

## A Renewed Focus

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“All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up.”

– 1 Corinthians 10:23 (ESV)

How many of you spend way too much time mindlessly scrolling the internet? Earlier this year I stepped away from social media for a season. I was addicted. My wake up call came when I had become bored of scrolling Instagram, closed the app, and seconds later opened it again and thought “Oh, I wonder what’s new on Instagram now?”

Social media is built to be addictive. Frequently people talk about their algorithms and how it’s tuned to show exactly what they enjoy. They’re not crazy—that’s actually how social media is built. It learns what you enjoy, then feeds you more of it.

I stepped away because I was simultaneously trying to develop a better habit of spending time with Jesus. I work at a church full time, but I’m not immune to falling out of a daily rhythm of time with God. To build this habit, I decided that instead of spending time on social media, I would spend even a fraction of that time reading the Bible on the Bible app. I used “App Limits” on my iPhone to limit my daily time on social media to one minute. This meant that if I opened the app out of habit, within one minute, I was reminded of my new focus—the Bible app.

As the month continued, I opened these apps less and less. Meanwhile, I was in a routine of logging more and more time in the Bible app. Now, it’s not all about numbers, but it was a great way for me to measure the renewed focus.

1 Corinthians 10:23 says “All things are lawful,” but not all things are helpful. “All things are lawful,” but not all things build up. Social media itself is not inherently bad. The problem comes when you replace authentic connection with mindless scrolling. At its core, social media is a way to stay connected to our friends and loved ones. To share jokes, stories, and life updates. But, it isn’t always helpful or constructive, it can cause divisiveness or mental health challenges, and for me, it was stealing my time with Jesus.

I’ve since allowed myself to unlock all of the social media apps on my phone, but still with limited time. The biggest win is that I’ve yet to hit my daily limits and my daily time with Jesus has been consistent and growing.

How can you benefit from a “digital detox” as a way to spend more intentional time with Christ?