

# PARENTING with hope SEMINAR

## Technology

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Foundations Christian Counseling



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## Negative Impacts on Children

13% of kids ages 12-17  
Report depression and 32% report anxiety.

25% of 18 to 25-year-olds  
Report mental illness. These age groups report high usage of social media.

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## Negative Impacts on Children

### 59% of US teens

Experienced cyberbullying or online harassment. 90% say they think this harassment is a problem that affects other people their age. 63% say that it's a major problem.

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## Negative Impacts on Children

Prolonged screen usage impacts a child's executive functioning, particularly in the prefrontal cortex, which what is responsible for focus, attention, concentration, and organization.

**Bottom-line: It starts with us.**

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## Device Dictatorship



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### 10 Diagnostic Questions

- 1. Do my smartphone habit expose underlying addiction to untimely amusement?
- 2. Do my smartphone habits reveal a compulsive desire to be seen and affirmed?
- 3. Do my smartphone habits distract me from genuine communion with God?

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### 10 Diagnostic Questions

- 4. Do my smartphone habits provide an easy escape from sobered thinking about my death, the return of Christ, and eternal realities?
- 5. Do my smartphone habits preoccupy me with the pursuit of worldly success?
- 6. Do my smartphone habits mute the sporadic leading of God's spirit in my life?

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### 10 Diagnostic Questions

- 7. Do my smartphone habits preoccupy me with dating and romance?
- 8. Do my smartphone habits center on what is necessary to me and beneficial to others?

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## 10 Diagnostic Questions

9. Do my smartphone habits built up Christians and my local church?

10. Do my smartphone habits disengage me from the needs of the neighbors God has placed right in front of me?

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So, we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.  
2 Corinthians 4:8

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## Wielding Digital Works



Will this ultimately glorify me or God?

Will this stir or muffle healthy affections for Christ?

Will this merely document that I know something others don't?

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## Wielding Digital Works



Will this misrepresent me or is it authentic?

Will this potentially breed jealousy in others?

Will this fortify unity or stir up unnecessary division?

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## Wielding Digital Works



Will this build up or tear down?

Will this heap guilt or relieve it?

Will this fuel lust for sin or warn against it?

Will this overpromise and instill false hope in others?

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## Online but Lonely

- We can be lonely, even in a crowd- and now even more so, in a digital crowd.
- Isolation is both the promise and the price of technological advance.

“The problem is that we invite loneliness, even though it makes us miserable. The history of our use of technology is a history of isolation desired and achieved.”

~ Steven Marche

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## Online but Lonely

- As technology improves, machines replace people and automation replaces interaction.

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## Protecting Aloneness

- Novelty Candy
- Ego Candy
- Entertainment Candy
- Boredom Avoidance
- Responsibility Avoidance
- Hardship Avoidance



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Isolation + feeding on vanity =  
*soul starving loneliness*

Isolation + communion with God =  
*soul feeding solitude*

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## What does the Bible Say?

"If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right had of God. Set your minds on things that are above, not on things that are on earth." Colossians 3:1-2



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## What does the Bible Say?

We look not to the right things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal." 2 Corinthians 4:18



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## What does the Bible Say?

"For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience." Romans 8:24-25



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## What does the Bible Say?

"Now faith is the assurance of things hoped for, the conviction of things unseen."  
Hebrews 1:11



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## What does the Bible Say?

"Jesus said to him, 'Have you believed because you have seen me? Blessed are those who have not seen and yet have believed.'  
John 20:29



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## What does the Bible Say?

"Though you have not seen him (Christ), you love him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls."  
1 Peter 1:8-9



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## What does the Bible Say?

“Therefore, preparing your minds for action, and being sober minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ”. 1 Peter 1:13



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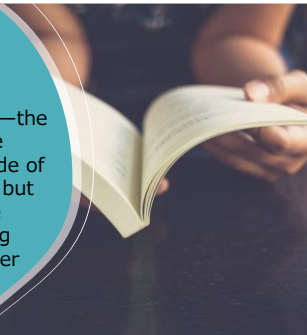
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## What does the Bible Say?

“For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life- is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.” 1 John 16:17



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## The Gospel of Consumerism

The gospel of consumerism says: everything you could possibly imagine for your early happiness and comfort is available in a dozen options, sizes, colors and price points.



The Gospel of Jesus Christ says: everything you could possibly need for your supreme joy and eternal comfort is now invisible to the human eye.

