BIBLICAL RESOURCES

Scripture for the Pull

Bible passages paired with one practical action for each struggle.

STEP 1 · START HERE

Find the moment that fits you, read the verse, and do its one action.

The flesh pulls toward the easy, automatic habit. Walking in the Spirit means choosing, with God's help, what is good. God is the One who changes us. These actions are tools for stewardship, not the source of change.

When I pick up my phone without thinking

> "All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any."
>
> **1 Corinthians 6:12 (NKJV)**

Action: Move the app you open most into a folder on your last screen today.

When I can't put it down at night

> "I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety."
>
> **Psalm 4:8 (NKJV)**

Action: Charge your phone outside your bedroom tonight.

When I'm distracted around my family

> "Let each of you look out not only for his own interests, but also for the interests of others."
>
> **Philippians 2:4 (NKJV)**

Action: Put your phone in a drawer and give someone five minutes of full attention.

When I scroll to escape stress

> "Come to Me, all you who labor and are heavy laden, and I will give you rest."

Matthew 11:28 (NKJV)

Action: Name what's weighing on you, bring it to the Lord in prayer, and take a ten-minute walk.

When I keep reinstalling the app

> "But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts."
>
> **Romans 13:14 (NKJV)**

In plain words: live close to Jesus, and don't set yourself up to fall back into the old habit.

Action: Wait ten minutes before reinstalling, and ask someone to hold your Screen Time passcode.

When I feel alone

> "And let us consider one another in order to stir up love and good works ..."
>
> **Hebrews 10:24 (NKJV)**

Action: Text or call one person from your church or family today.

When I've slipped again

> "Through the Lord's mercies we are not consumed, Because His compassions fail not. They are new every morning; Great is Your faithfulness."
>
> **Lamentations 3:22–23 (NKJV)**

Action: Confess it, receive His mercy, put the phone down somewhere out of reach, and do one real-life thing instead.

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