that were impactful that they hadn't noticed in the moment.

Here are some questions you may want to offer when reflecting on the detox, either in a group setting or 1:1:

- **Before the detox:** How did you feel about giving up your phone/device? Can you remember any feelings that came up? (Nervous, excited, etc.)
- **During the detox:** How did you find it? What was the hardest part? What was the easiest part? Did you notice anything new about yourself or others? Was there anything you sensed from God during that time? How did being offline impact your prayer and worship?
- **After the detox:** How do you feel now? Did anything surprise you about being offline?
- **Moving forward:** How would you feel about doing a digital detox again? Are there any habits that you want to change or boundaries that you want to set when it comes to tech that we can help hold you accountable to?

WHAT COULD MY DIGITAL DETOX LOOK LIKE?

As mentioned in the introduction, we thought we'd put together some rough timetables that you could use as a starting point when planning your events. Feel free to change them to suit your setting, follow them to a T, or ignore them completely!

During a church service:

Below is a suggested running order for a digital detox during a church service, lasting approx. 1hr 15 minutes.

Welcome and introduction (5 minutes)

- Explain what a digital detox is.
- Invite those present to join.
- Explain check in/out system (if implementing).
- Pray as you mark the moment of the digital detox beginning.

Phone/device check-in (10 minutes)

- Invite those participating to check-in their phones/devices.
- Ensure that this system is set up and ready to go before the start of your service, with allocated team members present.

Worship (15 minutes)

- This will look different depending on your setting. For some this will include sung worship. If so, you may want to think about song choices, choosing songs that focus on resting with God and drawing close to Him.

Word (10 minutes)

- A short message on the goal behind your digital detox and the importance of laying down distractions and reconnecting with God.

Prayer and activities (15 minutes)

- If you've decided to implement different prayer zones, take a moment to explain the different stations and invite the congregation to begin exploring them and praying.
- If you're not doing stations, you may want to invite different people up to guide the congregation in prayers (for yourself, for the community, for the world, etc.)

Worship (10 minutes)

- Again, this will look different depending on your setting.
- If you're implementing sung worship, you may want to think about incorporating worship as people check out their phones/devices.

Phone/device check-out and close (10 minutes)

- Pray as you mark the moment of detox ending.
- Encourage people to make a habit of unplugging from devices in order to reconnect with God.
- Ensure that the team are ready and present at check-out stations.

During a youth session:

Below is a suggested running order for a digital detox during a youth session, lasting approx. 2hrs.

Arrival (20 minutes)

- Allow a good amount of time for young people to arrive.
- As young people filter in, think about the sort of environment you want them coming into. Is there music playing? If so, what music? Are there any activities laid out? Etc.

Welcome and introduction (5 minutes)

- Explain what a digital detox is.
- Invite those present to join.
- Explain check-in/out system (if implementing).
- Pray as you mark the moment of the digital detox beginning.

Phone/device check in (10 minutes)

- Invite those participating to check-in their phones/devices.
- Ensure that this system is set up and ready to go before the start of your session, with allocated team members present.

Worship (15 minutes)

- This will look different depending on your setting. For some this will include sung worship. If so, you may want to think about song choices, choosing songs that focus on resting with God and drawing close to Him.

Word (10 minutes)

- A short message on the goal behind your digital detox and the importance of laying down distractions and reconnecting with God.

Prayer and activities (20 minutes)

- If you've decided to implement different prayer zones, take a moment to explain the different stations and invite the young people to begin exploring them and praying.
- If you're not doing stations, you may want to invite different people up to guide the young people in prayers (for yourself, for the community, for the world, etc.)

Small groups (20 minutes)

- Gather young people into small groups (or one group) and have a discussion around digital detox – what that means to them, the spiritual discipline of surrendering, how they connect with God, etc.
- Here are some Bible passages you may want to focus your discussions on: Psalm 46:10, Matthew 11:28-30, Romans 12:2, Luke 10:38-42, Matthew 6:33. These verses encourage conversation around rest, connection, and wisdom.

Worship (10 minutes)

- Again, this will look different depending on your setting.
- If you're implementing sung worship, you may want to think about incorporating worship as people check out their phones/devices.

Phone/device check-out and close (10 minutes)

- Pray as you mark the moment of detox ending.
- Encourage people to make a habit of unplugging from devices in order to reconnect with God.
- Ensure that the team are ready and present at check-out stations before you let the young people loose!

During an Overnighter:

Below is a suggested running order for a digital detox during an overnight youth event, lasting approx. 12hrs.

