Christianity in the Digital Age

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* We check our phone 81500 times/year. This equates to once every 4.3 minutes.
* We’re far too easily distracted, and we’ve been training ourselves to be more distracted
  + Has this impacted our discipleship? Our growth in Christ?
* **Distraction is the enemy of discipleship.**
  + Our technology is designed to distract us.
  + Technology can be used for so much good, but for every benefit, there are just as many downfalls.

Scripture before phone

* In *The Common Rule*, Justin Earley proposed daily and weekly habits to commit to in the age of distraction. Some of these habits include:

**Daily habits**

Kneeling prayer

**Scripture before phone**

Sharing a meal with others

One hour of phone off

**Weekly**

Sabbath

One hour of conversation with friends

Curate media for four hours

Fast from something for 24 hours

* Scripture before phone
  + Every disciple should engage with God’s word before imbibing any other information
  + By starting our day formed by scripture, we shape our identity for the day ahead
    - What we grab first when we wake up will be influential in molding the rest of our day.
  + Do we let pundits or prophets shape our identity?
    - News
    - Social media – a spiral of comparison and envy
      * We are shaped by the comparisons we make to the curated versions of others’ lives
  + Commit and adopt this rule for:
    - 1 week – notice a shift in your consistency of time in God’s word
    - 2 weeks – notice a change in your temperament and reactions
    - 3-4 weeks – others notice; “you seem different”

Take Action

* We don’t get where we want to get on accident
* The tech world recognizes the danger
  + They’ve created a “focus feature” to minimize distractions

1. Put your phone out of reach when you sleep

* “We wake up before our devices do, and they ‘go to bed’ before we do” – Andy Crouch
* Put your bible on the nightstand instead

1. Prepare to focus so that you can fight distraction

* Having your bible at the ready when you wake up is key.
* Not everyone is optimized to read first thing in the morning. But read something – anything – in Gods’ word before you engage with your phone and the rest of the world.
* In 2020, Rick Warren developed a habit that carried him through the pandemic:
* HWFW – His word, first word
* HWLW – His word, last word
* Fill your mind with truth before doing anything else, and finish your day with his word, chewing on the words as you fall asleep.

1. Read bible in paper copy whenever possible

* We will do better managing distractions when we don’t have the option to multitask
* Our phone is good at lots of things
* Use bible apps as an opportunity to return to the bible – instant access to meditate on God’s word.
* Tactile books aid in memory and recall, which we need of the scripture we’re building our lives on.

1. Rearrange apps on your phone

* Put notes and the bible app where Instagram and Tiktok were.

Resources

*The Tech-Wise Family: Everyday Steps for Putting Technology in its Proper Place* – Andy Crouch

*Shepherding a Child’s Heart ­–* Tedd Tripp

*God, Technology, and the Christian Life* – Tony Reinke

[“Twelve tips for parenting in the digital age”](https://www.desiringgod.org/articles/twelve-tips-for-parenting-in-the-digital-age) - Tony Reinke