

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

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Diseñando tu vida digital: herramientas para filtrar el ruido y amplificar la verdad

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Look carefully then how
you walk, not as unwise
but as wise, making the
best use of the time,
because the days are evil.
Ephesians 5:15–16

Miren cuidadosamente cómo andan, no
como necios sino como sabios,
aprovechando bien el tiempo, porque los
días son malos.

Efesios 5:15–16

My Digital Audit:

Social Media Scrolling: _____
minutes/hours

**News & Commentary
Consumption:** _____ minutes/hours

**Entertainment
(Streaming/YouTube):** _____
minutes/hours

Purposeful Bible Study/Prayer: _____
minutes/hours

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

Mi auditoría digital:

Desplazamiento en redes sociales:
_____ minutos/horas

Consumo de noticias y comentarios:
_____ minutos/horas

Entretenimiento (Streaming/YouTube):
_____ minutos/horas

Estudio bíblico/oración intencional:
_____ minutos/horas

**Conexión analógica significativa (cara a
cara):**
_____ minutos/horas

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.

Identificar el "ruido"



Reviso mi teléfono dentro de los 15 minutos después de despertarme.



Me siento ansioso o "atrasado" después de mirar redes sociales.



A menudo pierdo la noción del tiempo mientras navego por internet.



Me cuesta conversar sin revisar mis notificaciones.



Mi vida digital a menudo me lleva a tener "opiniones no bíblicas" de otros o de mí mismo.



Filter the Noise: Guard Your Heart

Be Vigilant:

Keep your heart with all
vigilance, for from it
flow the springs of life.
Proverbs 4:23



Filtra el ruido:
Guarda tu corazón

Sé vigilante:

Sobre toda cosa guardada,
guarda tu corazón,
porque de él mana la vida.
Proverbios 4:23



Filter the Noise: Guard Your Heart

Reject Worldly Patterns:

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2



Filtra el ruido: Guarda tu corazón

Rechaza los patrones mundanos:

No se amolden a este mundo, sino sean transformados por la renovación de su mente, para que, al comprobar, puedan discernir cuál es la voluntad de Dios, lo que es bueno, agradable y perfecto.

Romanos 12:2



Filter the Noise: Guard Your Heart

Master Your Habits:

"All things are lawful for me,"
but not all things are helpful.
"All things are lawful for me,"
but I will not be dominated
by anything.

1 Corinthians 6:12



Filtra el ruido:
Guarda tu corazón

Domina tus hábitos:

"Todas las cosas me son lícitas," pero no todas
convienen. "Todas las cosas me son lícitas,"
pero no me dejaré dominar por ninguna.
1 Corintios 6:12

Does It Pass
the Test(s)?

The Philippians 4:8 Filter.

Scripture as the primary
feed.

The Berean Model
(Acts 17:11)

¿Pasa la(s)
prueba(s)?

El filtro de Filipenses 4:8.

La Escritura como
fuente principal.

El modelo bereano
(Hechos 17:11)

Does It Pass
the Test(s)?

The Philippians 4:8 Filter.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

¿Pasa la(s)
prueba(s)?

El filtro de Filipenses 4:8.

Por lo demás, hermanos, todo lo que es verdadero, todo lo honorable, todo lo justo, todo lo puro, todo lo amable, todo lo digno de elogio, si hay alguna virtud, si hay algo digno de alabanza, en esto pensad.

Does It Pass
the Test(s)?

Scripture as
the primary
feed.

¿Pasa la(s)
prueba(s)?

La Escritura
como
fuente principal.

Does It Pass
the Test(s)?

The Berean Model

Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

Acts 17:11

¿Pasa la(s)
prueba(s)?

El modelo bereano

Estos eran más nobles que los de Tesalónica; recibieron la palabra con toda solicitud, examinando cada día las Escrituras para ver si estas cosas eran así.
Hechos 17:11

3 Practical
Tools:

A Digital Sabbath

Tech-Free Zones

Community
Accountability

3
herramientas
prácticas:

Un sábado digital

Zonas libres de tecnología

Rendición de cuentas
comunitaria

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)

¿Qué dice
la Biblia?

Mayordomía (Génesis 1:28; Salmo 24:1)

Quietud (Salmo 46:1)

Discernimiento (Hebreos 5:14)

Redención (Romanos 8:18–25)

pennsylvania x

Sort by: From Z to A

Address: 22 Westview Dr 15601

City: Greensburg

State: Pennsylvania

Phone: 724-891-0821

Website: [view our site](#)

Email: 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

Pastor: Mike Ellis

Association: OH760

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).



