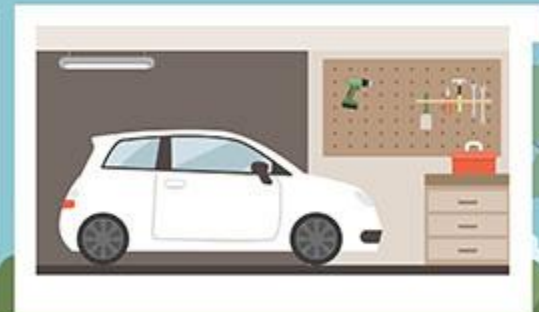




DISCONNECTED



The background features a light blue sky with four white, stylized clouds. Below the sky is a dark blue silhouette of a city skyline with various building shapes. At the bottom, there is a horizontal band of green grass, a white picket fence, and a dark brown soil layer with small dark spots.

SO CONNECTED. WE'RE DISCONNECTED

Psalm 46

PSALM 46



PSALM 46



1 God is our refuge and strength, a very present help in trouble. 2
Therefore we will not fear though the earth gives way, though the
mountains be moved into the heart of the sea, 3 though its waters
roar and foam, though the mountains tremble at its swelling. Selah

6 The nations rage, the kingdoms totter; he utters his voice, the earth
melts.



"One of the great uses of Twitter and Facebook will be to prove at the Last Day that prayerlessness was not from lack of time."

JOHN PIPER

The background features a light blue sky with three white, stylized clouds. Below the sky is a grey silhouette of a city skyline with various building shapes. At the bottom, there is a white picket fence, a green grassy area, and a dark brown soil layer with small dark spots.

