

Outline for Low-Tech Lovember

Below I've tried to outline a few different ways I think we can go about increasing the Godly structure in our lives, opening up space for God to work in our lives. I'll be adding to this document as we move through the month, including some basic ideas and practices that could be helpful, as well as my own experiences.

At the bottom of this document is a simple "Rule of Life" outline: it's a way to help you think about the different areas of your life and how to go about attending to them in a way that honors God and is healthy for you. Print it and jot down some ideas, share it with a friend/partner, and then coming back to it in a few weeks with updates and fresh ideas.

This is all 'practice', not 'perfect' - we are learning and growing together in how to allow God to work in our lives!

Fasting

Abstaining from a particular thing, usually food/meals but could be other, in order to reorient desires and longings to God.

Ideas:

- Fast from lunch one day a week, replacing the time you would normally eat with prayers for your friends and those who don't know Jesus
- Consider removing a portion of your diet (meat, processed foods, dessert) for a week, or the whole month. When you feel a particular urge or desire for that item, thank God instead for all the good things he has given you.
- Remove your top 2-3 apps that you use most frequently from your phone.
- Have one day/24-hr period each week where you fast from using media technology in any way: phone, computer, movies, recorded music.
- Consider only watching TV/movies when you are sharing them with friends or family.
- Fast from listening to anything in your car, including those really informative and enlightening podcasts;)

Further Resources:

[Word & Table Podcast](#) on fasting

From [The Spirit of the Disciplines](#) by Dallas Willard

Silence and Solitude:

Making a concrete space and time in our day to be alone, without distraction, technology, or other interaction, to be in the presence of God.

Ideas:

- Carve out 15 minutes in your day. The first 5 can be a walk to the park or space you will want to sit and be still. The next 5 minutes can be taking all the thoughts and distractions that come up and setting them aside (can be helpful to literally act like you

are taking the thought and physically setting it to the side.) Then the final 5 minutes are spent in quiet, contemplating God, his goodness, his mercy.

- Consider bringing a journal to write simple sentences of praise and thanksgiving - don't make it complicated, this isn't a time for intense psychoanalysis. Just thank God for the good things and people in your life.
- Bring a cross, crucifix, or something small you can hold in your hand that is a physical reminder of why you are there: to be with God.
- You can right out a Bible verse, or a verse of a hymn or song about the Lord, to bring and sing or recite.
- Set your timer, and then let it sit there until it goes off. It's amazing how long 5 minutes can be, when you give it to God.

Further resources:

[Tech Detox Devotionals](#)

[Solitude and Silence](#) by Dallas Willard

Prayer:

Conversing with God, intentionally and consistently.

Ideas:

- Have a 'prayer journal', where you write out your prayers, thanksgivings, and requests.
- Commit to morning or evening prayer on a daily basis: <https://www.dailyoffice2019.com/>
- Pray out loud, speaking the prayers, or psalms, to make them external (i.e. not just in your head).
- Consider having a 'prayer partner' - someone you can talk to for 15-20 minutes once a week and pray together for certain things, people, or circumstances in your life.
- Write down the names of 5 friends or family, and pray for them daily (when you wake up or go to bed, for example).
- Try praying [the examen](#)

Further resources:

[Prayer](#) by Dallas Willard

Screwtape (by C.S. Lewis) [on Prayer](#) (remember: he is writing as a tempter in the devil's service: "The Enemy" is God)

[Word & Table Podcast](#) on Daily Prayer (the "Daily Office")

Scripture

Engaging daily in God's Word.

Ideas:

- Read an actual, physical Bible.
- Pick out a shorter book or letter (1 Thessalonians, Gospel of Mark), and commit time to sit and read it all the way through, 30-60 minutes.

- Pick out a Psalm (100, 126) and read through it every day, repeating the verses out loud. Repeat one verse at a time, over and over, beginning to memorize and internalize it.

Further resources:

Word & Table on [Scripture and Creed](#)

Sabbath

Resting, an entire 24-hr day, from all normal work and activity, to worship God and enjoy Him and his creation.

Ideas:

- Split time between 'active' rest (splitting wood, painting a picture) and 'passive' rest (take a walk, read)
- Plan out several days in advance, so you won't need to make trips to the store or send emails
- Turn off phones, computers, with vacation settings if needed, and keep them out of sight
- Don't have any goals, other than not having goals!

Further resources:

RULE OF LIFE

STEP 1: ANSWER THESE QUESTIONS:

- 1. Even under these extraordinary conditions, what refreshes your soul?** *Consider any physical, relational or creative outlets still available to you: walking outside, enjoying or creating art, gardening, exercise, people who refresh you, spiritual exercises that anchor you in Jesus. Write down anything that comes to mind:*

- 2. Which activities or relationships do you need to stop or limit in order to abide more fully in Christ's love?** *List the besetting sins, habits, activities, vices, commitments or unhealthy connections that the Lord might be asking you to limit or renounce.*

3. What are the particular challenges of life during this crisis for you that impact your rhythms? *Homeschooling kids while working from home, financial pressures, loneliness, zoom fatigue...*

Prayer

time & space to receive God's love (daily office, solitude, Scripture, journaling)

Ex: spending 30 minutes each day: 10 minutes of prayer, 10 minutes of silence, 10 minutes reading/memorizing Scripture

Health

care of my physical body (nutrition, exercise, sleep and play)

Ex: Go for a run in the morning 4 days/week

Relationships

people who encourage me and draw me closer to Christ

Ex: Weekly game night with friends

Work & Creativity

activities that draw out my best contributions (artistic, vocational, simple love of neighbor)

Ex: Doing a puzzle for 30 minutes/night