

# 7 Principles for Ethical Living

When Faith Meets Technology:  
Understanding AI Through God's Wisdom



Dear Sister in Christ,

“For the LORD gives wisdom; from His mouth come knowledge and understanding.” This powerful truth from Proverbs 2:6 forms the foundation of "The 7 Principles for Ethical Living." For more than 50 years, I've sought to live out and share moral values and virtues, always anchored in the timeless truths of God's Word. His principles are revealed not only in Scripture but also throughout the beauty and order of His creation.

## **God's Wisdom for Today's Technology**

Do you remember the first time telephones moved from being anchored on our walls to sitting in our pockets? That shift forever changed how we connect. Now, we're standing at the threshold of something even bigger: artificial intelligence (AI). But take heart, dear friend—God's Word provides timeless guidance for every season, including this one.

AI is like a remarkably intelligent helper—a tool capable of solving problems and recognizing patterns. It's a testament to the creativity God has given us as His image-bearers. Yet, as incredible as these tools are, they must remain just that: tools. Only God's wisdom can guide us in using them for His purposes.

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## **Walking in Wisdom: A Christian's Guide to AI**

Imagine standing at the intersection of ancient truth and modern innovation. As we explore how to navigate artificial intelligence through the lens of Scripture, we discover timeless principles that light our path forward.

### **The Divine Spark Within**

"So God created mankind in his own image" - these powerful words from Genesis 1:27 remind us of our unique position in creation. While AI may process information at remarkable speeds, it lacks the divine imprint that makes each of us precious in God's sight. This truth liberates us to embrace AI as a tool while celebrating the irreplaceable beauty of human connection and our relationship with our Creator.

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### **The Heart of Wisdom**

Solomon, the wisest king who ever lived, wrote, "Blessed are those who find wisdom, those who gain understanding" (Proverbs 3:13-14). Like a master craftsman choosing their tools with care, we're called to approach AI with divine discernment. Before we embrace any new technology, we can pause to seek our Lord's guidance, ensuring our

choices align with His purposes.

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## **The Symphony of Community**

"Let us consider how we may spur one another on toward love and good deeds" (Hebrews 10:24-25). Picture technology as an instrument in God's orchestra - it can amplify our ability to connect, serve, and grow together, but it should never replace the beautiful harmony of Christian fellowship.

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## **Voices of Grace**

Meet Sarah, a homeschooling mother whose story echoes with wisdom. "AI helps me find Scripture verses quickly," she shares with a gentle smile, "but I always invite the Holy Spirit to guide my study first." Her testimony reminds us that even the most advanced tools work best when surrendered to God's leading.

Then there's Michelle, whose leadership in women's ministry reflects thoughtful balance: "AI helps me organize our events efficiently, but there's sacred power in gathering to pray face-to-face." Her insight reminds us that while technology can multiply our effectiveness, it's the authentic human connections that multiply our joy.

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## **Walking in Digital Wisdom**

As we journey forward, let's embrace these practical ways to walk wisely with AI:

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### **1. Begin in Prayer**

Before opening any AI tool, let's open our hearts to God. "If any of you lacks wisdom, you should ask God, who gives generously to all" (James 1:5). This simple practice transforms our use of technology into an act of worship.

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### **2. Protect Your Heart and Data**

"Above all else, guard your heart" (Proverbs 4:23) speaks profoundly to our digital age. As we steward our personal information, we're also stewarding the wellspring of

our spiritual life.

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### 3. Nurture Real Relationships

Let AI amplify, not replace, your connections. There's holy joy in gathering physically for Bible study, lifting voices together in prayer, and sharing life's journey side by side.

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### Shining His Light in a Digital World

As we step into this exciting frontier, let us remember we don't walk this path in fear, but in faith, equipped with timeless wisdom for these modern times. Together, we can use these tools not just for efficiency or innovation, but to shine God's light even brighter in our digital world.

This leads us to a deeper truth: the way forward is found in applying God's eternal principles to our present-day challenges. Just as the early church navigated new frontiers with boldness and faith, we, too, can approach artificial intelligence with confidence. Seven foundational principles, rooted in Scripture, serve as our guide—bridging ancient wisdom with contemporary innovation.