For this event, we recommend having an option for young people to come for the first part of the night, but not stay for the entirety. E.g. 7-9pm is 'normal youth night', if young people want to come but don't want to stay over they can be collected at 9pm like usual. If young people want to leave past 10pm they need written parent/guardian permission etc.

Please ensure your overnight prayer gathering complies with all safeguarding protocols/regulations for your diocese/context.

Arrival (30 minutes)

- Allow a good amount of time for young people to arrive.
- As young people filter in, think about the sort of environment you want them coming into. Is there music playing? If so, what music? Are there any activities laid out? Etc.

Welcome and introduction (5 minutes)

- Explain what a digital detox is.
- Invite those present to join.
- Explain check-in/out system (if implementing).
- Pray as you mark the moment of the digital detox beginning.

Phone/device check-in (10 minutes)

- Invite those participating to check in their phones/devices.
- Ensure that this system is set up and ready to go before the start of your session, with allocated team members present.

Worship (15 minutes)

- This will look different depending on your setting. For some this will include sung worship. If so, you may want to think about song choices, choosing songs that focus on resting with God and drawing close to Him.

Word (15 minutes)

- A message on the goal behind your digital detox and the importance of laying down distractions and reconnecting with God.

Reflection activity (10 minutes)

- Ask young people to reflect alone about their relationship with technology – this is particularly nice for young people staying the whole 12hrs to do this at the beginning of the night so they can look back at it after the detox.
- You might want to think about implementing a craft here.

Prayer (10 minutes)

- If you can, make this as interactive as possible – the young people will have done a lot of sitting and listening by this point!
- You could think about a prayer walk around the space to get some movement in.

Small groups (20 minutes)

- Gather young people into small groups (or one group) and have a discussion around digital detox – what that means to them, the spiritual discipline of surrendering, how they connect with God, etc.
- Here are some Bible passages you may want to focus your discussions on: Psalm 46:10, Matthew 11:28-30, Romans 12:2, Luke 10:38-42, Matthew 6:33. These verses encourage conversation around rest, connection, and wisdom.

Worship (10 minutes)

- Again, this will look different depending on your setting.
- If you're implementing sung worship, you may want to think about incorporating worship as people check out their phones/devices.
- Phone/device check-out and close (if you have young people leaving at this point of the night) (10 minutes)
- Pray as you mark the moment of detox ending for those young people.
- Encourage them to make a habit of unplugging from devices in order to reconnect with God.
- Ensure that the team are ready and present at check-out stations before you let the young people loose!

Regroup (45 minutes)

- Once all young people who aren't staying have left, we recommend regrouping for a breather with those that are staying the whole night.
- At this point you may want to provide snacks/refreshments to boost the energy!

Prayer rooms intro (15 minutes)

- Take a moment to gather all young people and run through how the remainder of your time together will work.
- We recommend allowing the young people the freedom to explore the different 'zones' in their own time.
- If your space allows, you may want to make use of multiple rooms and set up separate stations in each room to pray for different areas. In the answer to question 6, we laid out different 'zone' options, but below you can also find some more options.

Prayer and activities

- A room to pray for the world with a globe/large map that young people can write prayers on. You could also have newspapers laid out to help guide young people's prayers.
- A room with Lego/building blocks for young people to pray for the future. You could ask them to use the blocks to build the future they want to see, either in their own lives, their local community, the Church etc.
- A room with worship music playing where young people can come and pray by themselves.
- A room with sung worship being led where young people can come and join throughout the time. You may want to rota this and get young people involved in leading too.
- A room with a few leaders where young people can come and receive prayer.
- A room with some printed logos of local schools where young people can pray for the school system, students, and teachers.

Gather (15 minutes)

- You may want to gather back together at this point and invite different people up to guide the group in prayers (for yourself, for the community, for the world, etc.)
- This is also a nice check-in point to see how young people are doing.
- You could also mention at this point that if people want to get some rest, they can head to bed. (Take some time to explain sleeping arrangements!)

Prayer and activities

- All prayer/activity rooms to re-open.

Morning regroup (45 minutes)

- Consider this point in the digital detox your 'wake-up'. Anyone that's been resting can rejoin, and all prayer/activity rooms to close.
- You may want to provide breakfast/snacks/refreshments to boost the energy!

Morning gathering and worship (30 minutes)

- Gather everyone together for a time of reflection and worship before the digital detox ends.
- As we've said, worship will look different depending on your setting.

