



# DISCIPLINE IN A DIGITAL AGE

SHAPING OUR SPACES



# RUBRIC FOR EVALUATING OUR USE OF TECHNOLOGY

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Technology is in its proper place when it...	Technology is out of place when it...
...helps us bond with real people we have been given to love.	... is used to bond with people at a distance, like celebrities, whom we will never meet.
...starts great conversations.	...prevents us from talking with and listening to one another.
...helps us take care of the fragile bodies we inhabit.	...promises to help us escape the limits and vulnerabilities of those bodies altogether.

# RUBRIC FOR EVALUATING OUR USE OF TECHNOLOGY

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Technology is in its proper place when it...	Technology is out of place when it...
...helps us acquire skill and mastery of domains that are the glory of human culture.	...replaces the development of skill with passive consumption.
...helps us cultivate awe for the created world we are a part of and responsible for stewarding.	...keeps us from engaging the wild and wonderful natural world with all our senses.

# **HOW IS THIS SHAPING ME?**

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**When do I first pick up a device in the day?**

**When do I last put down a device for the day?**

**How long can I go in a day without looking at a screen?**

**How many consecutive hours in a week do I go without a screen?**



# HOW IS THIS SHAPING US?

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**What activities do I enjoy with friends and loved ones which don't involve a screen or device?**

**What activities do I enjoy with friends and loved ones which *do* involve a screen or device?**

**What activities do I do alone which involve a screen or device?**

## **QUESTIONS FOR A NEXT STEP**

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**What are some sustainable rhythms I can implement in pursuit of digital equilibrium?**

**What are some sustainable rhythms we can implement in pursuit of digital equilibrium?**

## **ROMANS 12:1-2, NIV**

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**Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.**

**Do not conform to the pattern of this world,  
but be transformed by the renewing of your mind.  
Then you will be able to test and approve what God's will is—  
his good, pleasing and perfect will.**



## **ROMANS 12:2, MESSAGE**

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**Don't become so well-adjusted to your culture  
that you fit into it without even thinking.**

**Instead, fix your attention on God.**

**You'll be changed from the inside out.**

**Readily recognize what he wants from you,  
and quickly respond to it.**

**Unlike the culture around you,  
always dragging you down to its level of immaturity,**

**God brings the best out of you,  
develops well-formed maturity in you.**



# **ANDY CROUCH, THE TECH-WISE FAMILY**

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**“Technology emerges from the amazing success of modern science, and the hard work of scientists, but it’s not like science at all.**

**Science is hard. Technology is easy.”**

## **ANDY CROUCH, THE TECH-WISE FAMILY**

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**“All this happened, for all practical purposes, in about two generations. In the most fundamental ways, we are still like every other human generation that has ever lived. Like every generation before us, we are made for relationship with one another and with our Maker. Like every generation before us, we live in bodies that are both beautiful and burdensome. Thousands of years ago ‘Moses, the man of God’ wrote these words: ‘The days of our life are seventy years, or perhaps eighty, if we are strong; even then their span is only toil and trouble; they are soon gone, and we fly away’ (Ps. 90:10). Those words are as true for our time as they were for his.”**



## ANDY CROUCH, THE TECH-WISE FAMILY

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**“But in one central respect, we are living a life that even our grandparents never imagined and could not fully understand: a world in which the technological dream of easy everywhere has come true—is coming true—before our eyes. In our grandparents’ era, travel by air was rare, exclusive, and slightly dangerous; now it is one of the safest things you can do with your day. And it seems likely that in a few years another form of transportation will make a similarly grand leap from tool-lie to technology-like, from requiring skill to working all by itself, in the form of driverless cars (which really will be, finally, automobiles, things that go by themselves). In our grandchildren’s era, travel by car—currently one of the most dangerous things you can do with your day—may become as safe and passive as air travel is for many of us today.”**

# ANDY CROUCH, THE TECH-WISE FAMILY

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**“We are in the midst of the greatest revolution in easy everywhere the world has ever known. And it may just be getting started.**

**All that would be fine—in its place, actually, it *is* fine.**

**It’s just not the best thing for our families.”**



# START RULES OF THUMB FROM SCREEN SANITY

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**S** **Start with yourself**  
model healthy tech use for your kids

**T** **Tables + Bedtimes**  
create device-free zones

**A** **Accountability**  
apply filters + setting

**R** **Ride. Practice. Drive.**  
use a driver's ed approach to tech training

**T** **Time well spent**  
connect online + offline

## **QUESTIONS FOR A NEXT STEP**

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**What are some sustainable rhythms I can implement in pursuit of digital equilibrium?**

**What are some sustainable rhythms we can implement in pursuit of digital equilibrium?**