Guide to Family Conversations about Technology and Screen Use

Technology is a good gift of human creativity—but like all gifts, it must be used under God's wisdom. The goal of these conversations is formation, not fear: shaping hearts, habits, and loves so that technology serves God's purposes rather than replacing them.

"All things are lawful for me," but not all things are helpful. (1 Corinthians 6:12)

1. Begin With Grace, Curiosity, and Prayer
Create a safe space where honesty is welcomed.
Questions to ask:
• What do you enjoy about technology?
• Where do you feel tempted or distracted?
• When does technology help you love God and others—and when does it get in the way?

2. Teach a Biblical View of Technology
Core truths – Language, "Technology is a tool, not a treasure."
• Technology reflects God-given creativity (Genesis 1:27).
• Technology is not neutral—it shapes our hearts and habits.
• Technology can serve love of God and neighbor—or compete for our worship.

3. Talk About the Heart, Not Just the Screen
Scripture focuses on formation of desire, not mere behavior management.
Discuss:
• What captures your attention the most?
• What do you turn to for comfort, escape, or validation?
• How does technology shape your thoughts, moods, or identity?

"Above all else, guard your heart, for everything you do flows from it." (Proverbs 4:23)

4. Speak Honestly About Sin, Temptation, and Grace
Address openly:
• Pornography and sexual temptation
• Comparison, envy, and pride
• Anger, cruelty, and anonymity online
• Escapism and avoidance of real responsibilities

Promise:
"No matter what you encounter online, you will receive help—not shame—when you come to us."

5. Set Boundaries as Discipleship, Not Punishment
Rules exist to protect what God calls good. Limits help us love God fully and grow freedom alongside responsibility.

7. Return to the Conversation Often
Commit to ongoing conversations, regular reviews, and prayerful discernment.

Closing Question:
"How can we use technology in ways that help us love God, love others, and live faithfully?"