


ALONE TOGETHER...

WITH OUR TECHNOLOGY

   @BrettKunkle



**GEN ZERS SPEND
6-9 HOURS DAILY
CONSUMING MEDIA,
ON AN AVERAGE OF
5 DIFFERENT SCREENS.**

GEN Z – born between 1995 to 2014

<https://www.forbes.com/sites/jiawertz/2018/09/30/online-marketing-as-we-know-it-is-changing-with-the-rise-of-generation-z/#4f1b49a865ab>



Apple just painted a picture of their VISION for our lives...

- Technology should accompany you 24/7
- Everything—relationships, business transactions, all of life—is mediated by technology



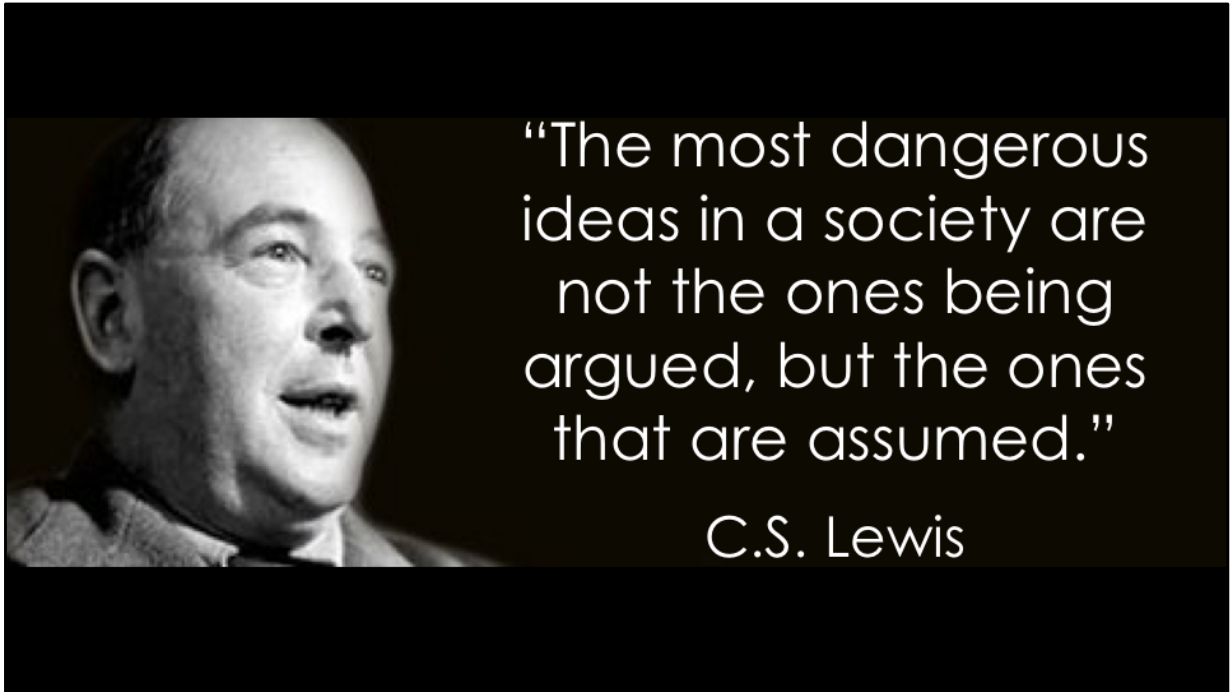
Culture = a kind of “ocean” we swim in on a daily basis. We’re immersed in culture and it gets us wet, so to speak, and we take some of that wetness with us (the cultural values stick with us) and we splash that wetness (the cultural “waters”) on others.

Externalization = we externalize our values and ideas on the world around by what we do

Objectification = when what we do becomes part of our normal way of living together



OWNING A SMARTPHONE IS NORMAL.



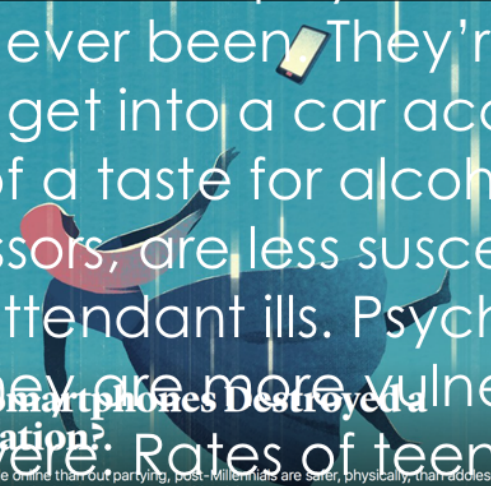
What is left unexamined is also left unchallenged.

“There is compelling evidence that the devices we’ve placed in young people’s hands are having profound effects on their lives—and making them seriously unhappy.”

Have Smartphones Destroyed a Generation?

More comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they're on the brink of a mental-health crisis.

“...today’s teens are physically safer than
teens have ever been. They’re markedly
less likely to get into a car accident and,
having less of a taste for alcohol than their
predecessors, are less susceptible to
drinking’s attendant ills. Psychologically,
however, they are more vulnerable than
Millennials were. Rates of teen depression
and suicide have skyrocketed since 2011.”



Have Smartphones Destroyed a Generation?
more comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they're on the brink of a mental-health crisis.

Atlantic | Popular | Latest | Sections | Magazines | More | Subscribe | C

“The more time teens spend looking at screens, the more likely they are to report symptoms of depression.”

The Atlantic Popular Latest Sections Magazine More Subscribe

“It’s not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones.”

Have Smartphones Destroyed a Generation?

More comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they’re on the brink of a mental-health crisis.

I want you to SOBER up.

