

# Thinking Like A Christian:

## *Technology 5*

### Distraction and beyond

#### Three books:

*Competing Spectacles* **Tony Reinke**

*Twelve Ways Your Phone Is Changing You* **Tony Reinke**

*Drowning In Screen Time* **David Murrow**

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#### 1. Our Kids

- “About 90 percent are using screens by age one,” he said. “We’ve done some studies where kids are using them by two months old. “This is important because the brain is developing the most rapidly in the first five years,” Hutton said. “That’s when brains are very plastic and soaking up everything, forming these strong connections that last for life.”
- “Heavy screen users actually experience brain shrinkage—especially teens and young adults whose gray matter is still forming.”
- “Young people who use screens more than seven hours a day...are more than twice as likely to be diagnosed with depression or anxiety as those who use screens for an hour a day or less. Heavy screen users were more easily distracted, less emotionally stable, and had more difficulty finishing tasks and making friends.”
- “What’s more, an ever-increasing amount of clinical research correlates screen tech with psychiatric disorders like ADHD, addiction, anxiety, depression, increased aggression and even psychosis.”
- Perhaps the most shocking of all, recent brain-imaging studies conclusively show that excessive screen exposure can neurologically damage a young person’s developing brain in the same way that cocaine addiction can. - All quotes from David Murrow’s book

**Don’t let screens raise your kids!!!**

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## 2. Relationships

- Social media taking the place of face to face relationships.
- We need the friction and awkwardness that comes from living in community with others who are different than us. Tony Reinke calls this “embodied awkwardness”.
- “The most shaping conversations that we need are full of friction, and we simply cannot have them on our frictionless phones”. Tony Reinke
- This is part of the genius (and mystery) of marriage...between two people of differing genders, and often differing ethnicities, talents, and interests.” Tony Reinke
- This applies to the Church as well! We must live out our faith in our bodies, not just in our minds!
- Screen-mediated conversation is fine when it supplements a rich F2F relationship. But when it replaces F2F, the result is loneliness and isolation. -David Murrow

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## 3. The Rise of Pornography

- Since the invention of the internet, and especially the smart phone, the use of pornography has absolutely exploded.
- It overloads the brain’s reward centers creating a highly addictive experience.
- As the brain adjusts to this it craves ever more stimulating (darker and more perverse) images to satisfy the addiction.
- Pornography is a lie. It promises to provide intimacy and instead it destroys the mental, emotional and physical intimacy that it promises.
- It emasculates men and dehumanizes women.

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## 4. Predators - Pornography’s most bitter fruit

- In the dark corners of the internet, where the worst fruit of social media, gaming, and pornography come together is world of the child predator.

- Predators seek vulnerable teens to target through social media. The anonymity provided through social media allows men to make contact secretly and or under false pretenses with vulnerable teens.
- This leads to everything from involving them in the creation of child pornography to sex trafficking.
- About 59% of interviewed kids connect with strangers via social apps, while 1 out of 12 kids meet them in person. Such online behavior can get young people into real trouble, as predators often hide behind fake Snapchat accounts.
- <https://blog.mspy.com/hidden-dangers-snapchat-parents-know/>

## **A possible scenario:**

- Child is given iPad as an infant
- Growing up like this they develop addiction to tech
- Because mom and dad are addicted to tech, there are very little face to face relationships in the home.
- Grows up with ADHD and develops other adverse social skills
- Exposed to pornography at a young age and loses all sense of reality in sexual behavior
- Gets used to living in a virtual world shaped by imagination, and loses touch with the real world.
- Young person struggles with depression, loneliness and a general feeling that he does not fit in.
- Decides he is a she (or whatever other pronoun he decides).
- Although raised in the church and not anti-God, what faith he does have has absolutely no resemblance to Christianity.
- A young woman in this pipeline, using social media, is contacted by predatory men who use software with complex algorithms to recognize the signs of vulnerability and begin pursuing her through social media.
- Next thing you know she has been abused and violated online, in person and finds herself involved in both online porn production, and actual sex-trafficking.

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## Summary: We are responsible for where we put our minds! **Psalm 1**

The temptations are great, but at the end of the day we are responsible for every careless word and every worthless thing that we set before our eyes. Choose Wisely!

Practical steps and ideas:

1. Read suggested books to learn more.
2. Just do the right thing first. Always start the day with God and his Word in solitude.
3. Go to <https://davidmurrow.com/> to find very practical advice for yourself and your family.
4. Other: