

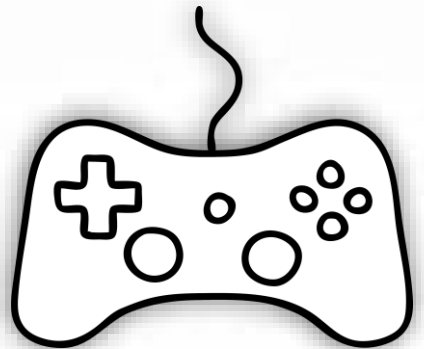


Replacing

TECHNOLOGY'S LIES

With

GOD'S TRUTH



NO SHAME OR BLAME FOR YESTERDAY

YOUR SCREEN TIME



ADULTS

7 HOURS 3 MIN
per day

THEIR SCREEN TIME

CHILDREN, ON AVERAGE



Newborn-2 Years:

49 minutes/day



2-3 Years

2 - 2.5 hours/day



4-5 Years:

3 hours/day



6-8 Years:

3-4 hours/day

THEIR SCREEN TIME

RECOMMENDATIONS BY THE AMERICAN ACADEMY OF PEDIATRICS



0-18 MONTHS:

49 minutes/day

NO SCREEN TIME



18 MONTHS - 2 YEARS:

2 - 2.5 hours/day

LESS THAN 1 HOUR
CO-VIEWED & HIGH QUALITY



2-5 YEARS:

3 hours/day

LESS THAN 1 HOUR
INTERACTIVE, NON-VIOLENT
PRO-SOCIAL, EDUCATIONAL



5 YEARS & OLDER:

3-4 hours/day

2 HOURS
BALANCED W/ PHYSICAL
ACTIVITY, RELATIONSHIPS, SLEEP

SCREEN TIME

GOD'S STANDARDS

Set your minds on things above, not on earthly things. (Colossians 3:2)

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
(Philippians 4:8)

Above all else, guard your heart, for everything you do flows from it. (Proverbs 4:23)

Train yourself to be godly. For physical training is of some value, but godliness has value for all things (1 Timothy 4:7–8)

TECHNOLOGY'S LIES

SAVE TIME

GAIN "PEACE OF MIND"

STAY CONNECTED

EDUCATE YOUR KIDS

CAPTURE EVERY MOMENT

TECHNOLOGY'S LIES

LIE #1

I am the center of my own universe.

TECHNOLOGY'S LIES

LIE #2

I deserve to be happy all the time.

TECHNOLOGY'S LIES

LIE #3

I am my own authority.

TECHNOLOGY'S LIES

LIE #4

I must have choices.

TECHNOLOGY'S LIES

LIE #5

Information is all I need.

THREE BIBLICAL PURPOSES

#1 RELATIONSHIPS

#2 DISCIPLESHIP

#3 TRUTH

THREE BIBLICAL PURPOSES



RELATIONSHIPS

The LORD God said, "It is not good for the man to be alone."
(Genesis 2:8)

