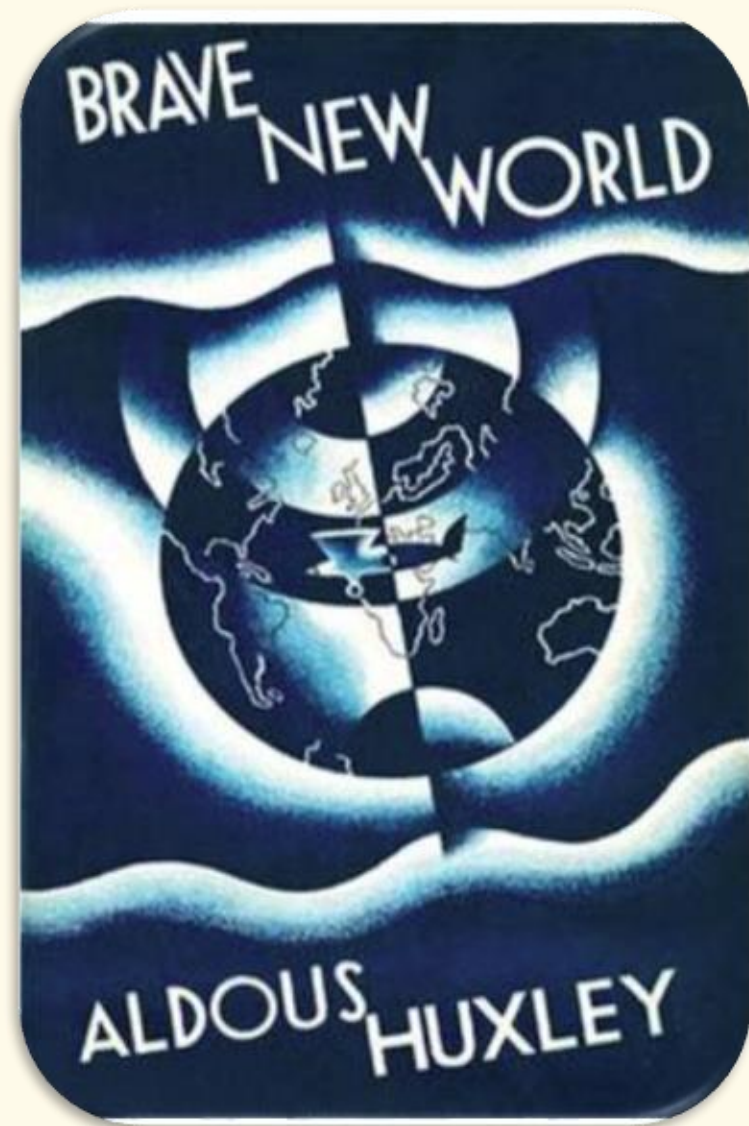
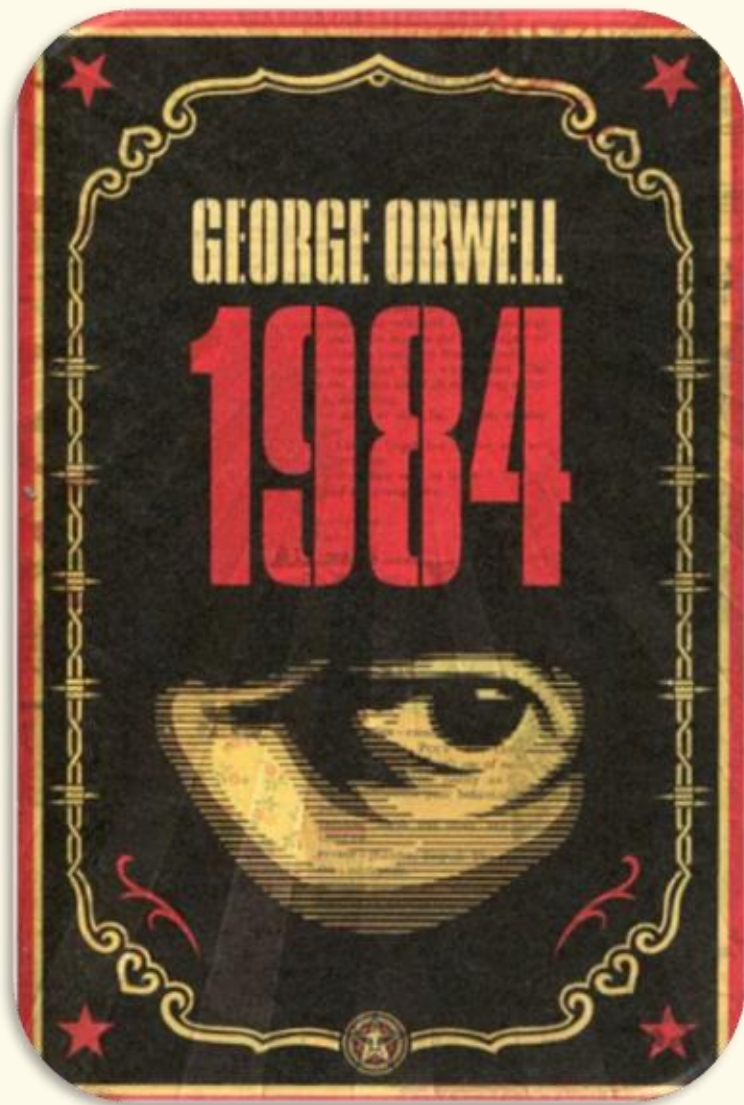


