

Designing Your Digital Life:

Tools to Filter the Noise and Amplify the Truth

Edward E. Moody, Jr., Ph.D. emoody@nafwb.org



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

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

Be _____:

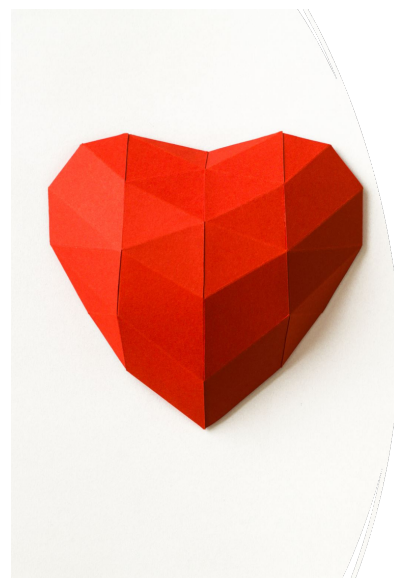
Keep your heart with all _____, for from it flow the _____ of life.
(Proverbs 4:23)

Reject _____:

Do not be _____ to this world, but be _____ by the renewal of your _____, that by testing you may discern what is the will of God, what is good and acceptable and perfect. (Romans 12:2)

Master Your _____:

“All things are lawful for me,” but not all things are _____. “All things are lawful for me,” but I will not be _____ by anything. (1 Corinthians 6:12)



Does It Pass the Test(s)?

The _____ Filter.

Scripture as the _____ feed.

The _____ Model
(Acts 17:11)

3 Practical Tools

A Digital _____

_____ - _____ Zones

Community _____

What Does the Bible Say?

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

_____ (Psalm 46:1)

_____ (Hebrews 5:14)

_____ (Romans 8:18-25)

AI Dos and Don'ts

1. The Core Principle: AI is a _____, Not a _____

2. Approved Use Cases (The "_____ 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.

3. Ethical Boundaries (The "_____ Light")

- **No AI-Generated** _____
- **Protect** _____
- _____ **-in-the-** _____

4. _____ and _____.

5. _____