

THE FAMILY
DIGITAL
DISCIPLESHIP
WORKBOOK

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Family Digital Discipleship Workbook

Scenarios marked with a * aren't real, but they could be.

Dear Family,

In today's world, technology is no longer optional—it is shaping the way we think, learn, and interact with faith. As a Christian author, speaker, and digital discipleship advocate, I have spent years researching the intersection of faith and technology. I am currently developing the Digital Pilgrim's Compass to help families navigate the intersection of faith and AI in a digital world. On my journey raising children and now interacting with the younger generations, I have developed a principle-based method of navigating digital spaces with biblical wisdom.

This workbook is not just a collection of best practices; it is a faith-driven strategy based on both scriptural principles and modern research on digital influence. This guide will equip your family to use technology as a tool for discipleship, not distraction.

Our digital devices can either pull us away from God and each other, or they can become instruments that strengthen our faith and deepen our relationships. The difference lies not in the technology itself, but in how we choose to use it.

This Digital Discipleship Workbook is here to help your family transform everyday digital interactions into meaningful opportunities for faith development.

The Algorithm is Discipling Your Child—Who's Winning?

Every day, your child interacts with one of the most powerful forces in the world: the algorithm. Whether through social media, YouTube, gaming, or AI-driven recommendations, technology is shaping their beliefs, desires, and worldview.

51% of U.S. teenagers spend at least four hours per day using various social media apps, with an average of 4.8 hours per day across seven social media platforms [Gallup Poll].

Another study by Barna Group found that only 17% of Christian teens engage with faith-based content online a few times a month [Youth and Religion].

If we do not actively disciple our children, the world will do it for us. The question is not whether your child is being influenced—but who is doing the influencing?

This workbook will equip you to take back control and transform digital spaces into opportunities for spiritual growth—instead of letting them become stumbling blocks to faith.

Purpose of the Workbook

This resource aims to equip your family with practical tools, thoughtful questions, and biblical wisdom to navigate the digital world through a faith-based lens. Rather than simply setting limits or focusing on the negatives, we want to help you:

- Develop intentional practices around technology use that reflect your family's faith values
- Create meaningful conversations about digital citizenship from a Christian perspective
- Establish healthy boundaries that protect while still embracing the benefits technology offers
- Foster unity in how your family approaches the digital world together

Throughout these pages, you'll find activities designed for different age groups, discussion starters, prayer guides, and practical challenges that will help your family grow together in faith while navigating today's connected world.

Remember, digital discipleship isn't about perfection—it's about progress. Each small step you take toward more intentional technology use is a victory worth celebrating!

Let's begin this journey together.

Assessing Your Family's Digital Landscape

Before we can create meaningful change in how we use technology, we need to understand our current digital habits. This section will help your family take an honest look at your technology use—both individually and collectively.

Self-Reflection Questions

Take time to discuss these questions together as a family. Remember, this isn't about judgment, but about gaining awareness.

For Parents:

- How many hours do you estimate you spend on digital devices each day?
- What do you primarily use technology for? (Work, communication, entertainment, learning, etc.)
- When do you find yourself most drawn to your devices?
- In what ways do you model healthy technology use for your children?

- How has technology affected your personal faith journey—both positively and negatively?

For Children/Teens:

- What are your favorite digital activities? Why do you enjoy them?
- How much time do you think you spend on devices each day?
- How do you feel when you can't use your devices?
- In what ways do you use technology to learn about or practice your faith?
- Have you ever encountered anything online that made you uncomfortable or confused?

For the Whole Family:

- How much time do we spend on devices daily?
- In what ways do we use technology to connect with each other and with God?
- When does technology bring us together? When does it pull us apart?
- Are there times when our device use causes conflict in our family?
- What digital activities do we enjoy doing together?

Digital Habits Checklist

Check the boxes that apply to your family:

Strengths:

- We have designated screen-free times in our home
- We talk openly about what we do online
- We use parental controls or content filters appropriately
- We enjoy device-free activities together regularly
- We sometimes use technology for faith-building activities
- We have clear guidelines about appropriate content
- Family members ask permission before downloading new apps
- We practice online safety and privacy protection
- We talk about how our faith informs our technology choices

Challenges:

- Devices often distract us during family meals or conversations

- We rarely discuss what we're doing online with each other
- Screen time often interferes with other important activities
- We find ourselves losing track of time when using devices
- We sometimes argue about technology use
- We haven't talked much about faith in relation to technology
- We're not always mindful of the content we consume online
- Different family members have very different views about appropriate technology use
- We often reach for devices out of boredom or habit

Digital Blessings and Struggles

In the space below, write down three ways technology has blessed your family and three challenges it has created:

Blessings:

1. _____
2. _____
3. _____

Challenges:

1. _____
2. _____
3. _____

Reflection Question: After completing this assessment, what surprised you most about your family's digital habits?

