

# a simple lent

making more room for GOD

Week 1: Priority

**Week 2: Declutter Digitally**

Week 3: Sparking Joy at Home

Week 4: Making Meaningful Work

Week 5: Revealing Your Core Values

Week 6: One Week For GOD

Life

**Digital**

Home

Work

Faith

## Declutter

Technological advancement has transformed our lives. It happens every single time. Its funny how we don't notice it's subtle changes to our expectations.

For example, before the telephone, we had to telegram or physically go to someone's house. Then phones entered our homes. Then answering machines. Then phones traveled with us. And finally, phones reside in our pockets.

But along the way, our expectation for reaching another person changed. In the beginning, we didn't *expect* to reach a person, we *hoped*. Now, often a person is outraged when the loved one doesn't pick up on the first ring because *"I know you have your phone on you!"*

Technology, or more broadly, media is everywhere. And it is changing our expectations.

With all the places we gather news, every app on our phones, every website we surf, every TV show we watch, every picture we take, every book we read, we are filling our attention with media and it is changing us.

**How might we simplify our intake this week so that we can focus on what matters?**

## Resources

Note to Self - <http://www.wnyc.org/shows/notetoself/>