CHALLENGES AND ROUTINES

Small Group and Family Night Kit

Run the 5-Day Reset with your church group, friends or family. Free to print and share.

STEP 1 · START HERE

Pick a start day and send everyone the 5-Day Reset link.

Doing this together makes it easier to keep going. This kit is for anyone leading a small group, Bible study, parents' night or family.

How it works

1. **Pick a start day** and send everyone the link: myundividedapp.com/challenge/ (or /faith/challenge/ for Biblical Guidance).
2. **Everyone does one day at a time** on their own phone. Nothing to sign up for.
3. **Check in once**, halfway or at the end, in person or by group text.
4. **Celebrate small wins.** No one has to share screen time numbers.

Discussion questions (one per day)

1. When does your phone pull you in the most?
2. What one change did you make, and how did it go?
3. What did you do instead? What surprised you?
4. Who did you tell, and how did they respond?
5. What will you do the next time you slip?

For church groups (optional)

Read Galatians 5:16 and Romans 13:14 together. Ask: Where is the flesh pulling at me through my phone? What is one way to make no provision for it this week? Close by praying for one another.

Leader tips

- Go first. Share your own pull moment honestly.
- Keep it encouraging. No shaming, no comparing.
- If someone shares that they're really struggling, point them to when to get more help.

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