A 7-DAY CHURCH & SMALL-GROUP INVITATION

Scripture Before Scrolling: A Seven-Day Experiment

For seven days, read Scripture before opening the app you reach for most. Read the passage Faith Before Feeds gives you each day, or use your own Bible to follow the optional readings below, on your own or together.

1

Pick one app or cue

Choose the single feed that most often claims your first attention in the morning or after work/school.

2

Pause in God's Word

Read a short passage before opening that feed. Keep essential calls, work, and family messages open.

3

Reflect with grace

If you miss a morning or rush through a passage, simply begin again the next day without guilt or comparison.

Optional readings for your group

Day 1 · Psalm 90:12 — Praying for wisdom to number our days and notice where our everyday attention goes.

Day 2 · Deuteronomy 6:4–9 — Keeping God's words visible in ordinary household rhythms when lying down and rising up.

Day 3 · Proverbs 4:20–27 — Guarding the heart and keeping our gaze fixed ahead amid competing distractions.

Day 4 · Matthew 6:31–34 — Seeking God's Kingdom first before stepping into the day's headlines and anxieties.

Day 5 · 1 Corinthians 6:12 — Distinguishing restful recreation from habits that quietly master our attention.

Day 6 · Philippians 4:4–9 — Turning toward whatever is true, honourable, and worthy of praise.

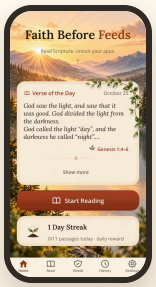
Day 7 · Ephesians 5:15–16 & 6:4 — Making wise use of time and encouraging families without anger or harshness.

Five questions for group conversation

1. Which time of day — waking up, waiting in line, or winding down at night — is hardest to protect from automatic scrolling?
2. When you paused to read before opening a feed this week, what did you notice about your mood or attention afterward?
3. How can we distinguish between restful, healthy connection online and compulsive checking that leaves us drained?
4. For parents and teens: how can adults model visible digital boundaries so Scripture feels welcoming rather than a punishment?
5. What one small boundary or reading habit would you like to keep after this seven-day experiment ends?

Leader note: Anyone can participate

Members without an iPhone can join using a printed Bible and charging their phone outside the bedroom overnight.



FREE SEVEN-DAY CHALLENGE

Put Scripture before scrolling.

Scan to get the free app and reading guide. Choose one app to pause on iPhone, or follow the guide with your own Bible.

JOIN THE CHALLENGE