



Your Passport to reconnect

Reconnecting with God, family, & friends in a Digital Age

Rest/Relaxation

- > Put your phone away
- > Read in bed
- > Take a mindful walk
- > Listen to music
- > Do something creative
- > Pray
- > Sit quietly for 5 minutes
- > Practice deep breathing
- > Make a list of grateful things/journal
- > Be silent in nature and listen to God
- > Learn to play an instrument

Worship/Serve

- > Attend a worship service
- > Complete a devotional
- > Worship outside
- > Create a personal prayer space
- > Give God thanks & praise
- > Volunteer at church
- > Pray daily, anytime, anywhere
- > Sing your favorite hymns
- > Join a small group
- > Find a Bible Study

Family/Community

- > Pray for everyone you meet
- > Plan a family night
- > Give your children your undivided attention
- > Give your friends your undivided attention
- > Meet someone for coffee
- > Look people in the eye
- > Prepare a meal for someone or share a meal with someone
- > Open your home to friends
- > Introduce yourself to a new person