Spiritual Formation for the Digital Age

European Bible School

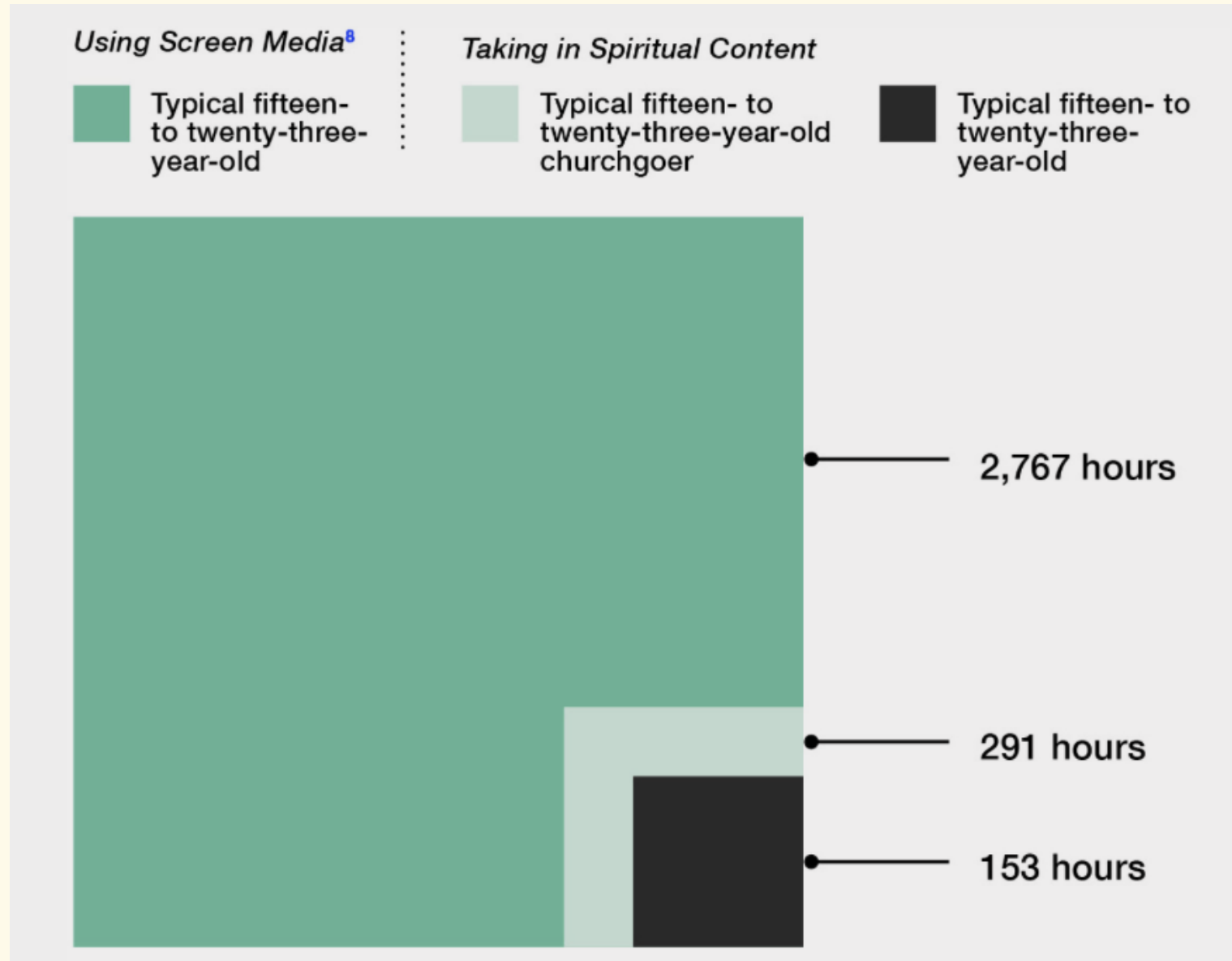
Carlos Santos Aguirre





Orwell feared those who would deprive us of information. Huxley feared those who would give us so much that we would be reduced to passivity and egoism. Orwell feared that the truth would be concealed from us. Huxley feared the truth would be drowned in a sea of irrelevance. Orwell feared we would become a captive culture. Huxley feared we would become a trivial culture [...] As Huxley remarked in *Brave New World Revisited*, the civil libertarians and rationalists who are ever on the alert to oppose tyranny “failed to take into account man’s almost infinite appetite for distractions.” In *1984*, Huxley added, people are controlled by inflicting pain. In *Brave New World*, they are controlled by inflicting pleasure.

—Neil Postman, *Amusing Ourselves to Death*, 20th anniversary ed. (1985; repr., New York: Penguin Books, 2005), xxi-xxii.



David Kinnaman & Mark Matlock, *Faith for Exiles*.

1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:1-2

I

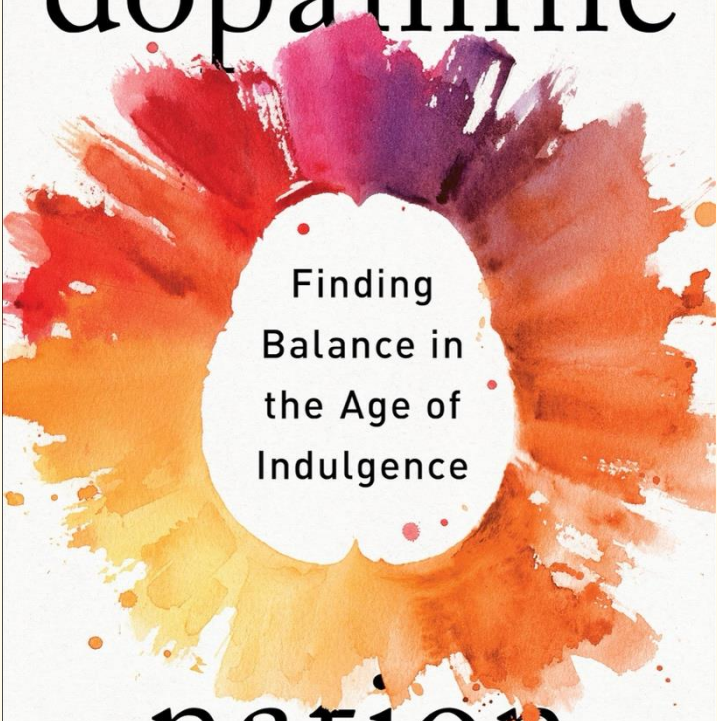
What kind of person is
technology forming us into?



The Hooked model. From Nir Eyal's 2014 book, *Hooked: How to Build Habit-Forming Products*.

