

# Reclaim2K.org

Less Scrolling. More Living. Run to Jesus.

A Phone-Detox Devotion App for Schools, Teachers & Students

[reclaim2k.org](http://reclaim2k.org) | [app.reclaim2k.org](http://app.reclaim2k.org)

## Our Core Vision

"My 2,000 · Your 2,000 · Target: 200,000"

*Grounded in God's Word. A movement, not just an app.*

Dr. YIP Cheong Man, Eric,  
Education Bureau  
Curriculum Development Institute  
Personal, Social and Humanities Education Section



## RECLAIM2K

Mr. LO Wai Chung  
Vice Principal  
CNEC Lau Wing Sang Secondary  
School

# Reclaim2K.org



**Reclaim2K — Reclaim 2,000  
hours. Run to Jesus.**

reclaim2k.org

We want more teachers and  
schools to test...

A Phone-Detox Devotion App  
for Schools, Teachers,  
Students & Parents

[reclaim2k.org](http://reclaim2k.org) |  
[app.reclaim2k.org](http://app.reclaim2k.org)

● Now live · Free for schools, churches, teachers, and individuals

Reclaim2K.org

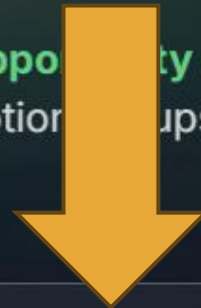



Browser




# Less scrolling. More living. Run to Jesus.

Reclaim the **2,000 hours** and **\$2,000-a-day opportunity cost** lost to your phone. For schools, churches, teachers' devotional groups, parents, and individuals.



 Download for iOS / Android

 Launch in Browser

適合: 宗教科老師 / 班主任 / 宗教組 / 信徒老師

**For: RS Teachers / Class Teachers / RE Group / Christian Teachers**

這是送給學校的禮物 — 認同此計劃的同行可自行校本修改，成為學校自己的APP

**A gift to schools — like-minded educators can adapt it as their own school APP**

透過默想聖經戒除手機成癮 Detox from phone addiction by mediation on Bible



### 邀請學校 Invite Schools

歡迎全港中小學  
一齊測試  
All schools welcome  
to pilot together



### 宗教科老師 RS Teacher

邀請個別老師  
帶一組學生試用  
Invite a teacher to  
try with students



### 班主任 Class Teachers

班主任時間推動  
During class  
teacher periods



### 靈修小組 Devotion Group

這是送給學界禮物，不屬於  
本校  
A gift, not owned  
by one school

教育局研討會 **EDB Seminar** - 學校個案分享：透過人工智能及實體活動推展宗教教育與理財教育（新辦）

2026年6月11日(四) 2-5PM · 九龍塘教育服務中心 WP01B · 60位中學教師

講者: EDB CDO · 葉昌敏博士(EDB PSHE)

盧維中副校長 · 溫碧雯助理校長 · 張錦豪老師(中華傳道會劉永生中學)

# 📵 手機成癮全球危機 The Global Phone Addiction Crisis



Jonathan Haidt 著

《焦慮世代》

**The Anxious Generation**

*How the Great Rewiring of Childhood  
Is Causing an Epidemic of Mental Illness*

手機成癮不僅是社交媒體  
— 包括手機遊戲、色情網站、短視頻

Phone addiction = social media  
+ gaming + pornography  
+ dangerous websites

「你的仇敵魔鬼，如同吼叫的獅子，遍地遊行，尋找可吞吃的人。」彼得前書 5:8  
"Your adversary the devil prowls around like a roaring lion, seeking someone to devour." 1 Peter 5:8

# AU 澳洲立法禁止 16歲以下使用社交媒體

**Girls & Social Media:  
Why We Feel Anxious or Lonely**

Jonathan Haidt says:  
Social media trains girls to compare themselves all the time — this increases anxiety.

