

Considering Technology

We are encouraged in *1 Chronicles 12:32* by the children of Issachar who had an “*understanding of the times, to know what Israel ought to do.*” Likewise, we are to consider how the times we live in can affect our daily activities and interactions and respond appropriately. Undoubtedly today, one of the greatest impacts on our lives can be technology. A few recent statistics concerning technology should catch our attention (Barna, 2016):

- In one recent poll, 65% of parents surveyed said technology/social media is the primary factor which has made parenting more difficult.
- The average child will spend 5 hours each weekday using some type of electronic device.
- 62% of parents check their phones within the first hour of the morning.
- 82% of teenagers sleep with a phone next to them.

These statistics may not fit yourself or your family, but they do highlight trends which are beginning to hit close to home for many of us. Some technology use has led to improvements in communication, efficiency, and other aspects of our daily lives. Yet there have been detrimental effects as well. Regardless of whether you are a heavy or casual user, a careful discernor or a nonchalant observer, technology is very real and present in all of our lives. Statistics like these should motivate us to consider “*the times*” and take action where appropriate. Increasing technology use has encouraged ACCFS to create several resources to help equip the church in this area. The goal of these shared resources is to raise questions and build conversation, discussion, and evaluation within families and amongst individuals, ultimately helping us all to “*walk circumspectly...redeeming the time...*” (*Eph. 5:15-16*).

Below are brief descriptions of several resource offerings you will find at www.accounseling.org/technology:

- Five Technology Questions to Consider: This short resource highlights five important questions which we should ask ourselves when we consider the impact technology may be having on our lives.
- Technology Teaching Principles Discussion Aids: Too often technology can become a battleground instead of a teaching opportunity. These discussion aids build a framework for discussion around technology principles and are separated by age level.
- Technology Sunday School Lessons: Sunday School is a key venue where biblical principles can be taught. These lessons adapt technology discussion questions and teaching points into a Sunday School lesson format for various age levels.
- Breaking Bread Podcast on Technology: This two-part podcast spends time walking through principles to consider as you evaluate your technology use. It builds off the concepts in our presentation, *Safe Technology Use for the Whole Family*.
- Family Technology Plan: Families provide the important avenue where technology teaching should be fostered. This resource will help families set up a technology plan with their children as they encourage growth and discussion in this area.
- Internet Filtering/Monitoring Quick Reference: Filters help block unwanted content from our devices while monitors provide accountability by sending usage reports to designated individuals. Filtering and monitoring programs are essential on our devices in today’s technology environment. This quick reference guide provides a few options of programs which ACCFS has found helpful to assist in this type of protection.