



Day 4: Medicate the Mind with Screens **Dopamine Overload & Digital Addiction**

You're not addicted to your phone by accident. You're being disciplined by it.

We live in a world that's overstimulated, overconnected—and spiritually undernourished.

We scroll instead of pray. We binge instead of rest. We react instead of reflect.

Romans 12:2 (AMP):

"Do not be conformed to this world ... but be transformed and progressively changed by the renewing of your mind ..."

But how can our minds be renewed when we're constantly feeding them noise?

The enemy doesn't need to possess your mind—he just needs to distract it. He'll drown your discernment in dopamine.

Philippians 4:8 (AMP):

"Whatever is true ... honorable ... pure ... think continually on these things."

But we're not thinking—we're scrolling. Consuming, and what we consume, we become.

Don't just detox your body—detox your brain. You don't need more information. You need more revelation—and that only comes when you unplug from the world—and plug back into God.

I'd like to ask you to take a minute and follow me on GodDesignLLC for 🙌
Episode 5: The Hustle Lie—Why You Can't Rest Even When You Want To.

DEVOTIONAL: "Dopamine Overload & Digital Addiction"

SCRIPTURE:

Romans 12:2 (AMP) — *"Do not be conformed to this world ... but be transformed by the renewing of your mind ..."*

Philippians 4:8 (AMP) — *"Whatever is true ... honorable ... pure ... think continually on these things."*



DEVOTIONAL REFLECTION:

We often wonder why we feel anxious, distracted, or numb—but we rarely question the source of our mental diet.

The truth? What you allow into your mind is shaping your life.

Our phones have become altars. Screens have become sermons, and without even realizing it—we've been disciplined by distractions.

But your mind was never meant to be a battleground of endless noise. It was created to be a sanctuary for God's voice.

A renewed mind begins with a *renewed focus*.

DECLARATION:

I will no longer allow culture to disciple my mind. I will fix my focus on the truth of God's Word.

PRAYER:

Lord, break the addiction to distraction. Help me hunger for Your voice more than the world's noise. Renew my mind and restore my focus.

CHALLENGE: Choose one screen fast this week: social media, Netflix, news, etc. Replace that time with Scripture, prayer, or worship. Journal the difference you feel after 3 days.