

Following *Jesus* with my phone



"Do not conform to the pattern of this world, but be transformed by the renewing of your mind..." (Romans 12:2)

We want screens to help us follow Jesus, love one another, and live wisely in the world. We give thanks for the freedom that we have in Christ - but we also recognize that screens can distract us, isolate us, and pull our hearts away from God.

Therefore, we make the following commitments:

1. THE PURPOSE OF TECHNOLOGY

- A. We will use technology to connect with God and people, not hide from them.**
- B. We will use screens to encourage joy, creativity, learning, and relationship, not addiction or comparison.**
- C. We will remember that Jesus is Lord of our time, minds, and hearts, even online.**

*"So, whether you eat or drink, or whatever you do, do all to the glory of God."
(1 Cor. 10:31)*

2. OUR COMMITMENTS

A. Time

At meals we will: _____

Our daily limits are: _____

Our Screen-Free Times and Places: _____

B. Our Content

Things that are off-limits in our house: _____

When in doubt, we will ask: "Is this holy and pleasing to God? (Rom. 12:1)"

To encourage transparency, we will: _____

C. Our Hearts

We will avoid mindless scrolling and instead seek activities that are genuinely refreshing. Some of those activities are:

*"Turn my eyes from looking at worthless things; and give me life in your ways."
(Psalm 119:37)*



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3. WISDOM PRACTICES

A. Here are some wise things that we think will help to keep tech in its rightful place. (Examples: weekly tech check-ins, accountability software, screen Sabbaths, praying before we post.)

“Teach me your way O LORD, and I will walk in your truth. Give me an undivided heart that I might fear your name.” (Psalm 86:11)

4. GRACE AND GROWTH

A. We know that we won’t always use technology wisely. When we fail, we will:

Be honest.

Forgive quickly and deal graciously with one another.

Teach one another to trust in the cross and grace of Jesus, not our performance or strength.

5. OUR COVENANT PRAYER

“Lord Jesus, you are King in this house. Teach us to use our screens in ways that bring You glory and help us love each other. We will not conform to the pattern of the world. Our desire is to grow up in you. Give us undistracted and undivided hearts. Protect us from comparison and temptation. Fill our lives with joy in your presence. Amen.”

Signatures: _____

Date: _____