Utilice el directorío de NAFWB

- Proporcione una foto de su iglesia.
- Incluya el sitio web de su iglesia.
- Proporcione una breve descripción.
- Publique un video invitador (90 segundos o menos).



Resources

SOCIAL MEDIA • PODCASTS
PRINT RESOURCES • CHURCH TOOLS

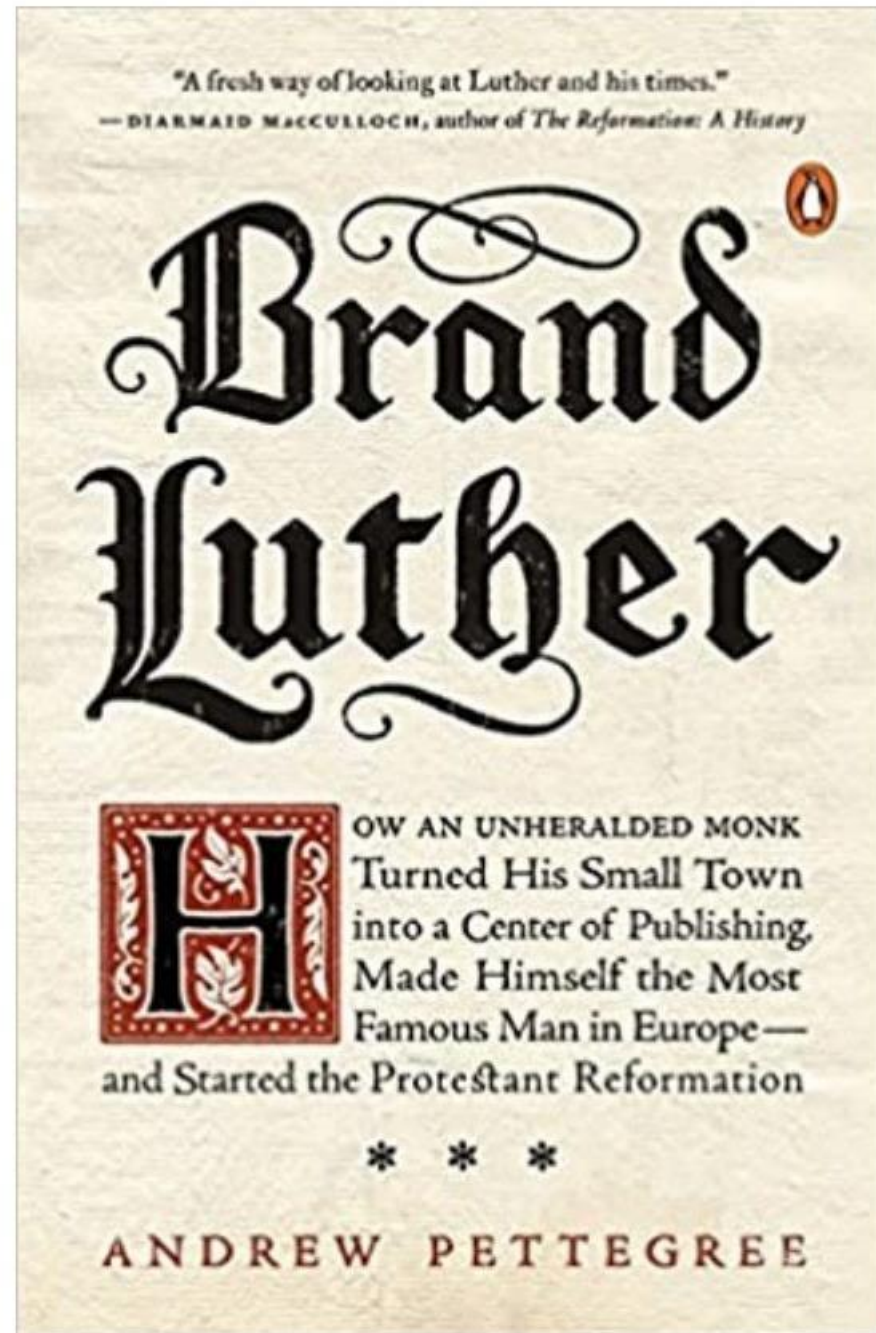


NAFWB.ORG/RESOURCES





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



Social Media Plan (all times Central)



Plan de redes sociales (todos los horarios Central)

- Lun., 8:00 a. m.**
Podcast Better Together
- Mar., 8:00 a. m.**
Meme instructivo
- Jue., 8:00 a. m.**
Meme con versículo
- Dom., 7:30**
Su material
(Únase a nosotros el domingo a las 8:30 o 10:30 a. m. para insertar aquí el título de su sermón.)
- 6:00 p. m.**
Su material
(Únase a nosotros esta noche a las 7:00 p. m. cuando insertemos aquí su actividad.)