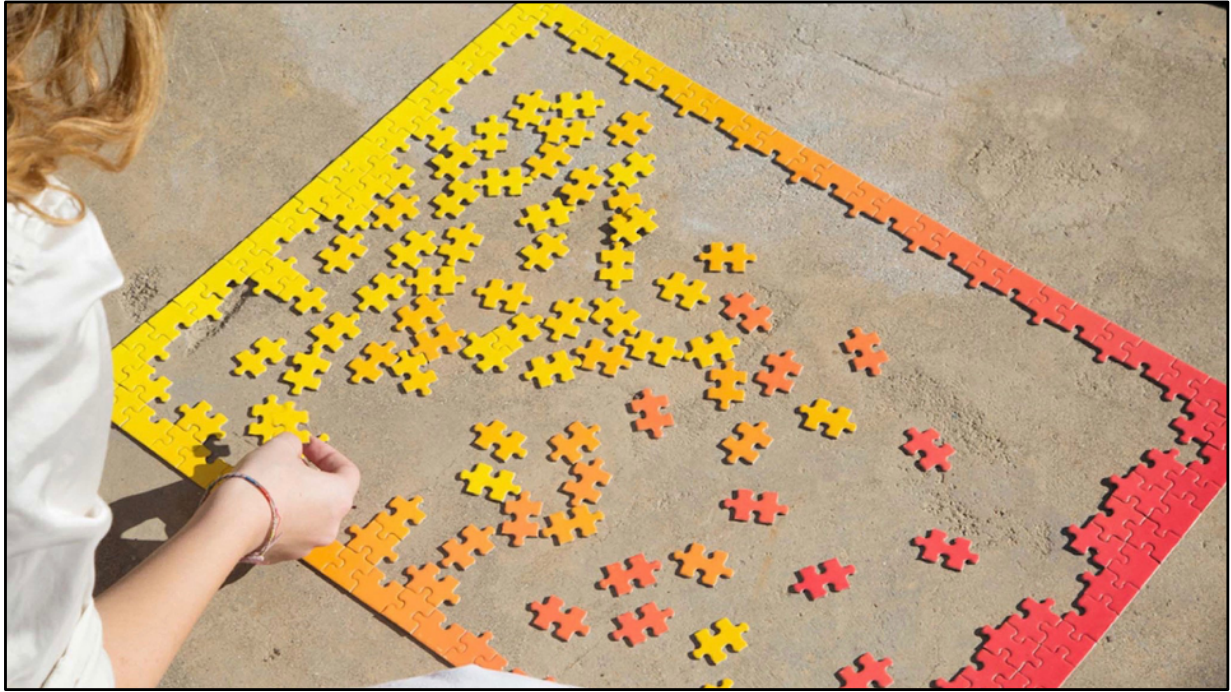
| wərld , vyoō |
world·view



“your picture of reality”

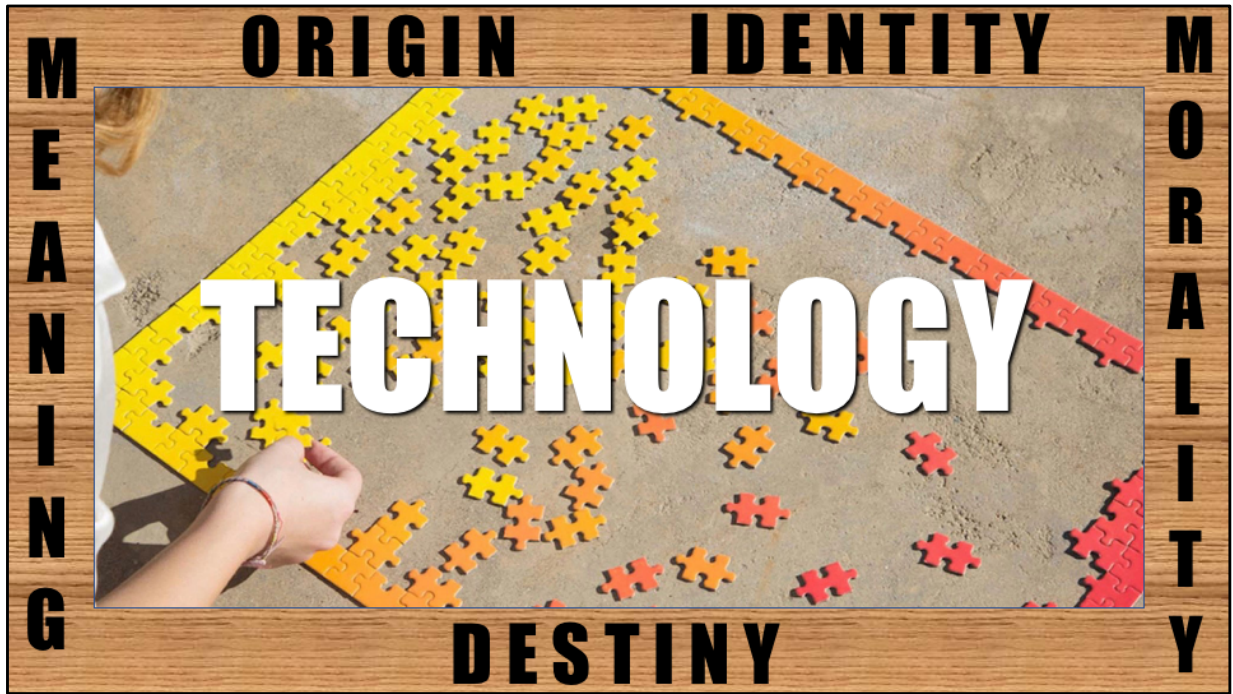
What is a worldview? You picture (view) of reality.

According to philosopher Ken Samples, a worldview “forms a mental structure that organizes one's basic or ultimate beliefs. This framework supplies a comprehensive view of what a person considers real, true, rational, good, valuable, and beautiful.”
See <http://www.reasons.org/articles/what-in-the-world-is-a-worldview>.

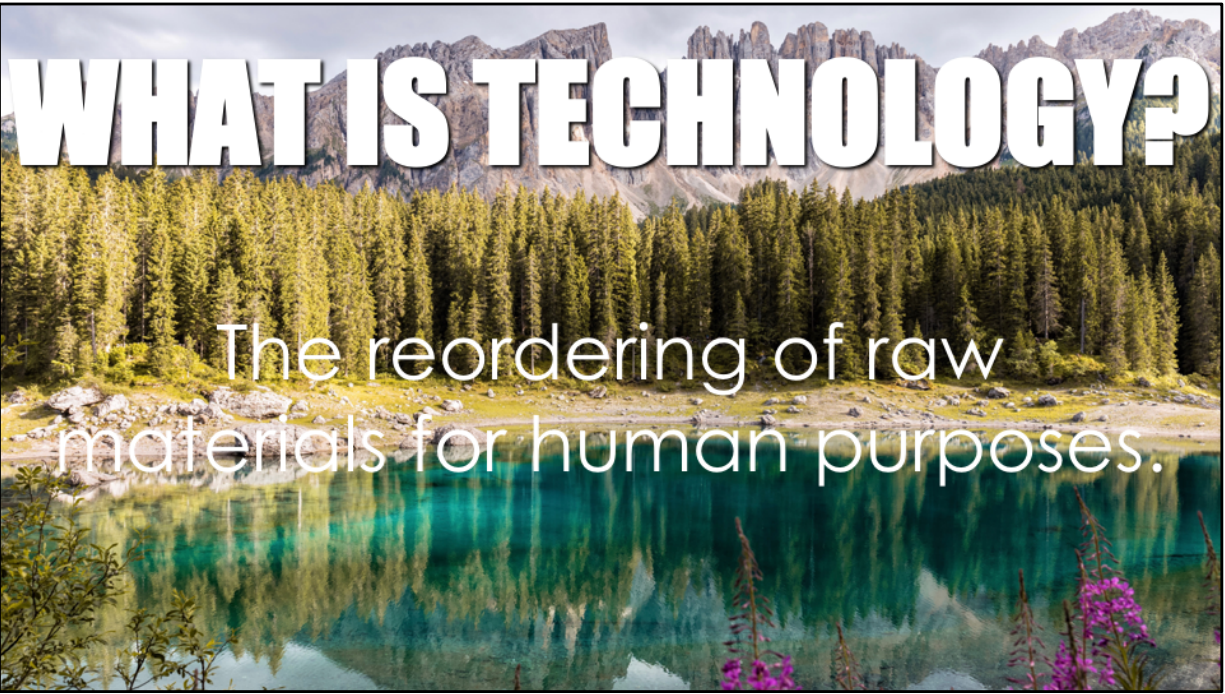


Where do you start when putting together a puzzle? The edges.

Why? Because the edges frame the picture. They help you to make sense of how the other pieces fit.



So what's the frame (edge pieces) that help us to make the most sense of all the "stuff" of life? Our answers to the big worldview questions.



Technology = Medium = an agency or means of doing something



Tools are a form of human technology.

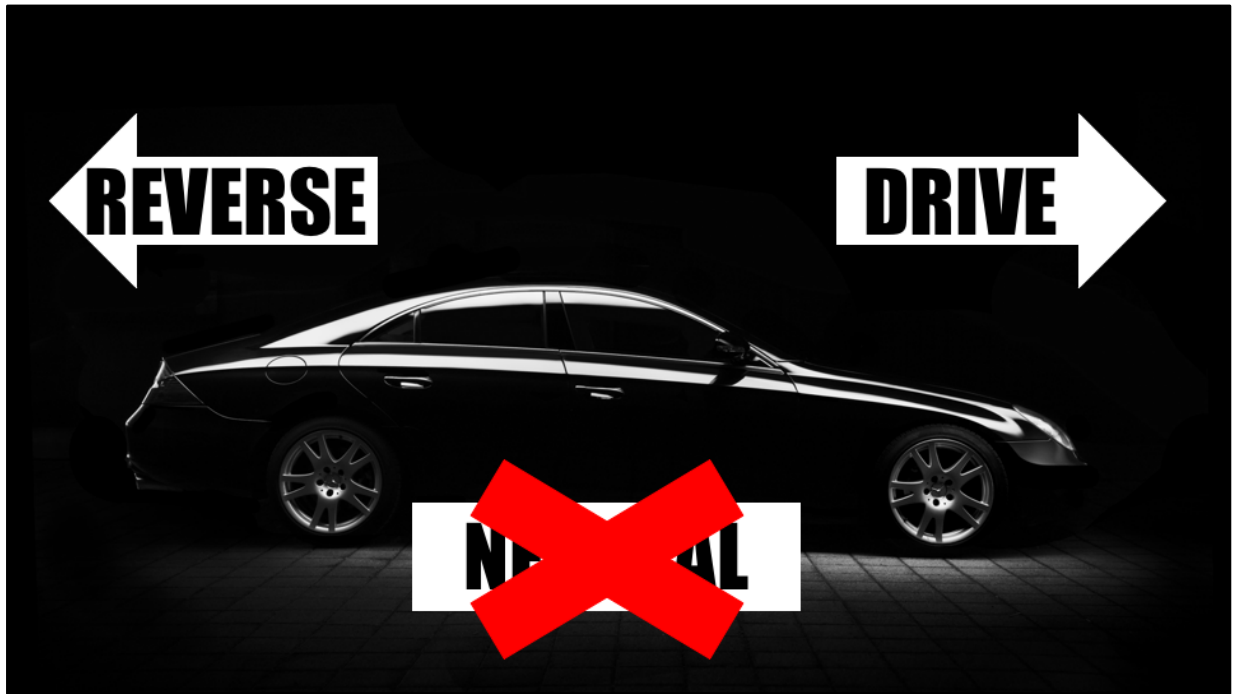


Books are a form of human technology.



Buildings and cities are a form of technology.





Technology does NOT have a neutral gear. It's always pushing us in a direction when we use it.



ILLUSTRATION: MOVIE THEATERS vs. DEVICES

Compare the way in which people used to primarily view movies to our present viewing habits...

From fixed location TO... → portability

From shared experience TO... → isolation

From accountability TO... → privacy


- of course porn has exploded

KEY: Technology is constantly “nudging” (pushing) us in a direction

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Richard Freed [Follow](#)

Child and adolescent psychologist, and the author of "Wired Child: Reclaiming Childhood in a Digital Age"

Mar 12 · 24 min read

The Tech Industry's War on Kids

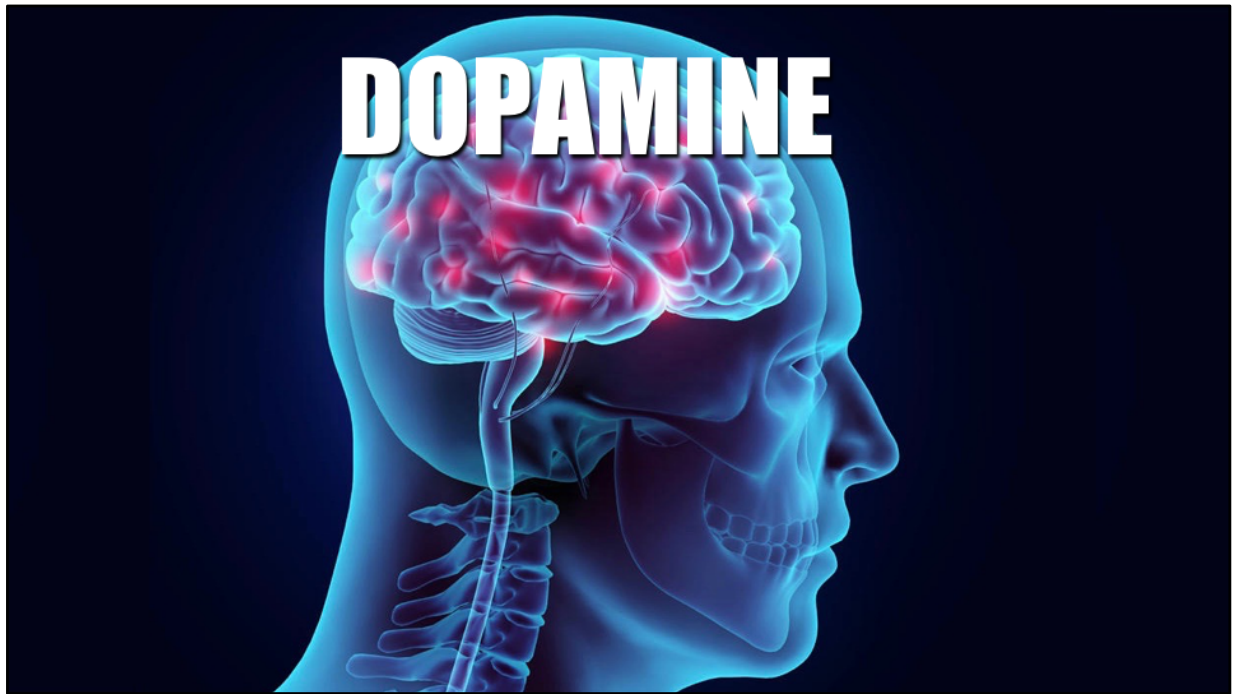
How psychology is being used as a weapon against children



The Tech Industry's War on Kids

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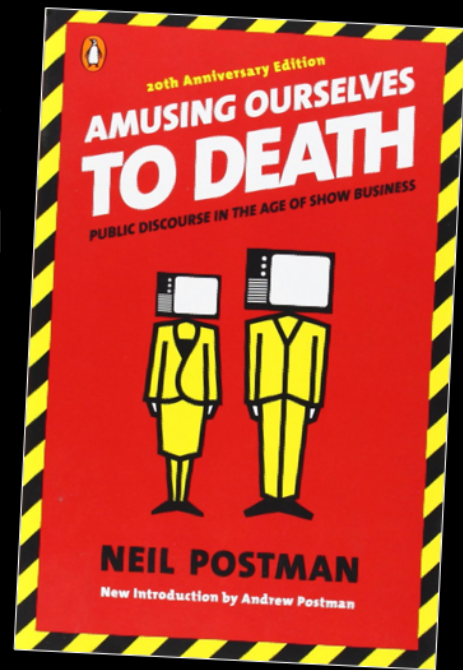
<https://medium.com/@richardnfreed/the-tech-industrys-psychological-war-on-kids-c452870464ce>



Dopamine is one of the brain's neurotransmitters—a chemical that ferries information between neurons. Dopamine helps regulate movement, attention, learning, and emotional responses. It also enables us not only to see rewards, but to take action to move toward them.

Dopamine contributes to feelings of pleasures and satisfaction as part of the reward system → therefore, the neurotransmitter also plays a part in addiction.

“ [Television] is our culture’s principal mode of knowing about itself. Therefore—and this is the critical point—how television stages the world becomes the model for how the world is properly to be staged.”



