



**DIGITAL  
DETOX  
JOURNAL**

**draw  
near**

A yellow hand-drawn arrow points from the top left towards the word 'draw'. A red hand-drawn arrow points from the bottom right towards the word 'near'.

**JESS MASTERS-CARRER  
& TOM CLARK**



# **DIGITAL DETOX JOURNAL**

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## INTRODUCTION

# What is this journal?

If you made your way through the Thy Kingdom Come (TKC) Youth Journal last year, then you'll hopefully be familiar with how to get the most out of this. However, if you're new to the TKC Youth Journal scene, then you might be flicking (or scrolling!) through the pages of this a tad confused. To say it's a conventional journal would be a bit of a lie, so we thought it might be helpful to give you some top tips on how to get the most out of these pages.

The first thing to say is that there's no 'right' way to use this, in fact there are a tonne of ways that you could go about engaging with it. Some of you might want to use it as an 11-day devotional, others of you may want to read a page a week during a catch-up with friends, some of you may even want to read it all in one go if you're super keen (or really bored), and others of you may want to just read the scripture and highlight any words or phrases that stand out to you.

In fact when Tom and I (Jess) were chatting about this year's journal on a train to Bristol, I shared that one of the ways I engage with scripture is by reading a section once and highlighting any words or phrases that stand out to me, and then re-reading it and reflecting on why those words might be standing out. So, this year, on some of the pages you'll notice that we've done just that. We've read the scripture for the day, highlighted some bits that stood out to us, and then tried to explore why that might be and what we can take from that. Feel free to add your own highlights too along the way. We don't mind how you use this journal: the main thing is that you use it!

It's meant to be a guide to help you through the 11 days of Thy Kingdom Come, and it follows the key themes and some of the ideas from the Thy Kingdom Come prayer journal written by Chris Russell. But honestly, use it however is best for you.

- As a reflection tool or prayer journal
- As a joint journal with friends
- As a fly swatter, fan in the sun, or a loo book for visitors
- As a gift for someone outside of the 11 days of Thy Kingdom Come

We're so pleased that you've picked up this journal. As you make your way through the pages, know that you're not journeying through this alone. However scattered we might be physically: just like the first Christians thousands of years ago, we're a part of something bigger that connects us all.



# What is Thy Kingdom Come?

Thy Kingdom Come (TKC) is a global ecumenical (involving lots of different types and traditions of churches) prayer movement that invites Christians around the world to pray 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 (ecumenical) – so that friends and family, neighbours and colleagues might come to faith in Jesus Christ. And now, by joining in with this journal, you are part of TKC too.

Check out [thykingdomcome.global](http://thykingdomcome.global)



## Why digital detox?

Just like the journal last year, we'd love to encourage you to 'digital detox' when you're using this book. Now, remember, we don't hate phones!! Last year, Tom and I calculated that our combined daily average screen time was 13 hours and 46 minutes! This year you'll all be pleased to know that that's dropped to a much more respectable but still worrying, 10 hours and 23 minutes (Tom brought his down recently when he gave up social media for lent). So honestly, no judgement here. Digital detox isn't a hatred of tech, in fact, a lot of technology went into making this. All a digital detox is, is a chance for us to all have a breather from the relentlessness that is the digital world. Have you ever felt nauseous after spending too much time scrolling on your phone? We know we have. Sometimes it's good to take your eyes off a screen (however much you don't want to!).

What this journal is, is an encouragement to be still. We find stillness is much easier without distractions. We've noticed that we're definitely easily distracted! So, for us, and maybe for you too, trying to be focussed on spending time with God and the Bible each day, requires us to intentionally reduce distractions. In this case, our phones. So, as you do this journal, lay down your devices, grab a pencil/pen and take some time to rest, away from the relentless notifications of life.

Disclaimer: we think there are a load of great apps out there to help us connect with God, (Bible apps, worship music, podcasts etc). But for this journal, why not challenge yourself to join us as we digital detox our way through these pages and put your screens to one side or turn them off completely!

# What is VIP 3?

Throughout the pages of this journal, you'll see us referring to the phrase 'VIP 3', but what does that actually mean? If you completed this journal last year, you'll be familiar with the phrase, but if you're new to this, here's a little rundown.

VIP 3 is a Very Important Prayer, for a Very Important Person, for a Very Important Purpose. We want to give you the opportunity now to choose the names of three people that you'll commit to praying for over the next three days, three weeks, three months, three years, (or at least for the duration of this journal!). We want to encourage you to pray that these three people come to know Jesus. Maybe you could even invite them to complete this journal with you?

Take some time now to still your heart (what that means is take a breath, relax, try to put any worries to the side for a moment, and bring your focus to Jesus). Once you've done so, ask Jesus to highlight three people in your life that you could commit to praying for every day as you complete this journal. Once you have your three names, write them in the space below and come back to them each day, to pray for them:



A large, hand-drawn rectangular box with rounded corners and a double-line border, containing three horizontal white bars for writing names.

