

# Designing Your Digital Life: Tools to Filter the Noise and Amplify the Truth

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See then that ye walk  
circumspectly, not as fools, but  
as wise, redeeming the time,  
because the days are evil.

Ephesians 5:15–16

# My Digital Audit:

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**Social Media Scrolling:** \_\_\_\_\_  
minutes/hours

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**News & Commentary Consumption:** \_\_\_\_\_  
minutes/hours

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**Entertainment  
(Streaming/YouTube):** \_\_\_\_\_ minutes/hours

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**Purposeful Bible Study/Prayer:** \_\_\_\_\_  
minutes/hours

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**Meaningful Analog Connection (Face-to-  
face):** \_\_\_\_\_ minutes/hours

# Identifying the "Noise"



I check my phone within 15 minutes of waking up.



I feel anxious or "behind" after looking at social media.



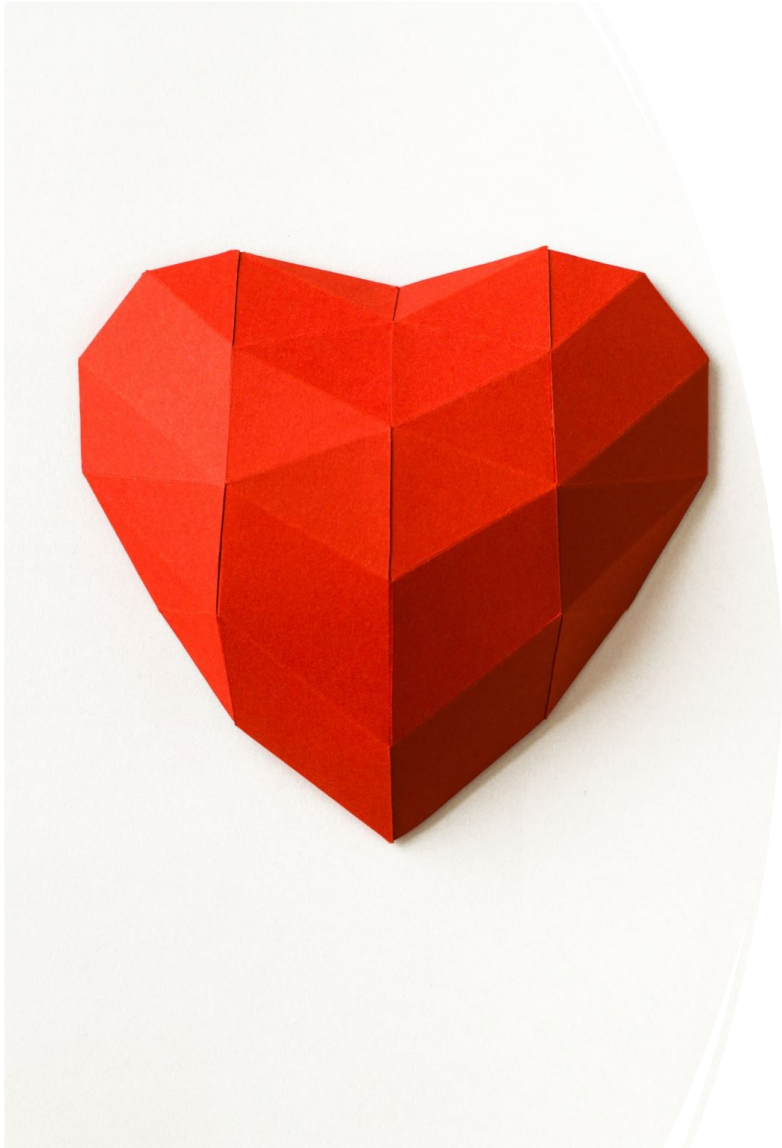
I often lose track of time while browsing the internet.



I struggle to have a conversation without checking my notifications.



My digital life often leads to "unbiblical views" of others or myself.



