

# Connected

A guide to  
technology &  
togetherness



Scripture quotations taken from the Holy Bible, New International Version®, NIV®.  
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## About this guide

In this Wooddale guide, we have curated and linked select Axis resources to help translate big cultural topics into Christ-centered reflection and conversation. These Axis materials, accessed via QR codes, include brief explanations, guides and short videos that can be used individually, discussed as a family or explored together in a group setting.

These resources are clear, practical and aligned with Wooddale's commitment to Scripture and discipleship. They are supportive tools, not a replacement for the Bible, prayer or the Holy Spirit's leading.

## About Axis

Axis is a Christian ministry that creates practical tools to help people engage faith, technology and culture with wisdom and clarity. Their resources include a free weekly email that explains current trends and why they matter, downloadable topic-specific guides and short videos with discussion prompts. Each resource is designed to spark honest, Scripture-shaped conversations in everyday life.

Axis content remains the property of Axis and is shared here only by link. As always, use discernment, adapt what you learn to your context and stage of life and allow God's Word to guide you.







This guide is designed to be flexible and accessible. You can use it on your own, with your family or in a small group. Each week, begin with the devotional and then commit to practicing that week's spiritual rhythm. The goal is not to rush, but to thoughtfully engage these important topics and put new habits into practice that lead to small, meaningful steps of growth over time.

# WEEK 1



## WISDOM THAT STICKS

### **Proverbs 2:1–6** (NIV)

*My son, if you accept my words  
and store up my commands within you,  
turning your ear to wisdom  
and applying your heart to understanding—  
indeed, if you call out for insight  
and cry aloud for understanding,  
and if you look for it as for silver  
and search for it as for hidden treasure,  
then you will understand the fear of the Lord  
and find the knowledge of God.  
For the Lord gives wisdom;  
from his mouth come knowledge and understanding.*

# DEVOTIONAL

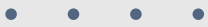


Wisdom is not something we stumble into. Wisdom is something we should intentionally pursue. The Bible instructs us to listen with our ears, engage our hearts and actively seek wisdom as if it were a hidden treasure waiting to be uncovered.

Technology (phones, tablets, TVs, internet, gaming consoles) promises shortcuts to all sorts of feelings and desires, but God forms wisdom in our lives when our hearts become alert to His truth.

Over the next four weeks, consider this guide a treasure map. The difference, however, is that God is not hiding His treasure from you. Rather, God wants to and delights in giving understanding to those who ask and seek Him.

As you begin this journey, ask God to replace the hurry of life's pace with the peace of being present with Him. Ask God to replace the noise of the world with His voice and guidance. And invite God to replace going through the motions with discernment and careful choices. And we promise that when you do, the God of all creation will give wisdom generously to you, your group and your family.



## Reflection questions

*(To journal individually or discuss as a group or family)*

In what ways does technology help?

In what ways does technology distract and hurt?

What would “searching for wisdom” look like this week?

### For families: Scan this!



**SCAN QR CODE:**

A Parent’s Guide to YouTube

*An Axis.org resource on how to set healthy boundaries around YouTube*



## THIS WEEK'S PRACTICE

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### STEP 1: **Stop** (5 minutes)

Choose a time that works for you for proper reflection and/or discussion.

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Grab a journal, paper, pen(s) and your smartphone or tablet for reference.

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### STEP 2: **Learn** (10 minutes)

Reflect on or discuss the following:

What do you like about YouTube?

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What concerns you about YouTube?

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### STEP 3: **Decide** (10 minutes)

Choose one practice to commit to this week

**Autoplay:** Turn off YouTube autoplay on all your devices and only watch content by intentional choice.

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**Watch With Me:** Any video 10 minutes or longer is watched with another person.

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**Time Boundary:** Set a daily time limit (for example, 30–45 minutes) and a nightly cutoff time.

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**Comment-Free Zone:** Disable comments and hide chats; talk about the content with others instead.

**Subscriptions Refresh:** Unsubscribe from three YouTube channels that don't align with your values, and then add three that do.

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**Search Smart:** Commit to browsing only on YouTube's homepage and watch videos from your search results or subscribed list.

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**Red Flag Response:** If something disturbing appears, stop, tell someone else and discuss it within 24 hours.

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## **STEP 4:** **Commit** (15 minutes)

Individually, with your group or as a family, write your YouTube Pledge using the included guide.

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Display it in a visibly prominent location.

---

Sign or initial as an individual, group or family at the bottom of the commitment.

---

Set a daily check-in time.

---

If in a group or family, decide on a 15-minute review for the end of the week.