# DAY 1

## ASCENSION DAY

<sup>4</sup> On one occasion, while he was eating with them, he gave them this command: “Do not leave Jerusalem, but **wait for the gift my Father promised, which you have heard me speak about.**

...<sup>8</sup> **But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.**

<sup>9</sup> After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.

**ACTS 1:4, 8-9**



The beauty of scripture is that different parts stand out to different people for different reasons. Here are some of the bits that stood out to us:

## WAIT

**'Wait'** – often, a relationship with God involves some waiting. We can't always expect things to happen instantly! Is there anything that you feel like you're waiting for at the moment? Sometimes when we have to wait we can become a bit discouraged and might even decide to take matters into our own hands! In these verses we're reminded that waiting is something to be expected – we see people waiting time and time again throughout the Bible. If you're waiting for something, or know that you struggle with waiting, you might want to take some time now to ask God to increase your patience (I know I, Jess, will be doing that!).

## PROMISED

**'Promised'** – the gift is promised. It's not empty words! It can be really hard to trust promises, especially if we've experienced people breaking their promise or not following through. But God is not like those around us who might promise things but not deliver – He is our perfect heavenly Father. We can wait expectantly, knowing in full certainty that His promise of the Holy Spirit is for us all.

## GIFT

**'Gift'** – it's free! This relationship with God is not something we can earn. How do you respond to a gift? Do you like accepting gifts or do you feel guilty? (Feel free to jot down your thoughts anywhere around the page.) You may want to take some time now to think about something that you're grateful to God for and to thank Him for it.

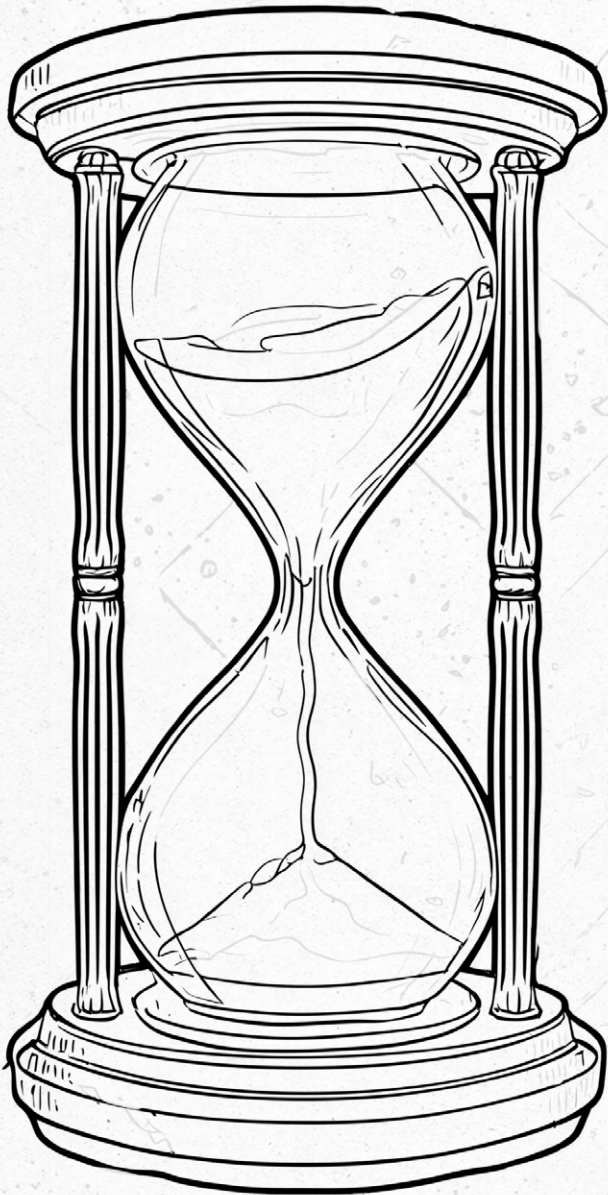
## YOU WILL RECEIVE POWER

**'You will receive power'** – The Holy Spirit will fill us with power, confidence, and courage to be a witness – that means telling our pals about Jesus and the hope that he brings. We're reminded here that we don't have to do this in our own strength! Maybe you're not feeling particularly bold, or maybe you struggle to talk openly about your faith.

If that's the case, we think that prayer is one of the boldest things we can do as it invites God into the situation, and remember, with God, all things are possible.