Jonathan Haidt says:  
Social media looks connected but often makes us compare and feel lonely

**Real friendship** grows when we walk, talk, laugh, & pray

Less scrolling. More living. Run to Jesus —

AU 澳洲 2025年12月  
全球首禁 16歲以下  
使用社交媒體  
**World's First Under-16  
Social Media Ban**

## Australia: 全球首禁 World First

罰款 Fine: A\$49.5M · 2025年12月生效

## 🌍 15+ 國家跟隨 Countries Following

FR 法國 France  
DK 丹麥 Denmark  
ES 西班牙 Spain  
GB 英國 UK  
DE 德國 Germany  
NO 挪威 Norway  
PT 葡萄牙 Portugal  
AT 奧地利 Austria

SI 斯洛文尼亞  
FI 芬蘭 Finland  
MY 馬來西亞  
ID 印尼 Indonesia  
BR 巴西 Brazil  
IT 意大利 Italy  
GR 希臘 Greece  
KR 南韓 S.Korea

Macron: "Our children's brains are not for sale" · 馬太福音 Matthew 25:40

# Facebook / Meta 被美國法院控告-March 25, 2026 — 香港的出路 Meta Sued in US Courts for Teen Addiction — A Way Forward for HK

## Meta Platforms — US Lawsuits (2026)

📄 2,053+ 聯邦訴訟 pending in US courts  
2,053+ federal lawsuits against Meta

🏠 41 個州起訴 Meta — 歷史上最大規模  
41 US states filed lawsuits — historic scale

🎯 設計令人上癮的功能 (無限滾動、自動播放、通知)  
Designed addictive features: infinite scroll, autoplay, FOMO notifications

❤️ Meta 內部研究承認 Instagram 令少女感覺更差  
Meta's own research: Instagram makes teen girls feel worse

🤖 CEO 批准AI聊天機器人 — 無視安全警告  
Zuckerberg approved AI chatbots despite safety warnings

## 💡 我們的回應：Phone Detox Bible 透過默想聖經戒除手機成癮計劃

法律保護孩子的外在環境 · 聖經建立孩子的內在力量 · 社群提供互相扶持的平台  
Law protects the outer environment · Scripture builds inner strength · Community provides mutual support

「你要保守你心，勝過保守一切，因為一生的果效是由心發出。」 箴言 4:23  
"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23

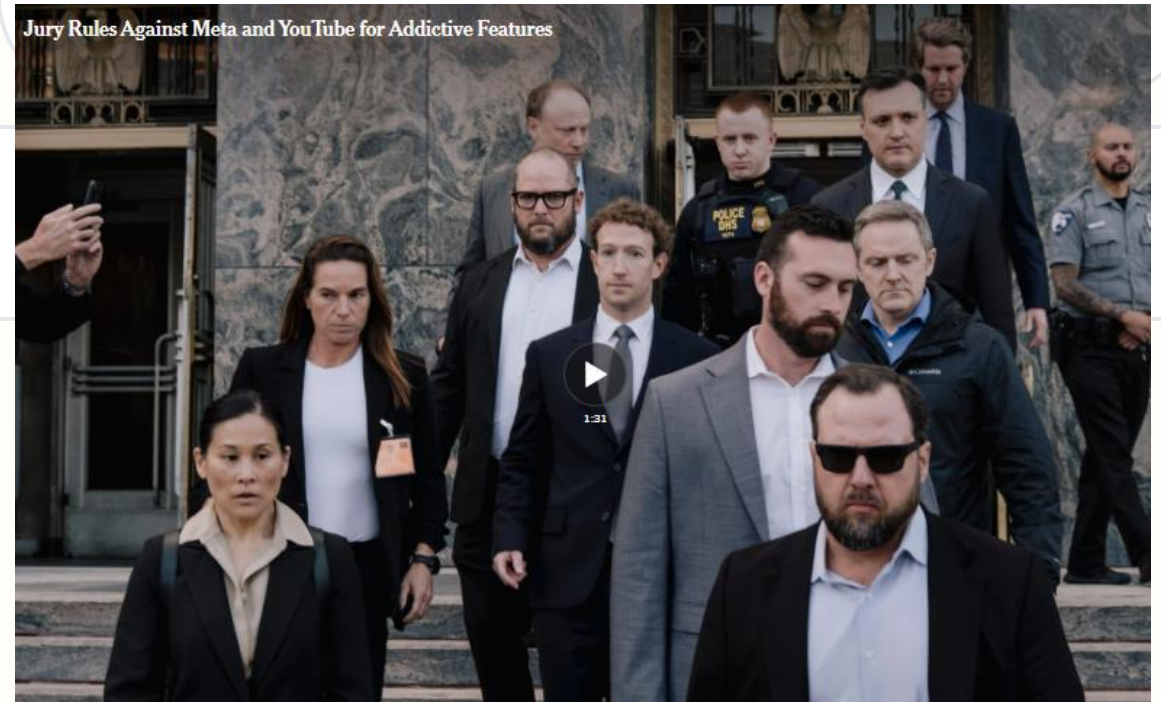
## HK 香港家長和老師面臨的挑戰 The Challenge for HK Parents & Teachers