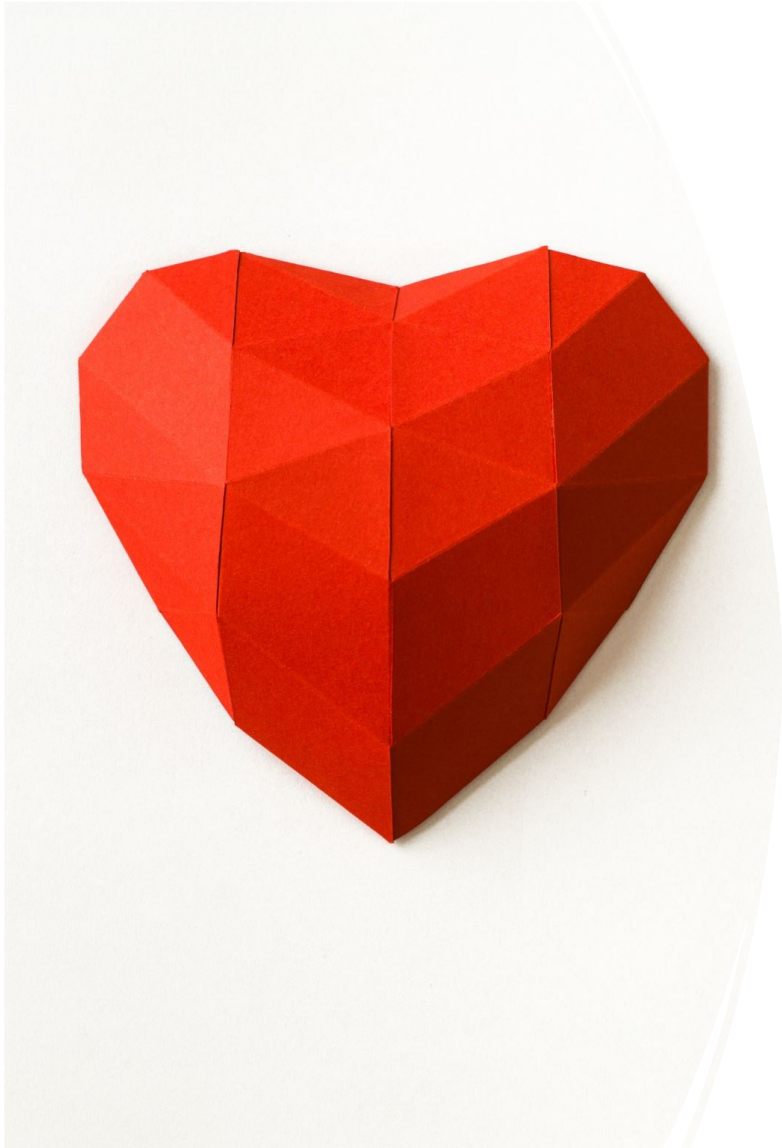
# Filter the Noise: Guard your Heart

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## **Be Vigilant:**

Keep thy heart with all diligence; for out of it are the issues of life.

Proverbs 4:23



# Filter the Noise: Guard your Heart

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## **Reject Worldly Patterns:**

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

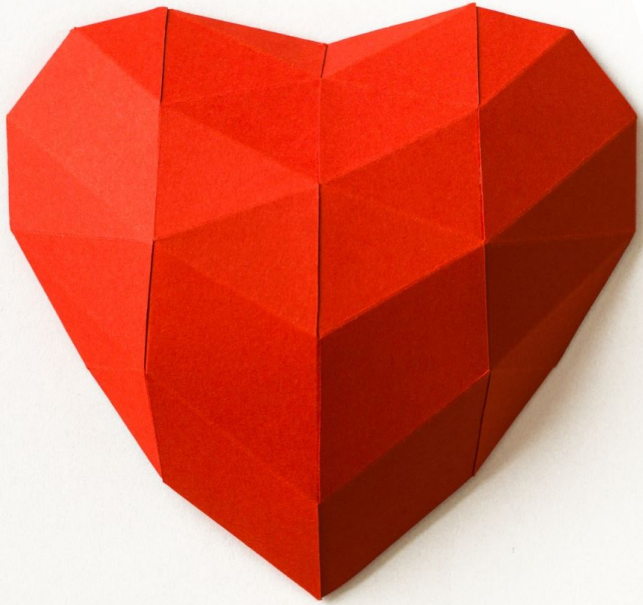
# Filter the Noise: Guard your Heart

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## **Master your Habits:**

All things are lawful unto me,  
but all things are not expedient:  
all things are lawful for me, but I  
will not be brought under the  
power of any.

1 Corinthians 6:12




Does it pass  
the test(s)

The Philippians 4:8 Filter.

Scripture as the primary  
feed.