These principles flow from the unchanging truth of God's Word: "Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him" (Colossians 3:17). Each principle offers a practical way to evaluate and engage with AI technology, ensuring that our actions align with His purposes:

1. *Genesis 1:27: You are Uniquely Made by God*
2. *Titus 2:11-12: Growing in Self-Control*
3. *Galatians 5:22-23: Growing More Like Jesus*
4. *Acts 24:16: Protecting Your Heart and Mind*
5. *Romans 13:1: Being a Good Citizen*
6. *I Peter 4:10: Serving Your Local Community*
7. *Psalms 133:1: Building Unity with Love*

Before we explore these principles in depth, let's anchor our hearts in this foundational truth: God's wisdom is never outdated, nor is it constrained by time or technology. Proverbs 3:5 reminds us, "Trust in the LORD with all your heart and lean not on your own understanding." When we intentionally filter our use of AI through God's Word and these foundational

principles, what might seem overwhelming transforms into a powerful opportunity for ministry, growth, and service.

With hearts firmly grounded in His truth and minds shaped by His wisdom, we can confidently embrace these new tools while keeping our eyes fixed on what matters most: glorifying God and serving others in love.

With joy in the journey,  
Cindy

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## God's Principles for Using Technology: A Guide for Christian Women

Dear Sister in Christ,

Have you ever considered how your faith shapes the way you use technology? In today's world, where smartphones and digital tools are part of daily life, these innovations present not just challenges, but remarkable opportunities to honor God. Whether it's sharing an encouraging message online, using apps for Bible study, or connecting with others in meaningful ways, technology can deepen our relationship with the Lord and help us serve others in love.

At the same time, as Christians, we are called to use these tools with integrity and discernment. Our online behavior should reflect God's character, showing respect for others, practicing ethical responsibility, and advancing His purposes. God's Word provides timeless wisdom that guides us, even in the digital age. As we explore these seven principles rooted in Scripture, we'll discover how to navigate technology with faith and purpose, transforming it into a tool for growth, ministry, and connection. Together, let's reflect on how these principles can help us shine His light in our digital spaces.

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### 1. You Are Uniquely Made by God

“So God created mankind in his own image, in the image of God he created them; male and female he created them.” (Genesis 1:27)

Sweet sister, you are fearfully and wonderfully made! Isn't it humbling to think that God's design extends even to how we use technology? Being created in His image means your interactions online can reflect His creativity and purpose. Whether you're sharing a testimony, crafting meaningful content, or using tools to grow spiritually, let your gifts shine for His glory.

#### **Reflect:**

- How can technology help you express the unique gifts God has given you?

- Does your use of technology align with who God has called you to be?
  - How can you be reminded of your worth as God’s creation when using your devices?
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## **2. Growing in Self-Control**

“For the grace of God has appeared that offers salvation to all people. It teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.” (Titus 2:11-12)

God’s grace empowers us to make wise choices, even in how we use our devices. It’s easy to let endless scrolling consume our time, but His Spirit teaches us to pause, refocus, and steward our time well. Technology can be a powerful tool for building godly habits—like setting reminders for prayer or limiting screen time to focus on what matters most.

### **Reflect:**

- How can your devices support choices that honor God?
  - What habits could you build to nurture your faith with technology?
  - How might you guide others in using technology wisely?
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## **3. Growing More Like Jesus**

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.” (Galatians 5:22-23)

Technology gives us countless ways to share Christ’s love and bring His light into the digital world. Whether it’s encouraging someone with a kind word online, organizing a virtual Bible study, or sharing uplifting content, your actions can ripple with joy and hope. Let your digital interactions reflect the heart of Jesus, showing others the fruit of the Spirit.

### **Reflect:**

- How can your words and actions online reflect Christ’s love?
  - Are there apps or tools that could help you grow spiritually?
  - Where do you see God’s hand at work in the digital world?
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## **4. Protecting Your Heart and Mind**

“I strive always to keep my conscience clear before God and man.” (Acts 24:16)

Your relationship with God is precious, and guarding your heart online is vital. This means choosing wholesome content, setting healthy boundaries for screen time, and avoiding toxic interactions. Make your digital space a sanctuary that honors Him, filled with content that strengthens your faith and uplifts your spirit.

**Reflect:**

- What boundaries do you need to safeguard your heart and mind online?
  - How can your time online strengthen your faith?
  - How can you encourage others to protect their spiritual well-being digitally?
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## **5. Being a Good Citizen**

“Let everyone be subject to the governing authorities, for there is no authority except that which God has established.” (Romans 13:1)

God calls us to live with integrity, even in the digital world. This means respecting copyright laws, practicing ethical online behavior, and using technology to promote justice in ways that reflect Christ’s heart. Our faith should guide every aspect of our online presence.

**Reflect:**

- How can your online behavior reflect integrity and kindness?
  - What issues can you support online to demonstrate God’s heart for justice?
  - How can you contribute to a positive and uplifting digital environment?
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## **6. Serving Your Local Community**

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.” (1 Peter 4:10)

Technology is an incredible tool for serving others. Whether it’s organizing a meal train, sharing resources with neighbors, or starting a virtual prayer group, your online presence can reflect God’s grace in your local community. How might God be calling you to serve through technology today?