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.

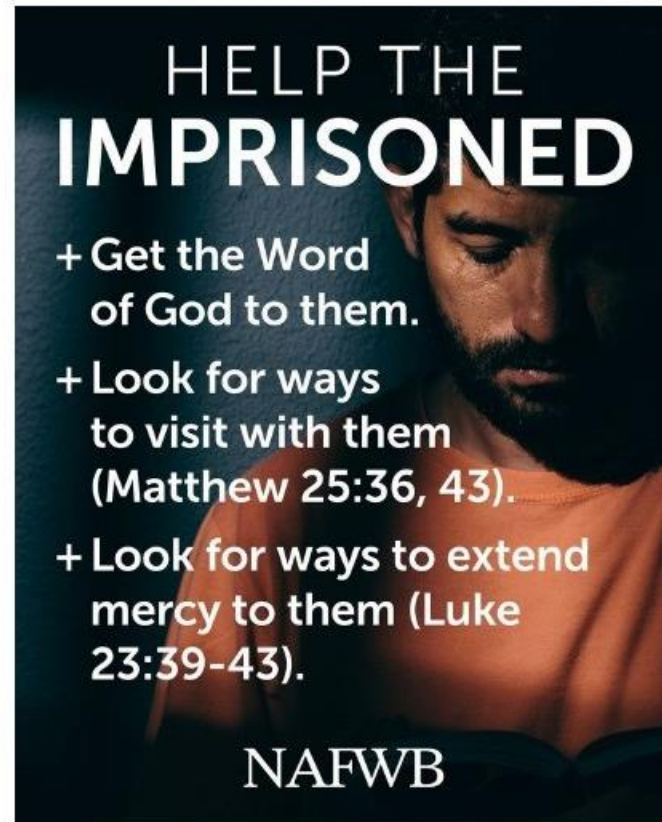


Better Together Podcast
Published by Ryan Lewis · September 13 at 8:00 AM · 🌐

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



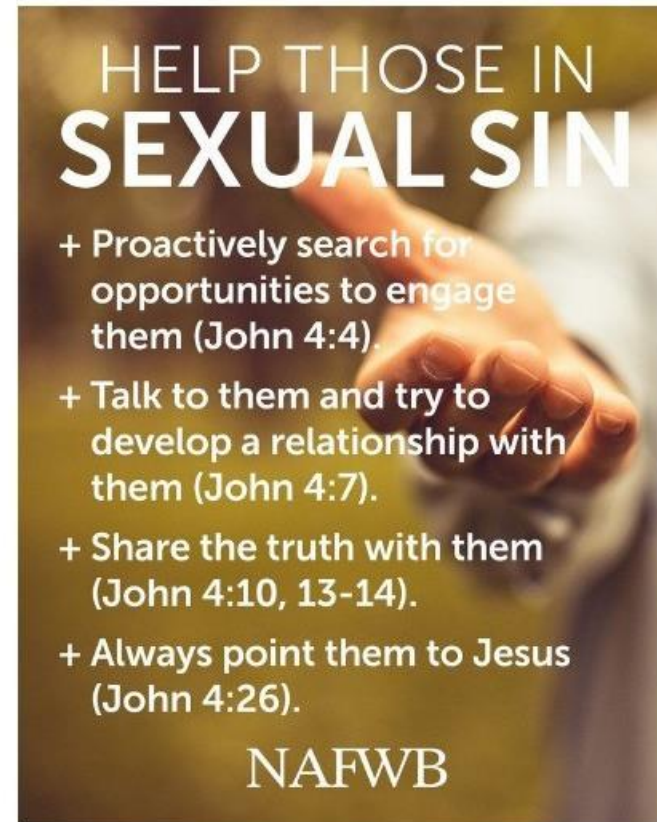
Monday



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).

