



A weekly reflection by members
of the Precious Blood Community

August 27, 2025

Mary Elizabeth and Robert Eckstein

“You have searched me and know me, Lord”
Psalm 139



Raising a family with Christian values in today’s world is very challenging. A huge issue is internet access. A new survey from Optimum says the average American spends ten hours a day on devices. That's troubling, but there's no combating it. The lure of instant access is overwhelming. The device is always available, it never rejects you, it soothes, reassures, and reinforces whatever your pursuits are. Even if there's evil involved.

The first place we get to know Christ is in our family, then at weekly Mass. But the young also meet people in cyberspace, not just face-to-face in a physical place. They can’t shut out anything negative and become passive and lazy.

As older adults, we were there when iPhones and instant internet access were first introduced, so their allure was not as strong for us. We do, on a daily basis, use the instantly available information, email, and news all the time. However, it is not a substitute for human interaction, that it can be for today’s youth. Perhaps the instant answers of Google and ChatGPT are easier to consume than waiting for God’s response to prayer.

As Companions, we were drawn to the Precious Blood Community through the themes of redemption, reconciliation, and the sacrificial love of Christ. So how do we pass this love to the current generation? Two weeks ago, while talking with one of our 5 Seminarians, he was excited about his calling. We talked about the declining number of people who consider themselves religious. He said in the 20-somethings he is interacting with, there is a desire to look outside themselves, and more and more are exploring religion.

To be a Companion is to live our spirituality in our everyday lives. With our youth, especially the ones we are close to, like our grandsons, we need to lead by example. Perhaps reduce our use of our electronic devices when they are with us. Set time limits on their devices and take time out to talk with them to emphasize human interaction and connections. And pray with them, like saying grace before a meal or a prayer before a car trip. We know God is in our lives and is personal to us, so we need to make God personal to them.

Mary Elizabeth and Robert Eckstein are Companions with the Newark Companion group. To learn more about Precious Blood Companions, [click here](#).

This weekly reflection is made available to everyone in our Precious Blood family.

Feel free to share it with others. Would you like to write a reflection?

If so, please contact Vicky Otto at votto@pbspiritualityinstitute.org