

# ESSENTIAL TECH EDITS FOR YOUR HOME



## 12 TECHNOLOGY EDITS FOR SOVEREIGN FAMILY HOMES

1. Establish a Daily “Digital Sunset”: Set a time each evening when all screens go off, allowing the your nervous systems to settle and the family to reconnect through conversation, play, and rest.
2. Remove Devices from Sacred Spaces: Keep phones, tablets, and TVs out of bedrooms, mealtime spaces, and any areas that you use for prayer, rest, or family connection. Your home is a sanctuary that requires diligent curating.
3. Replace Passive Entertainment with Intentional Input: Trade default streaming or scrolling for shared reading, skill-building, storytelling, or time in nature. Let attention activate greater formation. Do it tired.
4. Use Technology as a Tool, Not a Companion: Shift the emotional role of devices. They are not comfort objects or background noise. Use them deliberately and with clear purpose every time. No default scrolling. Set time limits for the kids and password protect all devices.
5. Curate What Comes Into Your Home: Audit content. Choose inputs that align with your family’s values, protect innocence, and support discernment. Teach your children to guard their eyes and hearts. You cannot revisit this enough.
6. Designate Tech-Free Zones and Times: Protect your rhythms by building in non-negotiable spaces without devices, such as morning routines, weekly Sabbath days, and after-dinner hours.
7. Teach Media Discernment, Not Just Restriction: Don’t just block harmful content, explain why. Help your children learn to recognize counterfeit narratives, manipulative design, and attention theft.
8. Unlink Identity from Devices: Avoid early dependence on digital profiles, facial recognition, or biometric logins for your children. Delay exposure to ID-based tech.
9. Limit Notifications to Protect Interior Silence: Turn off alerts across all of your devices. Let your home atmosphere be led by the Spirit, not by algorithmic interruptions that fracture your flow and attention.
10. Create Before You Consume: Create a home culture where your creativity comes first—writing, building, playing music, gardening, outdoor time—before taking in external media. Teach your kids to steward their imaginations, not just absorb content.
11. Reclaim the First and Last Minutes of the Day: Begin and end each day without screens. Protect these transitional moments as sacred space. Let God, not the grid, set your frequency.
12. Anchor Your Family’s Language in Reality, Not Virtuality: Use language that honors real life, referring to people, places, and experiences in relational, not transactional, terms. Avoid letting digital slang, consumer talk, or algorithm-driven values shape your household’s inner vocabulary.