

## Better: How to Win at Home | Inside Out

October 23, 2022

[northeastchristian.org/family](http://northeastchristian.org/family)

### Synaptic Pruning

Matthew 22:36-40

Psalms 139:14

Deuteronomy 6:1-2, 5-7

Proverbs 22:6

Seth Thomas | Senior Pastor

### Smart Tech Practices:

1. 30-day Digital Detox.
2. 1-1-1 Rule.
3. No screens when you eat.
4. No screens when you worship.
5. No screens at big life events.
6. Shape space around conversations, not the TV.
7. Access to passwords.
8. Screen time limits for everyone!
9. Phone stays on Do Not Disturb.
10. Notifications stay off.
11. No social media apps on phone.
12. Don't start the day with your phone.
13. Limit unnecessary phone usage.
14. One screen at a time.
15. Only quality television.

### Challenges:

1. Start a habit to reinforce a Godly/Christian value.
2. Start a prayer streak with someone in the student ministry.
3. Begin a bible plan with someone in the student ministry.
4. Have a weekly date night with your kids.
5. Find a service project in your community or serve together in a ministry at church.

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