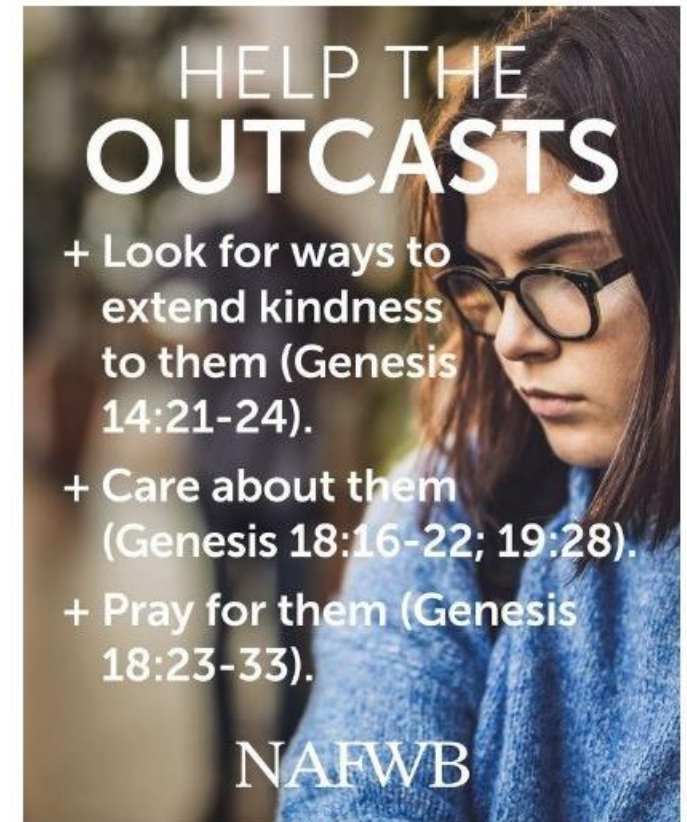
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HELP THOSE IN SEXUAL SIN

- + 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

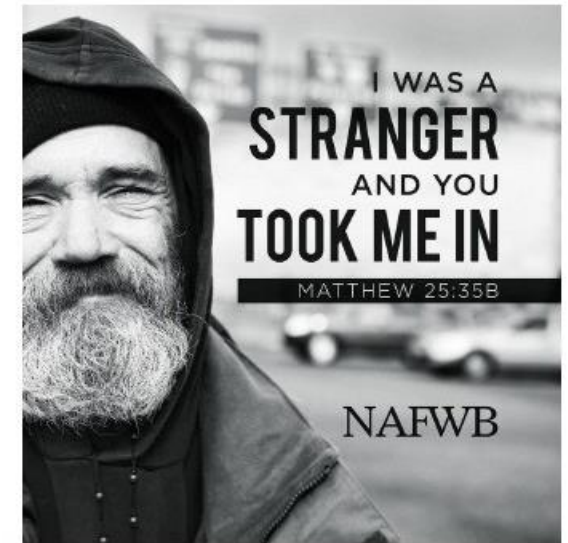
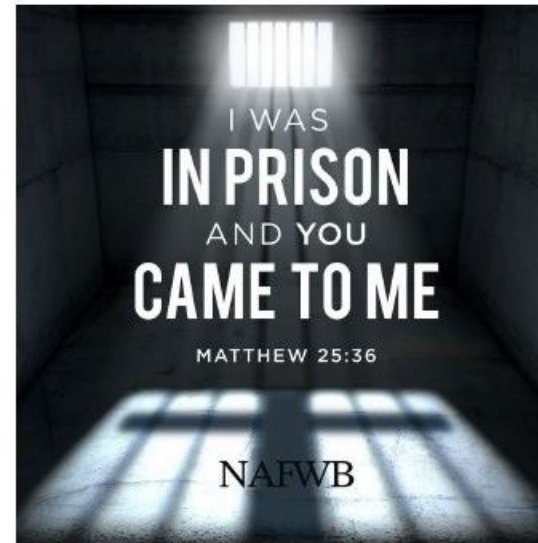
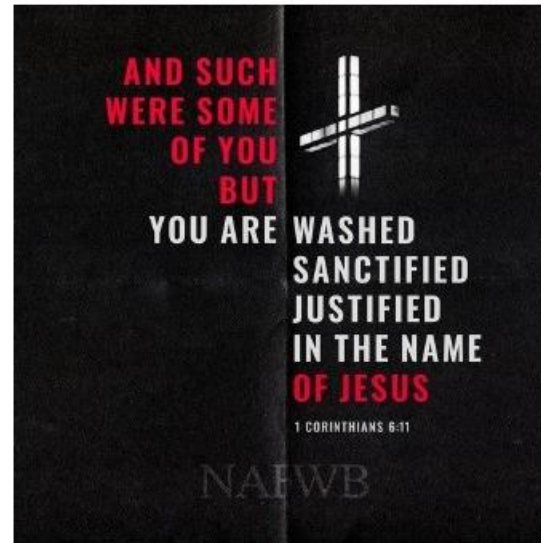
The **Faith-Forging** Five

