

10 Commandments for Lent

Remember that You Are Human:

10 Suggestions to Decrease Dependence on Technology and Return to Reality

During this Lent we should be mindful of how we use our phones and when. Here is a brief summary of “10 Commandments” to keep in mind during this penitential season.

1. The person in my presence is always more important than the intruder who calls or texts.
2. I will make this time of Lent a time of direct, fully human contact.
3. Family time will be especially precious to me.
4. At work, I will not use my cell phone for matters unrelated to work without real necessity.
5. I will use my phone carefully and discretely.
6. Certain times and places are inappropriate for cell phone usage.
7. The evening and night should be times of prayer and rest.
8. For a more peaceful day I will shut off all alarms and notifications, only checking mail and messages at specific times during the day.
9. Every day I will reserve a moment to search my soul and consider the higher things.
10. Rather than taking pictures of myself and my friends, I will enjoy those moments together in common.