Crafting Your Family Technology Covenant

What is a Family Technology Covenant?

A Family Technology Covenant is a thoughtful agreement that outlines how your family will use technology in ways that honor God, respect each other, and protect everyone's wellbeing. Unlike rigid rules imposed from above, a covenant is created together, with input from all family members.

This covenant becomes a living document that can grow and change as your family's needs evolve and as children mature. It's not about restriction for restriction's sake, but about creating intentional practices that align with your family's faith values.

Guidelines for Creating Your Covenant

1. **Involve everyone:** Each family member should have a voice in creating the covenant.
2. **Ground it in values:** Connect your guidelines to your family's faith values, not just practical concerns.
3. **Be specific:** Clear expectations help everyone know what success looks like.
4. **Focus on the positive:** Emphasize what you want to do with technology, not just what to avoid.
5. **Plan for growth:** Include ways to revisit and revise the covenant as children mature.
6. **Consider grace:** Remember that everyone makes mistakes—include how you'll handle slip-ups.

Family Technology Covenant Template

Our Family Technology Covenant

Purpose Statement: We, the _____ family, create this covenant because we believe that technology should be used in ways that:

- Honor God
- Strengthen our family relationships
- Help us grow as disciples of Jesus
- Protect our hearts and minds

Our Agreed-Upon Practices:

Device-Free Times and Spaces:

- We will keep meals free from devices, except for: _____
- We will not use devices after _____ PM
- Our bedrooms will be device-free zones, except for: _____
- During family devotion time, all devices will be: _____

Content Guidelines:

- We agree to only consume media that: _____
- Before downloading new apps or games, we will: _____
- If we encounter inappropriate content, we will: _____

Communication Practices:

- When communicating online, we will speak with the same kindness we would use in person
- We will not share personal information online without: _____
- If someone sends us hurtful messages, we will: _____

Time Management:

- We will limit recreational screen time to _____ hours per day
- We will prioritize homework, chores, family time, and outdoor activities before recreational screen time
- On Sundays, we will: _____

Privacy and Safety:

- Parents may check children's devices until age: _____
- We will use the following safeguards on our devices: _____
- We will keep passwords private, except from: _____

Accountability:

- If we notice someone breaking our covenant, we will: _____
- We will review our covenant together every: _____

Consequences: If someone breaks our covenant, these are the steps we will take:

1. _____
2. _____
3. _____

We sign this covenant freely, promising to uphold it and to extend grace when we fall short.

Family Member Signatures:

Date: _____

Biblical Foundation for Our Covenant:

Choose a Bible verse that will serve as the foundation for your family's approach to technology. Write it below and discuss why you chose it.

Verse: _____

Why we chose this verse: _____

Engaging in Meaningful Conversations

One of the most powerful ways to guide your children in their digital lives is through ongoing, open conversations. These discussions help children develop discernment, allow you to understand their digital experiences, and create space for sharing your faith values in relation to technology.

Creating a Safe Conversation Environment

Before jumping into the conversation starters below, consider these tips for fostering open dialogue:

- **Listen more than you speak.** Show genuine interest in your child's digital world.
- **Avoid immediate judgment.** If your child shares something concerning, thank them for their honesty before addressing the issue.
- **Share your own challenges.** Let them know you also struggle with finding balance sometimes.
- **Make conversations regular.** Brief, frequent talks are often more effective than rare, lengthy lectures.
- **Connect technology to faith naturally.** Look for opportunities to relate digital experiences to biblical principles.

Age-Appropriate Conversation Starters

For Young Children (Ages 4-7):

- "What do you like most about your favorite game? How can we play it in a way that makes Jesus happy?"
- "How do you think Jesus would use a tablet if He had one?"
- "Let's talk about one kind thing we can do online today to show God's love to others."
- "If you saw something scary on a device, who would you tell about it?"
- "What's your favorite Bible app game? What do you like about it?"

For Elementary Children (Ages 8-11):

- "What's the best thing you saw online this week? What's something that bothered you?"
- "How can we use our devices to help others or learn more about God?"
- "What would you do if a friend showed you something online that you knew wasn't appropriate?"
- "How can we tell if something we read online is true or not?"
- "How is talking to someone online different from talking to them in person?"

