

# Smart Phones, Wise Communities

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**The Big Idea:** Setting boundaries on screen time creates space for us to connect with God and those with whom we are physically present.

**First Point:** Biblically, technology is neutral.

In Closer Together, Further Apart, Weiss and Schneider write, “Our relationships with other human beings was, until very recently, almost wholly dependent on our proximity to them. We have always needed to be in the same physical space at the same time to interact. But, in recent years, the meaning of “proximity” and “being in the same place at the same time” has changed dramatically. Telecommunication has turned the entire planet into one giant room where anyone and everyone with Internet access can easily and instantly connect and interact.”

## How to Make Moral Decisions

- a. Rules
- b. Principles
- c. Convictions based upon the character and actions of God

**Second Point:** God’s creation and redemption illustrate the priority of embodied relationships.

God’s design for human relationships is for us to be emotionally and mentally present with whom we are physically present.

**Third Point:** To become wise communities using Smart phones (and other digital technology), we must communicate when possible exceptions pop up.

## How to Decide Whether to Use Your Smart Phone When You are With Someone

- 1) **Who:** Someone VERY close to you is trying to contact you (spouse, child, parent).
- 2) **What:** Something VERY important that affects someone you know.
- 3) **How Often:** Irregular exceptions might be okay
- 4) **How It’s Communicated Matters:** It’s important to communicate when exceptions are made.

**Fourth Point:** To use Smart phones (and other digital technology) wisely, we must be willing to evaluate how much we are on them and at what cost.

A Possible “Tech-Detach” Rhythm . . .

- 1) **Once a week:** Take at least an hour to be with God without technology.
- 2) **Once a month:** Take at least a whole morning (3-4 hours) to be with God without technology.
- 3) **Once a year:** Take at least a weekend to be with God without technology.

**Tips:**

- 1) Clarify Expectations
- 2) Over-Communicate
- 3) Get Help to Unplug