



MAKE SPACE FOR GOD

ARCHDIOCESE OF SEATTLE
OFFICE OF MARRIAGE AND
FAMILY LIFE

“MAKE SPACE FOR GOD” PLEDGE

By taking this pledge, we are making a commitment to put God and our loved ones first by doing the following:

No screens at the dinner table.

We will let the dinner table be a place for nourishment, conversation, and real connection.

No screens one hour before dinnertime.

We will allow for some time before dinner to disconnect from technology and reconnect with family.

No screens in the bedroom overnight.

We will protect the bedroom as a space for rest.

As a family, we promise to do our best to *Make Space for God* in our home and in our hearts, each and every day. We also promise to support one another with love, encouragement, and understanding.

Date: _____

Sign your names below: