

# re:discipleship resources

season 1

## Technology

Recommended by Henry

[Every Moment Holy: Volume 1](#) by McKelvey Douglas (author) and Bustard Ned (illustrator)

[Tuning In: Six Ways to Get Your Life Back from Technology](#) by Adam McLane

Recommended by Taylor

[The Ruthless Elimination of Hurry](#) by John Mark Comer

Bonus Recommendations!

[Of Games and God](#) by Kevin Schut

[Technopoly: The Surrender of Culture to Technology](#) by Neil Postman

[iGen](#) by Jean Twenge

"The Social Dilemma" streaming on Netflix

## Emotional and Mental Health

Recommended by Taylor

[Emotionally Healthy Spirituality](#) by Pete Scazzero

[The Deeply Formed Life](#) by Rich Villodas

Recommended by Caitlin

[Emotionally Healthy Spirituality](#) by Pete Scazzero

[Lay it Down](#) by Bill Tell

Recommended by Sarah

[Hind's Feet on High Places](#) by Hannah Hurnard (or an illustrated version [here](#))

## Time & Priority Management

Recommended by Artie

[Omnifocus App](#)

[Day One App](#)

[Streaks App](#)

Recommended by Taylor

[Living Forward](#) by Michael Hyatt and Daniel Harkavy

[Crazy Busy](#) by Kevin DeYoung

Recommended by Sarah

[Checklist App](#)

[Finding God's Life for My Will](#) by Mike Donehey