For Preteens/Teens (Ages 12+):

- "Can you share a time when something you saw online made you feel uncomfortable? How did you handle it?"
- "How do you think social media affects how people see themselves? How does God see us differently?"
- "What digital habits do you think help you grow closer to God? Which ones might pull you away?"
- "How do you decide how much of your life to share online?"
- "Have you ever regretted posting or sending something? What did you learn from that experience?"

Conversation Activity: Digital Dilemmas

Choose one scenario below that's appropriate for your child's age. Discuss how you might handle it, connecting your response to your faith values.

Scenario 1: Your child receives a message from a classmate that makes fun of another student. What should they do?

Scenario 2: Your child wants to play a popular game that everyone at school is talking about, but you've heard it contains content that doesn't align with your family's values. How do you approach this together?

Scenario 3: Your teen notices that they feel anxious and inadequate after scrolling through social media. How might their faith perspective help them process these feelings?

Scenario 4: A friend has shared their password with your child and asked your child to do the same. How should your child respond?

Our family's thoughts on this scenario:

Biblical principles that guide our response:

Remember, these conversations aren't one-time events but ongoing discussions that evolve as your children grow and technology changes. By keeping communication channels open, you'll help your children develop the discernment they need to navigate their digital lives faithfully.

Implementing Weekly Digital Discipleship Activities

Moving from conversation to action helps cement digital discipleship principles in everyday life. This section provides practical activities your family can implement on a weekly basis to intentionally integrate faith with technology use.

Discussion-Based Activities

Week 1: Biblical Principles for Online Interactions

- Read Ephesians 4:29 together: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."
- Discuss: How does this verse apply to texting, social media comments, and online gaming chats?
- Action: Review recent online communications and evaluate whether they build others up.

Week 2: Digital Sabbath Exploration

- Read Exodus 20:8-10 about remembering the Sabbath day.
- Discuss: How might taking regular breaks from technology reflect the principle of Sabbath rest?

- Action: Plan a "Digital Sabbath" day or afternoon where the family disconnects from devices to connect with each other and God.

Week 3: Online Truth and Integrity

- Read John 8:32: "Then you will know the truth, and the truth will set you free."
- Discuss: How can we discern what's true online? Why is sharing accurate information important?
- Action: Practice fact-checking a news story or social media claim together.

Week 4: Digital Stewardship

- Read 1 Corinthians 10:31: "So whether you eat or drink or whatever you do, do it all for the glory of God."
- Discuss: How can we use our devices in ways that honor God? What does wise stewardship of our digital time look like?
- Action: Track device usage for a day and evaluate whether it reflects family priorities.

Hands-On Challenges

Create a Family Digital Mission Statement Work together to craft a simple, memorable statement that captures how your family wants to approach technology. For example: "The Smith family uses technology to connect, learn, and reflect Christ's love to others."

Our Family Digital Mission Statement:

Design a Faith-Tech Connection Calendar Create a simple calendar with one small action item for each day that connects technology use with faith. For example:

- Monday: Share an encouraging Bible verse with someone via text
- Tuesday: Use a Bible app for family devotions
- Wednesday: Watch and discuss a faith-based video together
- Thursday: Create digital art that expresses your faith
- Friday: Research a ministry online that helps others

Start a "Screen-Free, God-Focused" Activity Collection Brainstorm and list activities your family enjoys that don't involve screens but help you connect with God and each other:

1. _____

- 2. _____
- 3. _____
- 4. _____
- 5. _____

Technology Gratitude Challenge For one week, each family member shares one way technology helped them grow in faith or show love to others that day. Keep a running list and celebrate how technology can be a blessing when used intentionally.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Family Project Ideas

Choose one of these longer-term projects to work on together:

- Digital Faith Story:** Create a simple video, slide presentation, or digital photo collection that tells your family's faith journey.
- App Review Team:** Form a family team that evaluates new apps and games based on your family values before downloading them.
- Online Service Project:** Find a way to use technology to serve others (create encouraging content, assist elderly relatives with technology, raise awareness for a cause).
- Faith Tech Time Capsule:** Document your current technology use and faith insights, then set a date to review it in one year to see how you've grown.

Remember, the goal isn't to complete all these activities at once, but to choose what works for your family and implement them consistently. Start with one activity that resonates with your family and build from there.