It tells us how the world ought to be and how we ought to be in the world

American Girls

Social Media and
the Secret Lives
of Teenagers

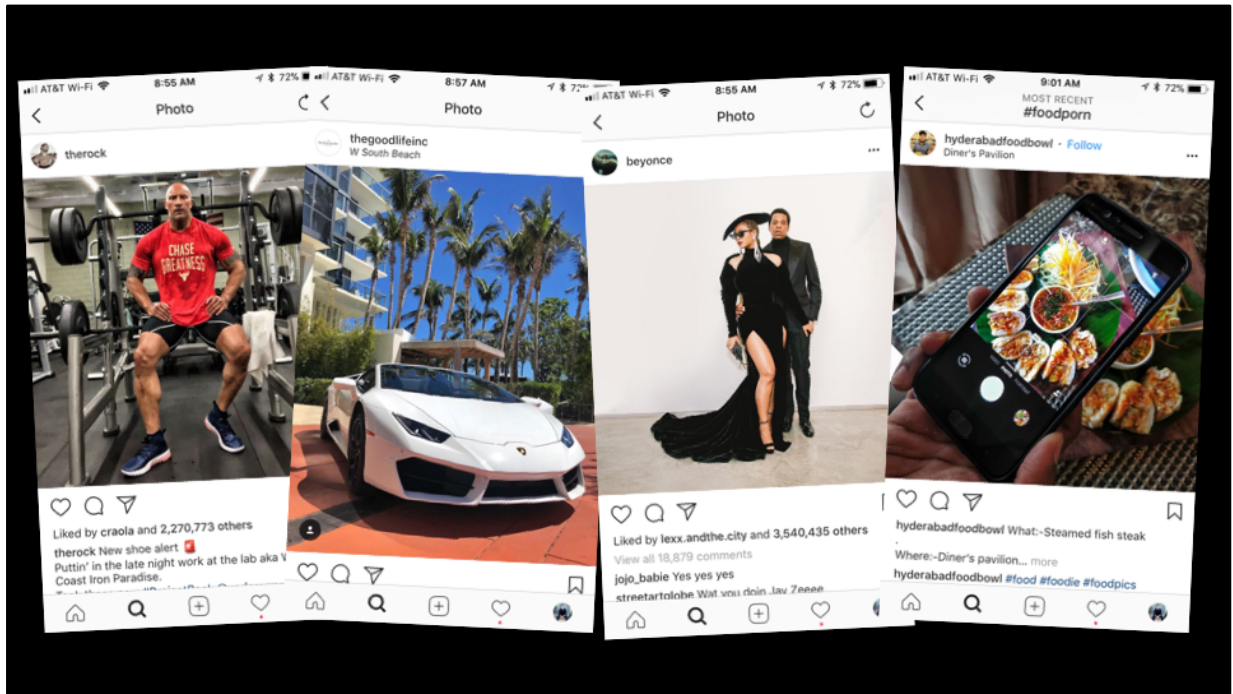
Nancy Jo Sales



Since girls “live” on social media, it maps out how they should live their lives, what they should believe, where they should spend their time, and how they should (sadly) curate themselves and conform their identities to cultural standards and expectations. Fulfilling the pornography-defined and shaped expectations of their male peers becomes a 24/7 pursuit. Sales writes, “‘Beautiful,’ ‘gorgeous,’ ‘sexy,’ ‘hot’ are conventional responses to selfies in a culture of social media, responses many girls seek as they spend minutes or hours of their day preparing themselves to the best advantage...For many girls, the pressure to be considered ‘hot’ is felt on a nearly continual basis online.”

EXAMPLE: How Social Media “stages” the world

Walt Mueller Blog Excerpt: <https://cpyu.org/2016/03/14/can-social-media-kill-our-kids/>



As we scroll through our social media, the images and videos are telling us what is true and good and beautiful.

**We can
lose touch
with
ourselves.**





TRADE OFFS...

Information (mere data) vs. Knowledge & Wisdom

*This is why the study of God' Word is so central to the Christian life.

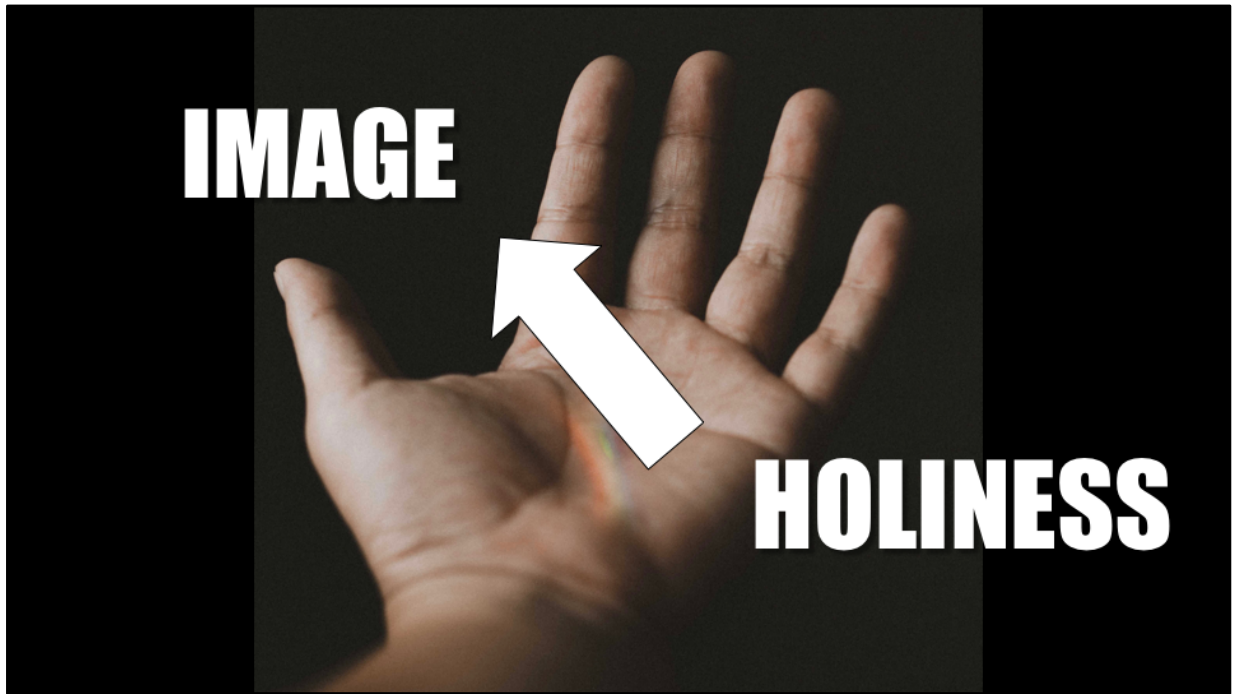


We don't need parents or teachers or mentors. If you don't know something, just google it or ask Siri. There is no value placed on life of careful study and thoughtfulness. We don't value the wisdom of old generations. "Gray hairs" don't have anything to offer, they're just out-of-touch.



Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.

John 17:3



TRADE OFFS...

Image and Representation (false self) vs. Holiness and Character



“Developing a carefully managed online representation of myself is relatively easy; living as a faithful Christian in the unobserved moments of my life is considerably harder. There is a constant danger of substituting an online representation of myself for the lived reality of my life.”

- We get approval and affirmation through “likes” and “followers.”
- But identity has to be rooted in something deeper than the shallow and shifting opinions of other kids
- The kid who succumbs to this kind of approval process will find themselves in a constant state of anxiety
- Can orient us to deception as we project a false self and false life, we ignore the realities of our true identity

Insights from Alastair Roberts: <https://tonyreinke.com/2017/01/07/smartphones-and-how-they-change-us-an-interview-with-alastair-roberts/>

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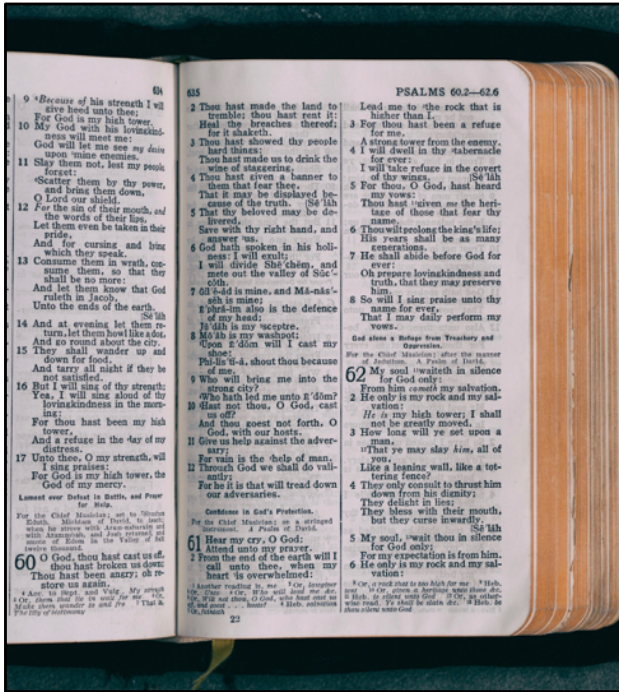
 **Shane Parrish** 
@farnamstreet 

Couple beside me at the restaurant is celebrating their 49th wedding anniversary. I'm anonymously buying them dinner.

9/7/17, 3:37 PM

15 Retweets 549 Likes



As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy."
 1 Peter 1:14-16



TRADE OFFS...

Image and Representation (false self) vs. Holiness and Character



Everything has a drop-down menu with multiple choices.

“Westerners have long been addicted to choice, and our technologies have only made it worse. There’s always something better, newer, upgraded, and cooler. Infinite choices of movies, songs, games, tablets, phones, experiences, and relationships (real or virtual) teach kids that infinite choice is required for happiness and fulfillment.

However, when kids are trapped in the lie that choices are necessary prerequisites to happiness, two things result. First, rather than seizing the opportunities in front of them, they will always be looking for the next better thing. Second, addiction to choice leads to ungratefulness.” – Alastair Roberts



I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

Philippians 4:11-12



TRADE OFFS...

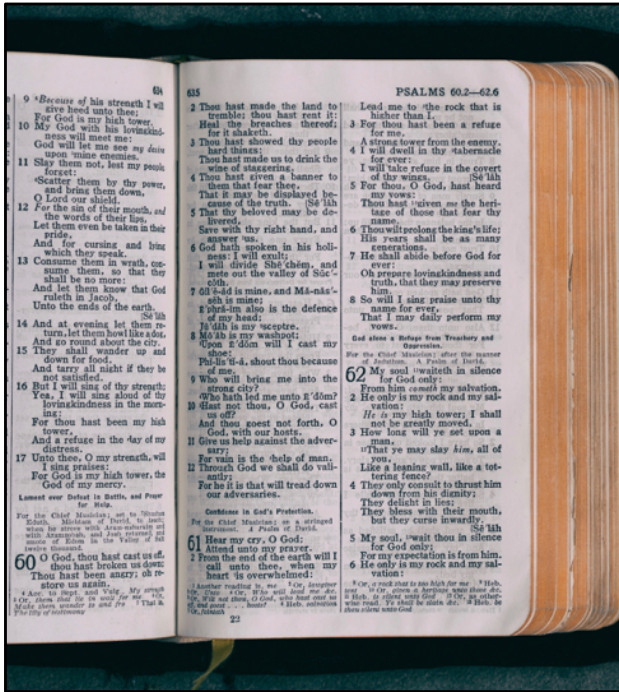
Distraction vs. Contemplation & Deliberation (inner life that is thoughtful and formed by Bible study, prayer, and solitude)

- We don't think deeply
- We are not reflective and careful and considered
- We don't focus on important things
- Instead, we are distracted by the trivial, the unimportant, celebrities, etc.



Social media is a world of display, always asking “What are you doing now?”, an invitation to post always and to be distraction by what others are posting. We get caught up in “social media performance.”

“[B]oth Facebook and Twitter can seem to foster habits of self-display that closely resemble the vice of vainglory. . . . With the expansion of social media, every space is a space of ‘mutual self-display.’ We are no longer seen doing something; we’re doing something to be seen.” (from a Paul Gould blog post)



Finally, brethren, whatever is true, whatever is honorable, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. Philippians 4:8

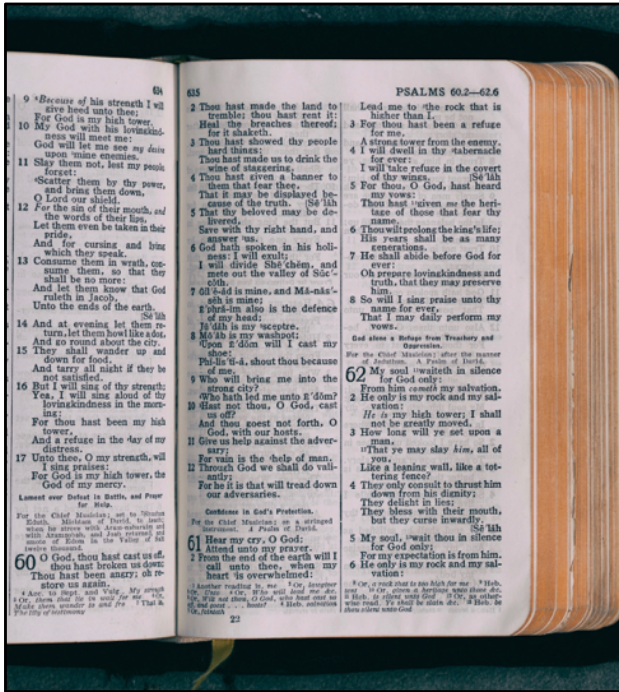


Isolation (frictionless online modes) vs. Embodied Community (the gathering of the saints, face-to-face fellowship)



Don't like something someone says? REACT! Unfriend them, unfollow them.

"It is much easier to abandon difficult relationships with my neighbors for easy and undemanding ones with people very similar to me. However, by holding me in relation with people who are dislike me and often opposed to me, the friction of materiality forces me to grow in healthy ways that I might not otherwise choose." – Alastair Roberts



As iron sharpens iron, so one person sharpens another.
Proverbs 27:17

I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.
1 Corinthians 1:10

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...
Hebrews 10:24-25



Technology can give us the illusion of companionship without the demands of real relationship.