**Reflect:**

- What local needs could you address using technology?
- How can your digital skills bless those around you?
- How might you inspire others to serve their communities?

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## 7. Building Unity with Love

“How good and pleasant it is when God’s people live together in unity!” (Psalm 133:1)

In a world often divided, we have the opportunity to use technology as a tool for unity. Healthy dialogue, encouraging messages, and celebrating diversity within the body of Christ can foster connection and healing. Your efforts can be a beautiful reflection of God’s love in a fractured world.

### Reflect:

- How can your digital presence promote unity among believers?
- What steps can you take to show kindness in online disagreements?
- How can your faith inspire reconciliation and connection?

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## Looking Ahead with Hope

As technology continues to evolve, it can feel overwhelming at times. But take heart, dear sister! God’s promises are unchanging, and His wisdom equips us for every step of our journey—even in the digital world. “Be strong and courageous... for the LORD your God will be with you wherever you go” (Joshua 1:9).

Let’s embrace technology as a gift to glorify God, serve others, and grow in faith. Together, we can shine His light brighter in our digital spaces, walking forward with faith and confidence.

With love and blessings,  
Cindy

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## Understanding Technology Through God's Word: Walking Together Through the 4R Method

Dear Sister,

Now that we’ve explored these seven God-given principles for navigating technology, let’s turn to a practical method for weaving them into our daily lives. Just as early Christian scholars developed thoughtful approaches to studying Scripture, educators have long used a time-tested framework called the **4R Method** to help students engage deeply with any subject. This method—**Research, Reason, Relate, and Record**—aligns beautifully with our Biblical principles and offers a simple yet powerful way to make wise choices about technology.

Think of it like a garden trellis, guiding and supporting the growth of fruitful vines. The seven principles are our unshakable foundation, while the 4R Method helps us cultivate these truths in practical, life-giving ways. When we **Research**, we dig deep into God’s Word, seeking His wisdom first. As we **Reason**, we ask for Biblical discernment to shape our thinking. Through **Relating**, we connect what we’ve learned to our daily tech decisions, letting God’s truth shape our actions. And by **Recording**, we document His faithfulness, creating a legacy of learning that can bless others on their own journeys.

Let’s walk through this method together and discover how it can transform not only our approach to technology but also our hearts, keeping them anchored in God’s unchanging truth.

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## The 4R Method: A Beautiful Way to Seek God's Truth

### 1. Research – Opening Our Hearts to God's Truth

Precious sister, just as we open our Bibles for daily devotions, this first step invites us to intentionally seek God’s wisdom. It’s about setting aside time to go deeper and discover what He has to say about every area of life—including technology. Here’s how:

- Spend time in God’s Word, letting it be our first and best teacher.
- Learn from faithful Christians who trusted God through the challenges of their time.
- Consider how timeless Biblical truths apply to today’s world of technology.

One of my favorite verses is, *“Your word is a lamp for my feet, a light on my path”* (Psalm 119:105). This verse has guided believers for centuries, lighting the way in seasons of uncertainty and change. Today, it reminds us that God’s Word still illuminates our steps—even in a world filled with screens and distractions.

Let me share an example:

Let me share a personal moment of clarity: Recently, I noticed my thoughts were increasingly consumed with AI’s capabilities and the excitement of its vast potential. When I realized I had begun placing too much emphasis on the tool itself rather than seeking God’s guidance, Matthew 6:33 spoke directly to my heart: “Seek first His kingdom and His righteousness, and all these things will be given to you as well.” God graciously showed me that while AI can be a valuable tool for ministry, it should never overshadow my dependence on Him. Now, I pause to pray and seek His direction first – a simple act of surrender that has transformed how I approach technology.

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### 2. Reason – Letting the Holy Spirit Guide Our Thinking

Have you ever had one of those moments when God’s Word speaks directly to your heart, bringing clarity and peace? That’s what this step is all about. After we’ve researched and uncovered biblical truths, we take time to pause and reflect. Here, we:

- Ask God to help us understand His truth.
- Reflect on how Scripture shapes our approach to technology.
- Learn from how Christians before us responded to new challenges.

For example, Augustine once wrote about the distractions of his time, describing the way worldly things pulled his attention away from God. Doesn’t that sound like the pull of our phones today? Like Augustine, we’re called to reason through these challenges, letting the Holy Spirit guide us toward Christ-centered decisions.

