Recommendations for AI Integration

Artificial intelligence is not just a tool; it is shaping habits, expectations, and even identity. Without intentional guidance, its influence can quietly form our families and congregations in unintended ways. Clear, thoughtful guidelines help us use technology wisely rather than reactively. When rooted in faith and discernment, these guardrails protect what matters most, our relationships and our spiritual formation. Here are some suggestion guidelines to consider.

AI and the Family

1. Practice a weekly tech sabbath to cultivate discipline and create space for rest.
2. Establish designated tech times and places (for example, no devices after 9 p.m. or at the dinner table).
3. Pray before using AI, asking the Lord for wisdom and discernment in its use.
4. Use AI to spark creativity and generate ideas.
5. Use AI to automate routine tasks so you can focus on more complex and creative work.
6. Use AI to gather information for practical techniques or processes (such as making ice cream or fixing a dishwasher).
7. Use AI for trip planning or researching local opportunities.
8. Do not use AI for academic content creation, such as generating papers or presentations.
9. Do not use AI for sacred or deeply personal tasks, such as writing heartfelt letters or handling meaningful interpersonal communication.
10. Do not use AI for friendships or friendship advice.

AI and the Church

1. **Recognize that AI is a discipleship issue.**
   AI is shaping how people think, what they trust, and where they turn for answers. Churches must respond with intentional spiritual formation.
2. **Help people build discernment rather than dependency.**
   Equip individuals to ask wise questions: Is this true? Is this wise? Is this forming me into someone more like Christ?
3. **Model the discipline of slowing down.**
   While AI promotes instant answers, the Church can model wisdom that develops through prayerful reflection and Spirit-led discernment.
4. **Support parents with clarity and compassion.**
   Offer guidance, practical tools, workshops, and encouragement for families navigating technology.
5. **Create healthy guardrails for students and youth ministries.**
   Establish clear expectations for AI use that protect integrity, identity, and emotional health. Develop an AI statement outlining these expectations.
6. **Prioritize embodied community over digital connection.**
   Foster in-person presence through meals, small groups, service, and meaningful conversation.
7. **Become a place where people are deeply known.**
   Provide safe spaces for belonging, connection, and authentic relationships.
8. **Clarify integrity and ethics for leaders and content creation.**
   Be thoughtful about how AI is used in sermons, teaching, and ministry communication. There is a difference between assistance and replacement.
9. **Clearly state that AI is not pastoral care.**
   AI can provide information, but it cannot offer Spirit-led discernment, confidentiality, or the ministry of presence.
10. **Strengthen spiritual rhythms that technology cannot replace.**
    Encourage practices such as silence, prayer, worship, Scripture meditation, confession, and abiding as foundational pathways of transformation.