Integrating Prayer into Your Digital Journey

Prayer is an essential component of digital discipleship, inviting God's wisdom and guidance into your family's technology use. This section provides structured prayers and prompts to help your family bring your digital lives before God regularly.

Weekly Prayer Focus Guide

Week 1: Praying for Wisdom in Media Consumption

Prayer prompt: "Lord, give us discerning eyes and minds as we choose what media to consume. Help us recognize content that honors You and avoid what pulls us away from Your path."

Scripture focus: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (Philippians 4:8)

Family prayer activity: Before watching a show or playing a game together, take a moment to pray about your choice and ask God to help you see it through His eyes.

Week 2: Seeking Patience and Understanding in Online Communications

Prayer prompt: "Father, guide our words and responses online. Give us patience when we're misunderstood and grace when others are unkind. Help us represent You well in every digital interaction."

Scripture focus: "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." (James 1:19)

Family prayer activity: Share a challenging online interaction you've had recently, and pray together for wisdom in how to respond with Christ-like character.

Week 3: Protection from Digital Temptations

Prayer prompt: "God, strengthen us against the temptations we face in our digital world. Help us recognize when technology is becoming an idol or a distraction from what truly matters."

Scripture focus: "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." (1 Corinthians 10:13)

Family prayer activity: Identify one digital temptation each family member faces (excessive use, inappropriate content, comparison on social media, etc.) and pray specifically for each other.

Week 4: Gratitude for Technology's Blessings

Prayer prompt: "Thank You, Lord, for the gifts of technology that connect us with loved ones, teach us new things, and help us share Your love with others. Help us use these tools with gratitude and purpose."

Scripture focus: "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:18)

Family prayer activity: Take turns sharing one way technology blessed your life this week and thank God together for these gifts.

Monthly Device Dedication Prayer

Once a month, gather your family's devices (phones, tablets, computers, gaming systems) and pray this dedication prayer together while placing hands on the devices:

"Heavenly Father, we dedicate these devices to Your glory. May they be tools for connection rather than division, for learning rather than distraction, for building up rather than tearing down. We commit to using them in ways that honor You, serve others, and help us grow. Guide our eyes, our hands, and our hearts as we navigate the digital world. In Jesus' name, Amen."

Personal Prayer Journal Prompts

Encourage older children and teens to reflect on these questions in a prayer journal:

- How has technology strengthened or challenged my faith recently?
- Is there a digital habit I need God's help to change?
- How might God want to use my online presence to share His love with others?
- Where do I need God's wisdom in navigating a specific online situation?

Prayer for Digital Struggles

Keep this prayer handy for times when family members are struggling with a digital challenge:

"Lord, we come to You with our digital struggles. When we feel overwhelmed by information, grant us Your peace. When we're tempted by inappropriate content, strengthen our resolve to honor You. When we're hurt by online words, comfort our hearts. When we're distracted from

what truly matters, reset our focus on You. Help us use technology as faithful stewards, remembering that all things belong to You and are to be used for Your glory. Amen."

Create Your Own Family Prayer

Use the space below to write a prayer that addresses your family's specific digital needs and goals:

Remember that prayer isn't just about asking for help with challenges—it's about inviting God into every aspect of your digital lives and acknowledging His lordship over these tools. Regular prayer about your technology use reminds your family that digital discipleship is ultimately about growing closer to God.

Resources and Further Reading

This section provides additional resources to support your family's digital discipleship journey. While this workbook offers a foundation, these tools can help you continue to grow and adapt your approach as technology evolves and your children mature.

Recommended Faith-Based Apps and Tools

Bible Study and Devotional Apps:

- **YouVersion Bible App** - Offers Bible reading plans for all ages, including family plans
- **Bible App for Kids** - Interactive Bible stories and activities for young children
- **Dwell** - Scripture listening app with beautiful background music
- **Pray As You Go** - Daily prayer and meditation prompts
- **Echo Prayer** - Prayer tracking and reminders

Family Faith Formation:

- **Parent Cue** - Age-appropriate conversation starters and activities

- **RightNow Media** - Christian video library with content for all ages (subscription required)
- **Minno Kids** - Christian children's shows and devotionals (subscription required)
- **Keys for Kids** - Daily devotionals for children and families
- **PureFlix** - Family-friendly streaming service (subscription required)

Digital Wellbeing Tools:

- **Circle Home Plus** - Parental controls and internet filtering device
- **Covenant Eyes** - Accountability software for older teens and adults
- **Our Pact** - Screen time management app
- **Bark** - Monitoring service that alerts parents to potential issues
- **Screentime** - App and device management system