*Set yourself a timer, maybe five minutes (or longer if you think you can manage it). As you wait, focus on the sand timer below. God is not like those around us who might promise but not deliver – God will always satisfy us. As you look at the sand timer or colour it in, ask God to fill you afresh with the Holy Spirit. Spend some time praying for your VIP 3 – that they too would experience the love of God today.*





# DAY 2

## GENESIS 1:1-3



<sup>1</sup> In the **beginning** God **created** the heavens and the earth. <sup>2</sup> Now the earth was **formless** and **empty**, **darkness** was over the surface of the deep, and **the Spirit of God** was hovering over the waters. <sup>3</sup> And God said, “Let there be light,” and there was light.

### BEGINNING

*‘Beginning’* – God has never not been there! Since the beginning of time, He has been present.

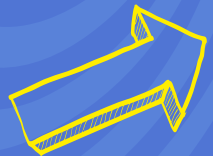
### CREATED

*‘Created’* – God is creative! Some of you may not feel like your creative skills are valuable, and some of you may have forgotten the joy of creating. We often put a lot of pressure on ourselves to create something ‘good’ or ‘impressive’. What would it look to like to create something just between you and God, without worrying about what others might think of it?

### FORMLESS

*‘Formless’* ‘empty, darkness’ – sometimes life or situations feel like this. God is there, as He was in the beginning – this wasn’t a one-time thing. As He was there in the beginning, when the world was formless, empty and dark, He is still here. What in the world or your life right now feels empty or dark? Is there anything in the lives of your VIP 3?

Where’s the place that you feel closest to God? Is there a part of creation that when you see it, you’re always reminded of God? As you draw that place in the picture frame, remember how in the beginning, the earth was dark, formless and empty. Pray for situations that feel empty, dark, or hard to understand, and pray that God brings His life and light into those places. Once you’ve done that, head back to your VIP 3 and pray that they too would experience God’s presence in their lives today.






# DAY 3

## GENESIS 1:1-3



**<sup>16</sup> But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God.**

**<sup>17</sup> Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me.”**




Ruth here was talking to her mother-in-law, Naomi. Both of them were suffering. Naomi was a refugee from her hometown of Bethlehem, and in the foreign land that she fled to, her husband died, leaving her with two sons. Then her sons died. She had lost everything. She expected to lose her daughters-in-law too, but Ruth wasn't having any of it. She was committed! Her promise of faithfulness, loyalty and love is one of the most beautiful displays of grace in Scripture. This kind of grace is something only God can enable, and He enables it by His Holy Spirit. The Spirit who connects us to God, also connects us in kindness to each other.

Friendships and community are central to our lives. Commitment to others, through thick and thin, no matter what, makes a difference. To these friends of yours, who you have written in your VIP 3 and named before God, the love you have shown them through prayer, is a gift from God. We've heard it said that when we're involved with our friends coming to faith, through prayer and invitation, that's like building a bridge between our friends and God, allowing Jesus to walk over it. We can imagine that our prayers for our three friends are like the cement that holds that bridge together.



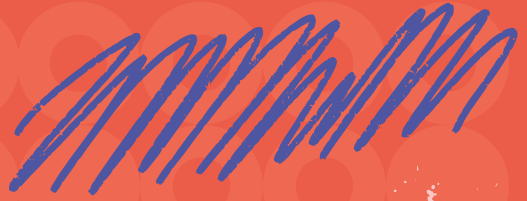
*As you colour the stone blocks on the next page, pray that Jesus would draw nearer to your friends that don't know Him yet (and in particular, those on your VIP 3 prayer list).*





# DAY 4

1 SAMUEL 3:10-11A



<sup>10</sup> The Lord came and stood there, calling as at the other times, “Samuel! Samuel!” Then Samuel said, “**Speak, for your servant is listening.**” <sup>11</sup> And the Lord said to Samuel...

## SPEAK

‘**Speak**’ – God speaks! Maybe not in the ways you’re expecting – but He does!

We know that Samuel in the story is young. He needed to learn how to hear God’s voice. We’re not expected to be perfect at this straight away! Learning is necessary and expected.

In this story, Samuel thought it was his friend, Eli, who was speaking to him. He thought this twice! Not only does this show that Samuel had to learn what God sounded like, but maybe it also shows that the voice of God is a friendly voice – we don’t have to be afraid.

Spend some time sitting in silence and letting your mind wander in prayer. Prayer is where our desires and God’s desires connect. Ask God to show you how to pray today, what is it He is asking you to pray for? Write it down in the clouds and pray for those things. (Remember, Samuel misheard God twice! Don’t let the fear of mishearing God stop you from listening – give it a go! No one is judging you..) Once you’ve done that, head to your VIP 3 and pray that they too can begin to tune into the voice of God.





