



The Christian Dopamine Detox Guide

Why your phone is winning, what scripture says about self-control, and a 5-day plan to reclaim your mind and attention.

 **The Science:** The average person checks their phone **96 times a day**. Fast notifications train reflexive loops. 5 days of intentional replacement resets your dopamine baseline.

☐ DAY 1: NOTICE

1 Corinthians 6:12

You can't change what you can't see.

"All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any."

 **Action:** Do not delete any apps today. Just notice. Every time you reflexively reach for your phone, tally it on paper. At the end of the day, count how many times you reached.

 **Reflection:** How many times did you reach? What emotion triggered the reach (boredom, anxiety, fatigue)? The shock of your real number is the starting point.

☐ DAY 2: PAUSE

Galatians 5:22–23

Self-control is a fruit of the Spirit, not willpower.

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."

 **Action:** Delete your single most addictive app for 24 hours. If deletion feels too intense, move it to a folder labeled "Not Today" on your phone's last page.

 **Reflection:** How many times did your thumb tap the empty space? That automatic reflex is muscle memory. Your brain has been conditioned, and it can be reconditioned.

☐ DAY 3: REPLACE

Psalms 1:2

You're not removing — you're trading.

"But his delight is in the law of the LORD; and in his law doth he meditate day and night."

 **Action:** Every time you feel the urge to scroll today, open scripture (or the Bibliaa app) and read one verse instead. Just one. Then set your phone down.

 **Reflection:** Dopamine detoxing is about healthy substitution. You are rewiring the cue "I feel restless" to trigger scripture reading rather than social feeds.

☐ DAY 4: BOUNDARIES

Proverbs 25:28

Walls are protection, not punishment.

"He that hath no rule over his own spirit is like a city that is broken down, and without walls."

-  **Action:** Set three permanent boundaries. E.g.: 1) No phone in the bedroom after 9 PM, 2) No screens during meals, 3) Scripture before social media in the morning.
-  **Reflection:** Which rule feels hardest to commit to? That resistance highlights exactly where digital noise has been stealing the most ground.

☐ DAY 5: WORSHIP

Matthew 22:37

Your reclaimed attention belongs to God.

"Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."

-  **Action:** Spend 20 uninterrupted minutes in prayer and scripture with your phone in another room. No podcast, no background noise — just you and God.
-  **Reflection:** Notice the quiet in your mind. The ultimate goal of detoxing is reclaiming the attention and affection that God deserves first.

After the 5 Days: Sustaining Your Habit

The detox is a reset, not a one-time achievement. Pick one daily anchor (e.g. read 1 verse before touching email) and keep one permanent phone boundary.

Want this every morning on your lock screen?

bibliaa.com →

The free Bibliaa iOS app includes 1,200+ plain-English verses, audio narration, and habit streaks.