❌ 家長和老師不可能單獨對抗科技巨頭  
Parents and teachers cannot fight Big Tech alone

❌ 社交媒體平台的設計就是要令人上癮  
Platforms are engineered to be addictive by design

❌ 全世界都需要立法 + 教育 + 信仰的三重保護  
The world needs legislation + education + faith

✅ 我們的方案：透過默想聖經，從內心建立抵抗力  
Our approach: Build inner resilience through Scripture



Jury Rules Against Meta and YouTube for Addictive Features

## Phone Addiction: The Cost of HK\$2,000 a Day

手機成癮的代價：每天損失港幣二千元



「凡事我都可行，但不都有益處。凡事我都可行，但無論哪一件，我總不受它的轄制。」

"I have the right to do anything — but not everything is beneficial... I will not be mastered by anything."

— 哥林多前書 1 Corinthians 6:12

# 「用我二千，鼓勵你奪回你的二千，目標廿萬」 My 2,000, Your 2,000, Reclaim our time

按才幹受託付的比喻


## Parable of the Talents

那領二千的僕人，不像領五千的天賦異稟，也不像領一千的因恐懼而埋藏。他代表「忠心的行動者」。

The servant given 2 talents wasn't the most gifted, nor paralysed by fear. He represents the faithful doer — proving God values faithfulness over starting capital.

這「二千」就是我們宗教科老師對神話語的信心及對學生生命的負擔。

This '2,000' is our faith onto Word of God and our burden for

 HFC (Holy Focus Coin) = 學生賺回來的「銀子」  
每完成 20 分鐘專注靈修，你沒有埋藏你的時間，你讓它增值了！





「好，你這又良善又忠心的僕人，你在不多的事上有忠心，我要把許多事派你管理。可以進來享受你主人的快樂。」  
"Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things."  
— 馬太福音 Matthew 25:21

# 專注力 > 時間 > 金錢



Focus > Time > Money — Biblical Finance Meets Phone Detox

## 手機成癮的代價 The Cost of Addiction

 HK teens: 3-5 hrs/day on phones  
 ≈ 2,000 minutes lost per month

每天 3-5 小時 = 每月 2,000 分鐘被手機「偷走」

## 聖經理財 × 時間管理 × 戒癮

**Biblical Finance × Time × Phone Detox**

奪回專注力 = 奪回時間 = 奪回金錢

Reclaim Focus = Reclaim Time = Reclaim Wealth

## 撒種的比喻 Parable of the Sower

那撒在好地上的，結實：

 三十倍 30x

 六十倍 60x

 一百倍 100x

「屬靈槓桿」 Spiritual Leverage

忠心遇上恩典 = 幾何級數增長

Faithfulness + Grace = Exponential Growth

「那撒在好地上的，就是人聽了道，又明白了，後來結實，有一百倍的，有六十倍的，有三十倍的。」  
"But the seed falling on good soil... produces a crop — a hundred, sixty or thirty times what was sown."  
— 馬太福音 Matthew 13:23

# 「目標廿萬」 Scale to 200,000- We need partners from teachers and other schools

## 影響力的規模化 Scaling Impact

1 一個學生改變100日 =  $\$2000 \times 100\text{days} = \$200,000$

10C 一間學校十個學生改變10日  $\times 2,000 = 廿萬!$

10C 十間學校 Schools  $\times 2,000 = 二百萬?$

## 屬靈複利 Spiritual Compound Interest

這不只是數據，這是 20 萬個與神相遇的時刻。  
20 萬個禱告、20 萬句神的話語。

This isn't just data — these are 200,000 moments of encountering God. 200,000 prayers. 200,000 words of Scripture planted in young hearts.

