



# #DIGITAL SUNDAY

# Health check

***Why not take a few moments to prayerfully consider this short digital health-check, and see if there are any areas where you feel prompted to make some changes?***

- Intentional media consumption: Are you discerning about the content you consume online?** Do you choose media that aligns with biblical values, and promotes positive and edifying messages? If you are a parent or grandparent, are you teaching your children about the importance of discernment in this area?
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- Responsible digital presence: Does your online presence reflect the character of Christ?** Are you mindful of the words you use, the images you share, and the way you interact with others? Strive to be a positive influence, spreading love, encouragement, and truth.
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- Authenticity and integrity: Are you careful to only show a polished or idealized version of your life on social media?** Could you challenge yourself to be more 'real?' with the aim of deepening your online relationships, and showing people that you rely on God, rather than your own abilities?
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- Online relationships: Could you do more to foster healthy and God-honouring relationships online?** Do you look for opportunities to show care and concern to the people in your networks? When you disagree, do you show compassion and respect?
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- Discernment and critical thinking: Do you critically evaluate the information you encounter online?** Do you seek God's wisdom and do you do your own research when forming opinions or sharing information?
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○ **Time management: Are you mindful of the amount of time you spend online?** The digital world can be captivating and time-consuming. Would you or your family benefit from setting some boundaries, making the effort to develop healthy habits?

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○ **Online witness: Do you consider your online presence as an opportunity to share your faith and be a witness for Christ?** Do you show that part of your life? Are there ways you can demonstrate your faith in ways that feel personal and natural, reflecting that it's at the core of your identity?

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○ **Balancing real-life engagement: Do you choose screen-time over face-to-face conversations?** If this is an issue for you, think about consciously investing time in face-to-face interactions, church community, and serving others offline. Leave your phone somewhere you can't look at it, and switch your notifications off.

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○ **Guarding against temptation: Are you vigilant?** The digital world presents myriad temptations, such as pornography, cyberbullying, excessive materialism, and self-centeredness. Stay vigilant and set boundaries to protect yourself from these pitfalls.

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○ **Privacy and security: Do you take appropriate measures to protect your personal information and privacy online?** Use strong passwords which are at least 12 characters long (14 or more is better). A combination of uppercase letters, lowercase letters, numbers, and symbols. Be cautious of sharing sensitive details, and stay informed about online security threats.

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**Questions to consider:**

- **How do you feel about your relationship with screens and digital devices? Can you see how they might be shaping you?**
- **Deep down, what are the different reasons you use screens for?**
- **What would it look like for you to be a 'digital disciple'?**