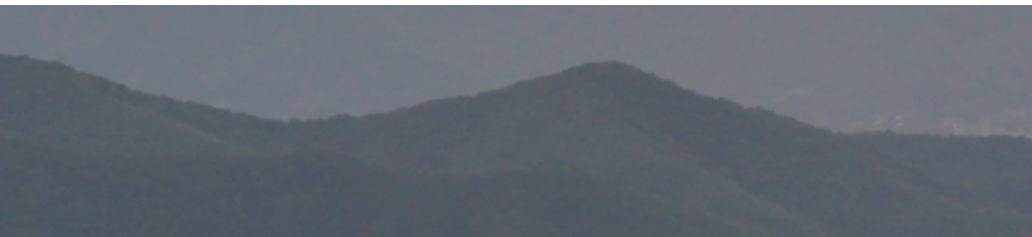


## TRY A SCREEN SABBATH

February 28, 2020



For one day, give up screens. Disconnect from your phone, computer, tablet, video games, and TV. Use this time to connect with your family and friends IRL—play board games, build or bake something new, take a walk or work out together, have real conversations.

Find new ways to be with God during this day—listen for God’s voice in scripture, walk through your neighborhood and pray for those who live nearby, show God’s love to family members who sometimes might be hard to love.

GO DEEPER: Consider [other ways](#) you might unplug today. Rediscover the joy of spending [time alone](#).