



Back to the Altar



DIGITAL BALANCE

- 1 Consider a detox.**
Try one week without non-work related digital technology usage.
- 2 Set time limits for media usage.**
Use the extra time to engage in productive hobbies or activities.
- 3 Monitor media consumption.**
Use Philippians 4:8 as a filter to select what content to engage with.
- 4 Create phone-free zones.**
Be present in your conversations. Leave your phone outside of the bedroom. Use a normal alarm clock.
- 5 Turn off notifications.**
Determine which, if any, notifications you absolutely need.
- 6 Use physical and digital barriers.**
Put devices in a drawer or another room during activities that require focus. Turn on airplane mode to limit distractions.
- 7 Sanitize your content feed.**
Unfollow/unsubscribe/delete unedifying accounts, newsletters, apps, etc.



Back to the Altar

“Our first duty toward God and our fellow beings is that of self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable.”

E. G. WHITE, *Temperance*, p.137

Back to the Altar is a worldwide Seventh-day Adventist church initiative focused on removing distractions and repairing broken-down altars of worship.

The goal of Back to the Altar is to make a daily place for God in every heart and every home.

“Keep your heart with all diligence, for out of it spring the issues of life.”

PROVERBS 4:23

WWW.BACKTOTHEALTAR.ORG

