

## Ep. 381 | Unplug to Recharge: Finding Peace in a Hyperconnected World

What if the stress, anxiety, and burnout we feel aren't signs that we're doing too much, but signs that we're plugged into the wrong source? It's time for us to unplug so we can actually recharge. Christine invites us to follow the example of Jesus, who regularly withdrew from the crowds to pray, reminding us that peace, clarity, and strength are found not in constant connection, but in God's presence. As our devices demand more of us than ever, this message calls us to unplug from the virtual world and intentionally plug into the One who renews our souls and restores our joy.

**WHERE HAS CONSTANT CONNECTIVITY BEEN CROWDING OUT MY TIME, ATTENTION, AND INTIMACY WITH GOD?**

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**WHAT SMALL, INTENTIONAL STEPS CAN I TAKE TO CREATE SPACE FOR SILENCE, SOLITUDE, AND PRAYER?**

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**AM I SEEKING VALIDATION AND PEACE MORE FROM THE VIRTUAL WORLD—OR FROM THE PRESENCE OF GOD?**

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**SCRIPTURES REFERENCED IN THIS EPISODE:**

LUKE 5:12-16 • LEVITICUS 13:45 • PSALM 27:4 • PSALM 34:8 • ISAIAH 40:31