

THE TECH-WISE FAMILY CHALLENGE



MON/DAY 1	TUE/DAY 2	WED/DAY 3	THU/DAY 4	FRI/DAY 5	SAT/DAY 6	SUN/DAY 7
1 Read pages 15-23 of <i>The Tech-Wise Family</i> . Challenge: Take a family selfie. Post online using #TechWiseFamily and share goals for the challenge.	2 Read pages 25-40 of <i>The Tech-Wise Family</i> . Challenge: Watch Barna's interview with <i>The Tech-Wise Family</i> author Andy Crouch and his daughter, Amy Crouch.	3 Read pages 41-52 of <i>The Tech-Wise Family</i> . Challenge: Make something hands-on and rewarding together, like cookies, a soup or a craft.	4 Read pages 52-70 of <i>The Tech-Wise Family</i> . Challenge: Create a space in your house where portable devices rest. Determine at least one "screen-free" hour for each day.	5 Read pages 71-82 of <i>The Tech-Wise Family</i> . Challenge: Eat dinner by candlelight (or, if you have a hearth, make a fire) for an electricity-free meal.	6 Read pages 83-92 of <i>The Tech-Wise Family</i> . Challenge: Take 10 minutes as a family to put household items in their proper place. See who can collect the most items to donate to charity.	7 Read pages 92-106 in <i>The Tech-Wise Family</i> . Challenge: Rest! Make sure this is a screen-free day.
MON/DAY 8	TUE/DAY 9	WED/DAY 10	THU/DAY 11	FRI/DAY 12	SAT/DAY 13	SUN/DAY 14
8 Read pages 111-122 of <i>The Tech-Wise Family</i> . Challenge: Set up an electronic alarm clock to replace your phone. Turn on "asleep" and "awake" times for your devices.	9 Read pages 123-138 of <i>The Tech-Wise Family</i> . Challenge: Exercise or play a game together outside. If the weather is bad, play an indoor game (or have an impromptu dance party).	10 Read pages 139-148 of <i>The Tech-Wise Family</i> . Challenge: Read a chapter of classic literature and take notes on your favorite passages - OR - write a letter or card to mail to someone.	11 Read Psalm 19:1, Philippians 4:8 Challenge: Get outside! Go on a walk, a run, a visit to the park or the playground.	12 Read pages 148-153 of <i>The Tech-Wise Family</i> . Challenge: Watch TV or a movie together, perhaps a documentary, a recent award-winner or a classic movie from your childhood. Discuss it afterward.	13 Read pages 155-163 of <i>The Tech-Wise Family</i> . Challenge: Use a shared car ride for meaningful discussion. Consider using the Table Topics resource as a prompt.	14 Challenge: Rest! Make sure this is a screen-free day.
MON/DAY 15	TUES/DAY 16	WED/DAY 17	THU/DAY 18	FRI/DAY 19	SAT/DAY 20	SUN/DAY 21
15 Read pages 165-180 of <i>The Tech-Wise Family</i> . Challenge: Spouses, consider sharing your passwords with one another. Review parental settings or set up filters for children's devices.	16 Read 1 Corinthians 10:31, 2 Corinthians 5:17, 1 Timothy 6:17-19 Challenge: Set up a creative space in the heart of the home. Move the TV to a less central, less comfortable location.	17 Read Proverbs 4:7, 1 Corinthians 13:4-7 Challenge: Look for an act of kindness you can do for someone. At dinner, report to your family about how it went.	18 Read pages 183-195 of <i>The Tech-Wise Family</i> . Challenge: Sing a song together. Not musically inclined? Ask each family member to pick a song to listen to or a poem to read together.	19 Read Psalm 139:14, Proverbs 22:6, Romans 12:1 Challenge: Write out a mission statement for your family and set some goals for the coming year. Include a skill you'd like to learn.	20 Read pages 197-205 of <i>The Tech-Wise Family</i> . Challenge: Journal about lessons and actions you enjoyed in this challenge. Share your experience using #TechWiseFamily.	21 Challenge: Rest! Make sure this is a screen-free day.

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CHALLENGE



Table Topics

Use these themed conversation starters to inspire screen-free quality time with your family.

FAITH

- When was the last time you experienced awe or wonder? Describe the scene.
- What's your favorite worship song? Why?
- What's your favorite scripture or Bible story? Why?
- Talk about a time when you felt God near. What was the circumstance and how did you feel?
- If you could sit down and have a meal with any biblical figure, who would it be? What would you ask them?

FAMILY

- Pick three words to describe one another and share.
- What characteristics would you like your family to be known for?
- What is your favorite room in the house? Why?
- If you could invent a new family tradition, what would it be?
- What is your favorite memory as a family? Why?

WORK & SCHOOL

- If you could invent a school subject, what would it be?
- What was the last project or assignment you enjoyed? Describe it.
- Fill in the blank: I wish I could be the first person in the world to do _____.
- If you could stay up all night and not have to go to school or work the next day, what would you spend it doing?
- What is your favorite part of your daily routine and responsibilities? What is your least favorite part?

FRIENDS

- How can you be more present when you have a conversation with someone? Name some ways.
- If you could be friends with anyone historical or living, who would it be? Why?
- Which friend have you known the longest? What is the best part of that relationship?
- Do you have any friends who are of a different age or generation? What do you learn from them?
- Fill in the blank: I know that I have become good friends with someone when _____.

HOBBIES

- Do you think of yourself as creative? What are your favorite things to create with?
- What do you do when you're bored? What are some things you would like to do when you feel that way?
- What can you do today that you were not capable of a year ago?
- What's your hidden talent?
- Think of your go-to hobby at the moment. Is it something you do alone, or with others? What could you do to invest more time in this activity or skill?

JUST FOR FUN

- If you could have a gigantic billboard with anything on it, what would it say?
- What's the best trip you've ever taken?
- If you could stay one age forever, what would it be?
- What is the most interesting thing you've learned lately? Where did you learn it?
- What is your idea of a perfect day?