



Technology Rule of Life

“Finally, brothers and sisters, 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. Whatever you have learned or received or heard from me, or seen in me—put it into practice.”
--Philippians 4:8-9

We encourage each of you to develop a “Rule of Life” for your family regarding technology. This “rule of life” can help you set understood and accepted guidelines regarding all screens. A technology rule of life is a set of guidelines for using technology that can help you be more present, focused, and guide you in cultivating a Christ centered home.

Developing a Technology Rule of Life:

1. **Pray.** Ask God for guidance as you put this document together.
2. **Choose the items you would like to include.** Here are a few examples you can choose from but are not limited to:
 - Set Time Limits: Set time limits on how much time you spend on specific apps or devices.
 - Take a Tech Sabbath: Set aside a day each week to be “off the grid” and away from devices. You can start small (evening, set number of hours) and grow into a broader space.
 - Create Device-Free Zones: Establish “no device zones” where devices are not allowed, such as the dinner table, bedroom, or while out with friends.
 - Turn Off Devices at Certain Times: Set nightly and family time guidelines.
 - Balance Screen Time: Balance online time with other activities like reading, physical activity, and chores.
 - Continued.....
3. **Write out your plan:**
 - Discuss each item as you write them down.
 - Make a list of obstacles you foresee keeping your family from success
 - Discern how you will involve your family in the drafting process?
4. **Take a break** from it for a few days; pray, rest in God’s presence, then come back and ask if your plan is realistic. Does it meet the purpose?
5. **Continue to adjust and experiment and evaluate** with God in each season of life
 - Allow this “rule of life” to be flexible and specific to your family’s needs
 - Review periodically to ensure it’s working for your family.



PARENTING
CLASS

TECHNOLOGY RULE OF LIFE

Household Name: _____

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HOUSEHOLD SIGNATURES:

