

Technology & Influence

Using technology to strengthen faith
and be a positive influence

“Discoveries... with such potent power, either for the blessing or the destruction of human beings as to make men’s responsibility in controlling them the most gigantic ever placed in human hands. ... This age is fraught with *limitless perils*, as well as *untold possibilities*.”

David O. McKay

“... and righteousness and truth
will I cause to sweep the earth
as with a flood...”

Moses 7:62

*Technology is an **amplifier** of
intent.*

If you could **amplify** one message
about the Savior, to all the world,
what would it be?

“One of [Satan’s] most potent tactics is to beguile you and me as embodied spirits to disconnect gradually and physically from things as they really are.”

David A. Bednar

*Is our immersion in the world of screens
rendering us “disembodied?”*

*What might we be **missing**?*













Do my technology habits...

Strengthen my faith?

Help me connect with those I love most?

Help me see myself as a precious Daughter of God?

Help me hear God's voice?

Some practical ideas for better tech habits...

Be deliberate about your phone notifications

Buy a *real* alarm clock

Go phone-free for a span of time each day

Seek moments of stillness

