

Philippians 3:14
2 Corinthians 9:24-27
Exodus 31:1-11
Exodus 32:1-6

1. How can tech/media help us run the race described by Paul in Philippians and 2 Corinthians?
2. How does tech distract us or derail our purpose as Christians and parents?
3. Go through the 8 steps below and share ideas on how you are doing that in your family, lessons you've learned, and ways you can make it better:
 - A- Have a plan for tech in your family
 - B- Treat tech and media like every other environment that your kids use
 - C- Set limits
 - D- Do screen time together
 - E- Be a good role model
 - F- Create tech-free zones
 - G- Do your homework
 - H- Redeem tech by leveraging it for Gospel purposes

Resources:

www.HealthyChildren.org/MediaUsePlan

www.common sense media.org

www.axis.org