

Thinking Like A Christian:

Technology 4

Screens and the Information Revolution

Benefits:

Dangers:

1. Distraction (Mark 4:18-19)

The spiritual danger -

- “The more distracted we are digitally, the more displaced we become spiritually”. Tony Reinke

Addiction -

- “Virtually all games and social media work on what’s called a variable reward system, which is exactly what you get when you go to Mohegan Sun and pull a lever on a slot machine. It balances the hope that you’re going to make it big with a little bit of frustration, and unlike the slot machine, a sense of skill needed to improve.”

<https://hms.harvard.edu/news/screen-time-brain>

- Behind the screens of the games we play and digital communities we interact with are psychologists and other behavioral science experts, who are hired to create products that we

want to use more and more. Big tech now employs mental health experts to use persuasive technology, a new field of research that looks at how computers can change the way humans think and act. This technique, also known as persuasive design, is built into thousands of games and apps, and companies like Twitter, Facebook, Snapchat, Amazon, Apple, and Microsoft rely on it to encourage specific human behavior starting from a very young age.

Murrow, David.

- “The New Normal: Parents, Teens, Screens, and Sleep in the United States.”⁸ Here are some key findings: Parents and teens keep their mobile devices close by at night.
 1. Sixty-two percent of parents charge their mobile phones within reach of the bed, compared to 39 percent of children (age eight to eighteen).
 2. Twenty-nine percent of kids sleep with their phones. Girls take their devices to bed more than boys (33 versus 26 percent).
 3. Mobile devices are interrupting our sleep. Thirty-six percent of teens wake up and check their mobile devices for something other than the time at least once a night. Twenty-six percent of parents do this as well. Parents look at their phones to check notifications (51 percent) or due to insomnia (48 percent). Kids wake up at night because they’ve received a notification (54 percent) or they want to check on their social media posts (51 percent).
 4. Both parents and kids regularly use screens in the hour before bed, even though doctors say this disrupts our sleep. A majority of parents (61 percent) and kids (70 percent) use their devices within thirty minutes of going to bed.
 5. Two-thirds of teens are on their devices within thirty minutes of waking up (not counting using it as an alarm clock). Thirty-two percent check it within five minutes of waking.

Murrow, David.

The Deception -

- When we are tired and need rest, we often run to our screens and overfill our already tired brains. When they need downtime, we give them something overstimulating. Brains that need rest are being fed the opposite. Why do we keep doing this? Because of the instant pleasure. Our brains love it!
- The ultimate fleeting crown! Never in the history have people been so mentally fatigued with nothing to show for it.

2. Worry Fear and Anxiety (1 John 4:18)

- Access to news -
- Bad news sells! -
- Too many options -
- Moral Depravity - Proverbs 28:1

3. Satan's Discipleship Program (Ephesians 2:1-2 and 6:11-12)

- There is a message - John 8:44
- The sovereign self is at the center of the message - Genesis 3:5
- What's in a name? Myspace, Facebook, Youtube, iPhone, iMac, and the apple seems to have a bite taken out of it for some reason!
- It is everywhere! - 1 Peter 5:8