

Technology Free Weekend



4 reasons we think you should leave your smartphone in the car or in your room:

1. **More time together as father and son.** Put down the screen and invest in your son. You won't regret it.
2. **You can make more memories.** Would you rather look back at your weekend and say, "I saw some funny memes and spent a lot of time checking email" or would you rather say, "Wow, I had so many fun adventures with my son."
3. **Allows you to focus on your son (or dad).** Where we focus is where we end up. Being distracted during this time will only frustrate your son or father. Let's make this the best weekend ever and build some great memories together.

4. **Increases spiritual renewal.** Jesus made it a regular habit to get away from the hustle and bustle of life and disconnect from both people and ministry. We find that Jesus often went to desolate places, so he could pray and reconnect with his Heavenly Father. If Jesus needed to disconnect, how much more do we need to practice this same spiritual discipline?

Let your family, friends, and work associates know that you will be taking a break from your phone and focusing on your son/dad. It's only 50 hours, most things can wait.

If you must keep your phone, please put it on silent and please do not be distracted by it or allow it to distract others.