

A TECH-FREE SABBATH

Plan for Families

A Tech-Free Sabbath is an opportunity to disconnect from screens and reconnect with God, family, and creation.

STEP 1: SET BOUNDARIES

Choose a consistent day or portion of a day your family can be tech-free. Define what technology will be intentionally set aside: phones, tablets, smartwatches, computers, television, video games. Then, inform family and friends in advance so they can respect and support your decision.

STEP 2: PREPARE IN ADVANCE

Plan meals and activities ahead of time, then print out recipes, maps, or anything you might need to avoid reliance on screens. Set up auto-replies for texts and emails notifying others of your tech-free time.

STEP 3: ENGAGE IN MEANINGFUL ACTIVITIES

The goal of a tech-free Sabbath is to engage in God-honoring leisure and quality time in fellowship with loved ones. Ideas include enjoying a meal together, going on a walk, hike, bike ride, or just spending time outside in God's creation, playing board games, engaging in a creative or hands-on project or hobby, doing a Bible study, and leading a book discussion.

STEP 4: REFLECT & EVALUATE

At the end of every tech-free Sabbath, discuss what was enjoyable and challenging. Note the positive feelings of being disconnected from devices while reconnecting in relationships and leisure. Adjust the plan as needed for future tech-free Sabbaths.

STEP 5: REPEAT

Make the tech-free Sabbath a weekly or at least monthly practice. Invite other family and friends to join you – community makes everything better! Apply what you've learned to make everyday tech use more intentional and God-honoring.