# DAY 5

## JUDGES 6:12-14

<sup>12</sup> When the angel of the Lord appeared to Gideon, he said, “The Lord is with you, **mighty warrior.**”

<sup>13</sup> “Pardon me, my lord,” Gideon replied, “but if the Lord is with us, **why** has all this happened to us? **Where** are all his wonders that our ancestors told us about when they said, ‘Did not the Lord bring us up out of Egypt?’ But now the Lord has abandoned us and given us into the hand of Midian.” <sup>14</sup> The Lord turned to him and said...

### MIGHTY WARRIOR

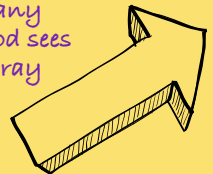
*‘Mighty warrior’* – this is not the reply I’d expect from a ‘mighty warrior’! When Gideon answers God, he does so with questions, doubt, and confusion. God saw him as mighty, but did he see himself in the same way? How do you see yourself? How do you think God sees you?

### WHY

*‘Why’* – Gideon had the confidence to question and to ask. God isn’t put off by our questions. Seeking, questioning, and asking is how we learn!

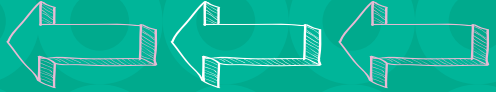
We love a hero in a story or a film. We can often characterise biblical figures as heroes too, when in reality, they were people just like us! Sometimes we can read stories like this and think that the lesson is ‘you can be a hero too!’. But maybe the lesson here is, God can use normal people like me and you. Amidst all the drama in this story, Gideon is someone who isn’t the obvious candidate to do an extraordinary thing – that sounds suspiciously like us. But God will use us, if we ask Him to, and will give us the confidence we need through the gift of the Holy Spirit.

*On the next page you’ll see two outlines of people. In one, take some time to draw/write the ways that you see yourself. In the other, try and write/draw the ways that God sees you. What does He love about you? Are there any differences in the two? Do you find it easy to see yourself the way God sees you? Once you’ve done that, don’t forget to head to your VIP 3 and pray that they too can see themselves the way that God sees them today.*





# DAY 6



## JUDGES 5:1A, 31

### The Song of Deborah:

**<sup>31</sup>“So may all Your enemies perish, Lord!  
But may all who love You be like the  
sun when it rises in its strength.”**

### DEBORAH

**‘Deborah’** – this is an example of a strong, female leader. That might not seem unusual to us today, but it’s important to remember that in the time that this was written, being a strong, female leader was not all too common. In those days, women were often seen as lesser. I wonder if Deborah had any imposter syndrome, or is she had days where she struggled to stand strong in the face of oppression or backlash. Are you in a place or situation where you don’t feel like you can lead? If you are, remember Deborah!

### SONG

**‘Song’** – Deborah sang a song! Remember day 1 when we read that God is creative? This is another example of someone in the bible using creativity as a way to pray and express their feelings.



*In the space on the next page,  
why not have a go at writing your  
own psalm? Psalms are prayers,  
expressed through song or poetry.*

*We particularly like the lament  
psalms and have taken inspiration  
from them to give you some  
prompts to help you out a bit.*



1. Lament psalms are addressed to God, calling on Him by name. How do you want to start yours?
2. They go on to contain a complaint or problem. This is what brings you to praying the prayer! What's something that you want to bring before God?
3. Next comes an expression of faith. Here you can let God know that although the situation doesn't seem good, you still have faith in Him.
4. Here you can ask God to intervene and express why you want Him to.
5. Here you can let God know that although the situation looks bad, you are still certain that He will help.
6. Psalms normally end with praise! Why don't you take some time to tell God of your love for Him.

Take some time now to reflect on how you found that, and to listen to anything God might be saying to you. Once you've done that, head to your VIP 3 and pray that they too can experience God guiding them in any situations that might feel uncertain today.

# DAY 7

1 KINGS 19:11-13

WORM

<sup>11</sup> The Lord said, **“Go out** and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.” Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but **the Lord was not in the wind.** After the wind there was an earthquake, but **the Lord was not in the earthquake.** <sup>12</sup> After the earthquake came a fire, but **the Lord was not in the fire.** And after the fire came a **gentle whisper.** <sup>13</sup> When Elijah heard it, he **pulled his cloak over his face** and went out and stood at the mouth of the cave. Then a voice said to him, “What are you doing here, Elijah?”

## GO OUT

*‘Go out’* – sometimes God will ask us to move from where we are and call us to different places. If God asked you to ‘go out’ and move from the comfort of your familiar environment, would you find it easy or tricky to follow that command?

## THE LORD WAS NOT IN

*‘The Lord was not in...’* – God was not in the expected loud or obvious moments – He was in the small, quiet, often overlooked moments. Your day doesn’t have to be extraordinary to experience God in it!