Small groups (20 minutes)

- Gather young people into small groups and allow them time to process any initial thoughts they have about their time in digital detox.
- For some young people it may be too soon to fully reflect here. You could focus the conversation around questions such as: 'How does it feel that you haven't looked at your phone/devices for this long?' or, 'Can you sense anything that God was saying to you throughout your time in digital detox?' or, 'What was your favourite part of the time?' or, 'Was there a particular point that you found challenging?'
- You might want to see if young people can commit to challenging themselves to 'unplugging' daily, even for just five minutes!

Phone/device check-out and home! (10 minutes)

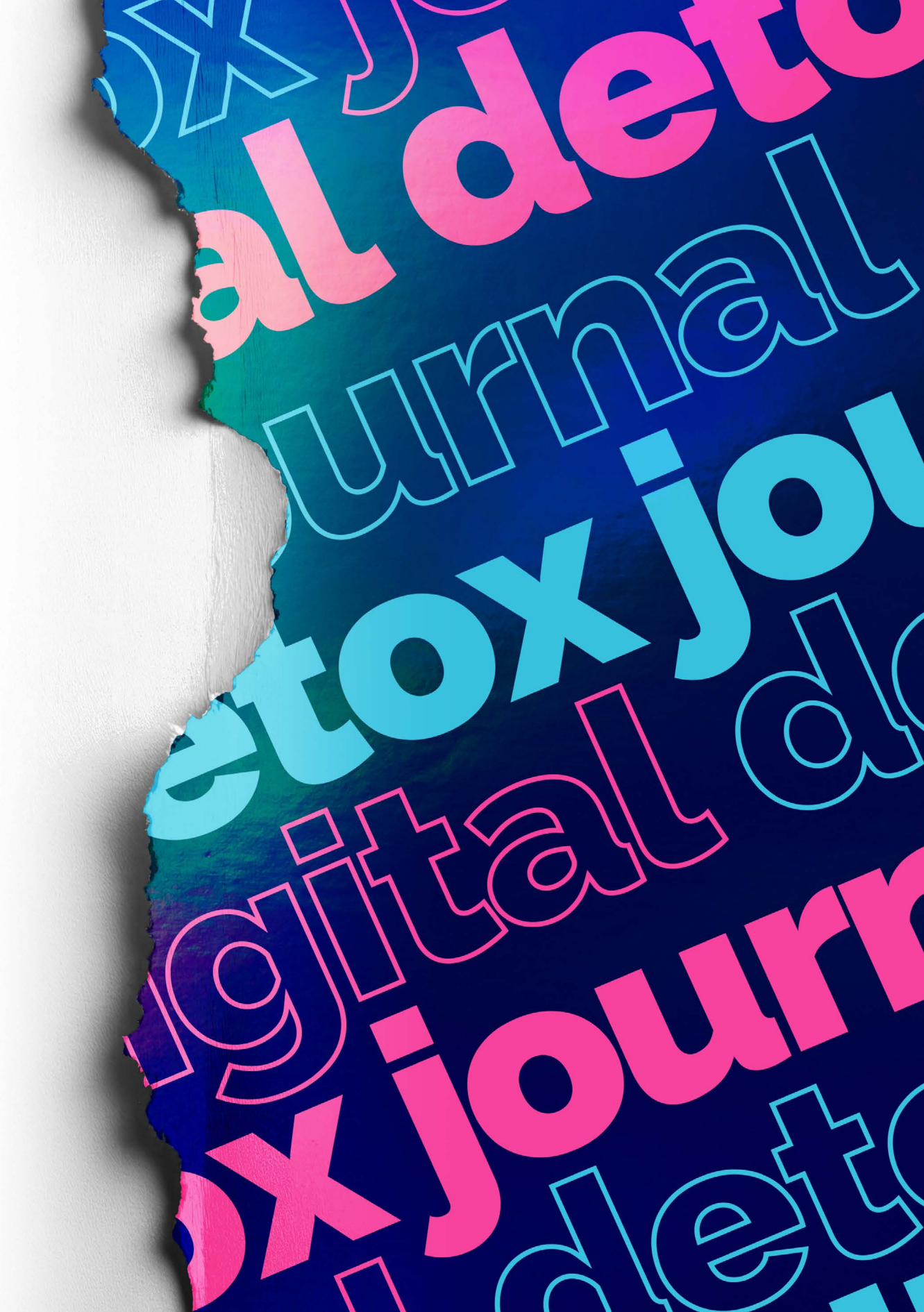
- Pray as you mark the moment of detox ending.
- Encourage people to make a habit of unplugging from devices in order to reconnect with God.
- Ensure that the team are ready and present at check-out stations before you let the young people loose!

NOTES

A large, empty rectangular area with a light gray background, intended for taking notes. It is bounded by a thin dark line at the top and another at the bottom.

NOTES





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