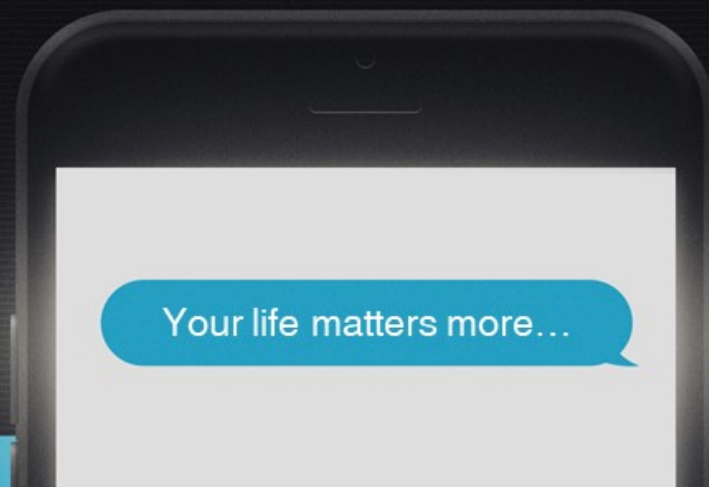



# #HeadsUp



**“So be careful how you live. Don’t live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don’t act thoughtlessly, but understand what the Lord wants you to do.”  
Ephesians 5:15-17**

**#HeadsUp**

A black smartphone is shown from a slightly elevated angle, displaying a white screen. On the screen, there is a blue speech bubble containing the text "Your life matters more...".

Your life matters more...

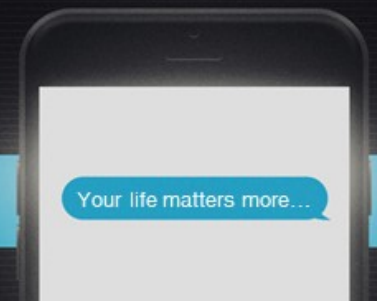
**Last Week:**

***Don't use technology as a consumer  
to be served, but as a soldier on a  
mission!***

**(Every time your screen lights up,  
remember to BE the light!)**

**Ephesians 6:10-20**

**#HeadsUp**





# THE TECH-WISE FAMILY

Everyday Steps for Putting Technology  
in Its Proper Place



**ANDY CROUCH**  
AUTHOR OF CULTURE MAKING

With new insights and research from

**Barna**

#HeadsUp

Your life matters more...

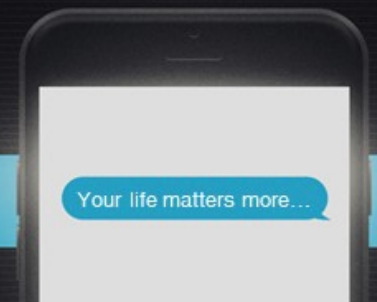
Raising kids has always been hard...  
but parents say it's *harder* to raise  
kids today because of technology.

#HeadsUp



The goal of technology is making life *easy*... but the goal of a family is raising humans with character.

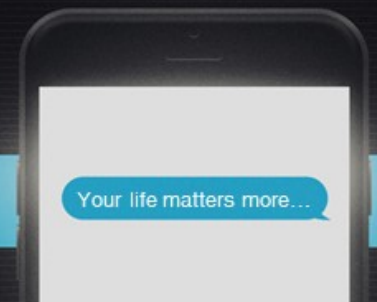
#HeadsUp





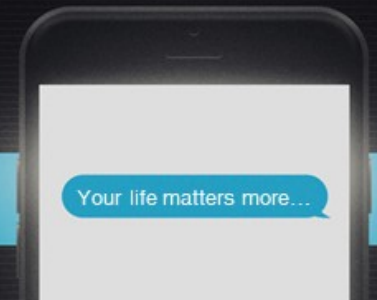
The goal of technology is to make  
everything easy *everywhere...*  
therefore, raising kids in a  
technological world will require  
setting *limits* on media.

#HeadsUp



Technology has mastered the art of the proactive *nudge* (buzzes, dings, pop ads, visuals, stimulation) . . .  
Parents must set up *better* nudges to remind/incentivize the life we believe is worth living.

