

Rhythms for Screens/Media

Tonight's scriptures:

- 2nd Corinthians 3:18 (you become what you behold)
- 1 Corinthians 7:23 (don't become enslaved to anything but God)
- Romans 6:16 (you are a slave to what you obey)

3 precautions to keep in mind:

- **Depleted Emotional Wellbeing** (Pleasure-Center Fatigue)
 - Dopamine and oxytocin release when you get that notification
 - (An email tells you you're important, a new article tells you you're informed, a new LIKE/FOLLOW tells you you're valuable)
 - Shows, movies and social media are designed to be entertaining so when you spend your time in that world, your regular life starts to seem underwhelming.
- **Hindered Sleep**
 - Blue light at night keeps your brain from releasing melatonin which makes the sleep you get worse..
- **Monetized attention span**
 - Social media exists to keep you on their app in order to sell your attention to anyone who will buy it.

<i>Technology is in its proper place when ...</i>	<i>Technology is out of place when ...</i>
... it helps us bond with the real people we have been given to love.	... we end up bonding with people at a distance like celebrities whom we will never meet.
... it starts great conversations.	... prevents us from talking with and listening to one another.
... it helps us take care of the fragile bodies we inhabit.	... it promises to help us escape the limits and vulnerabilities of those bodies altogether.
... it helps us acquire a skill and mastery of domains that are the glory of human culture.	... we let technology replace the development of skill with passive consumption.

... it helps us cultivate awe for the created world we are a part of and responsible to steward.	... it keeps us from engaging the wild and wonderful nature with all our senses.
... we use it with intention and care.	... it is the decider of its own limits.
... it helps us engage with a more full life	... it is used to escape our problems or difficult life situations.

**Tech-Wise Family – Andy Crouch*

Point 1: Semi trucks are incredibly beneficial when used properly. When they're not, it's catastrophically damaging. Same could be said for technology usage.

Point 2: There are Metallica cassette tapes melted to the bottom of summer camp bonfires across the country from when it was preached that rock and roll was the devil. It's not about smashing your iPhone, it's about putting it in its proper place.

Point 3: Toys in our home will come out of where they go almost automatically every day so we have a rhythm: when the kids go to bed, we tidy so it doesn't get out of control. When unchecked, technology finds a way out of its proper place and we need to put in place rhythms to keep it where it should go.

Rhythm Ideas:

- One hour a day of no screens
- No screens 15 minutes before bed and 15 minutes after you wake up
- Bible before phone in the morning
- Charge your phone in another room
- No screens before double digits
- Use a paper Bible (we train our brain that what is on our phone is not meaningful content)
- Designate a no-phone zone in your home
- An hour a day, a day a month, a week a year?