

Saturday, 21st February '26

God, Technology, Social Media and Us

And Us



“it fundamentally changed our relationship to computing and information - a change likely to have repercussions for decades to come.”

Time Magazine



Foreword by John Piper



**12 WAYS
YOUR PHONE
IS CHANGING
YOU**

Tony Reinke

Our smartphones...

- make it easier to be distracted
- make us lose sight of each other



Our smartphones

- make it easier to be distracted
- make us lose sight of each other
- intensify our craving for acceptance & approval
- make us less literate
- stop us from enjoying the moment



Our smartphones

- make it easier to be distracted
- make us lose sight of each other
- intensify our craving for acceptance & approval
- make us less literate
- stop us from enjoying the moment
- make us more obsessed with ourselves

Our smartphones...

- make us more lonely
- make us think that we can indulge in sin without any consequences

“smartphones make free pornography easier to find than
the weather forecast”

Tony Reinke

Our smartphones

- make us more lonely
- make us think that we can indulge in sin without any consequences
- overload us with information
- fuel our fear of missing out
- make us more harsh with each other
- make us lose track of time

“Get wisdom, get understanding; do not forget my words
or turn away from them.

Do not forsake wisdom, and she will protect you; love
her, and she will watch over you.

The beginning of wisdom is this: Get wisdom. Though it
cost all you have, get understanding.

Cherish her, and she will exalt you; embrace her, and
she will honour you.

She will give you a garland to grace your head and
present you with a glorious crown.”

Proverbs 4:5–9

Our smartphone habits reveal
our hearts

He went on: “What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”

Mark 7:20–23

“Above all else, guard your heart, for everything you do flows from it.”

Proverbs 4:23

Number 1: be thankful

“For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.”

1 Timothy 4:4–5

Number 2: be intentional

Number 3: put clear boundaries
in place

Put clear boundaries in place

- Delete time-wasting apps
- Recognise that much of what you respond to quickly can wait
- Don't bring your phone to the meal table
- When spending time with your family & friends, put your phone down

“The proper place for technology won’t be exactly the same for every family, and it is not the same at every season of our lives.”

Andy Crouch

Number 4: put your phone away

“Smartphones have become so tied up in our lives that, even when we’re not peering or pawing at them, they tug at our attention, diverting precious cognitive resources. Just suppressing the desire to check a phone, which we do routinely and subconsciously throughout the day, can debilitate our thinking.”

Nicholas Carr

Number 5: enjoy life in the real
world



Number 6: parents, help your children to use their phones wisely

“Start children off on the way they should go,
and even when they are old they will not turn from it.”

Proverbs 22:6

Parents, help your children to use their phones wisely

- Remember the gospel
- Ask for help

“Where there is strife, there is pride,
but wisdom is found in those who take advice.”

Proverbs 13:10

Parents, help your children to use their phones wisely

- Remember the gospel
- Ask for help
- Be realistic
- Take the lead
- Set a good example
- Make the most of time together

Number 7: take heart

God “is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us”

Ephesians 3:20

His grace “teaches us to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age”

Titus 2:12



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