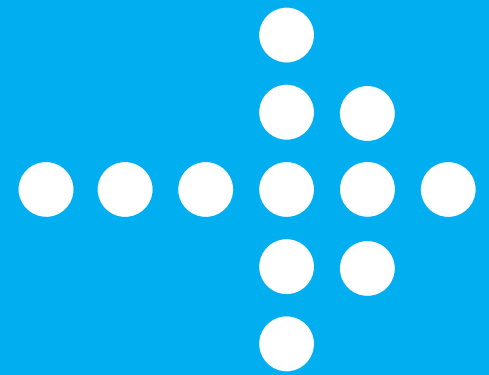




# Healthy Digital Habits:



## How Churches Can Support Families in a Tech-Driven Culture

2025 unPredictions Team Playbook

**Parents Will Still Worry About Kids:** The digital age continues to present new challenges for parents. Churches have a unique opportunity to provide guidance and support, particularly in the realm of kids' ministry. Whether it's through sermon series focused on raising children in a digital age or offering comprehensive family counselling, there's ample space for churches to make a significant impact.

This playbook is designed to help church leadership teams reflect on and apply insights from the podcast episode featuring Natalie Frisk. It provides a framework for guiding families in their church to navigate the challenges of technology with wisdom, intentionality, and grace.

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## Opening Reflection

### Discussion Starter Questions:

- What role does our church currently play in equipping families to navigate technology?
- What are some of the biggest digital challenges parents in our community face today?
- How can we empower families to create healthier digital habits?

Natalie Frisk emphasizes that technology isn't going away, but churches can guide families to approach it intentionally. By modeling wise use and offering practical tools, churches can help parents and children navigate the digital age with confidence and discernment.

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## Learning from the Expert

### Key Takeaways from Natalie Frisk:

- **Digital Natives:** Today's kids are fully immersed in technology. Their online and offline lives are deeply integrated.
- **Healthy Digital Habits:** Helping families recognize "sometimes media" (like donuts as a "sometimes food") versus healthy, anytime media can foster discernment.
- **The Role of the Church:** Churches can model and teach balanced technology use, providing resources and spaces where families can engage with positive digital tools.

### Discussion Questions:

- How can we model "healthy digital habits" in our church programming and communication?
- How can we equip parents to feel less overwhelmed by technology and more confident in guiding their kids?
- What types of resources or events could help families in our community address their digital challenges?

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## Analyzing Your Church's Strategy

### Exercise: Assess Family Needs

- Identify specific challenges that families in your church face related to technology (e.g., screen time management, online safety, digital discipleship).
- Discuss:
  - Are we addressing these challenges effectively?
  - What gaps exist in our current support for families?

### Exercise: Evaluate Current Resources

- List existing tools, resources, or programs your church uses to support families.
- Discuss:
  - How can we integrate more practical tools for helping families develop healthy digital habits?
  - What resources (e.g., video series, workshops, small group materials) could we introduce to enhance our support?

# Action Steps

## Quick Wins:

- Share curated playlists of family-friendly, faith-based digital content (e.g., worship songs or kids' Bible stories).
- Organize a workshop for parents on creating family technology plans.
- Offer discussion guides to help parents have meaningful conversations with their kids about media use.

## Long-Term Goals:

- Launch a series on digital discipleship, exploring topics like technology, faith, and parenting.
- Partner with organizations like **Raise Up Faith** to provide families with high-quality, faith-based digital resources.
- Create a digital resource hub on your church's website with recommended apps, tools, and media for families.

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# Team Challenge

## Challenge Question:

- What is one immediate step we can take to equip families in our church to develop healthy digital habits?

## Assignment:

- Each team member identifies one area where they can personally mentor or involve a young leader and commits to taking that step within the next month.

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# Part 6: Closing Reflection

## Prayer Prompt:

- Pray for wisdom and creativity in helping families navigate the challenges of technology.
- Pray for the children in your church to develop discernment and healthy digital habits that draw them closer to God.

## Team Commitment:

- This week, I will connect with one family to better understand their technology challenges and explore ways our church can help.