I’ve found that when I reason with God’s Word, I experience a sense of peace and clarity. A while ago, I struggled with the pressure to present a perfect image online. I spent time reasoning through Scripture and was struck by Galatians 1:10: *“Am I now trying to win the approval of human beings, or of God?”* That verse reshaped my perspective and gave me freedom to use social media authentically, not for validation.

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### 3. Relate – Making It Real in Our Lives

This is where the truths we’ve discovered and reasoned through come alive in practical ways. Relating is about connecting God’s Word to our everyday experiences and struggles. Think of it as taking what we’ve learned and asking, *“How does this apply to me right now?”* Here’s how:

- Use biblical truths to confront today’s struggles.
- Seek God’s guidance on how to honor Him in your online interactions.
- Learn from faithful Christians who stayed true to Him in the face of change.

For example, I’ve thought often about Augustine’s insights on distractions and applied them to how I use my phone. I set intentional limits on my screen time and replaced some of my scrolling with prayer breaks. It’s amazing how even small shifts like these can refocus your heart on God’s priorities.

Relating reminds us that God’s truth isn’t just for big, life-changing decisions; it’s also for the small, daily choices—like how we scroll, post, and engage online.

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### 4. Record – Writing Down God's Faithfulness

Mary treasured up all these things and pondered them in her heart” (Luke 2:19). Like Mary, writing gives us the opportunity to treasure and reflect on God’s faithfulness in our lives.

Journaling not only helps us process what we've learned but also creates a tangible record of His work—a testimony we can revisit and share with others. Here's how we can use this step:

- Capture verses that encourage and inspire us.
- Record how God is shaping our use of technology.
- Share reflections with others to encourage them on their journey.

I experienced this firsthand during a season of writing about hymns. As I researched the stories behind these timeless songs and connected their lyrics to Scripture, I began to see God's fingerprints all over the process. Initially, the work felt slow and challenging, but as I started recording these stories and insights, I saw how God was shaping this ministry. Technology became an unexpected blessing, helping me organize and share these treasures more effectively. What once took weeks now flowed with greater ease, allowing me to reach more hearts with these hymns of truth.

One verse that came alive during this time was Philippians 4:7: *“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* As I wrote down these moments, I saw how God used both ancient hymns and modern tools to spread His peace and truth to His people. Journaling became not just a practice but a way to capture His faithfulness in real time.

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## Real Challenges, God's Beautiful Solutions

When technology feels overwhelming, we can take comfort in knowing that God has always guided His people through times of change. Think about how Martin Luther embraced the printing press—a new and intimidating innovation in his day—and used it as a powerful tool to spread the gospel. What once felt overwhelming became a way to glorify God and transform lives. In the same way, God can use today's digital tools to share His love, proclaim His truth, and help us keep our focus on Jesus.

When it comes to guarding our hearts and minds, we can look to the example of early Christians who pursued purity and intentionality in all they did. They understood the importance of setting boundaries to protect their spiritual health, and we can do the same in the digital age. By seeking God's guidance and establishing wise limits, we can use technology not only to build others up and reflect His love but also to nurture and protect our own walk with Him.

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## Keeping Our Hearts Pure Online

Early Christians knew the importance of guarding their hearts and minds, and their example is just as relevant in our digital age. Technology can be a gift, but we need God's wisdom to use it well. By following their lead, we can:

- Prioritize time with Jesus, ensuring He remains at the center of our lives.
  - Use technology intentionally to build others up and reflect His love.
  - Set boundaries to protect our spiritual well-being, choosing what honors Him over what distracts us.
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## Your Personal Growth Steps

Here are a few practical steps to grow spiritually while engaging with technology:

- **Start a prayer journal** about your technology use, asking God for wisdom and clarity.
  - **Study one Biblical principle each week**, focusing on how it shapes your decisions online.
  - **Share what you're learning** with a sister in Christ, encouraging each other to use technology wisely.
  - **Explore an AI tool** that enhances (not replaces) your Bible study, such as organizing prayer requests or diving deeper into Scripture.
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## Looking Ahead with Hope

As we journey through the ever-changing world of technology, let's anchor our hearts in this truth from Proverbs 3:5: "Trust in the LORD with all your heart and lean not on your own understanding." God's wisdom is steady, even when the digital landscape feels uncertain.

At Adventure 316 we'll dive deeper into Scripture's guidance for using technology wisely, hear inspiring stories from other Christian women, and explore practical ways to use tools like AI to glorify God, grow in faith, and serve others. Let's keep our eyes fixed on Jesus, trusting Him to guide us step by step into this exciting new frontier.

With love and grace,

*Cindy Seki*

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