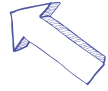
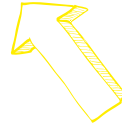
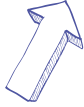
## ELIJAH HID HIS FACE

*Elijah hid his face.* We can’t know for certain why he did this. Was it out of reverence (respect) or fear? Previously in scripture, there’s a story where a man called Moses hid his face from God. Elijah would have known this story and been familiar with it, so maybe he thought he should follow suit and do the same? What do you think?

## GENTLE WHISPER

Elijah heard the gentle whisper. It can be easy to miss the gentle whispers in the midst of the busyness of the world. Let’s not be so caught up in the loud distractions, that we miss the gentle whispers.

Take some time now to be present in your environment - maybe you're on a bus, or sitting at home, or in the common room at school. As you come to be present, jot down some of the things that you can hear. Be sure to listen out for those gentle, quieter sounds that you may normally overlook! Once you've done that, head to your VIP 3 and pray that they too can be present and in tune with the gentle whispers of God today.



Worship  
Worship  
Worship  
Worship  
Worship

# DAY 8



LUKE 4:18

<sup>18</sup> “The Spirit of the Lord **is** on me, because He has anointed me to proclaim good **news to the poor.**”

## THE LORD IS

*‘the Lord IS’* – this is full of certainty!  
The Spirit IS on you and with you.

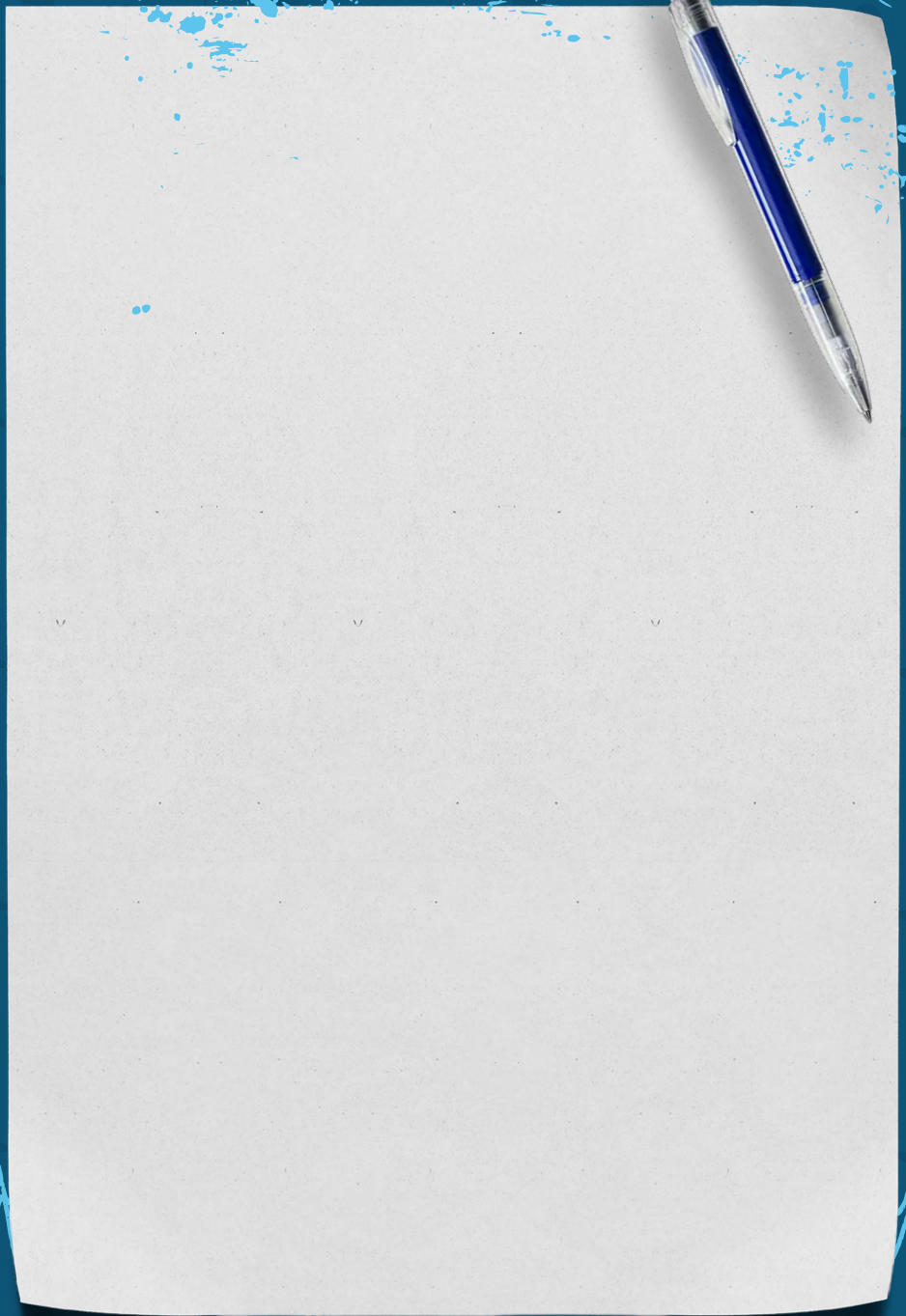
## GOOD NEWS TO THE POOR

*‘good news to the poor’* – It’s good news! The original Greek word for ‘poor’ here is ‘ptochos’. This word was not just used to talk about material poverty. It was also used when talking about the lowly and afflicted, those with limited resources, those with low social status, and those with an extreme dependency on the mercy of others.

