Did you ever wonder how Christ survived without a smartphone?

How many times per day do we look at the little screen in front of us to see if someone is texting, emailing, or otherwise trying to connect with us?

Romans 8:14 says, “Those who are led by the Spirit are the children of God.” This is how Jesus lived. But how many of us are so besieged by the alarms and other notifications coming from our phones and tablets that we don’t hear the still, small voice of the Spirit?

Isn’t it time to detox ourselves from our technology and find again the peace and joy that alone can come as we walk in step with the Holy Spirit?

Lord, please forgive the way we squeeze you out of our daily lives. And empower us today to start new habits that better glorify you. Amen.