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## **STEP 5:** **Pray** (5 minutes)

Pray, asking God for wisdom to use technology in ways that honor Him and strengthen spiritual growth.

# YouTube Pledge

Date: \_\_\_\_\_

The one practice this week will be:

---

---

I/We will commit to this practice on the following devices and accounts:

---

---

---

---

Time limits: \_\_\_\_\_

Autoplay/comments/search settings:

---

---

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Alternatives when the limit hits:

---

---

---

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This week's daily check-in time/place: \_\_\_\_\_

This week's end-of-week review on: \_\_\_\_\_

**Signed by (individual, group or family):**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WEEK 2



## SHARED PROMISES

### **Joshua 24:15** (NIV)

*“But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD.”*



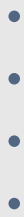
# DEVOTIONAL

Lives that honor God are shaped less by big moments and more by the everyday, ordinary rhythms of life. Because of this, it's essential to establish an understanding of technology in one's life, group or family—a sort of Tech Rule of Life.

A Tech Rule of Life is not a fence to keep joy and happiness out. Rather, this commitment is a trellis. A trellis is a vertical support for climbing plants that maximizes growing space, improves plant health and helps them grow in the desired direction.

For instance, when you commit to being device-free at dinner or to charging phones outside your bedroom, you are actively and intentionally choosing who you, your group or your family will become.

A Tech Rule of Life is a set of promises that serve as monuments, testifying that “for me and my household, we will serve the LORD.”





## Reflection questions

*(To journal individually or discuss as a group or family)*

What do your tech choices show about what matters most in your life?

What simple tech rules could help you love God and others better?

Why do small daily choices matter?

### For Families: Scan this!



**SCAN QR CODE:**

Everything Smartphone

*“Everything Smartphone” provides a Bible-based framework for establishing tech norms.*

## THIS WEEK'S PRACTICE

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### STEP 1: **Stop** (5 minutes)

Choose a time that works for you for proper reflection and/or discussion.

---

Grab a journal, paper, pen(s) and your smartphone or tablet for reference.

---

### STEP 2: **Learn** (10 minutes)

Reflect on or discuss the following:

When does technology bring you closer to others?

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When does technology pull you apart from others?

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### STEP 3: **Decide** (10 minutes)

Write three statements in each category

**ALWAYS** = Healthy habits that honor God.

**NOT NOW** = Times/places when technology shouldn't interrupt life.

**Examples:**

ALWAYS eat device-free

ALWAYS charge your phone outside your bedroom

ALWAYS talk face-to-face about conflict

NOT NOW before school

NOT NOW during devotions

NOT NOW during car rides after dark

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**For groups and families:**

Once you're done writing your statements, share your list with others.

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Identify overlaps and themes, then collaborate to create a **list of 3–5 shared ALWAYS and NOT NOW rules.**

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**STEP 4: Commit** (15 minutes)

Write your final Tech Commitment using the included guide.

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Display it in a visibly prominent location.

---

Sign or initial as an individual, group or family at the bottom of the commitment.

---

Set a daily check-in time.

---

If in a group or family, decide on a 15-minute review for the end of the week.

---

**STEP 5: Pray** (5 minutes)

Pray, asking God for wisdom to use technology in ways that honor Him and grow spiritually.



# Tech Commitment

Date: \_\_\_\_\_

Write three of each:

ALWAYS	ALWAYS	ALWAYS	ALWAYS
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
NOT NOW	NOT NOW	NOT NOW	NOT NOW
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**ALWAYS Commitments:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**NOT NOW Commitments:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

This week's daily check-in time/place: \_\_\_\_\_

This week's end-of-week review on: \_\_\_\_\_

**Signed by (individual, group or family):**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WEEK 3



## BEFORE YOU POST...

### Proverbs 4:23 (NIV)

*Above all else, guard your heart,  
for everything you do flows from it.*



## DEVOTIONAL

What each of us allows in our hearts will inevitably flow out of our mouths through our words, will affect our moods and impact the choices we make. Our social media feeds are not neutral. Rather, these feeds are actively discipling our desires and forming our hearts and thoughts.

Guarding your heart from these outside influences involves cultivating healthy inputs through technology and in your life. It also involves a commitment to practicing a posture of gratitude, while embracing your identity in Christ alone.

The microwave instructions for Pop-Tarts® are to heat them for three seconds. We live in a fast-paced world that often puts us in situations where we react without thinking. So, before you post, first pause and ask the Holy Spirit if what you're about to share is true, kind, necessary and helpful. And then allow Him to guide those choices.

To walk the path God has laid before you is to proactively draw near to Him and expectantly witness how He shows up so faithfully in the way you scroll, speak and what you share.