Recommended Reading

For Parents:

- *The Tech-Wise Family* by Andy Crouch
- *Digital Minimalism* by Cal Newport
- *Parenting in a Tech World* by Matt McKee and Titania Jordan
- *Every Parent's Guide to Navigating Our Digital World* by Kara Powell
- *Screens and Teens* by Kathy Koch

For Families to Read Together:

- *Wise Choices: A Story About Making Good Decisions Online* by Daniel Kenney
- *The Berenstain Bears' Computer Trouble* by Mike Berenstain

For Teens:

- *12 Ways Your Phone Is Changing You* by Tony Reinke
- *A Student's Guide to Technology* by David Murray

Helpful Websites and Organizations

- **Common Sense Media** (commonsensemedia.org) - Reviews of apps, games, movies from both content and developmental perspectives
- **Focus on the Family** (focusonthefamily.com/parenting/kids-and-technology/) - Articles and resources on technology from a Christian perspective
- **Protect Young Eyes** (protectyouneyes.com) - Up-to-date information on digital safety
- **Axis** (axis.org) - Parent guides and conversation kits about technology issues
- **Center for Parent/Youth Understanding** (cpyu.org) - Research and resources on digital culture

Local Resources

Use this space to note church programs, community classes, or local experts who can provide additional support:

Creating Your Technology Resource Folder

Consider creating a digital or physical folder where you can collect articles, tips, and resources specific to your family's needs. Include:

- Updated information on apps your children are using
- Login information for parental controls
- Articles relevant to your family's current technology challenges
- Success stories of how your family has grown through digital discipleship

Remember, the goal isn't to become technology experts, but to stay informed enough to guide your family wisely. When you encounter new apps, trends, or challenges, take time to research them through both technical and faith-based perspectives before making decisions for your family.

8. Conclusion: Walking Together in Faith and Technology

Encouragement for the Journey

As you reach the end of this workbook, remember that digital discipleship is not a destination but a journey—one that requires patience, flexibility, and abundant grace. Technology will continue to evolve, and your family's needs will change as children grow. What remains constant is the opportunity to approach these tools with intentionality and faith.

You may have days when your family follows your technology covenant perfectly, engaging with digital tools in ways that honor God and strengthen your relationships. You'll also have days when everyone struggles, when screens become distractions rather than tools, and when digital boundaries get blurry. Both kinds of days are part of the journey.

What matters most isn't perfection but persistence—continuing to bring your digital lives before God, adjusting your approach when needed, and choosing to see technology as an opportunity for discipleship rather than just a challenge to overcome.

With intentionality and faith, technology can become:

- A tool for discovering God's truth together
- A means of connecting with your faith community
- A way to share God's love with others
- An opportunity to practice discernment and wise choices
- A platform for creative expression of faith

The digital world isn't separate from your spiritual life—it's simply another space where your family can live out your faith. By approaching technology through the lens of discipleship, you're teaching your children that following Jesus influences every part of life, including how we use our devices.

Looking Forward: Next Steps

As you implement what you've learned in this workbook, consider these next steps:

1. **Schedule regular family check-ins** about how your technology covenant is working. Be willing to adjust as needed.
2. **Celebrate digital discipleship wins**, however small. Notice and affirm when family members make wise technology choices.
3. **Create accountability partnerships** within your family, pairing parents with older children or siblings with each other to encourage healthy technology habits.
4. **Stay curious** about your children's digital world. Ask questions about new apps or games with genuine interest rather than immediate judgment.
5. **Model what you teach.** Your example speaks louder than any rule or guideline you create.

Invitation to Community

Digital discipleship isn't meant to be practiced in isolation. Consider:

- Sharing this workbook with other families in your church or community
- Starting a parents' group focused on raising faith-filled digital citizens
- Inviting another family to journey alongside yours, sharing challenges and successes

- Connecting with your church leaders about how they might support families in digital discipleship

When families share their experiences, everyone benefits from collective wisdom and encouragement.

Final Reflection

Take a moment to reflect on what you've learned through this workbook:

- What has been your biggest insight about your family's technology use?
- What one change do you feel most excited to implement?
- Where do you anticipate needing the most support or grace?
- How might your family's approach to technology become a witness to others?

Remember, the ultimate goal of digital discipleship isn't just to protect your family from technology's pitfalls—it's to embrace technology's potential for helping your family grow in faith, character, and connection. As you navigate this digital journey together, may you experience God's wisdom, guidance, and grace every step of the way.

"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