The Berean Model (Acts  
17:11)



**3 Practical  
Tools:**

**A Digital Sabbath**

**Tech-Free Zones**

**Community Accountability**

What does the Bible say?

Stewardship (Genesis 1:28; Psalm 24:1)

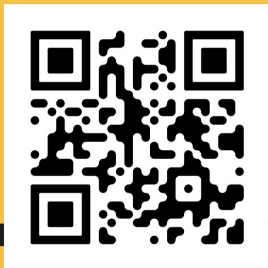
Stillness (Psalm 46:1)

Discernment (Hebrews 5:14)

Redemption (Romans 8:18-25)

# Resources

**SOCIAL MEDIA • PODCASTS**  
**PRINT RESOURCES • CHURCH TOOLS**



[NAFWB.ORG/RESOURCES](https://NAFWB.ORG/RESOURCES)





# THE BLESS APP

PRAY | LISTEN | EAT | SERVE | STORY



[NAFWB.ORG/  
BLESS](https://NAFWB.ORG/BLESS)

Enter keywords

Search by City

pennsylvania

Search by Pastor Name



pennsylvania x

Sort by: From Z to A



- 📍 Address: 22 Westview Dr 15601
- 📍 City: Greensburg
- 📍 State: Pennsylvania
- ☎️ Phone: 724-891-0621
- 🌐 Website: [view our site](#)
- ✉️ Email: [contactus@keystonefwb.org](mailto:contactus@keystonefwb.org)
- 👤 Pastor: Nate Altom
- + Association: DM100



- 📍 Address: 530 Locust Grv Rd 17402
- 📍 City: York
- 📍 State: Pennsylvania
- ☎️ Phone: 717-500-1188
- 🌐 Website: [view our site](#)
- 👤 Pastor: Joshua Conlon
- + Association: MA100



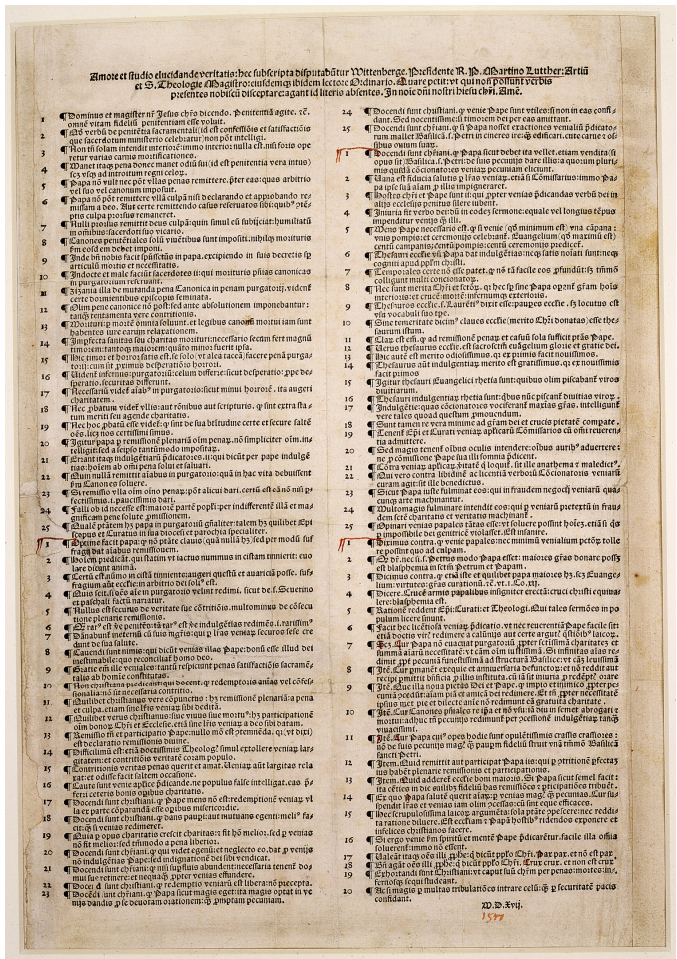
- 📍 Address: 1959 E 36th St 16510
- 📍 City: Erie
- 📍 State: Pennsylvania
- ☎️ Phone: 814-816-8104
- 🌐 Website: [view our site](#)
- ✉️ Email: [info@flagshipchurch.com](mailto:info@flagshipchurch.com)
- 👤 Pastor: Mike Ellis
- + Association: OH780

## Utilize the NAFWB Directory

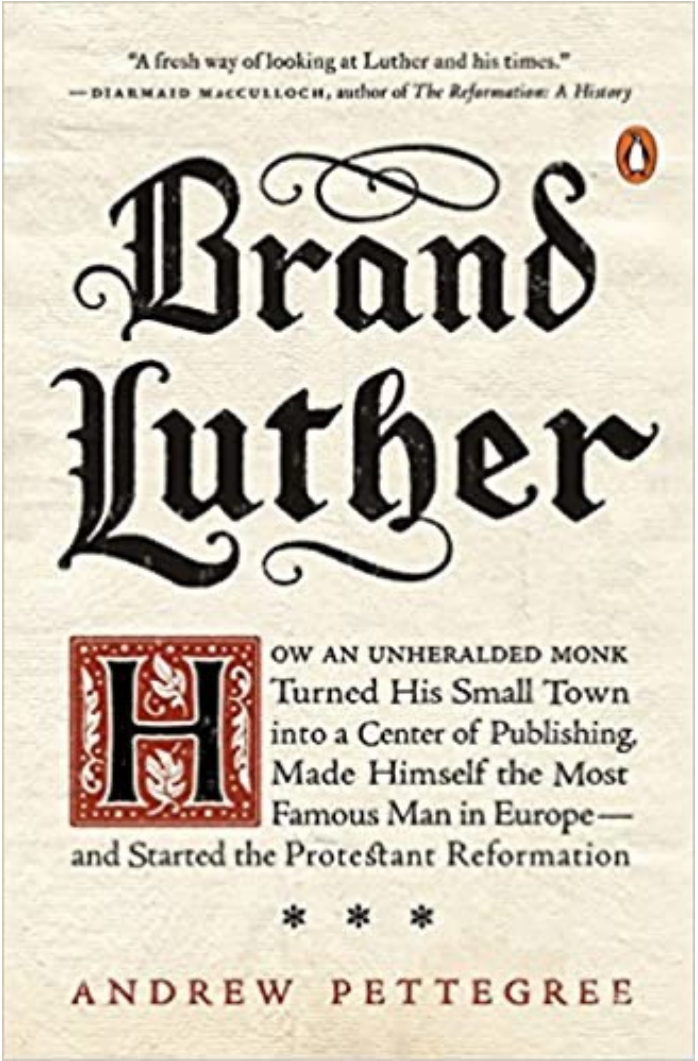
- Provide a picture of your church.
- Include your church website.
- Provide a short description.
- Post an inviting video (90 seconds or less).

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SUBMIT CHURCH PHOTO:  
ANNA@NAFWB.ORG



1517 Nuremberg printing of the *Ninety-five Theses* as a placard, now in the Berlin State Library



HOW AN UNHERALDED MONK Turned His Small Town into a Center of Publishing, Made Himself the Most Famous Man in Europe—and Started the Protestant Reformation

ANDREW PETTEGREE

# FACTANK

NEWS IN THE NUMBERS

MAY 16, 2019



## 10 facts about Americans and Facebook

BY JOHN GRAMLICH

Facebook co-founder Chris Hughes made headlines this month when he argued that the tech giant he helped establish 15 years ago has become a “monopoly” and [should be broken up](#). Democratic presidential candidates [have also weighed in](#), but Facebook itself has [rejected such calls](#).

Here are 10 facts about Americans and Facebook, based on Pew Research Center surveys conducted in 2018 and 2019:

**1** Around seven-in-ten U.S. adults (69%) use Facebook, according to a [survey conducted in early 2019](#). That’s unchanged since April 2016, but up

**Facebook, YouTube continue to be the most widely used online platforms among U.S. adults**

*% of U.S. adults who say they ever use the following online platforms or messaging apps online or on their cellphone*