30,000 foot view → BEGIN WITH THE END IN MIND

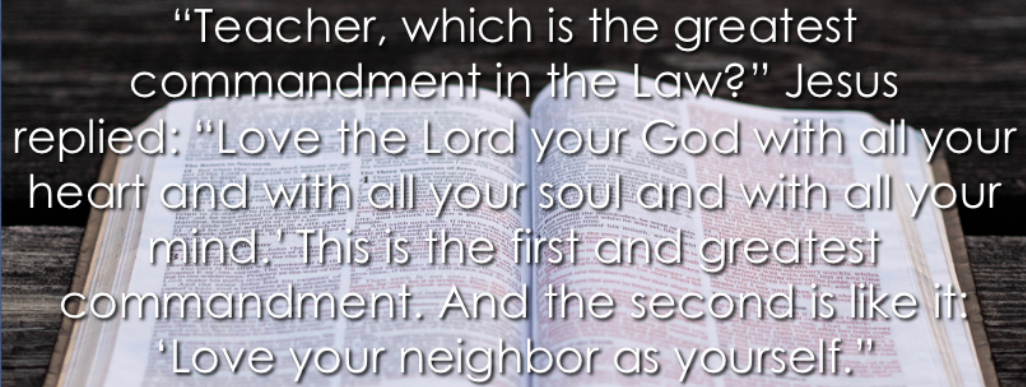
START WITH YOUR WORLDVIEW

*Will this give me more
freedom and choice?*

Will it make me happy?

If you don't think about and cultivate a Christian worldview, you will simply absorb the culture's worldview.

START WITH YOUR WORLDVIEW



“Teacher, which is the greatest commandment in the Law?” Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’”

Matthew 22:36-38

START WITH YOUR WORLDVIEW

How does my use of
technology help me better
love God and my neighbors?



It doesn't matter what the culture considers "normal." As followers of Jesus, we will be different.



Take tech slowly.

ILLUSTRATION: Kunkle kids

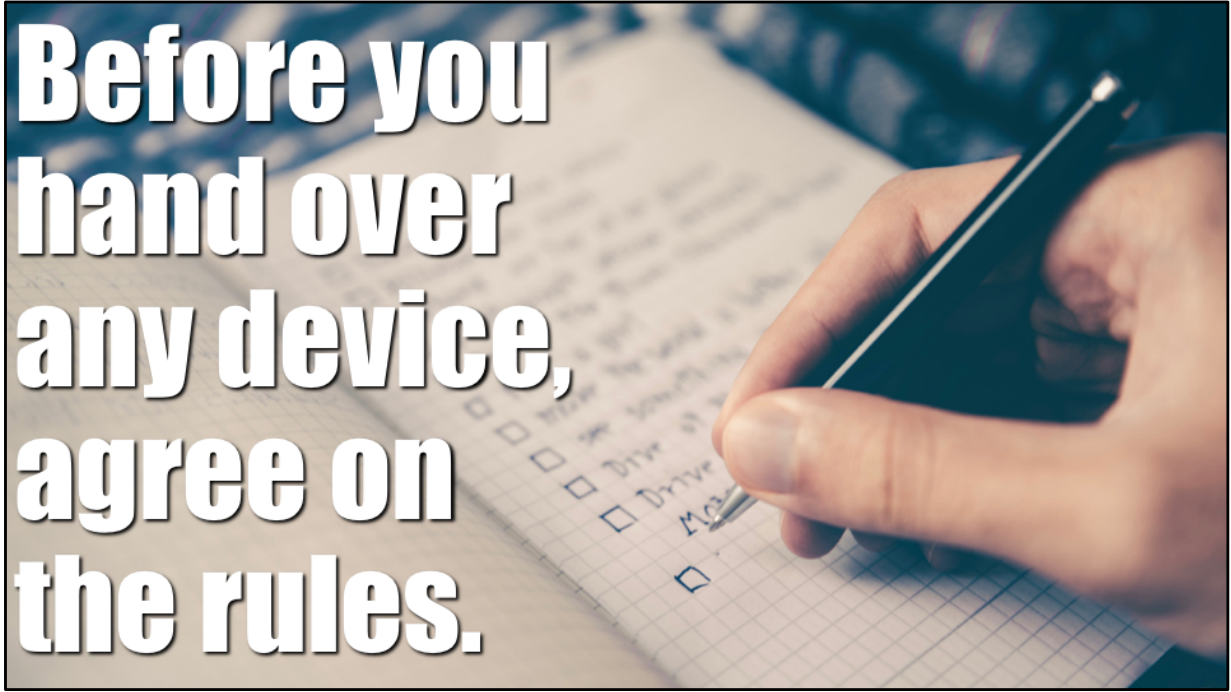
- one social media platform at a time
- demonstrate responsibility first to earn more privileges
- Example: Instagram first with time limits



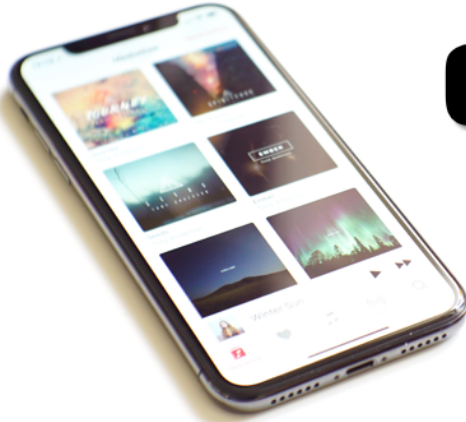


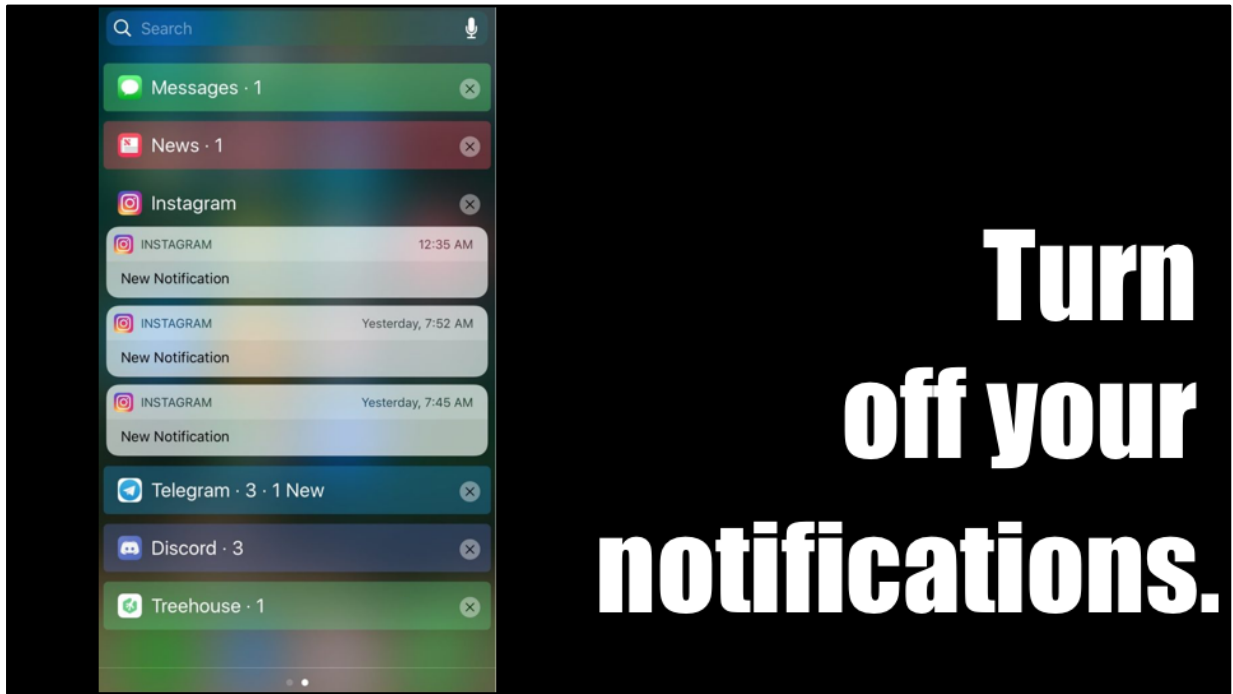
CovenantEyes™

**Before you
hand over
any device,
agree on
the rules.**



Smartphone contract.





We want to control our devices, not let them control us. It will be very difficult to resist a device that is constantly calling out to you.

**There is no
“right to privacy”
because we need
accountability.**



"Right to privacy" in the Kunkle home:

- (1) Bathroom
- (2) Changing clothes
- (3) Personal journal

Give 100% access to



EVERYTHING.

Someone has every username and every password.

Even if you don't check it! → the possibility of accountability is a great fence

Unplug regularly.

Screen-free locations
Screen-free hours
Screen-free days

(1) Screen-free locations

- kitchen table (absolutely no tech at mealtimes)
- bedroom
- car

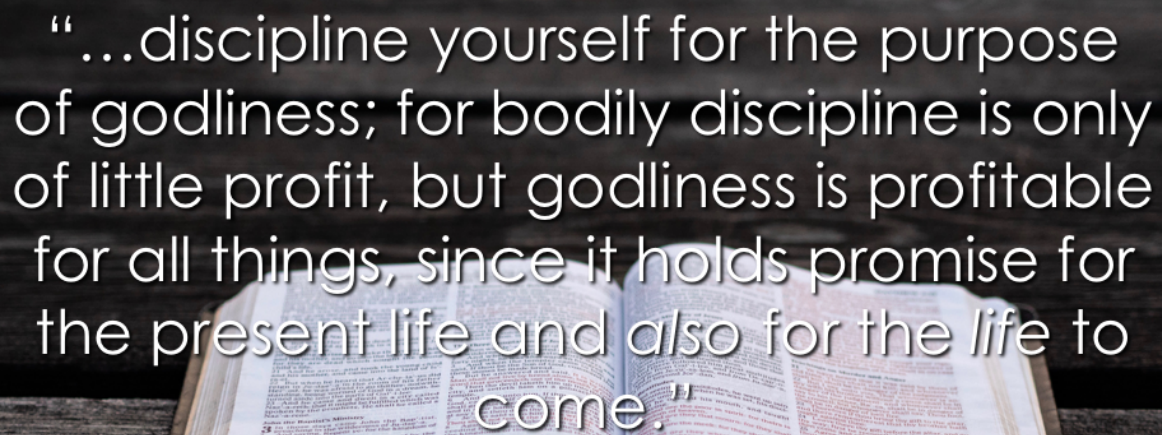
(2) Screen-free hours

- screens don't come on first thing in the morning
- screens are turned off an hour before bedtime

(3) Screen-free day – “Sabbath”

**Become the right
kind of people.**



An open Bible is shown lying flat on a dark wooden surface. The pages are white with black text, and some text is highlighted in red. The Bible is the central focus of the image, with a dark, slightly blurred background.

“...discipline yourself for the purpose of godliness; for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come.”

Matthew 22:36-38

MAVEN

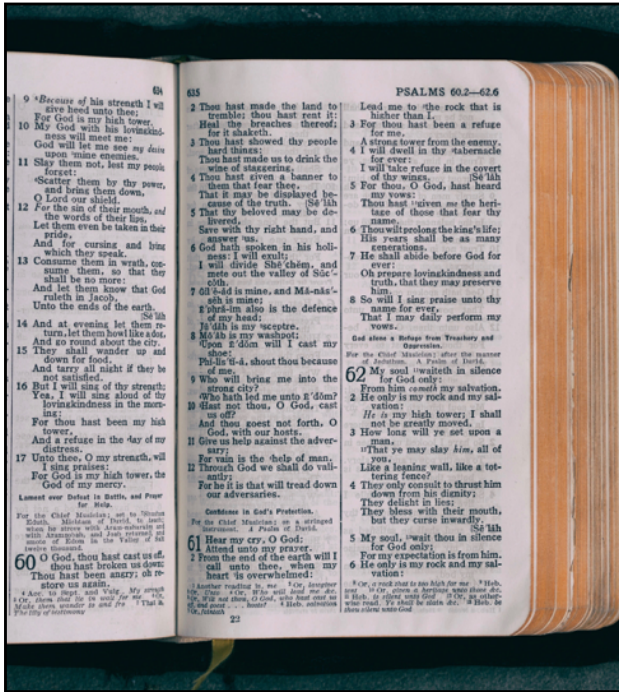
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THE MAVEN PARENT PODCAST



RESOURCE: MAVEN Parent Podcast
www.maventruth.com/podcast



And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:17

