



NJC FAMILY MONTHLY



NewsLetter

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Parenting in the Digital Age: A Biblical and Ellen G. White Perspective

Parenting today requires navigating a landscape of smartphones, tablets, social media, and online learning tools. While technology offers unprecedented educational and social opportunities, it also presents risks of exposure to inappropriate content, cyberbullying, and excessive screen time. By embracing thoughtful strategies, parents can help children harness digital tools safely and responsibly.

1. Grounding in God's Word

Parents are called first to "impress [God's commandments] upon the hearts" of their children, speaking of them "when you sit in your house, and when you walk by the way" (Deuteronomy 6:6-7). In a world where screens vie for attention at every turn, the home must remain a sanctuary of Scripture.

Ellen G. White reminds us, "From the beginning of history God designed that the parent should be the educator of the child" (*Education*, p. 15). Daily family devotions—whether at breakfast, bedtime, or during car rides—anchor young minds in truth before they venture online.

2. Establishing God-Honoring Boundaries

Just as Israel set up physical boundaries around the Promised Land, parents set digital borders. Scripture urges, "Train up a child in the way he should go" (Proverbs 22:6). Concretely, this can mean:

- Device-free times—during family worship, meals, and the hour before lights-out.

- Age-appropriate limits—balancing edifying educational apps with wholesome recreation.

Ellen White counsels, "Parents should watch constantly to see that the channels of thought are not supplied with forbidden streams" (*Messages to Parents, Teachers, and Students*, p. 121). In practice, filtering software and agreed-upon app menus help filter out content that dulls spiritual sensibilities.

3. Cultivating Discernment

Beyond technical controls, children need to develop spiritual "antennas" for truth. Parents can:

- Co-view and discuss online videos and games, asking, "What does this teach about kindness, purity, or honesty?"
- Practice critical thinking by comparing sensational headlines to trustworthy news sources.

Ephesians 5:10 calls us to "find out what is acceptable to the Lord." When children learn to measure every digital message against biblical standards, they grow in discernment and maturity.

4. Modeling Christlike Technology Use

Imitation is the heart of early learning. If parents habitually scroll during conversation or at bedtime, children mirror that divided attention. Paul's exhortation—"Do all things without grumbling or disputing" (Philippians 2:14)—applies to our attitude toward the devices that serve us.

Demonstrating balanced screen habits, apologizing when we've been distracted, and prioritizing face-to-face conversation nurture an environment where technology enhances rather than erodes relationships.

5. Inviting Godly Influences

Finally, just as David chose companions to strengthen his faith, parents can curate positive digital influences—Bible apps, worship music, and faith-based podcasts.

Ellen G. White assures us, "As the mind receives truth, its powers are expanded and developed; it grows in strength and intelligence" (*Patriarchs and Prophets*, p. 599).

When digital tools draw children closer to God rather than away, they become powerful instruments for spiritual growth.

In the digital age, parenting demands wisdom equal to any generation. By embedding daily Scripture, setting faithful boundaries, fostering discernment, modeling Christlike behavior, and inviting godly content, parents fulfill the biblical mandate to train their children in the Lord. Guided by both God's Word and Ellen White's counsel, families can turn the challenges of technology into opportunities for growth in grace and truth.