

A person is sitting and reading a book. They are wearing a grey button-down shirt and dark pants. The background is softly blurred, showing a window with a plant and a woven basket. The overall mood is peaceful and unhurried.

Unhurried Rhythms

Everyday Practices for Everyday People

A close-up photograph of a person's hands clasped together in a prayer-like gesture, looking out a window. The person is wearing a brown, textured sweater. The background is a blurred view of a landscape or cityscape.

What happened in 2007?

- Facebook become global phenom
- Twitter goes global too
- Hadoop enables Big Data and Cloud
- "The Cloud" takes off
- IBM launches "Watson"
- Kindle starts e-book revolution
- Google introduced Android
- And...

Gene Twengy

“If you were going to give advice for a happy adolescence based on [our data], it would be straightforward...”

Gene Twengy

Put down the phone, turn off the laptop,
and do something that does not involve a screen.”

(Reclaiming Conversation, Sherry Turkle)

“A generation has grown up that has lived a very unsatisfying youth and really does not associate their phones with any kind of glamour, but rather with a sense of deprivation.”

Has our technology outpaced our ethics?

Andy Crouch, “Tech Wise Family”

“Technology is in its proper place when it helps us bond with the real people we have been given to love...”

Andy Crouch, “Tech Wise Family”

It’s out of its proper place when we end up bonding with people at a distance, like celebrities, whom we will never meet.”

Andy Crouch, “Tech Wise Family”

“Technology is in its proper place when it starts great conversations. It’s out of its proper place when it prevents us from talking with and listening to one another.”

Andy Crouch, “Tech Wise Family”

“Technology is in its proper place when it helps us take care of the fragile bodies we inhabit. It’s out of its proper place when it promises to help us escape the limits and vulnerabilities of those bodies altogether.”

Andy Crouch, “Tech Wise Family”

“Technology is in its proper place when it helps us acquire skill and mastery of domains that are the glory of human culture (sports, music, the arts, cooking, writing, accounting, etc...)”

Andy Crouch, “Tech Wise Family”

When we let technology replace the development of skill with passive consumption, something has gone wrong.”

Andy Crouch, “Tech Wise Family”

“Technology is in its proper place when it helps us cultivate awe for the created world we are part of and responsible for stewarding...”

Andy Crouch, “Tech Wise Family”

It’s out of its proper place when it keeps us from engaging the wild and wonderful natural world with all our senses.”



Values for Tech Rule of Life

- We use tech to build our closest relationships.
- We use tech to have healthy conversations.
- We use tech mindful of our physical limits and emotional needs.
- We use tech for cultivation, not consumption.
- We use tech to cherish the created world.

- Digital detox - 30 days
- The 1-1-1 Rule
- No screens when we eat.
- No screens when we worship.
- No screens at social gatherings.
- No screens for big life events.
- Intentionally shape space.
- Spouses have one another's passwords.
- Parents have total access to kids' devices.
- Screen time limits

- Phone stays on “Do Not Disturb”
- All Notifications off
- Minimal apps
- No social media apps on phone
- Don't start the day with your phone.
- Limit unnecessary phone usage in front of kids.
- Screen time not used as reward for kids.
- Use screens together as much as possible.
- One screen at a time.
- Only quality television.

1 Timothy 4:7-10

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

1 Timothy 4:7-10

This is a trustworthy saying, and everyone should accept it. This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.