

TECH BOUNDARIES

For Christ-Centered Homes

LIMITED SCREEN TIME

Scripture teaches us to be careful how we live, making the most of every opportunity because the days are evil (Eph 5:15-16). While personal screens serve as great babysitters for kids and a way of life for parents, the more screen time there is, the less discipleship, relationship, and trust exist within the family.

FILTERED CONTENT

Above all else, guard your heart, for everything you do flows from it (Prov 4:23). An internet-connected device without passwords, parental controls, content filters, or monitoring software poses the greatest danger to a child's spiritual development, education, behavior, and innocence.

TECH-FREE ZONES

God's Word instructs us to be still and know God (Ps 46:10) and to love God with all of our heart, soul, and mind (Matt 22:37). When everything is available all of the time with so little effort, it is easy for consumption and distraction to become the desire and default. Intentional technology-free times, places, and spaces protect the mind, body, and spirit to know and love God fully and above all else.

MODEL HEALTHY & HOLY HABITS

Jesus commanded us to go and make disciples (Matt 28:19), and Paul urged believers to follow him as he followed the example of Christ (1 Cor 11:1). Parents disciple their children by both teaching and obeying the Word of God. As children learn by imitation, it is essential to model balanced engagement with media and technology. Children should witness their parents seeking the kingdom and Christ's righteousness above all else (Matt 6:33).

