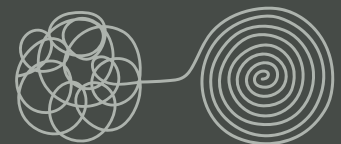


Distraction Detox

**21-Day Challenge to Find Clarity and
Live with Intention**

By Trevor Kennedy

Life is full of distractions that keep us from living intentionally and focusing on the things that really matter. This 21-day journey will help you clear mental, emotional, and spiritual clutter, allowing you to reconnect with what brings joy, fulfillment, and peace. It's designed for those who are ready to slow down, reflect, and take small but meaningful steps each day to build habits that foster clarity and intentional living.





WEEK 1: CLEAR THE CLUTTER

Create mental and physical space for clarity by eliminating distractions and building small, intentional habits.

Day 1: Identify 3 things that drain your time or energy. Let go of one.

Today's Verse: *"Let us throw off everything that hinders."* – Hebrews 12:1

Challenge: Replace one distraction with a life-giving activity, like a walk or a book you've been wanting to read.

Day 2: Declutter one area in your home or workspace.

Challenge: A tidy space brings clarity. What's one area you can organize today?

Day 3: Practice a tech-free evening.

Challenge: Turn off screens after dinner. Spend time with family or enjoy a hobby instead.

Day 4: Start your day with 10 minutes of silence.

Challenge: Notice what thoughts arise in the quiet. Journaling afterward can help clear your mind.

Today's Verse: *"Be still, and know that I am God."* – Psalm 46:10

Day 5: Choose gratitude. Write down three things you are thankful for.

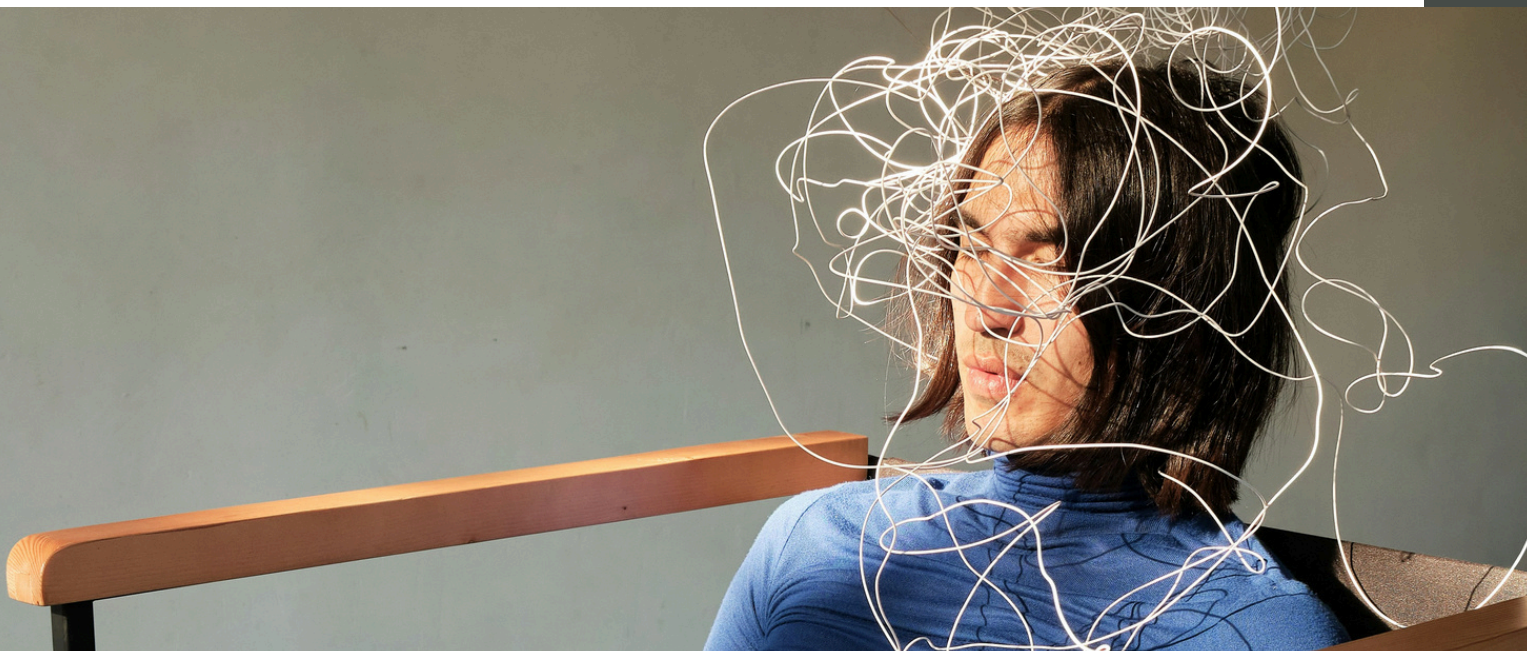
Challenge: Gratitude helps reframe your mindset and brings joy into the present moment.

