

Parenting in a Digital World

PART 3: LIVING FREE

CONNECT

Take a few minutes to discuss this question in your group:

What's one thing that didn't involve a screen that you enjoyed doing as a kid?

LEARN

Before watching the video together and discussing the questions below, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, we want our children to learn to control technology and not allow it to control them. Give us wisdom to know what next steps we should take for the sake of our family. Amen

After praying, watch the video for Part 3.

APPLY

PART ONE

After watching the first half of the video, discuss the following questions as a group:

1. Respond to this statement: "Over time, the stimulus of a screen—whether it's a smartphone, a tablet, or social media—creates a constant craving for more. At the same time, children actually experience less pleasure from it and less pleasure from real life." Does that surprise you? Why or why not?
2. What would be the hardest part of trying a seven-day digital detox as a family? What do you think would be the greatest benefit?
3. Clare suggested finding one or two other families who could pursue healthier technology habits together. Why do you think community matters so much in this area of parenting?

PART TWO

After watching the second half of the video, discuss the following questions:

4. Think about one technology decision you've made (for example, giving your child a tablet, smartphone, or access to social media). Looking back, what influenced your decision? Would you make the same decision today? Why or why not?

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5. If someone observed your family's technology habits for a week, what would they conclude about your priorities? Is there a technology decision or boundary you'd like to reconsider?
6. Clare recommends saying "no" to addictive technology, so we can say "yes" to something better. What is one real-life relationship, responsibility, or activity you'd like your family to say "yes" to more often?

MOVING FORWARD

This week, identify one real-life activity you'd like to prioritize over screen time. Then make a plan to do it together as a family. .

PRAY

We suggest ending your group with prayer. Here's a sample prayer you can use:

Heavenly Father, thank you for entrusting us with our children. Give us the wisdom to know what to do with what we've learned and the courage to do it. Help our families grow closer to you and to one another. Amen.