

Screen Time • Week Two

Reach Out:

Use your phone to reach out to your neighbors. Start a group chat with your neighbors, you can keep people in the loop with anything going on and it promotes community. If you don't have someone's cell phone # ask them if they'd like to join the group chat and get their number.

Grow Deep:

- Proverbs help us live with a unique perspective on life even though they weren't written about our moment in history. What stands out to you from the Proverbs we looked at in how you approach technology?
- Where has technology become a toy in your life more than a tool and what habits would you like to see shift from that trend?
- How do you personally reconnect with Jesus most effectively? How can technology help or hinder that reconnection? Be specific.
- What do you want to try in your life and/or family from this series around your 'theology of technology'?

Partner with Families:

Hey families! We know talking about technology can be difficult. We also know that if it's just a conversation at church, we have missed an opportunity to grow as families and find healthy rhythms to invest in one another. This week, pick a night to have a family conversation around current rhythms and hopes for the future. Make it a conversation rather than a directive in hopes of inviting your kids and spouses into growing together. Before the conversation, check out the resources we have available for each age and stage to brush up on what is age appropriate and necessary at this time. You can find these resources at ehills.org/family-resources.