NEW YORK TIMES BESTSELLER

dopamine

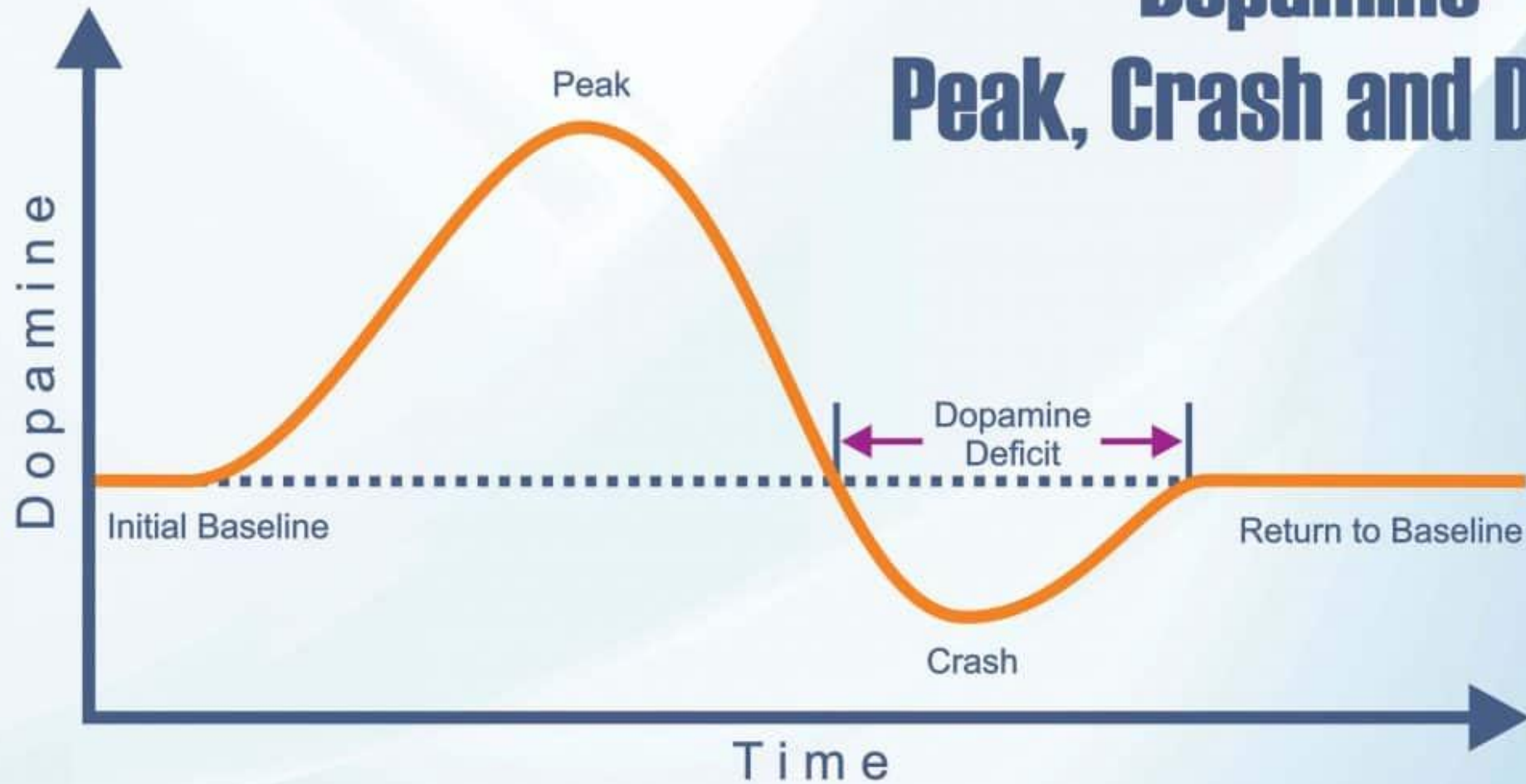


Finding
Balance in
the Age of
Indulgence

nation

ANNA LEMBKE, MD

Dopamine Peak, Crash and Deficit



||

A theology of stewardship

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is.

Ephesians 5:15-16

- “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything. (1 Corinthians 6:12)
- “People are slaves to whatever has mastered them.” (2 Peter 2:19)
- “The fruit of the Spirit is love, joy, peace... self-control.” (Galatians 5:22–23)
- “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion...” (1 Peter 5:8)
- “Therefore be alert and of sober mind so that you may pray.” (1 Peter 4:7)

Faith For Exiles

5 Ways for a New Generation to Follow Jesus in Digital Babylon

David Kinnaman & Mark Matlock

The International Bestseller
JONATHAN HAIDT
The Anxious Generation



How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness

'Urgent and essential'
GUARDIAN

THE TECH-WISE FAMILY

Everyday Steps for Putting Technology in Its Proper Place



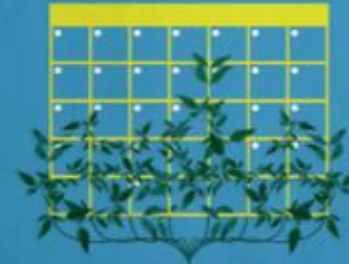
ANDY CROUCH
AUTHOR OF CULTURE MAKING

With new insights and research from **Barna**

SCROLLING OURSELVES TO DEATH
RECLAIMING LIFE IN A DIGITAL AGE
EDITED BY BRETT MCCracken & IVAN MESA

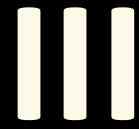
JUSTIN WHITMEL EARLEY

THE COMMON RULE



HABITS OF PURPOSE
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Rule of Life

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THE **7** HABITS OF
HIGHLY
EFFECTIVE
PEOPLE

Stephen R. Covey

UPDATED WITH FRESH INSIGHTS BY
SEAN COVEY
NEW YORK TIMES BESTSELLING AUTHOR

FOREWORD BY JIM COLLINS
AUTHOR OF *GOOD TO GREAT* AND COAUTHOR OF *BUILT TO LAST*

A rule was a schedule and set of practices to order your life around the way of Jesus in community.