### RELATED

REPORT | OCT 21, 2020

**8 facts about Americans and Instagram**

REPORT | APR 10, 2019

**Share of U.S. adults using social media, including Facebook, is mostly unchanged since 2018**

REPORT | DEC 20, 2019

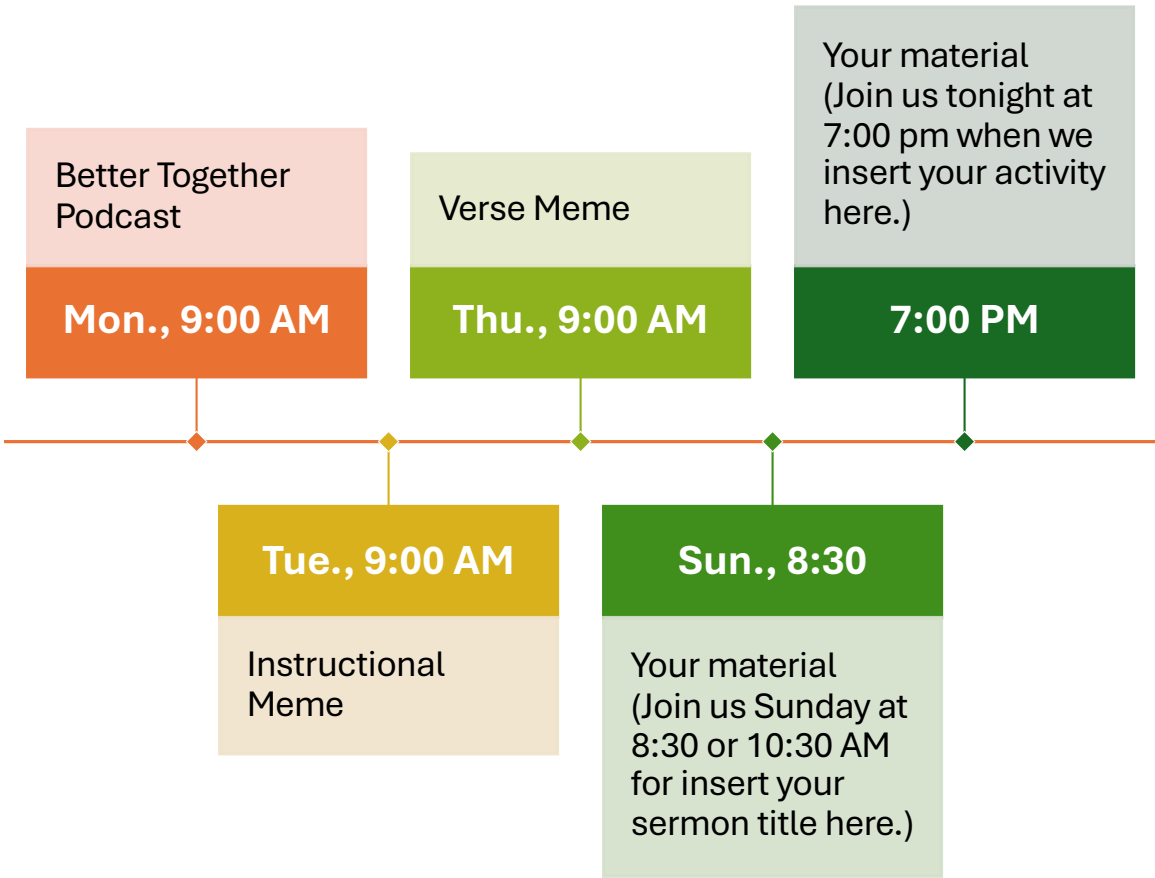
**10 tech-related trends that shaped the decade**

REPORT | AUG 2, 2019

**10 facts about Americans and Twitter**

FACT TANK | SEP 9, 2020

# Social Media Plan (all times Eastern)



**Better Together Podcast**  
Published by Ryan Lewis · September 23 at 8:00 AM · ...

"We want to reach a community, that can reach a student, that can then go back and reach the world."

Approximately 1.1 million international students were enrolled in colleges and universities in the U.S. last year. Tyler Penn shares how we can minister to the international students in the colleges in our own communities.

Tyler and Kellie Penn and their family serve with [Free Will Baptist International Missions](#) working with international students at the [University of Ill...](#) [See More](#)



**Better Together Podcast**  
Published by Ryan Lewis · 5h · ...

[James Benedict](#), president of [Arms of Compassion Ministry](#), joins the podcast to discuss how we can meet the needs of the homeless in our communities and show compassion in every situation.

Find more about Arms of Compassion at <https://armsofcompassion.org>.

