Temptation Involving Technology

No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it. *1 Corinthians 10:13*

Addressing the potential challenges and temptations that come with technology are important as teens start using devices. Acknowledge that technology opens doors to various temptations, from exposure to explicit content to the pitfalls of online comparison and cyberbullying. Share the values that are important to your family, emphasizing the biblical principles of respect, kindness, and purity. Provide guidance on how to navigate online spaces with integrity and offer practical strategies for resisting temptations, such as installing filters, setting clear boundaries, and cultivating a strong sense of self-worth rooted in the gospel.

❯ conversation starter

As you start using this device or new app, I would love to share some possible temptations that could become an issue. I want you to hear my trust in you as we talk about how to use this safely.

Do you feel comfortable talking to me when it comes to temptations you might have using these devices? Why or why not? How can we improve our communication and trust?

❯ navigating the conversation:

– **Choose the Right Moment:** Find a quiet and relaxed time when you and your teens can engage in a meaningful conversation without interruptions. Ensure they feel comfortable and not defensive.

– **Express Love and Concern:** Start by expressing your love for them and your genuine concern for their well-being. Make it clear that your intention is to support and guide.

– **Share Your Values:** Communicate the values that are important to your family and rooted in your Christian faith. Discuss biblical principles that can guide their online behavior, such as treating others with kindness, respecting themselves and others, and avoiding explicit content.

– **Be Transparent About Challenges:** Everyone faces challenges with technology, and you understand the complexities of navigating the digital world. Be open about the temptations they might encounter and the importance of making wise choices.

– **Discuss Real-World Consequences:** Help teens understand the real-world consequences of certain online behaviors, such as the impact on relationships, reputation, and personal well-being. Emphasize the significance of maintaining a positive and respectful online presence.

– **Empower Them with Strategies:** Provide practical strategies for resisting temptation, such as using content filters, setting time limits on device usage, and cultivating a healthy sense of self-worth that isn't dependent on online validation.

– **Encourage Openness:** Assure teens that they can come to you with any concerns or questions without fear of judgment. Establishing an open line of communication fosters trust and makes them more likely to seek guidance when needed.

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