

connected 3D

We were made for the rich, three-dimensional experience of relationship with God and one another. So, while technology is great for some types of communication, it is no substitute for real-world, face-to-face connection. Technology brings many benefits to our lives, but excessive screen time can create a flat, one-dimensional existence.

Do you control your devices or are they starting to control you? In a culture where everyone seems more “connected” than ever, how do we nurture real connection with the people in our lives?

Replace negative technology habits with healthy patterns by connecting 3D:

- 1 Disconnect to Connect:**
Choose specific times and locations to consistently disconnect from devices in order to connect with God, family and friends.
- 2 Deepen Internal Values:**
Model and coach those around you toward God-honoring technology habits.
- 3 Develop External Boundaries:**
Find and set the right safety and accountability strategy for yourself and everyone in your home.

3D PLEDGE

I/We pledge to Disconnect to Connect, Deepen Internal Values and Develop External Boundaries to become more Connected 3D.

GOING FURTHER

- *Biblically Handling Technology and Social Media* by Biblical Discipleship Ministries
- *Logged On and Tuned Out* by Vicki Courtney
- *Plugged-In Parenting* by Bob Waliszewski
- *Should I Just Smash My Kid's Phone?* by Doug Fields & Jonathan McKee

Suggested apps for positive technology use:

- **Plugged In** (Website and App)- Reviews of movies, videos, music, TV and games from a Christian perspective
- **CleanTunes App**- Helps you edit profanity and other objectionable content out of your music
- **Bible App™**- Bible reading plans, reminders and devotional content
- **Air1 App**- Find current popular Christian music and daily encouragement



UNIVERSITY BAPTIST CHURCH

16106 Middlebrook Dr., Houston TX 77059
Phone: 281.488.8517 Email: ubc@ubc.org
visit us at ubc.org

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Making time to make connections.



1 disconnect

disconnect to connect

The goal is not just less screen time, but more real connection. Start these simple strategies to shift the balance in your life.

TECH-FREE ZONES

Choose several “tech-free zones” where everyone agrees to put away devices in order to enhance real-life connection. Select from the following zones or come up with your own. Consider placing a basket in each location for everyone to drop their devices as they enter.

1. **Mealtime:** Include the table at home and in restaurants so that every mealtime can foster face-to-face conversation.
2. **Drive Time:** Rather than everyone retreating into his or her device, use the time driving together to connect, pray for the day ahead or hear about everyone’s high and low point during the day. (Some exceptions may apply, such as limited use during long distance travel, etc.)
3. **Friend Time:** Give your undivided attention to your friends. It is okay if you need to check your phone in case someone is trying to reach you, but then go right back to enjoying time together.

REAL CONNECTION IDEAS

While reducing tech time, increase the time you spend connecting with others. Choose from the following ideas or come up with your own for making memories and conversation.

- Play a board game together.
- Play a sport together.
- Go for a walk or bike ride together.
- Read a book aloud as children turn the pages.
- Do a service project together.
- Start a conversation with others while standing in line.

2 deepen

deepen internal values

You can set great external boundaries for everyone in your home, but what happens when there is a way around those boundaries, or they are not in place at a friend’s house? It is just as important, if not more, to set internal values that act as a compass to guide you when navigating technology decisions. Internal values set the foundation and provide context for discussing external boundaries.

Lead this process in the following three ways:

1. **Model It:** The old saying “more is caught than taught” applies here. Start by evaluating your own technology choices. Let others see you living out healthy habits rooted in Christian virtue. When you mess up, as we all do, be authentic by admitting your mistakes and using them to prompt conversation about values.
2. **Discuss It:** Use everyday situations to reflect on and discuss your beliefs and values. For example, if you are searching YouTube together and inappropriate content pops up, stop and talk about why we should protect our eyes and minds. On the positive side, share an encouraging text or post that you have seen to prompt a conversation about using technology in a God-honoring manner.
3. **Read It:** Read key scriptures as a foundation for setting internal values. It is in pursuing God’s best that our hearts are transformed.

For example:

GUARDING YOUR MIND: Philippians 4:8

SETTING TIME LIMITS: 1 Corinthians 6:12

AVOIDING INAPPROPRIATE CONTENT: Psalm 101:3–4

POSTING ABOUT/TO OTHERS: Ephesians 4:15, 29

3 develop

develop external boundaries

As adults, we have the greatest responsibility to protect our family, friends and ourselves from the temptations and pitfalls associated with technology. Setting guardrails will help support the use of these powerful and potentially dangerous tools. Here are several simple steps you can take to help protect you and your family:

1. **Learn the Device:** Get to know the good and the bad about your devices before activating them. Learn to set restrictions by taking advantage of built-in safeguards.
2. **Set Rules:** Discuss and sign the Family Contract and/or Individual Commitment to help remain accountable and committed.
3. **Find Help:** Research and invest in safety and accountability programs/resources such as:

Tools to restrict and monitor browsing activity:

- **CovenantEyes.com**- Accountability and filtering
- **x3watch.com**- Accountability
- **Mobicip.com**- Mobile web filtering

Tools to set and monitor time limits on devices:

- **Parent TimeLock App**

Websites and resources:

- **XXXchurch.com**- Christian-based support and resources for issues related to pornography
- **Familysafe.com**- Media and entertainment solutions for the family