Wise Use of Technology

COTR Sunday school

Epiphany, 2020

Ten Tech-Wise Commitments

1. "We develop wisdom and courage together as a family."

– Consider focal practices and devise paradigms

– Consider the our relational and embodied nature, the paradox of "friends"

– Consider the propensity for envy

Ten Tech-Wise Commitments

2. "We want to create more than we consume. So we fill the center of our home with things that reward skill and active engagement."

–Consider what true leisure is.

–Remember the goodness of creation and our role in creating after our Creator.

Ten Tech-Wise Commitments

3. "We are designed for a rhythm of work and rest. So one hour a day, one day a week, and one week a year, we turn off our devices and worship, feast, play, and rest together."

Ten Tech-Wise Commitments

4. "We wake up before our devices do, and they 'go to bed' before we do."

– Get an alarm clock!

Ten Tech-Wise Commitments

5. "We aim for 'no screens before double digits' at school and at home."

– Some reasonable, fixed point helps to curb usage.

Ten Tech-Wise Commitments

6. "We use screens for a purpose, and we use them together, rather than using them aimlessly and alone."

– It might be good to place an intermediate step that checks motivation and assigns parameters.

– The placement of TVs and other devices, asking for permission, and giving constraints

Ten Tech-Wise Commitments

7. "Car time is conversation time."

– Some of the best conversations happen in the car.

–There are fewer distractions of things that must get done or can be done.

–So why waste it?

– It's also the time to pay attention!

Ten Tech-Wise Commitments

8. "Spouses have one another's passwords, and parents have total access to children's devices."

– This also includes child-monitoring apps

– But, this is important for honesty and accountability

Ten Tech-Wise Commitments

9. "We learn to sing together, rather than letting recorded and amplified music take over our lives and worship."

Ten Tech-Wise Commitments

10. "We show up in person for the big events of life. We learn how to be human by being fully present at our moments of greatest vulnerability. We hope to die in one another's arms."