

DIGITAL DISCIPLESHIP

A Catholic Guide to Navigating Screens & AI



1. Remember the Imago Dei

You are created in the image of God. Your worth is found in Christ, not in follower counts, likes, or streaks. Treat everyone online with absolute dignity.



2. Be a Co-Creator

Don't just be a passive consumer. Use your incredible mind and tech skills to create beauty, solve problems, and build up the Kingdom of God.



3. Pause and Pray

The internet moves fast. Conscience requires us to slow down. Before you post, comment, or prompt an AI, ask the Holy Spirit for guidance and integrity.



4. Choose Real Communion

Screens can isolate us in echo chambers. Make time for face-to-face friendships. Defend the vulnerable online and refuse to participate in digital cruelty.



5. Make Space for Awe

AI can give you quick answers, but it cannot give you wisdom. Intentionally unplug, step into silence, and embrace the profound mystery of God's creation.

DON'T LET THE WORLD DISCIPLE YOU.

Follow Christ, Online and Offline.