More resources for our September "Reach" initiative are available at <https://nafwb.org/reach/>. #NAFWB

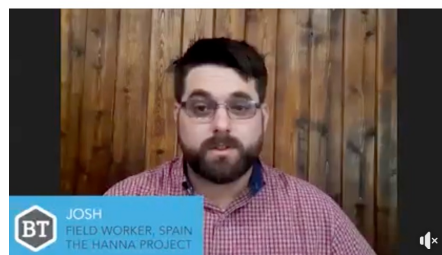


**Better Together Podcast**  
Published by Ryan Lewis · September 20 at 8:00 AM · ...

"Ministry is about getting involved in people's lives." Josh\* shares how reaching people with the Gospel can start with giving practical help to meet their physical, emotional, and spiritual needs.

Josh and his family will serve as field workers with [The Hanna Project](#) helping immigrants, refugees, and others in Spain. Find out how to support Josh and his family at <https://hannaproject.com/.../staff-field.../joshandbethany/>. #NAFWB

\*Full name withheld for security purposes.

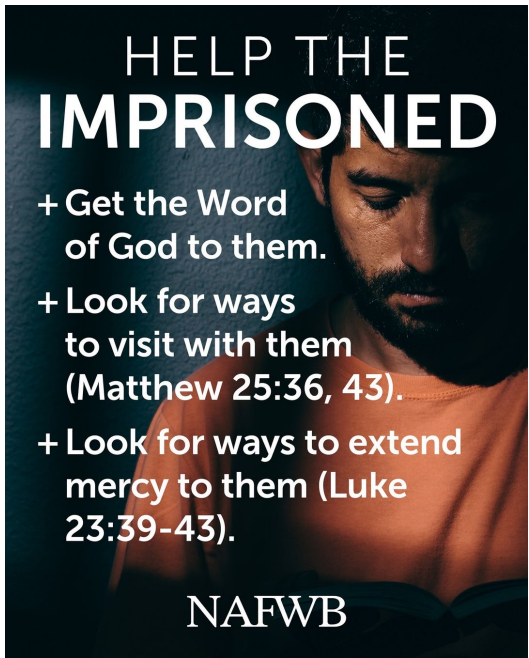


**Better Together Podcast**  
Published by Ryan Lewis · September 13 at 8:00 AM · ...

[Angy Calvert](#) shares how God brought her out of a life of lesbianism and what we can do to help those who struggle. #NAFWB



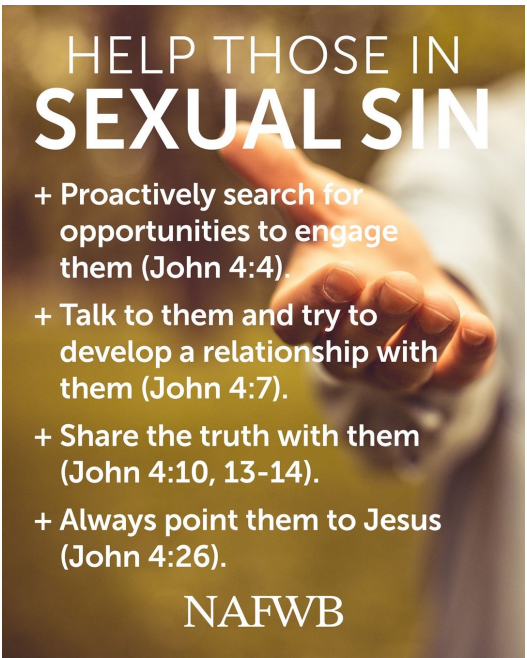
# Monday



**HELP THE  
IMPRISONED**

- + Get the Word of God to them.
- + Look for ways to visit with them (Matthew 25:36, 43).
- + Look for ways to extend mercy to them (Luke 23:39-43).

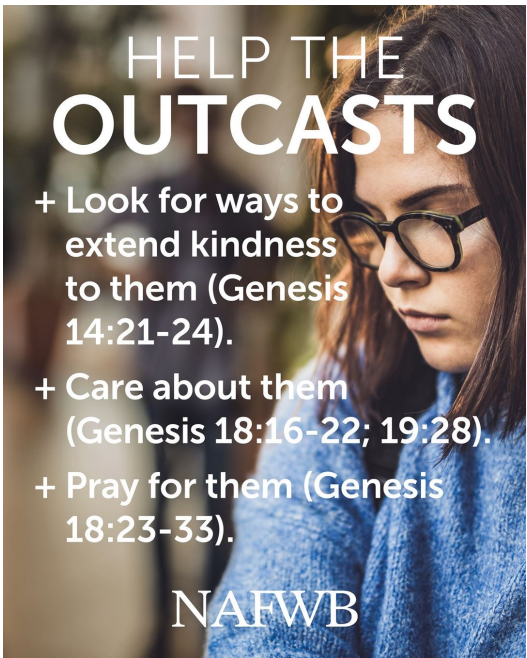
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**HELP THOSE IN  
SEXUAL SIN**