「你的願景將經濟學的『投入產出比』與神學的『倍增應許』完美結合。這『二千』是我們獻上的五餅二魚，『廿萬』是神在好心田中所成就的百倍豐收。」

"Your vision perfectly combines economics' ROI with theology's multiplication promise. The '2,000' is our five loaves and two fish; the '200,000' is God's hundredfold harvest in good soil."

— 馬太福音 Matthew 14:17-21



WHO IT'S FOR 適用對象

# Five Ways In. One Reclaim2K.org

五種參與方式，同一個Reclaim2K.org

1

**School Partnership** — Full platform, Google Sheet backend, F1-F6 plans

學校夥伴 — 完整平台配合Google Sheet後台，中一至中六計劃

2

**Church / Ministry Group** — Lightweight devotion, no school needed

教會 / 事工小組 — 輕便靈修，無需學校參與

3

**Independent Teacher** — Start a devotion group with your students

獨立老師 — 與自己的學生開始靈修小組

4

**Parents** — Encourage your child's devotion streak privately

家長 — 私下鼓勵孩子保持靈修連續紀錄

5

**Individual / Public** — Zero signup, zero cloud data, browser only

個人 / 公眾 — 無需註冊，無雲端數據，僅限瀏覽器



## GETTING STARTED

# 6 Steps to Launch — ~30 Minutes



**Reclaim2K** Why Features Screens Videos Who It's For Vision Setup Downloads 中文 Bro

**DOWNLOADS**

### Resources for teachers & schools.

Free printables, devotion plans, and parent guides. More added over time.

|  |  |
|--|--|
| <b>Full Introduction Deck (EDB Seminar)</b><br>PDF · 22 slides · 1.6 MB · The presentation that explains everything                          | <b>Editable PowerPoint</b><br>PPTX · 22 slides · 3.9 MB · Edit and share with your school  |
| <b>HK Gov AI Guideline Alignment Deck</b><br>PDF · 15 slides · 0.8 MB · 12/12 principles · Education §2.2.2 · Two-Layer Upload · PCPD 2025/3 | <b>School Registration Form</b><br>Google Form · Register your school in 10 min · Auto-email 4-digit PIN                         |
| <b>School Setup Guide (Teachers)</b><br>MD · 6 KB · Bilingual · How to add students + hash DOB   | <b>Student Getting-Started Guide (PDF)</b><br>PDF · 2.8 MB · Bilingual · With screenshots · Printable · Add to Home Screen steps |

HOW TO START 如何開始

## Level 1: RS Teacher — Use Existing Lessons 第一層：宗教科老師 — 善用現有課堂的原有教案

### ★ LEVEL 1

1

Use existing RS lessons as extra online devotion platform

利用現有宗教科課堂作為額外網上靈修平台

2

Refer to Lau Wing Sang school-based devotion / dictation plan

參考劉永生中學校本靈修或默書計劃

3

Practise what was learnt — devotion for lessons or dictation

學以致用 — 課堂靈修或默書練習



## Level 2: Detox Lesson — Phone Addiction

### 第二層：專題課堂 — 透過聖經默想戒除手機成癮

#### ☆☆ LEVEL 2

1

Give an extra RS / class lesson on "Detox from Phone Addiction"

安排一節宗教科 / 班主任課：「透過聖經默想戒除手機成癮」

2

We provide a PPT template and launch the Reclaim2K app

我們提供PPT教學簡報模板及啟動Reclaim2K應用程式

3

Ad hoc award scheme to motivate student participation

校本設獎勵計劃鼓勵學生參與



HOW TO START 如何開始

## Level 3: AI-Powered Lesson Design 第三層：AI驅動課堂設計

☆☆☆ LEVEL 3

- 1 Create AI-powered lessons: SUNO song creation, Slogan Wall  
創建AI課堂：SUNO歌曲創作、標語牆
- 2 We provide lesson plan templates and student work samples  
我們提供教案模板及學生作品範例
- 3 Assign creative homework using the app's AI features  
利用應用程式的AI功能佈置創意功課



