

# DIGITAL DETOX

*“If we want a better life, for ourselves and for our families, we will have to choose it--and the best way to choose it is to nudge and discipline ourselves toward the kind of life we most deeply want.” - Andy Crouch*

## Are you and your family burnt out on technology?

Taking an honest evaluation of the place technology and devices have in your life and your family's life can be difficult. Learning to create healthy boundaries and rhythms with devices and technology can help your family find greater freedom mentally, physically, emotionally, and spiritually.

## Challenge for HCC Family: 21-Day Social Media Fast

For 21 days, we are challenging our HCC family to abstain from all social media platforms (except for work related use). Barna Research Group asked people how technology has made their lives genuinely easier, and the top answers were “access to more information” and “being more connected”. The bottom two were that it added joy to their lives and made them better parents. Somehow, the greater “connection” has led to the largest loneliness epidemic in recorded history. Social media acts more like a time waster and distraction to real incarnate relationships. That’s why we as a community want to make an effort to abstain from social media for a period of time and replace it with intention relationships with God, family, and friends.

## Digital Detox Plan

While doing the social media fast with our church community is extremely helpful, you can also take this digital detox to the next level. Andy Crouch in his book *The Tech-Wise Family* talks about technology in terms of rest. Our bodies need rest. Technology doesn’t. It stays up late, is awake early, and never stops grasping for your attention. Let’s work for the rest God designed our bodies for.

### Digital Detox Plan

Over the next \_\_\_\_\_ days, I/we commit to detox from technology in the following ways:

- No phones in bedrooms at night but keep them in common rooms
- Turn off or silence your phones as a family at 8 pm and place them in a common room
- Use your smartphone only as a cell phone for this period of time
- No phones, TV or tablets during meals
- Establish “no tech rooms” in your home \_\_\_\_\_

If we take something out of our day/schedule, it will get filled with something. Let’s fill our time with intentional time with our friends and family. List 3 things your family can do during this time period:

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