

SACRED SCREENS

A Devotional for Parents Raising
Faithful Children in a Digital Age

By Anna Shepherd

Sacred Screens

A Devotional for Parents Raising Faithful Children in a Digital Age

Daily wisdom for guiding your children's faith in a screen-saturated world.

Faith & Technology — Volume 3

BY ANNA SHEPHERD

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For every parent doing their best to shepherd young hearts in a world full of noise, screens, and pressure. May God refresh your strength and steady your home.

Introduction

Parenting in a digital age is both beautiful and overwhelming. Our homes are filled with laughter, learning, and connection—and also constant notifications, endless content, and emotional noise our children are still learning to navigate. As parents, we are called to shepherd their hearts while also guarding our own. This devotional was created to offer gentle guidance and spiritual clarity in this tension.

Over the next 33 days, you'll walk through stories, Scriptures, and reflection questions designed to help you build a Christ-centered home amid digital distraction. These entries invite you to slow down, breathe deeply, and allow God to guide each small decision—because those small decisions shape the spiritual atmosphere of your home.

My prayer is that these stories give you hope, that Scripture brings you wisdom, and that God's presence fills your home with peace.

Let's begin.

How to Use This Devotional

Each day includes:

- A short, relatable parenting story
- Scripture (KJV)
- A reflection question to guide heart-level growth

You can use this devotional:

- on your own as a moment of quiet reflection,
- with your spouse or co-parent,
- or as a grounding practice before shaping your family's day.

Move at a pace that feels sustainable.

Let the stories draw you in.

Let Scripture steady you.

And let God speak to your heart as you shepherd the hearts entrusted to you.

Week 1 — Establishing Faith Rhythms & Modeling Christ-Like Tech Use

DAY 1 — Setting Daily Rhythms of Faith in a Digital Home (Entry 1)

Story:

The morning rush was in full swing—cereal bowls clinking, backpacks half-zipped, notifications buzzing from every corner of the kitchen. In the middle of the chaos, Emma noticed her son scrolling through a game while trying to tie his shoes. She gently took his phone, set it on the counter, and said, “Let’s start our day with one quiet breath together.”

It was only ten seconds, but the room softened. Peace settled.

A small rhythm, quietly planted.

Scripture:

*“Be still, and know that I am God.” — *Psalm 46:10 (KJV)**

Reflection Question:

What small moment of stillness can you introduce to help your home begin the day with God’s peace?

Week 2 — Digital Discernment, Emotions, and Worshipful Homes

DAY 10 — Digital Discernment for Families (Entry 1)

Story:

When ten-year-old Noah asked to download a new app, his parents glanced at each other. They hadn't heard of it. Instead of saying "no" immediately, they sat beside him and researched it together.

They talked through reviews, risks, and what wisdom looks like online.

Noah didn't get the app that day—but he got something far more formative: parents who guided him, not just restricted him.

Scripture:

"If any of you lack wisdom, let him ask of God..." — *James 1:5 (KJV)*

Reflection Question:

Where can you invite your child into a shared moment of online wisdom this week?

Week 3 — Compassion, Sacred Routines, and God's Protection

DAY 19 — Teaching Compassion Through Mindful Media Use (Entry 1)

Story:

While watching a kids' show together, Maya noticed her son laughing at a character being teased. She gently paused the episode and asked, "How do you think that character feels right now?"

His face softened.

He whispered, "Probably sad."

They talked for a moment about kindness—how even what we laugh at shapes who we become.

The show resumed, but his heart had shifted.

Scripture:

"And be ye kind one to another, tenderhearted..." — *Ephesians 4:32 (KJV)*

Reflection Question:

How can you guide your child to see the feelings behind what they watch or laugh at?

Week 4 — Renewal, Strength, and a Christ-Centered Family Culture

DAY 28 — Parental Fatigue and Spiritual Renewal (Entry 1)

Story:

By the end of the day, Jenna felt drained. School drop-offs, work meetings, homework battles, nonstop messages—she had nothing left to give. After tucking the kids in, she sat quietly on the couch and whispered, “Lord, I’m empty.” In that silence, she felt God gently remind her: “You don’t parent alone.” Her strength wasn’t gone—it was being renewed.

Scripture:

“But they that wait upon the LORD shall renew their strength...” — *Isaiah 40:31 (KJV)*

Reflection Question:

Where might God be inviting you to rest in Him rather than push through in your own strength?

Closing Blessing

May God fill your home with peace, your heart with discernment, and your family with a love that reflects Christ in every moment — both online and offline.

Also by the Author

Faith & Technology Series

1. *Faith & Technology Vol. 1 — Innovating with Faith*
2. *Faith & Technology Vol. 2 — Rooted in the Noise*
3. *Faith & Technology Vol. 3 — Sacred Screens*
4. *Faith & Technology Vol. 4 — Faith at Full Speed*
5. *Faith & Technology Vol. 5 — Wisdom in a Wired World*

More titles coming soon from NSH Publishing...

About the Author

Anna Shepherd writes devotionals for believers navigating modern life with timeless faith. Her work brings peace, clarity, and Scripture-driven encouragement to readers in every season.

If this devotional blessed you, Anna invites you to stay tuned for future titles in the Faith & Technology series and other upcoming works from NSH Publishing.

Acknowledgments

Every devotional book is a partnership—between the writer, the readers, and the God who inspires every word.

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May God continue to guide you, strengthen you, and speak to you through His Word.

Publisher

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Notes