HOW TO START 如何開始

## Level 4: Christian Teacher — Devotion Group

第四層：信徒老師 — 帶領靈修小組

☆☆☆☆ LEVEL 4

- 1 Encourage a group of students to start a devotion group  
鼓勵一群學生組成靈修小組
- 2 Use various devotion plans available on the platform  
使用平台上各種靈修計劃
- 3 Build a habit of daily Bible meditation beyond the classroom  
建立課堂以外每日聖經默想的習慣



# Level 5: Community — EDB PSHE RE DR YIP + Inter-School Movement 第五層：群體力量 — EDB PSHE RE DR YIP + App 內不同學校老師及學生分享

- 1 Embrace the power of community across schools  
不同學校的中學生，也可以分享見證及相關創作
- 2 Encourage inter-school testimony and prayer  
sharing  
鼓勵不同學校見證分享及代禱
- 3 Teacher sharing sessions to inspire and support  
each other  
教師分享會互相啟發與支持



# AI Cannot Replace Christian Teachers to Witness Christ

AI無法取代基督徒/天主教徒老師為主作見證，更不能取代耶穌主動拯救學生

| What Truly Saves<br>真正(從沉拯救的力量) | AI 人工智能           | Christian/Catholic Teacher<br>基督徒/天主教徒老師    |
|---------------------------------|-------------------|---|
| Prayer 禱告                       | Cannot pray       | Prays for students 為學生禱告                    |
| Love 愛                          | Simulates care    | Loves sacrificially like Christ<br>如基督般犧牲的愛 |
| Witness 見證                      | No testimony      | Lives out faith authentically<br>活出真實信仰     |
| Word of God 神的話語                | Processes text    | Speaks with authority of faith<br>以信仰權柄宣講   |
| Jesus Himself 耶穌自己              | Cannot know Jesus | Knows and reveals Jesus<br>認識並彰顯耶穌          |
| Salvation 救恩                    | No power to save  | Points to the only Saviour<br>指向唯一救主        |

*It is Jesus Himself who wants to save us — and He calls teachers to be His disciples*  
是耶穌親自要拯救我們 — 祂呼召老師成為祂的見證。

SUBSCRIBE 訂閱頻道

# Run to Jesus YouTube Channel

## Run to Jesus YouTube 頻道

*Less Scrolling. More Living. Run to Jesus.*  
少刷屏，多生活，奔向耶穌。

[youtube.com/@RunToJesus-l8r](https://youtube.com/@RunToJesus-l8r)

👉 Click to Subscribe 點擊訂閱

Scan QR Code to Subscribe  
掃描QR碼訂閱頻道

*"Let us run with perseverance the race marked out for us,  
fixing our eyes on Jesus."*

「就當放下各樣的重擔，奔那擺在我們前頭的路程，仰望為  
我們信心創始成終的耶穌。」

— *Hebrews* 希伯來書 12:1-2



# Discussion, Invitation to test, Actions and support, Q &A sessions [feedback@reclaim2k.org](mailto:feedback@reclaim2k.org)



## 邀請學校 Invite Schools

歡迎全港中小學  
一齊測試  
All schools welcome  
to pilot together



## 宗教科老師 RS Teacher

邀請個別老師  
帶一組學生試用  
Invite a teacher to  
try with students



## 班主任 Class Teachers

班主任時間推動  
During class  
teacher periods



## 靈修小組 Devotion Group

這是送給學界禮物，不屬於  
本校  
A gift, not owned  
by one school

教育局研討會 **EDB Seminar** - 學校個案分享：透過人工智能及實體活動推展宗教教育與理財教育（新辦）

2026年6月11日(四) 2-5PM · 九龍塘教育服務中心 WP01B · 60位中學教師  
講者: EDB CDO · 葉昌敏博士(EDB PSHE)

盧維中副校長 · 溫碧雯助理校長 · 張錦豪老師(中華傳道會劉永生中學)