- + Proactively search for opportunities to engage them (John 4:4).
- + Talk to them and try to develop a relationship with them (John 4:7).
- + Share the truth with them (John 4:10, 13-14).
- + Always point them to Jesus (John 4:26).

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**HELP THE  
OUTCASTS**

- + Look for ways to extend kindness to them (Genesis 14:21-24).
- + Care about them (Genesis 18:16-22; 19:28).
- + Pray for them (Genesis 18:23-33).

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Tuesdays

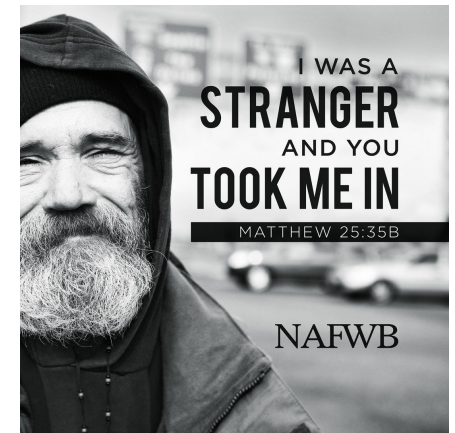
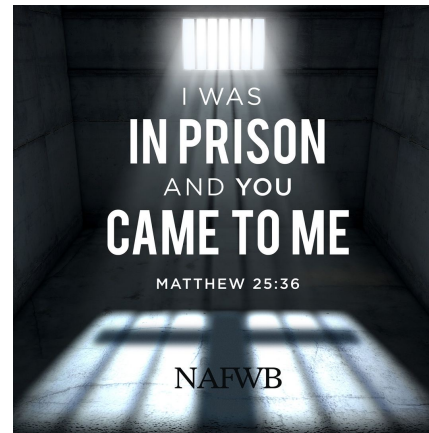
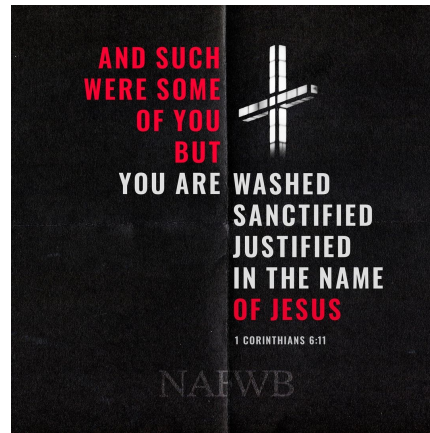
# The **Faith-Forging** Five

- 1.** Bible engagement anchors belief (Psalm 119:105; Hebrews 4:12).
- 2.** Faith lived at home shapes daily decisions (Deuteronomy 6:6-7; Proverbs 3:5-6).
- 3.** Mentors provide intergenerational reinforcement (Proverbs 13:20; Titus 2:3-4).
- 4.** Sharing faith deepens conviction (Philemon 1:6; Romans 10:17).
- 5.** Serving builds belonging and purpose (Ephesians 2:10; Galatians 5:13).

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# Thursdays



# AI dos and don'ts

- 1. The Core Principle: AI is a Tool, Not a Teacher
- 2. Approved Use Cases (The "Green Light")
  - **Administration:** Summarizing meeting notes, drafting emails, and organizing volunteer schedules.
  - **Research Assistance:** Finding historical context, Greek/Hebrew word definitions, or cross-references (must be verified).
  - **Content Repurposing:** Turning a sermon transcript into a blog post, social media captions, or a newsletter.
  - **Brainstorming:** Generating ideas for sermon titles, series themes, or icebreaker questions for small groups.

AI dos and  
don'ts

### 3. Ethical Boundaries (The "Red Light")

- **No AI-Generated Sermons**
- **Protect Privacy**
- **Human-in-the-Loop**
- 4. Verification and Accuracy.

### 5. Transparency





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