THREE BIBLICAL PURPOSES

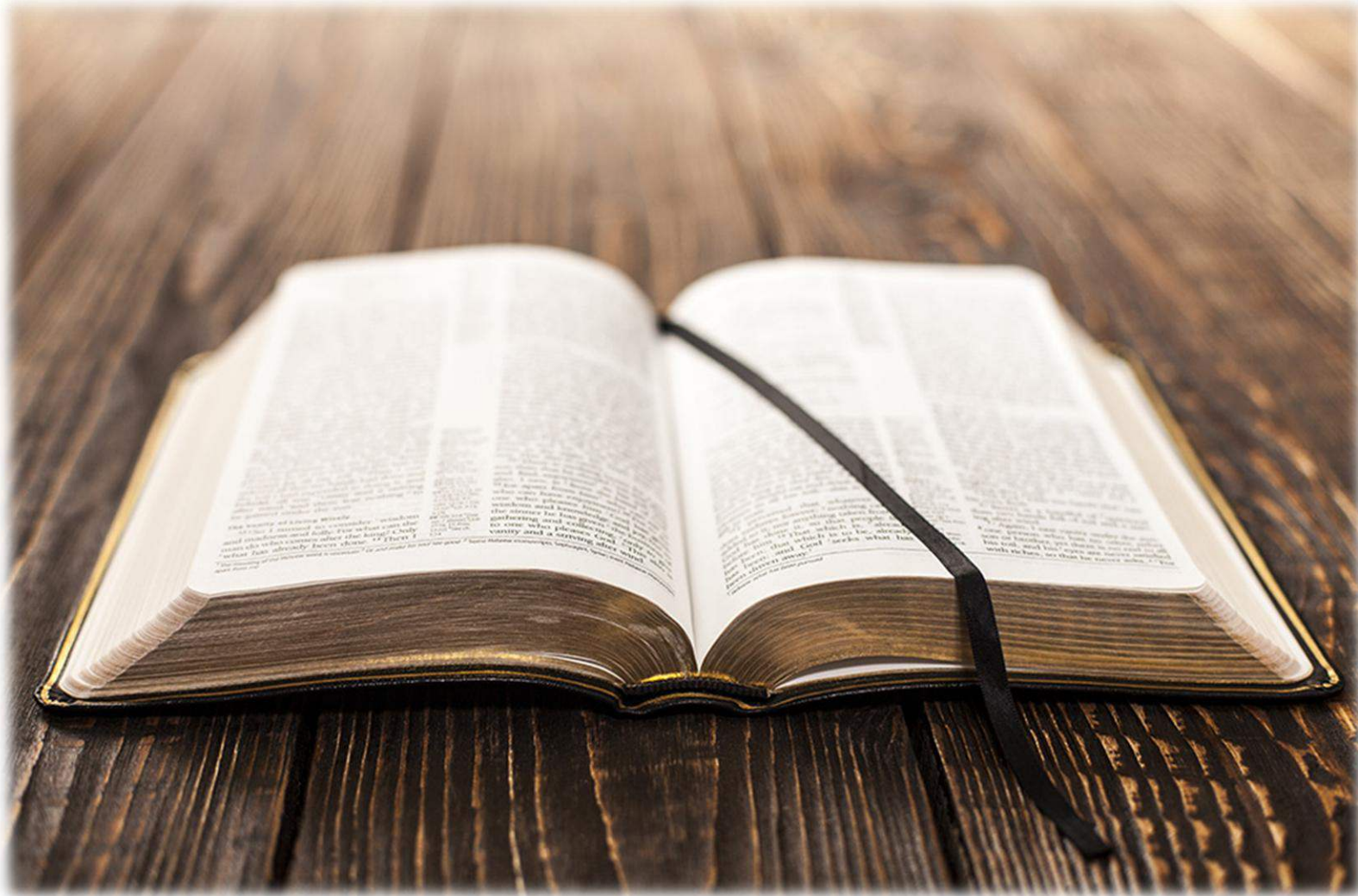


DISCIPLESHIP

"Go and make disciples...teaching them to obey everything I have commanded you."

Matt. 28:19-20

THREE BIBLICAL PURPOSES



TRUTH

Sanctify them by the truth;
your word is truth.
John 17:17

LIVING IT OUT

5 KEY RULES FOR KIDS 12 & UNDER

NO PERSONAL DEVICES

LIVING IT OUT

5 KEY RULES FOR KIDS 12 & UNDER OFFLINE

LIVING IT OUT

5 KEY RULES FOR KIDS 12 & UNDER

COMMUNAL SPACE

LIVING IT OUT

5 KEY RULES FOR KIDS 12 & UNDER

PARENT PRESENT

LIVING IT OUT

5 KEY RULES FOR KIDS 12 & UNDER

PURPOSE-DRIVEN

LIVING IT OUT

Apple Screen Time
YouTube Kids
Netflix Kids Experience
Disney Plus Junior Mode
Roblox Parental Controls
Life360
Grandparents
Counselors
Christian School
Church

LIVING IT OUT

~~Apple Screen Time
YouTube Kids
Netflix Kids Experience
Disney Plus Junior Mode
Roblox Parental Controls
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LIVING IT OUT

YOU, THE PARENT



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