When we think about the word ‘poor’ using the ‘ptochos’ meaning, who are the ‘poor’ around you that are in need of your prayers today?

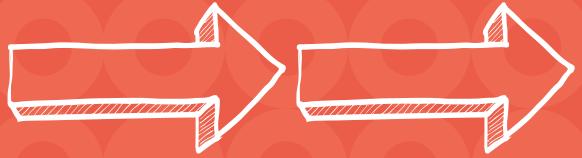
Why not list them on the adjacent page. As you flick through this journal going forward, you may wish to come back to pray for those inside this box too (as well as those in your VIP 3 list).





# DAY 9

ACTS 8:26-29



<sup>26</sup> Now an angel of the Lord said to Philip, “Go south to the road – the desert road – that goes down from Jerusalem to Gaza.” <sup>27</sup> So he started out, and on his way he met an Ethiopian eunuch, **an important official** in charge of all the treasury of the Kandake (which means “queen of the Ethiopians”). This man had gone to Jerusalem to worship, <sup>28</sup> and on his way home was sitting in his chariot reading the **Book of Isaiah the prophet.** <sup>29</sup> **The Spirit told Philip, “Go to that chariot and stay near it.”**

## IMPORTANT OFFICIAL

*‘an important official’* – Philip wasn’t put off or intimidated by this. The world would say that he had nothing to teach the official and that he shouldn’t even approach them. However, God said ‘go!’. I’m reminded of the phrase, “God doesn’t call the qualified, He qualifies the called”. This is really counter-cultural! It reminds us that God’s kingdom is an upside down one that often goes against what the world would expect. Here we see an example of the lowly teaching the important.

## OWN STRENGTH

We don’t have to do this in our own strength or power, instead, we have the power of the Holy Spirit!

## VERSE 29

**Verse 29** – Philip didn’t have all the details, yet he still obliged and followed the command! How often do we want to have all the answers and certainty before we say ‘yes’ to God’s plans? This is such a challenge to trust God, especially when we haven’t been given all the details.

Whilst you doodle/colour inside of the writing on the next page, offer yourself to Jesus, if you are willing. Pray that as you say YES to all He has planned for you, that He will give you all you need through the Holy Spirit to do it. Once you’ve done that, head to your VIP 3 and pray that they too would say ‘yes’ to Jesus and the exciting plans that He has for them.

ARTIST



# DAY 10

## 2 TIMOTHY 1:3,5

**<sup>3</sup> I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers.**

**<sup>5</sup> I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.**

### SAME SPIRIT

The same Spirit that we read about here is still present and at work today! The same Spirit, yesterday, today, tomorrow. Cast your mind back to Day 1 when we read about the Spirit being present at creation. That same Spirit has always and will always be there.

