

# Turning IT Off

## How a Technology Sabbath Can Deepen Your Faith & Help You See God At Work

Try this experiment: Shut down your computer, turn off your cell phone, unplug your iPod, hide your smart phone, and click off the television. Then, pick up a book. Read for an hour. When you're done, pull out a sheet of paper and write a letter. And then, go for a walk outside.

If you find this scenario difficult, you're not alone. Mark Bittman, writing in the *New York Times*, describes taking a break from technology for an entire day: "I woke up nervous, eager for my laptop . . . I was jumpy, twitchy, uneven."