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



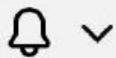


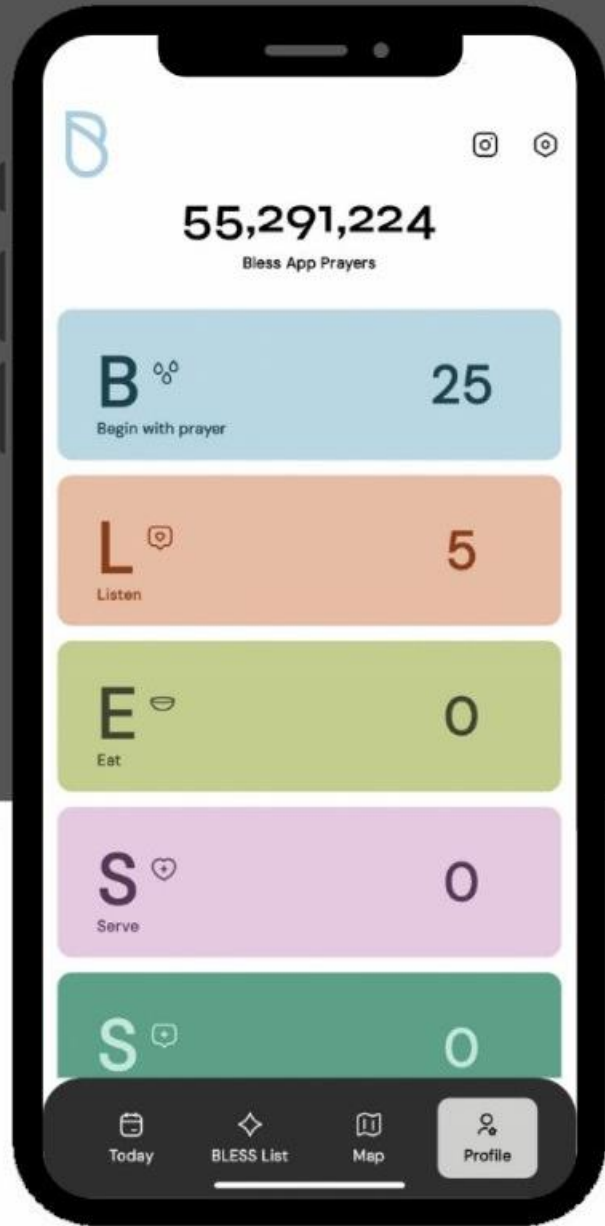
How You Can Help Your Church With Social Media - Lauren Biggs



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1.64K subscribers





THE **BLESS** APP

PRAY | LISTEN | EAT | SERVE | STORY



**NAFWB.ORG/
BLESS**



D6 Parent App

Make *Every Day* Count

D6 FAMILY
MINISTRY

FREE WILL BAPTIST CATECHISM

Use the FWB Catechism App (Written by Dr. Paul Harrison; developed by Nathan Patton):

<https://www.fwbcatechism.com/>

Download/Print the Free Will Baptist Catechism:

English (8.5" x 11" page)

English (bi-fold – 8.5" x 14")

English (tri-fold brochure)

Español

French

Japanese

Portuguese



Play the podcast on Podbean
Better Together

 Listen on
Podbean app





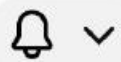


MIKE MORRISON
PASTOR
COLLIN CREEK FWB CHURCH (TX)

How The Great Commission Overcomes the Language Barrier - Mike Morrison



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3



Share



Ask



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.

Qué hacer y qué no hacer con la IA

- 1. El principio central: la IA es una herramienta, no un maestro
- 2. Usos aprobados (la "luz verde")
 - Administración: resumir notas de reuniones, redactar correos electrónicos y organizar horarios de voluntarios.
 - Ayuda para investigación: encontrar contexto histórico, definiciones de palabras griegas/hebreas o referencias cruzadas (debe verificarse).
 - Reutilización de contenido: convertir una transcripción de sermón en una publicación de blog, subtítulos para redes sociales o un boletín.
 - Lluvia de ideas: generar ideas para títulos de sermones, temas de series o preguntas rompehielos para grupos pequeños.

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

Qué hacer
y qué no
hacer con
la IA

3. Límites éticos (la "luz roja")

- No sermones generados por IA
- Proteger la privacidad
- Humano en el proceso

4. Verificación y precisión

5. Transparencia





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