

FAMILY WORKSHOPS: PROMOTING DISCIPLESHIP AT HOME

TECHWISE FAITH



Recommended Age: 9+ (Fourth or Fifth Grade)

WHY?

Technology is both very good and cursed just like humans that designed it. It can be connective or divisive, but it is here to stay so we need to find a new point of view.

WHAT?

Technology keeps changing, but strategies for finding balance as a family don't. Make sure your family is finding emotional, physical, spiritual, relational, and mental balance and connections.

HOW?

Learn more about ways to find family balance with technology and faith by attending one of our workshops, reading the resources listed here or trying some of the tips listed below

Proverbs 4:23 *“Above all else, guard your heart, for everything you do flows from it.”*

TIPS FOR GETTING STARTED:

Spend some time as a family talking about things you Love & things you Hate about technology.

Talk about ways that technology helps you connect and ways that it is divisive.

Remember like all of God's creation it is both very good and cursed.

Talk about what 'Guarding your heart' looks like:

Emotionally

Relationally

Physically

Mentally

Talk about a plan for your family. A plan that honors balance, sets healthy guidelines, builds trust & communication, and honors a Sabbath rhythm of rest and renewal. Make sure it is flexible and that you revisit it periodically.

CHECK OUT THESE RESOURCES:

[The Digital Invasion](#) by Hart & Hart
[My Techwise Life](#) by Crouch & Crouch
[Right Click](#) by Powell, Bamford, and Griffin
[The Tech Diet for your Child & Teen](#) by Marshall
[Tech Wise Family](#) by Andy Crouch