### VERSE 3

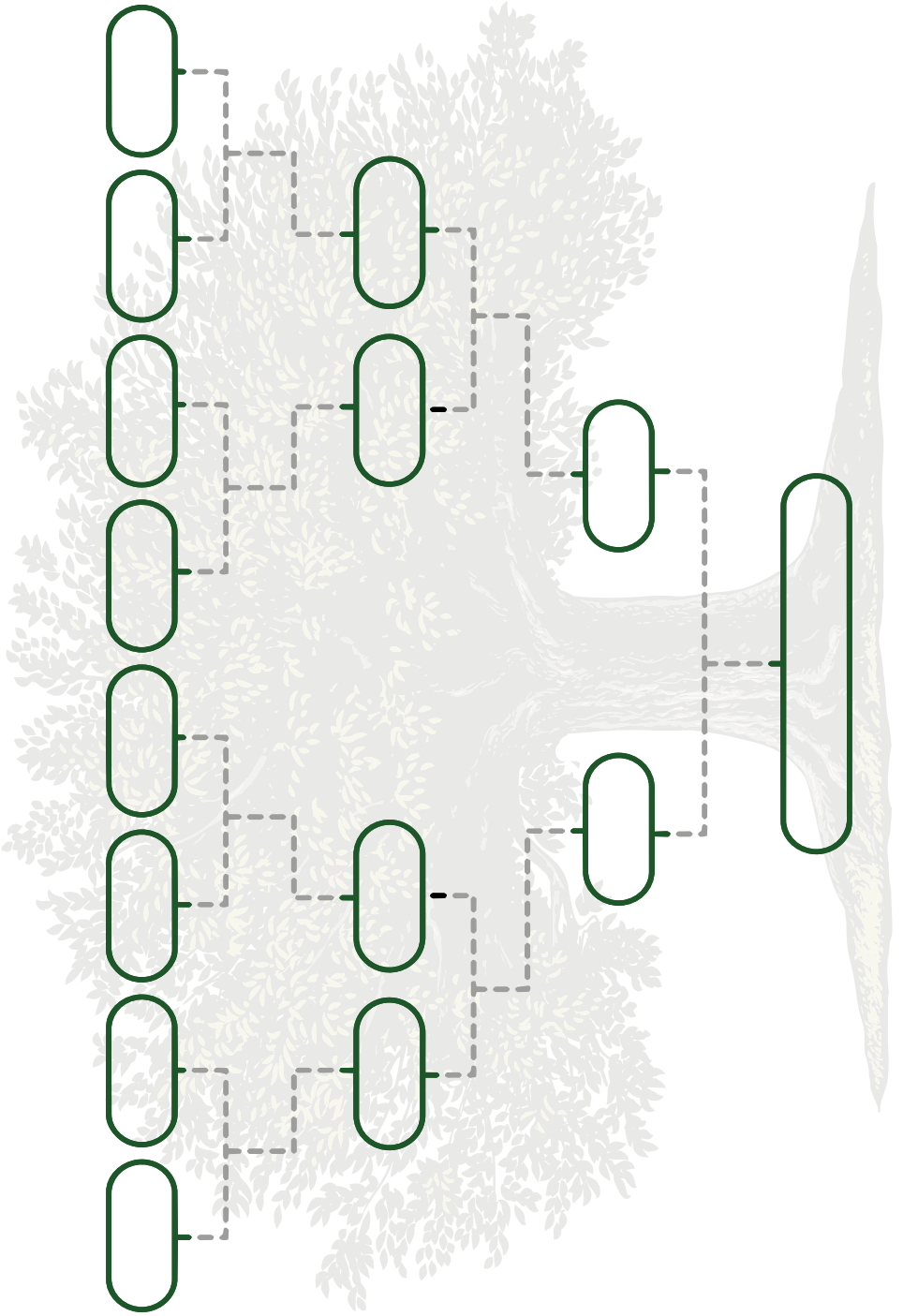
**Verse 3** - Timothy is praying for them, just like we are praying each day for our VIP 3!

### THE BODY OF CHRIST

You may not come from a Christian family. If you don't, remember that you're part of a bigger picture, a bigger family – the body of Christ. The same Spirit that lived in Lois and Eunice is alive and present with you and me today!

Being part of the body of Christ means that we get to be united with Christians scattered around the world, and that even if we never physically meet them, we have something in common – Jesus! Take a look at the family tree opposite. In the boxes, take some time to write the names of your VIP 3, and anyone else that you'd like to pray for today. As you do so, be reminded that you're united with them through the body of Christ. Pray that they would experience being known and loved by God today.





# DAY 11 PENTECOST

ACTS 2:1-4

When the day of Pentecost came, they were **all together** in one place. <sup>2</sup> Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. <sup>3</sup> They saw what seemed to be tongues of fire that separated and came to **rest on each of them.** <sup>4</sup> **All** of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

## ALL TOGETHER

*'all together'* – The Holy Spirit united them and unites us. What a beautiful picture of individual people coming together, being united by the same Holy Spirit, meeting them in unique ways.

## ALL

*'all'* – no one was left out!  
The Spirit is for all.

## THE SPIRIT ENABLED THEM

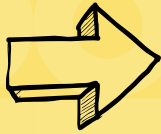
*'the Spirit enabled them'*  
– they didn't have to act in their own strength, but through the power of the Holy Spirit. This is true for us too!



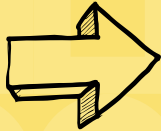
Pentecost is a time to remember the gift of the Holy Spirit. Maybe you don't feel like you've received that free gift yet, maybe you have, or maybe you're unsure. Let's take some time now to pray one of the oldest prayers around –

### **'Come Holy Spirit'.**

When we pray this, we invite the Holy Spirit to rest on us and fill us with peace, courage, and power. Why not set a timer for two minutes and just wait! If you're unsure where to start with this, we've written down some things you could do in that time...



Write or draw any feelings or emotions that come up. Just like our activity on Day 4 - don't second guess yourself! Jot down any/all things that you're thinking or feeling.



Think about your VIP 3. Pray that they too would experience the free gift of the Holy Spirit. Maybe you could ask the Holy Spirit to fill you with confidence to invite them along to church/youth group and ask God to provide chances for those conversations to happen this week.



