

# Our Family Digital Covenant

I feel most connected to God and others when I...

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I feel most distracted from what matters when I...

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One digital habit I'd like to change is...

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One way I'd like our family to use technology for good is...

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## Our Sacred Commitments

As the \_\_\_\_\_ family, we covenant together to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Our Digital Rhythms



**Device-Free Times:**

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**Digital Sabbath:**

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**Charging Station:**

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**Technology Check-in Day:**

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*"Choose this day whom you will serve... As for me and my house, we will serve the LORD." - Joshua 24:15*

Covenant created: \_\_\_\_\_ Family signatures: \_\_\_\_\_

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