## Reflection questions

*(To journal individually or discuss as a group or family)*

What are some things we see, read or listen to that fill our hearts each day? How do those things affect our mood or actions?

Before posting, texting or talking, how can you pause and ask, “Is this true, kind, necessary and helpful?”

What are some ways you can guard your heart and fill it with what’s good, thankful and focused on Jesus this week?

### For Families: Scan this!



**SCAN QR CODE:**

Parent Guide to Social Media

*A parent’s guide to social media that provides resources to build wise conversations.*

## THIS WEEK'S PRACTICE

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### **STEP 1:** **Stop** (5 minutes)

Choose a time that works for you for proper reflection and/or discussion.

---

Grab a journal, paper, pen(s) and your smartphone or tablet for reference.

---

### **STEP 2:** **Learn** (10 minutes)

Reflect on or discuss the following:

On your phone, list every social media app, and for each one, answer the following questions:

Why do I use it?

What does it cost me? (money, time, attention)

What does it give me? (connection, learning, fun)

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### **STEP 3:** **Decide** (10 minutes)

Which social media apps will you keep, delete or put limits on?

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Decide to pause and pray before posting anything, asking the following questions:

Is this true?

Is this kind?

Is this necessary?

Is this helpful?

---

**STEP 4:** **Commit** (15 minutes)

Write your Social Media Plan using the included guide.

.....

Display it in a visibly prominent location.

.....

Sign or initial as an individual, group or family at the bottom of the commitment.

.....

Set a daily check-in time.

.....

If in a group or family, decide on a 15-minute review for the end of the week.

.....

Turn off non-essential social media notifications to protect your attention on other things and people.

.....

**STEP 5:** **Pray** (5 minutes)

Pray together, asking God for wisdom to use social media in ways that honor Him and strengthen your family.

# Social Media Commitment

Date: \_\_\_\_\_

**Social Media App:** \_\_\_\_\_

Why I use it: \_\_\_\_\_

Cost to me (money, time, attention):  
\_\_\_\_\_

What it gives me: \_\_\_\_\_

Decision (circle one):

Keep    Delete    Put Limits On    Daily limit: \_\_\_\_\_ minutes

**Social Media App:** \_\_\_\_\_

Why I use it: \_\_\_\_\_

Cost to me (money, time, attention):  
\_\_\_\_\_

What it gives me: \_\_\_\_\_

Decision (circle one):

Keep    Delete    Put Limits On    Daily limit: \_\_\_\_\_ minutes

**Social Media App:** \_\_\_\_\_

Why I use it: \_\_\_\_\_

Cost to me (money, time, attention):  
\_\_\_\_\_

What it gives me: \_\_\_\_\_

Decision (circle one):

Keep    Delete    Put Limits On    Daily limit: \_\_\_\_\_ minutes

This week's daily check-in time/place: \_\_\_\_\_

This week's end-of-week review on: \_\_\_\_\_

**Signed by (individual, group or family):**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# WEEK 4



## HABITS INTO WORSHIP

### **Colossians 3:17** (NIV)

*And whatever you do, whether in word or deed,  
do it all in the name of the Lord Jesus, giving  
thanks to God the Father through him.*



# DEVOTIONAL

King David remained determined to set nothing worthless before his eyes. Having guardrails in our lives is important as they keep us on the right course. Guardrails are not about fear. Instead, they provide safety and clarity.

Having the right settings on your phone, tablet, computer or gaming console might seem insignificant. Still, simple, daily choices like these protect our attention, encourage sleep and prioritize well-being in our lives and families. Instead of placing our charging stations near your bed, place God's Word there as a reminder of what you should place your eyes first. These small acts form big character over time.

In Christ, even ordinary habits become worship. When Jesus is Lord of your calendar and home, screens become tools instead of masters. Take this opportunity to define your "why" for this season clearly. Perhaps the "why" is closeness with others, better sleep health or a more meaningful prayer commitment. Then choose habits that support that calling. God will meet you in small obedience and will multiply peace in your life and your home.



## Reflection questions

*(To journal individually or discuss as a group or family)*

What are some small, everyday choices you can make with your phone or screens that show you're doing everything "in the name of Jesus"?

What kinds of "guardrails" help you stay focused on what's good and holy?

What do you want your "why" to be in this season, and what habits could help you live that out?

