

CONNECTED INDIVIDUAL CONTRACT

Congratulations on joining a movement to make time in your day for meaningful connections.

THINK ABOUT IT

For most people, the world of technology consumes a lot of our time every day. Most of us enjoy the many benefits of technology even as we sense ourselves forming unhealthy patterns. Some of these habits, unfortunately, undermine a real connection to one another. It is helpful to establish clear boundaries, and to commit to honoring God in how we will use our devices. This will help us to connect with others as well as protect ourselves from possible dangers.

TALK ABOUT IT

Use this Individual Commitment to assess where you are with appropriate boundaries. Find ways to connect face-to-face with people, such as your neighbors, friends, co-workers—even with those sitting with you in a doctor's office or at an athletic event.

So whether you eat or drink or whatever you do,
do it all for the glory of God. (1 Corinthians 10:31)

SUGGESTED FOR ALL ADULTS

Check all that apply and/or add your own ideas.

- SHARE IT:** I will connect with a person outside my “friend” group and be intentional about conversations and making a connection.
- TIME IT:** I will monitor how much time and what parts of the day I find myself focused completely on technology when I could use that time to connect with others.
- LIMIT IT:** I will not use technology while I am sitting and waiting on something when I could be engaging in conversation with people around me.
- PROTECT IT:** I will have restrictions and accountability programs/tools on my devices.
- LEVERAGE IT:** I will find ways I can use technology for positive ends, such as encouraging others, sharing prayer requests, etc.
- WATCH IT:** I will not search for anything crude, illegal or inappropriate. I will not treat others with disrespect through social media, texting, etc. I will not use technology to hurt others.
- BE ACCOUNTABLE FOR IT:** Really look at how much time you spend on your device(s) when you could be connecting with others.
- _____
- _____
- _____
- _____

CONNECTION ZONES

Identify several tech-free zones you will protect for real-life connection.

- Mealtime
- Drive Time
- Date Time
- Family Time
- Church
(except to facilitate worship or Bible study)
- _____
- _____
- _____

MY PERSONAL PLEDGE

I, _____, pledge to practice healthy technology habits designated in this contract.

Signature:
