

Technology and Faith 4: Technology and You

Our minds are changing. Technology is affecting how we think.

Evidence suggests we may be only good at doing one thing at a time.

Inattentional Blindness - so absorbed in one thing we don't see what's around.

Those who multitask a lot with technology are more easily distracted.

Multitasking destroys the ability to focus.

- Part of the brain becomes on constant alert for new stimuli.
- Becoming addicted to the state of distraction.
- Losing the ability to process the thoughtfulness of writing.

Jesus would regularly get alone.

Ask, seek, knock, pursue God. Create times when we can hear his gentle whisper.

Hebrews 3 verse 1.

Hebrew 10 verses 24 to 25.

Allotting time to give undivided attention for building up the body of Christ.

Being out of tune with how God calls us to live.

Luke 12 verses 22 to 28

1. Increase the gap between you and technology.
2. Practise a technology sabbath.
3. Invest in activities that do not involve a screen.
4. Try longer periods of some kind of technology fast.
5. Practise the art of sustained attention to one thing.
6. Try reading a book. Read the bible. Be interactive. Take notes.
7. Go for periods of real solitude.