#HeadsUp

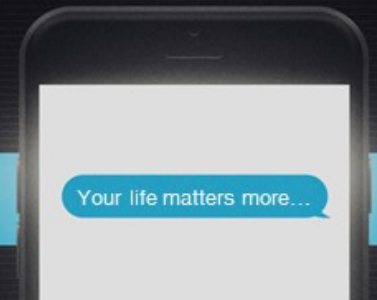




## Deuteronomy 6:6-9

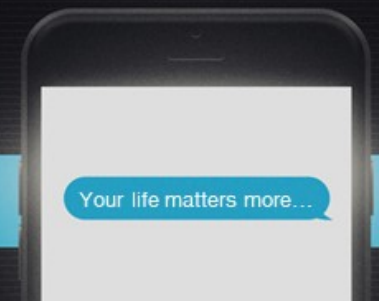
You must *commit yourselves wholeheartedly* to these commands I am giving you today. *Repeat* them again and again to your children. Talk about them when you are at *home* and when you are on the *road*, *when* you are going to *bed* and when you are *getting up*. Tie them on your hands and wear them on your foreheads as *reminders*. Write them on your *doorposts* of your *house* and on your *gates*.

#HeadsUp



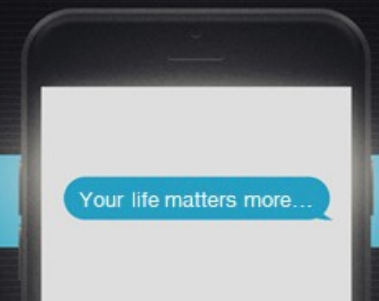
**Principle 1: Not just content,  
but *context* matters (when  
and where are key parts of  
moral training).**

**#HeadsUp**



**Principle 2: Notice the  
*nudges* (tangible reminders  
or cues in the environment  
are also key to moral  
training).**

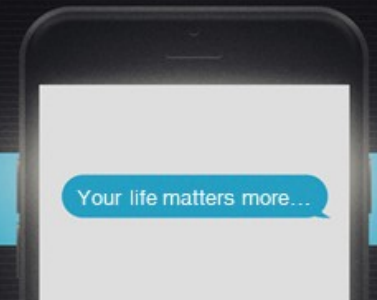
**#HeadsUp**





**So what would a techwise  
family look like?  
Take charge of technology in  
SPACE, TIME, &  
RELATIONSHIPS**

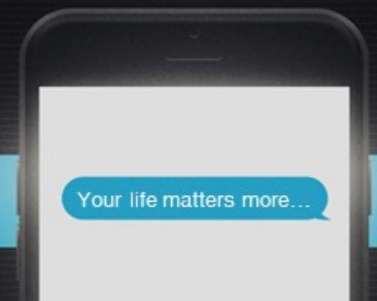
**#HeadsUp**



# Structure SPACE?

1. What does the center of your home reward?
2. Where does your technology sleep?
3. What happens on your commutes?

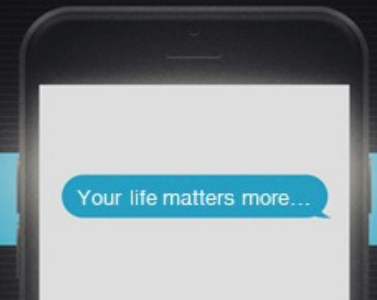
#HeadsUp



# Structure TIME?

1. Do you wake up before/go to bed after your devices?
2. Do you schedule regular technology-free hours/days?
3. Are screens used aimlessly or alone?

#HeadsUp

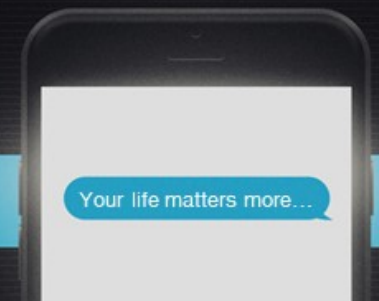




# Structure RELATIONSHIP

1. Do you enforce a “no secrets” policy regarding technology?
2. Do you plan weekly no-tech activities?
3. Do you show up/tune in for relational moments?

#HeadsUp



# **PRACTICE this week**

**Do a “technology audit” of your kitchen and living room and retool for creativity, conversation and personal engagement.**



# #HeadsUp