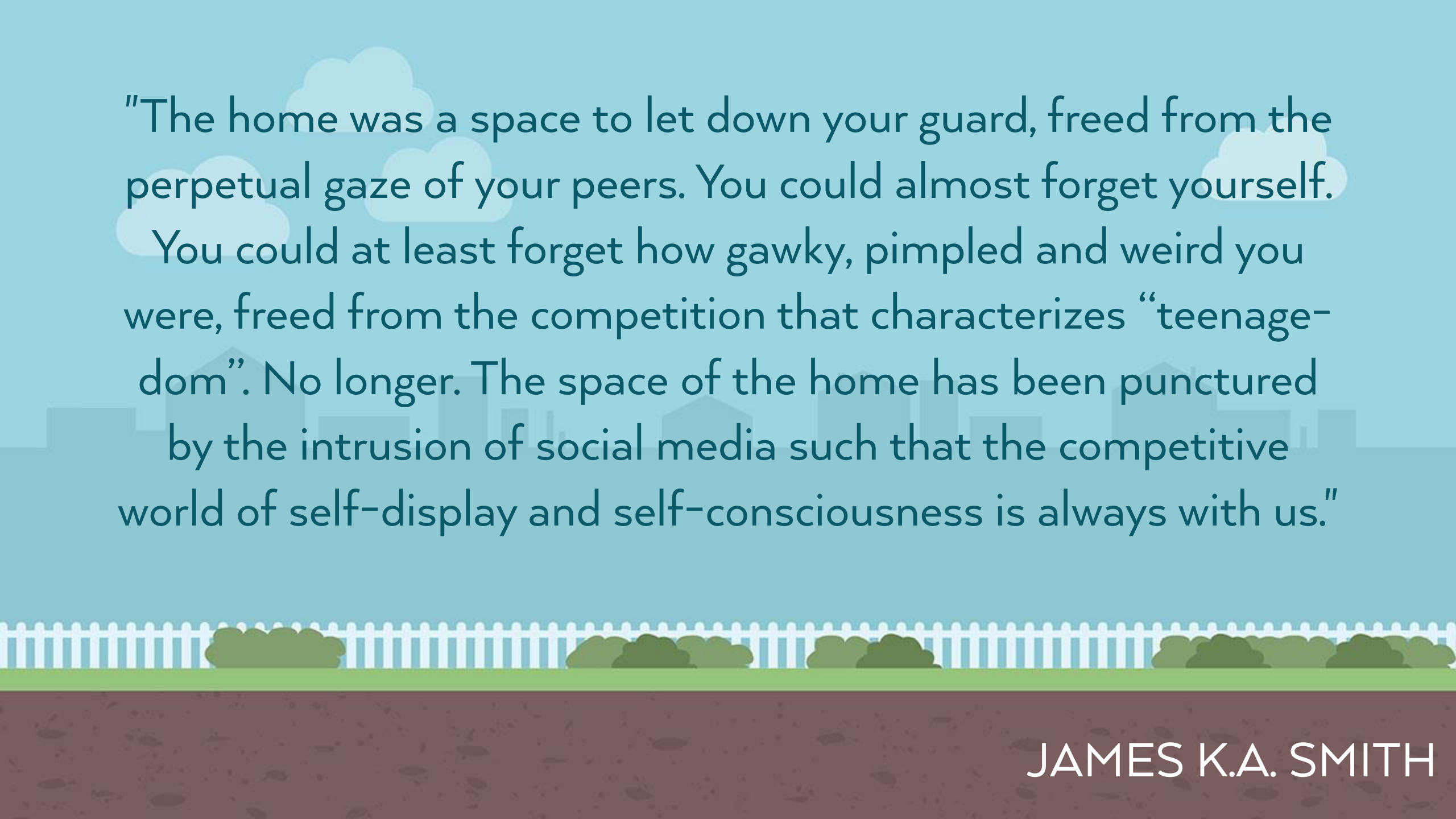
4 hours,

16 minutes

475



Technology has the power to shape relationships.

The background features a light blue sky with stylized white clouds. Below the sky is a faint, light blue silhouette of a city skyline. At the bottom of the image is a white picket fence with several green bushes in front of it. The ground below the fence is a dark brown, textured surface.

"The home was a space to let down your guard, freed from the perpetual gaze of your peers. You could almost forget yourself. You could at least forget how gawky, pimply and weird you were, freed from the competition that characterizes "teenage-dom". No longer. The space of the home has been punctured by the intrusion of social media such that the competitive world of self-display and self-consciousness is always with us."

JAMES K.A. SMITH



Foreword by John Piper




12 WAYS YOUR PHONE IS CHANGING YOU

Tony Reinke

WAYS YOUR PHONE IS CHANGING YOU

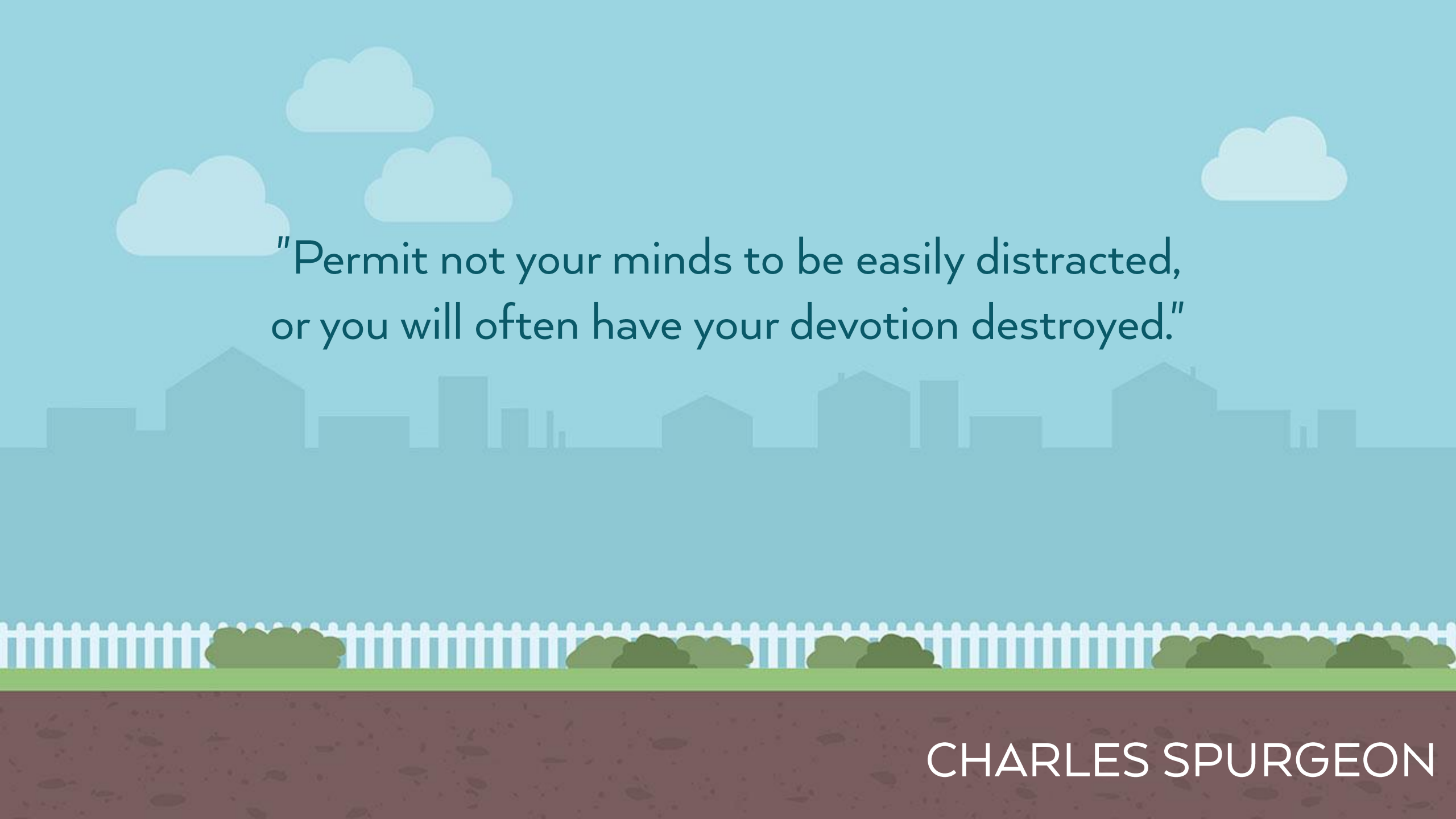
We get lonely.