“Rule” comes from latin, *Regula*

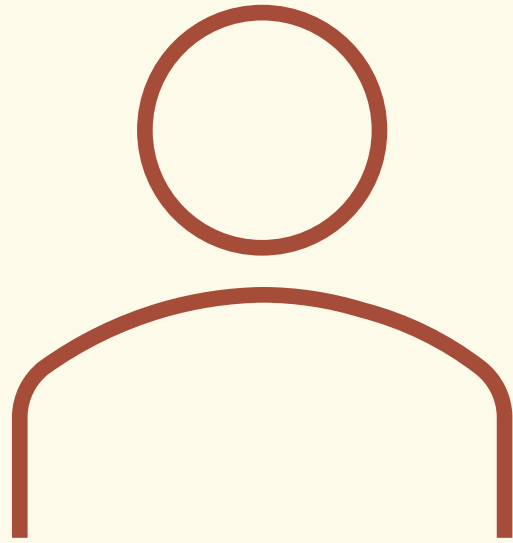
- Meaning: “A straight piece of wood”.
- It also means: Trellis



A rule of life is like a trellis or a structure—in this case a schedule and a set of practices—to set up abiding as the central pursuit of your life.

If a vine doesn't have a trellis, it will die. And if your life with Jesus doesn't have some kind of structure to facilitate health and growth, it will wither away.

Following Jesus has to make it onto your schedule and into your practices or it will simply never happen. Apprenticeship to Jesus will remain an idea, not a reality in your life.



What is our rule of life forming us into?

7 Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. 8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. 9 And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Galatians 6:7-9 (ESV)

RULE OF LIFE - WORKSHOP

Carlos Santos

When thinking about crafting our rule of life is important to take into account our season of life, our tendencies, our strengths and weaknesses, and so on. This means that the best rule of life for you is the one you can follow realistically and one that helps you become a loving presence for others.

The main point is to be wise stewards of the time and attention God has given us and with that in mind to use technology in way that adds value to our lives and everyone around us.

The most "radical" rule of life is not necessarily better. Each individual is unique and the main objective of this workshop is to be intentional about how we use technology so that we are not spiritually deformed.

The following suggestions are trying to tap into three main spiritual strategies:

1. Elimination: Removing the noise, the negative effects (deleting apps, turning off notifications...).
2. Replacement: Filling the void with more restful and life-giving activities.
3. Protection: Setting boundaries for our moments of digital entertainment, the table, the bedroom, and the Sabbath.

Daily	Weekly	Monthly, Seasonally, or Annually
• Bible before phone • Wake up 1 hour before checking your phone, and put your phone away 1 hour before bed • When at home, we don't carry our phones around; they stay at the entrance • Turn off your phone for at least one hour each day • When going for a walk, leave your phone at home • No devices at the table during meals • Have one contemplative meal with God in silence • Leave all devices at your office or in the car	• Have a phone-free day • Have a phone-free half-day • Watch or engage in your favorite digital entertainment intentionally (watch a movie at the cinema every Saturday, play video games with your family on Friday evenings, watch your favorite content creators, etc.) • Cultivate analog forms of consumption, entertainment, and learning (painting, journaling, pottery, reading poetry, reading paper books, creative writing with pen and paper, calligraphy, gardening, board games, etc.) • Abstain from all devices (phones, tablets, TVs, laptops) for one day as part of a digital Sabbath • Have a weekly digital audit with yourself or someone else	• Have a Rule-of-Life friend who is equally committed to growing in this area, and meet once a month to discuss how things are going (what has been great, what has not been so good, experiments you are trying, etc.) • Experiment for 30 days with giving up something you are afraid to live without in order to reflect on whether or not it is a net positive in your life: social media, Wi-Fi at home, etc. • Go on a spiritual retreat with no technological devices (just your Bible, journal, and perhaps a book) • Review all the digital content creators you follow; annually unfollow anyone who cultivates a spirit of comparison, hurry, or anxiety • Every year or quarter, sit down with a pen and paper to rewrite your Rule of Life, adjusting your tech boundaries to your current season of life • Once a year, take a full week off from all personal devices (phones, tablets, TVs, laptops) to practice a deep "digital Sabbath"

ONE-TIME CHANGES IDEAS

- Turn off most notifications from your devices
- Delete email, social media, and YouTube from your phone
- Abstain from playing video games on your own
- Abstain from watching movies and shows on your own
- Use grayscale mode on your phone to reduce its appeal
- Have one phone for work/entertainment and another for daily essentials (maps, music, calls)
- Use a flip phone
- Replace your phone alarm with a regular alarm clock
- No devices in the bedroom
- Have a dedicated place to put all your devices
- Have no TV at home