

Taking Charge of Technology

Section 1. Spending time on technology wisely

In the Doctrine and Covenants, the Lord uses the terms “anxiously engaged” and “idle.”

- What do you think these terms mean?

Read the following scriptures and ponder what the Lord teaches about being anxiously engaged and being idle: Doctrine and Covenants 58:27–28; 60:13; 68:31; 75:3.

- How would you summarize what the Lord teaches?

(Among several truths, you might identify something such as the following: The Lord desires that we be anxiously engaged in doing good and not idle away our time.)

- How can we recognize if we are idling away our time with technology?

Study the following statement, looking for insights about using technology wisely.

Elder David A. Bednar of the Quorum of the Twelve Apostles taught:



An immature or misguided [individual] may devote an inordinate amount of time to playing video games, chatting online, or in other ways allowing the digital to dominate things as they really are.

Initially the investment of time may seem relatively harmless, rationalized as a few minutes of needed relief from the demands of a hectic daily schedule. But important opportunities are missed for developing and improving interpersonal skills. . . . Progressively, seemingly innocent entertainment can become a form of pernicious enslavement. (David A. Bednar, “Things as They Really Are,” *Ensign*, June 2010, 21)

- What reasons do people use to justify wasting time on technology?
- What helps you to avoid idling away your time on technology?
- How might you involve the Lord in your efforts to use technology wisely?

Section 2. Choosing good media

- What media choices do you make regularly?
- What have your experiences taught you that can help you stay closer to Heavenly Father and Jesus Christ as you make choices about media?

Read Doctrine and Covenants 50:23–24; Articles of Faith 1:13; and Moroni 7:12–17, looking for truths that can help us judge what is good and what is evil.

- What truths do you find in these verses?

(Among several truths, you might identify something like the following: That which edifies and persuades to do good is from God.)

- How might you benefit from applying this truth when you choose what media to use?

Elder David A. Bednar invited us to ask ourselves the following question about the media we use:



Does the use of various technologies and media invite or impede the constant companionship of the Holy Ghost in your life? (David A. Bednar, “Things as They Really Are,” *Ensign*, June 2010, 23)

- How can you invite the Holy Ghost as you make media choices?
- What helps you avoid the type of media that can lead you away from the Savior?