### For Families: Scan here!



#### **SCAN QR CODE: Safety and Setup**

Apple screen time

*Set downtime, app limits and content restrictions; manage kids' devices via Family Sharing. (Link iPhone/iPad & Mac guides.)*



Google family link

*Supervise Android/Chromebook or child Google accounts; set limits, filters, location and approvals. (Include privacy notice link.)*

## THIS WEEK'S PRACTICE

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### **STEP 1:** **Stop** (5 minutes)

Choose a time that works for you for proper reflection and/or discussion.

---

Grab a journal, paper, pen(s) and your smartphone or tablet for reference.

---

### **STEP 2:** **Learn** (10 minutes)

Reflect on or discuss the following:

Does my tech use point my heart toward Jesus or away from Him?

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What small shift would help my screen habits become more worshipful?

---

Am I modeling peace, gratitude and presence?

---

### **STEP 3:** **Decide** (10 minutes)

Begin each month by identifying one digital habit you'll surrender or reshape as a form of worship (for example: charging your phone outside your room, limiting social media hours or using your screen for daily Scripture reading).

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When you reach for a device, name what you're doing and why (for example: "I'm checking tomorrow's weather," or "I'm texting Grandma"). This habit models honesty and helps everyone remember that technology is a tool, not a master. It also builds awareness and helps your family align everyday actions with intentional worship.

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Set aside time each month to ask:

- How are my screen habits shaping my heart and home?
- When have I used screens to connect and grow with others?
- Where do I feel distracted, anxious or distant from God and others?

Where appropriate, post reminders near devices that read:

**“Pause and Ask: Is this helping me love God and others well?”**

Craft a Commitment Plan to help shape your long-term goals.

**Weekly Tech Sabbath:** Choose one evening or day with no screens and dedicate it to prayer, rest or play

**Screen-Free Zones:** Identify which areas in your home you will keep devices out of (e.g., the dinner table, bedrooms and devotional spaces).

**For groups and families:**

1. **Monthly Check-In:** Decide on what day each month you will come together to ask, “How’s our relationship with screens and each other?”

## **STEP 4:** **Commit** (15 minutes)

Write your Commitment Plan using the included guide.

Display it in a visibly prominent location.

Sign or initial as an individual, group or family at the bottom of the commitment.

Set a daily check-in time.

If in a group or family, decide on a 15-minute review for the end of the week.

Commit to revisiting your plan on a monthly basis.

## **STEP 5:** **Pray** (5 minutes)

Pray, asking God for wisdom to use social media in ways that honor Him and strengthen your family.

# Commitment Plan

Date: \_\_\_\_\_

I use tech to \_\_\_\_\_

So that I can \_\_\_\_\_

## Worship habits with screens:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Screen-free zones and/or times:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Monthly tech sabbath:

Day/Time of the week: \_\_\_\_\_

## Commitment verse:

\_\_\_\_\_  
\_\_\_\_\_

## The prayer for my home:

\_\_\_\_\_  
\_\_\_\_\_

Monthly check-in time/place \_\_\_\_\_

## Signed by (individual, group or family):

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Additional Resources

## Books

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### ***The Tech-Wise Family***

*Andy Crouch*

A practical and Scriptural framework for households that prioritize people (and prayer) over screens.



### ***12 Ways Your Phone Is Changing You***

*Tony Reinke*

A theological and practical examination of how phones shape desires and habits, offering gospel remedies.



### ***The Wisdom Pyramid***

*Brett McCracken*

A guide that helps readers adopt a “diet” for information that prioritizes Scripture and the church over the internet.



### ***The Common Rule***

*Justin Whitmel Earley*

Daily and weekly habits that form love for God and neighbor.



### ***Habits of the Household***

*Justin Whitmel Earley*

A guide to transforming ordinary family moments into discipleship liturgies.



### ***The Ruthless Elimination of Hurry***

*John Mark Comer*

A pastoral call to slow down so we can be present to God and people.

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## Articles and essays

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### **“Limiting My Phone Expanded My View of God”**

*The Gospel Coalition*

Testimony and practical path to attention, prayer and rest.



### **“Your Phone Habits Aren’t Just About You”**

*The Gospel Coalition*

How our screen choices shape those we love.



### **“The Tech Exit (review)”**

*The Gospel Coalition*

Survey of a step-by-step approach to family digital freedom.

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## Media discernment

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### **Plugged In**

*Focus on the Family*

Concise reviews of movies, TV, games and music from a biblical perspective; great for family talk-throughs.

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## Accountability and filtering tools

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### **Covenant Eyes**

Relationship-based accountability that sends activity reports to a trusted ally; best used voluntarily within clear, grace-filled discipleship.



### **Bark**

Parent monitoring & alerts for 30+ platforms; consider for younger users while pairing with open conversations and staged freedom.