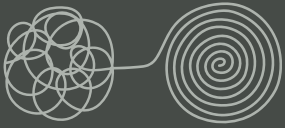
Day 6: Unfollow social media accounts that don't bring positivity.

Challenge: Create a feed that inspires and encourages.

Day 7: Reflect on how you spend your time. Is it aligned with what you value most?

Today's Verse: *"Teach us to number our days, that we may gain a heart of wisdom."* – Psalm 90:12





WEEK 2: RECONNECT WITH WHAT MATTERS MOST

Use these seven days to realign your relationships and time with what's most meaningful.

Day 8: Write a note of encouragement to a friend or family member.

Challenge: A simple act of kindness can build deeper relationships.

Day 9: Spend time outdoors and reflect on the beauty around you.

Today's Verse: *"The heavens declare the glory of God."* – Psalm 19:1

Day 10: Eat dinner without distractions. Engage in meaningful conversation.

Challenge: Ask loved ones questions that encourage connection.

Day 11: Choose one relationship to invest more time in this week.

Challenge: Reach out and plan a meaningful interaction.

Day 12: Schedule intentional downtime. Rest is essential for focus and clarity.

Today's Verse: *"Come to me, all who are weary, and I will give you rest."* – Matthew 11:28

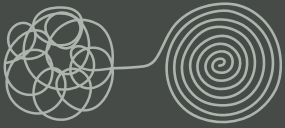
Day 13: Create a "stop-doing" list. Identify activities or habits that no longer serve you.

Challenge: Let go of things that don't align with your values.

Day 14: Spend time journaling about what brings you joy and purpose.

Challenge: Reflect on what fills your life with meaning and how you can do more of that.





WEEK 3: BUILD LASTING HABITS FOR CHANGE

Form small habits that will help you stay present, focused, and connected to what matters most.

Day 15: Choose one positive habit to build. Start small.

Challenge: Whether it's journaling, prayer, or exercise, consistency is key.

Day 16: Practice kindness today. Perform a small act of generosity without expecting anything in return.

Today's Verse: *"It is more blessed to give than to receive."* – Acts 20:35

Day 17: Create a morning routine that sets a positive tone for your day.

Challenge: Include reflection, prayer, or mindful breathing.

Day 18: Take time today to encourage someone else's dream or goal.

Challenge: Helping others creates deeper connections and sparks joy.

Day 19: Start each day this week with a short reading or reflection.

Today's Verse: *"Your word is a lamp to my feet and a light to my path."* – Psalm 119:105

Day 20: Revisit your goals and commitments. Adjust if needed to align with what's important.

Challenge: Flexibility allows you to stay on track without burning out.

Day 21: Reflect on the last 21 days. What did you learn?

Challenge: Write down one insight from this experience and one habit you want to continue.



NEXT STEPS

God calls us to a life of purpose, but distractions often threaten to derail us from the good work He has planned. This challenge is just the beginning of a deeper journey toward living with focus and intention. As you continue to detox distractions from your life, here are some ways to grow even further in faith and purpose.

Share This Challenge with a Friend

If you found this challenge helpful, share it with someone in your life who might benefit from aligning their life with God's mission. Accountability strengthens commitment—why not invite a friend to join you in this journey?

Explore More Messages from Pastor Trevor Kennedy

- [Shut the Door on Distractions](#) – Discover how to block out distractions and focus on God's good work.
- [When You Can't Take It Anymore](#) – Learn how God uses ordinary people to accomplish extraordinary things.
- [Standing Strong in the Face of Opposition](#) – Find the strength to persevere through resistance and remain focused on God's calling.

Visit Good News Methodist Church

We would love to meet you and walk with you on your faith journey. Join us in person or online and experience a welcoming community dedicated to living out God's mission. Whether you're new to faith or looking for a church to call home, there's a place for you at Good News Methodist Church.

- **Service Times:** Sundays at 10 AM
- **Location:** Good News Methodist Church, 1610 E New Hope Leander, TX 78641
 - Georgetown location is opening soon!
- **Online Services:** Join our live stream at goodnewsmethodist.org

ABOUT TREVOR KENNEDY

Trevor Kennedy is the lead pastor of Good News Methodist Church. He is passionate about empowering people to live out their faith with authenticity and purpose. With a heart for community and a deep love for God's Word, Trevor encourages others to eliminate distractions and focus on God's good work in their lives.

ABOUT GOOD NEWS METHODIST CHURCH

At Good News Methodist Church, we believe in being contributors, not consumers. We strive to live out the message of Jesus by loving others and making a difference in our community. As a family of believers, we are committed to growing together, supporting one another, and sharing God's love with those around us. Whether you are new to faith or looking for a place to belong, we welcome you to join us on this journey of living out God's mission.