

# THE TECH SABBATH Starter Kit



A simple, guide to reclaiming time, presence,  
and peace in a tech-saturated world.

**LOG OFF. LIVE ON.**

by Bryan Brooks

# WELCOME

Technology has quietly trained us to live on alert, always checking, always responding, always scrolling. Somewhere along the way, rest became optional. Presence became accidental. And life was reduced to something we squeezed in between notifications.

The Tech Sabbath isn't about rejecting technology. It's about reclaiming your life from it. This guide isn't about perfection, rigid discipline, or guilt. It's about rhythm. It's about awareness. It's about remembering that you were created for more than consumption.

You don't need to delete every app. You don't need a flip phone. You don't need to disappear from the world. You simply need space.

Space to breathe. Space to notice. Space to reconnect, with yourself, your people, and your purpose.

This is an invitation to learn new rhythms. Rhythms that help technology take a pause. so life can take the lead.

Welcome to [The Tech Sabbath](#).

**LOG OFF. LIVE ON.**

*"You weren't created to live on alert."*

# WHAT IS A TECH SABBATH?

A Tech Sabbath is a recurring rhythm of intentional disconnection from non-essential technology so you can reconnect with what matters most.

It is not a punishment.

It is not a detox.

It is not anti-technology.

Technology itself is neutral.

The issue isn't the device, it's the dominance.

A Tech Sabbath creates a protected window of time where you intentionally step away from the noise so your nervous system, relationships, and attention can reset.

It is a pause that reminds you:

You are not behind.

You are not failing.

You are simply overstimulated.

When you disconnect regularly, you begin to notice what constant connection has been stealing:

- Patience
- Presence
- Creativity
- Emotional margin
- Spiritual clarity

The Tech Sabbath is not about doing nothing. It's about doing what brings you back to life.

*"Disconnection isn't the goal. Reconnection is."*

Disconnection isn't the goal. Reconnection is.

# WHAT A TECH SABBATH IS NOT

Let's clear the pressure immediately.

A Tech Sabbath is **not**:

- Throwing your phone in the ocean
- Ignoring emergencies
- Shaming screen use
- Competing with others
- Performing rest "correctly"

This is not all-or-nothing.

This is not about control.

This is about freedom.

If your approach creates anxiety, guilt, or rigidity, you're missing the point.

The goal isn't disconnection. The goal is reconnection.

*"You don't need less technology, you need less control from it."*

# START WHERE YOU ARE

You do not need to go cold turkey. In fact, most people shouldn't. Sustainable rhythms are built gradually, not aggressively. Choose the level that feels realistic right now.

## **BEGINNER OPTION**

- 2–4 hours once per week
- Silence notifications
- No social media
- Phone allowed for calls and texts

This could be a Sunday morning, a Friday evening, or a quiet weekday block. Consistency matters more than length.

## **INTERMEDIATE OPTION**

- Half day or full evening
- No social media
- No email
- No news
- Phone parked out of reach

You begin replacing scrolling with rest, connection, and creativity.

## **FULL TECH SABBATH**

- 24-hour recurring window
- No social media
- No streaming
- No email
- No work apps
- Emergency use only

Remember: You are not trying to impress anyone. Start small. Start honestly. Start gently.

*“Small starts are what make lasting change possible.”*

# CHOOSE YOUR TECH SABBATH

This is where it becomes real. You don't need the perfect plan. You need a clear one.

## MY TECH SABBATH

Day:

Time Window:

Length (circle one): 2–4 hrs | Half Day | Full Day

## WHAT I WILL STEP AWAY FROM

- Social Media
- Email / Work Apps
- Streaming (TV/YouTube)
- News
- Other:

## WHAT I WILL ALLOW

- Calls
- Texts
- Music
- Navigation
- Other:

## WHAT I WILL DO INSTEAD

(Choose 2–3 simple things)

- Go for a walk
- Eat a meal with others
- Sit outside
- Read
- Pray / Reflect
- Be with family
- Create something
- Other:

Start simple. Stay consistent. Adjust later.

*“What you protect will shape what you become.”*

# REPLACE, DON'T REMOVE

If you only remove something, your brain will go looking for it. Give it something better.

## SIMPLE SWAPS THAT WORK

Instead of...	Try this...
Scrolling	Go outside for 10 minutes
Checking email	Write something by hand
Watching TV	Have a conversation
Doomscrolling	Sit in silence
Background noise	Play music intentionally
Phone in hand	Phone in another room

## YOUR PERSONAL SWAPS

Instead of:

I will:

Instead of:

I will:

Instead of:

I will:

You're not losing something. You're making space for something better.

*"What you replace your time with will shape your life."*

# YOUR FIRST TECH SABBATH

Don't overthink it. Just follow this once.

## STEP 1 — TRANSITION (10–15 MIN)

- Silence notifications
- Put your phone out of reach
- Tell others you're unavailable
- Take a deep breath

This signals your brain: *we're shifting*

## STEP 2 — SLOW DOWN (60–90 MIN)

Choose one:

- Go for a walk
- Sit outside
- Eat a meal without screens
- Be fully present with someone

No multitasking. No rushing.

## STEP 3 — RECONNECT (30–60 MIN)

- Journal
- Pray / reflect
- Have a meaningful conversation
- Think without input

This is where clarity returns.

## STEP 4 — RE-ENTER INTENTIONALLY

- Check your phone slowly
- Don't rush back into noise
- Notice how you feel

You don't need a perfect experience. You just need your first one.

*"The first step doesn't need to be impressive, it just needs to happen."*

# PITFALLS + RULES

## WHAT MIGHT HAPPEN (AND WHAT IT MEANS)

**“I felt bored.”**

→ Good. Your brain is resetting.

**“I kept reaching for my phone.”**

→ Move it farther away next time.

**“It felt unproductive.”**

→ Rest is productive.

**“I couldn’t stop thinking about things.”**

→ That’s what space reveals.

## THE 3 RULES OF A SUSTAINABLE TECH SABBATH

### 1. CONSISTENCY > INTENSITY

Small, repeated rhythms beat occasional extremes.

### 2. REPLACE, DON’T REMOVE

Give your time somewhere to go.

### 3. PROTECT IT LIKE A MEETING

If it’s optional, it won’t happen.

This isn’t about discipline. It’s about designing a better rhythm.

*“Progress feels messy before it feels natural.”*

# REFLECTION + NEXT STEPS

## WHAT DID YOU NOTICE?

Take 2–3 minutes. That’s all.

What felt different?

What was harder than expected?

What was better than expected?

What do I want to keep next time?

## THIS IS JUST THE BEGINNING

The Tech Sabbath isn’t a one-time reset. It’s a rhythm you build over time.

## KEEP GOING:

- Download more tools at [thetechsabbath.com](https://thetechsabbath.com)
- Share this with someone you care about
- Try again next week

Join the movement → [click here](#)

*“Where technology pauses so life can take the lead.”*