**TURN OVER IF YOU NEED MORE SPACE**

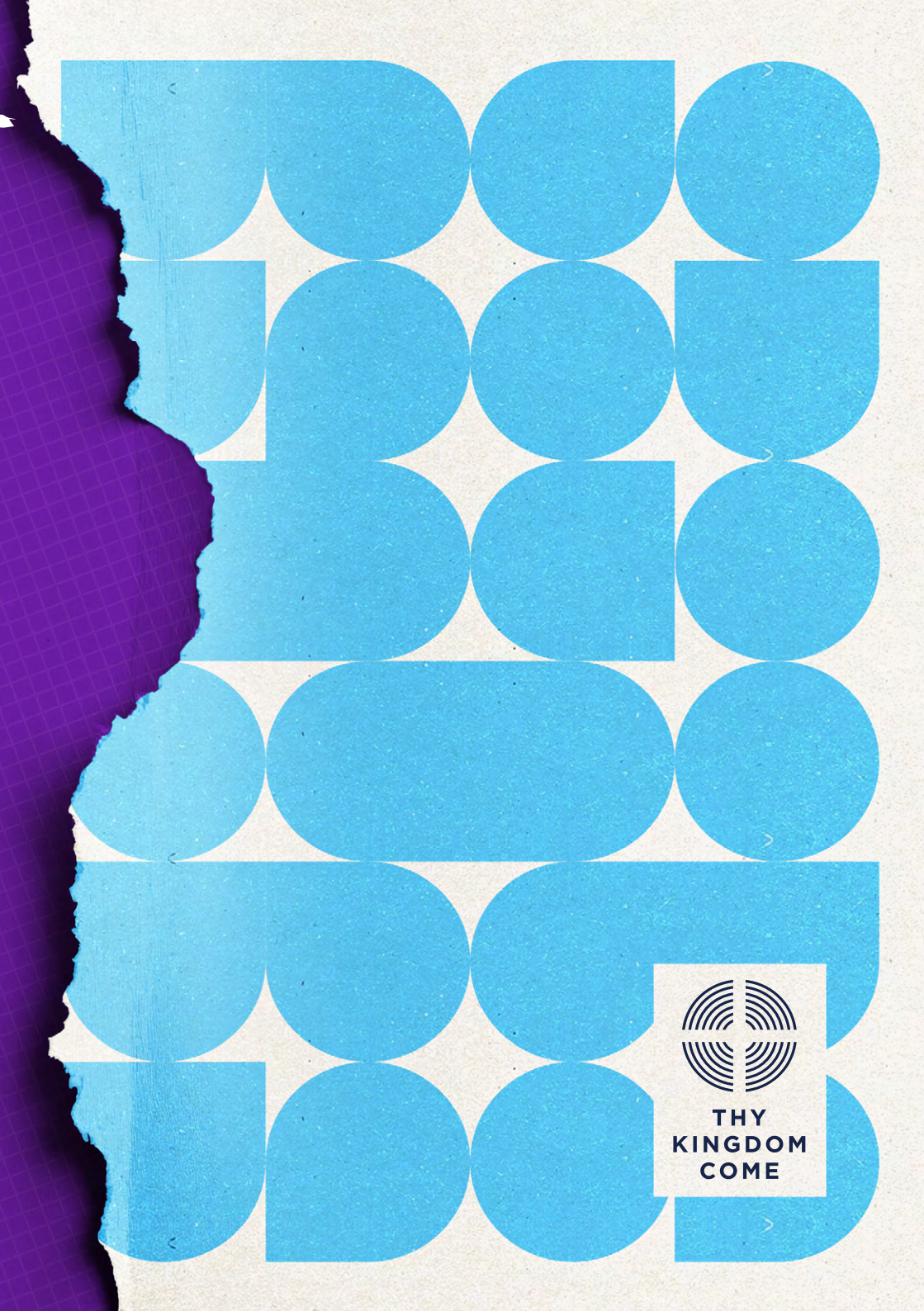




After the time is up, take some time to reflect on how you found that. If you're doing this exercise in a group, why not share with the person next to you.

The wonderful thing about Pentecost is that it reminds us that no matter where we are in the world, however scattered we are geographically, we're all part of God's Church, we all have a part to play in sharing the good news of the Gospel to those around us, and His gift of the Holy Spirit is for us all. No matter where you find yourself reading this, whether you're alone in your room, or sitting in a group in a park, the Holy Spirit is for you.

**Even though this journal has come to an end, we want to encourage you to continue to pray for your VIP 3. It can be hard to keep praying when you don't see an instant difference but remember – your prayers are powerful! We pray as we end this journal together that God might bless you richly. Thank you for journeying with us over the past 11 days, we've loved every minute of it.**



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