

RECOMMENDED READING

Tech-Wise Family and The Life We're Looking For by *Andy Crouch*

The Ruthless Elimination of Hurry by *John Mark Comer*

The Digital Fast Book by *Darren Whitehead*

Irresistible by *Adam Alter*

The Anxious Generation by *Jonathan Haidt*

Digital Detox: The Two-Week Tech Reset for Kids by *Molly DeFrank*

RECOMMENDED RESOURCES

Rule of Life Builder (practicingtheway.org/resources) by *Practicing the Way*

Scan the QR code to watch our Digital Detox podcasts, which will help guide you through the process of detoxing, and give encouragement along the way as you settle into a healthy rhythm for your family.



CALVARY BOISE

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If you have questions, or need someone to help guide you through the process of creating a digital rule for your home, give us a call.

DIGITAL RULE

*Managing our use of
digital devices, screens & tech*



We hope the past 40 days have been a blessing to you, your family, and your community as you approached your use of digital devices with increased intentionality. The question now is, “What’s next?” We encourage you to prayerfully consider what practices and habits you want to adopt in your everyday rhythms of life to continue a trajectory of growing in a life of holiness, set apart for God. Fill out the “Digital Rule” form in a way that honors your context and allows you to love God and love others. Try it as an individual, talk it over at a family meeting, or discuss it with fellow members of your Calvary Community. Thank you for joining us throughout this special season as a church family.

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” –ROMANS 12:1-2

CALVARY BOISE DIGITAL RULE

(This rule is to serve as a starting point, to be personalized for you and your household. Feel free to modify as needed.)

- **I/We will engage social media for _____ (minutes/hours) a week.**
 - o These are God honoring purposes for which I/we will use social media:

 - o Keep social media off phone.
 - o Instead, prioritize in person relationships and being present to surroundings.
- **Maximum of _____ (minutes/hours) TV/video games a day for entertainment or news.**
 - o Instead, rest when tired or use creativity/imagination to create/do something good.
- **Limit of _____ (number) full length movies allowed per week.**
 - o Should be leveraged for community bonding, conversation, or education.
- **Only one screen should be in use at a time.**
 - o Avoid splitting attention between phone and tv, etc.
- **No work texts/emails at home unless necessary.**
 - o “Working from home” should be pre-decided and communicated to others clearly.
 - o Instead, allow time at home to be focused on family, roommates, and neighbors.
- **No checking phone _____ (minutes/hours) before bedtime.**
 - o Phone “sleeps” in different room.
 - o Use a separate alarm clock.
 - o Instead, allow prayer and the Bible to be the last thing and first thing on your heart and mind each day.
- **No phone while eating a meal or talking to someone.**
 - o Instead, be thankful for the meal and/or the company. Be present.
- **Maintain minimal apps and notifications on phone.**
 - o Instead, be intentional about only keeping apps that allow your phone to be a useful tool.
 - o These are apps I will keep on my phone _____
 - o These are apps I will keep off of my phone _____
- **Minimal/no phone use on Sabbath.**
 - o Turn off and put away for _____ hours, once a week.
 - o Say no to work, worry, and want.
 - o Say yes to worship, rest, and delight.