

# Prayer to Break Media and Digital Addiction

## Scripture Foundation

### 1 Corinthians 6:12

“All things are lawful unto me, but all things are not expedient... I will not be brought under the power of any.”

### Psalm 119:37

“Turn away mine eyes from beholding vanity; and quicken thou me in thy way.”

### Ephesians 5:15–16

“See then that ye walk circumspectly... redeeming the time.”

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## Instruction

Pray this if social media, entertainment, gaming, or constant digital engagement has begun to dominate your attention, disrupt your peace, or weaken discipline.

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## The Prayer

Father God,

I come before You in the name of Jesus Christ. I acknowledge that my time, my attention, and my focus belong to You.

If I have allowed digital media, social platforms, entertainment, or endless scrolling to control my habits, I confess it honestly before You.

Your Word says that even lawful things should not have power over me. I do not want to live under the control of distraction.

If I have turned to screens out of boredom, loneliness, stress, or avoidance, help me recognize those patterns.

Turn my eyes away from what is empty and restore discipline in how I spend my time.

If digital habits have weakened my prayer life, distracted me from Scripture, or shortened my attention toward what truly matters, renew my priorities.

Teach me to pause before reaching for constant stimulation. Teach me to sit with quiet, reflection, and Your presence.

Give me wisdom to set healthy boundaries with technology. Give me strength to step away when necessary.

Let my attention return to what builds wisdom, strengthens faith, and brings clarity.

My life is not meant to be consumed by endless noise.

I choose discipline over distraction.  
I choose purpose over habit.  
I choose stewardship over indulgence.

In the name of Jesus Christ,  
Amen.

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### **Closing Declaration**

I am not controlled by distraction.  
My time and attention belong to God.  
I live with discipline and clarity.