

Practical Applications.

A. Exercise dominion over the Technology you use.

1. It is wise, generally speaking, for spouses to share **program passwords** to avoid creating hiding places and share mutual accountability.
2. It is wise, generally, for **Parents to have total access to their children's technology**.
3. It is wise to buy and assiduously use **filtering devices** and accountability software.
4. **Delay giving children smartphones and social media accounts until later in their teenage years.** Rates of juvenile depression, anxiety, and suicide have climbed steadily since 2010, especially in the case of girls, about the time when social media and smartphones began to be ubiquitous; social media is also a common denominator in the spread of transgender ideology).¹

B. Show up Physically and Converse with others

1. **A lack of physical presence can often mean a deprivation or lack of love.** It may be experienced as a loss of hope.

Hebrews 10:23-25 states, *“Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”*

2. **Consider making breakfast, lunch, dinner, and car time opportunities to have meaningful talks with young persons in your life.** Deuteronomy 6:7 states: *“And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.”*
3. **Consider using a paper Bible;** Studies indicate that Bible applications and software tend not to result in deep knowledge, understanding, and responsiveness to Scripture, its doctrines, precepts, and practical applications. For example, one researcher administered a “Bible comprehension assessment” to one group of evangelicals with digital bibles and another with paper. Comprehension was noticeably lower among participants in the digital group. Moreover, Dyer observes that “the screen appears to induce a mood

¹ <https://jonathanhaidt.substack.com/p/why-some-researchers-think-im-wrong>

that is more confused [and] less spiritually nourished” than that induced by print Bibles.²

C. “Talk” to your technology meaningfully.

1. **Think twice** before you make a statement or an accusation that could ruin a person’s reputation or impede their spiritual progress. A good name is to be chosen rather than great riches, and favor is better than silver or gold (Proverbs 22:1).
2. **Ask Questions and Make Demands** of the technology you use
 - i. What are the benefits/opportunities and costs/risks?
 - ii. What is the message in *the medium*?
 - iii. How will it create a different world?
 - iv. Who does it shift power to?
 - v. How does it potentially remake us?

If the technology that you use does not meet your demands, it is likely unwise and certainly unproductive to use it. In such a case, the technology is definitively using you.

Book Recommendations

Tech-Wise Family, Andy Crouch

12 Ways Your Phone is Changing You, Tony Reinke

The Age of AI, Jason Thacker

Transhumanism and the Image of God, Jacob Shatzer

God, Technology, and the Christian Life, Tony Reinke

² <https://www.thegospelcoalition.org/reviews/people-screen-dyer/>