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## Challenge of the Digital Age

### Two-Fold Challenge:

1. On the external front: Are we safeguarding ourselves and practicing smartphone self denial?
2. On the internal front: Are we simultaneously seeking to satisfy our hearts with divine glory that is, for now, largely invisible?




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## FOMO – Fear of Missing Out

- “Our phones and social media serve as a real time refresh of our comparisons with the lives of others, constantly feeding our fear of missing out (FOMO).”
- Oxford English Dictionary: FOMO: fear of missing out, anxiety that an exciting or interesting event may be happening elsewhere, often aroused by posts seen on a social media website.
- Disconnection Anxiety

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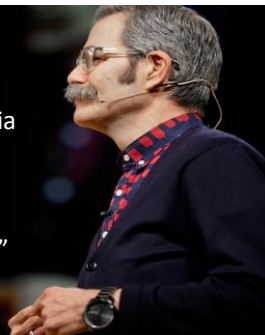
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“I think more than ever before Christians are news junkies. More than ever before, through social media and websites and 24 hour news cycles, we are aware what is happening around us. And I think for many of us this has raised our fears.”

~ Paul Tripp




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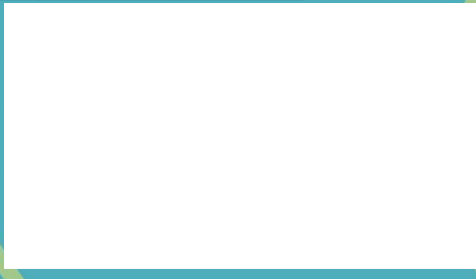
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### Andy Crouch Interview



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### Are we entitled to spend hours browsing odd curiosities?

1. We lost track of time
2. It is the nature of technology to dislocate us historically
3. If we use our phones to find sin, we cut ourselves off from God's timeline...*idolatry*

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### How our phones have changed us

- Our phones amplify our addiction to distractions and thereby splinter our perception of our place in time.
- Our phones push us to evade the limits of embodiment and thereby cause us to treat one another harshly.

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### How our phones have changed us

- Our phones feed our craving for immediate approval and promise to hedge against our fear of missing out.
- Our phones undermine key literary skills and because of our lack of discipline make it increasingly difficult for us to identify ultimate meaning.

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### How our phones have changed us

- Our phones offer us a buffet of produced media and tempt us to indulge in visual vices.
- Our phones overtake and distort our identity and tempt us toward loneliness and unhealthy isolation.

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### Preserving our spiritual health in the age of smartphones

- We minimize unnecessary distractions in life to hear from God and to find our place in God’s unfolding history.
- We embrace our flesh and blood embodiment and handle one another with grace and gentleness.

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### Preserving our spiritual health in the age of smartphones

- We aim at God’s ultimate approval and find that, in Christ we have no ultimate regrets to fear.
- We treasure the gift of literacy and prioritize God’s word.

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### Preserving our spiritual health in the age of smartphones

- We listen to God’s voice in creation and find a fountain of delight in the unseen Christ.
- We treasure Christ to be molded into His image and see to serve the legitimate needs of our neighbors.

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### 3 Essential questions

1. Do my smartphone behaviors move me toward God or away from him?
2. Do my smartphone behaviors edify me and others, or do they build nothing of lasting value?
3. Do my smartphone behaviors expose my freedom in Christ or my bondage to technology?




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### Digital Detox

- Turn off all non essential push notifications
- Delete expired, none essential and time wasting apps
- At night, keep your phone out of the bedroom
- Use a real alarm clock, not your phone to keep your phone out of your hands in the morning

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### Digital Detox

- Guard your morning disciplines and evening sleep patterns
- Use self restricting apps to help limit your smartphone functions
- Recognize that much of what you respond to quickly can wait.
- Even if you need to read emails on your phone, use strategic points in your day

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### Digital Detox

- Invite your spouse, friends, family to offer feedback on your phone habits
- When eating – leave your phone out of sight
- When spending time with others, leave your phone put away or even turn it off.
- Completely detox for certain amounts of time (ie: Sabbath, social media breaks).

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## Physical impacts

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|------------------------|---|
| Inactivity             | Eye Strain  |
| Stress                 | Headaches   |
| Anxiety                | Hypertension <small>(high blood pressure)</small> |
| Sleeplessness/insomnia | And stressed induced                              |
| Restlessness           | shallow breathing habits                          |
| Bad posture            |   |

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## What does this look like for your family?

- What personally sticks out to you? Convictions?
- What do you think is the hardest part?
- Practical substitutions?

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