"The smartphone is causing a social reversal: the desire to be alone in public and never alone in seclusion."

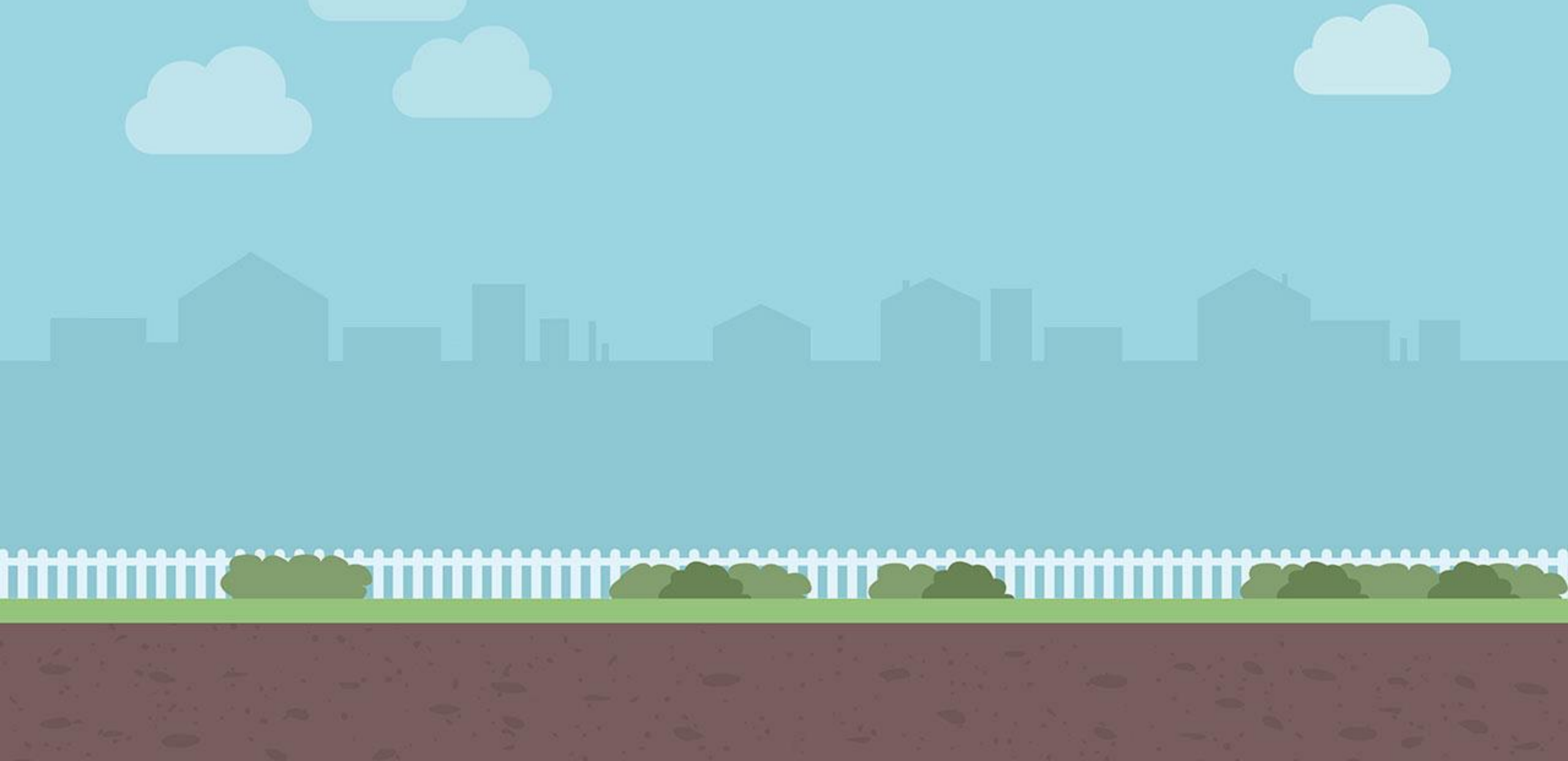
TONY REINKE



"Permit not your minds to be easily distracted,
or you will often have your devotion destroyed."

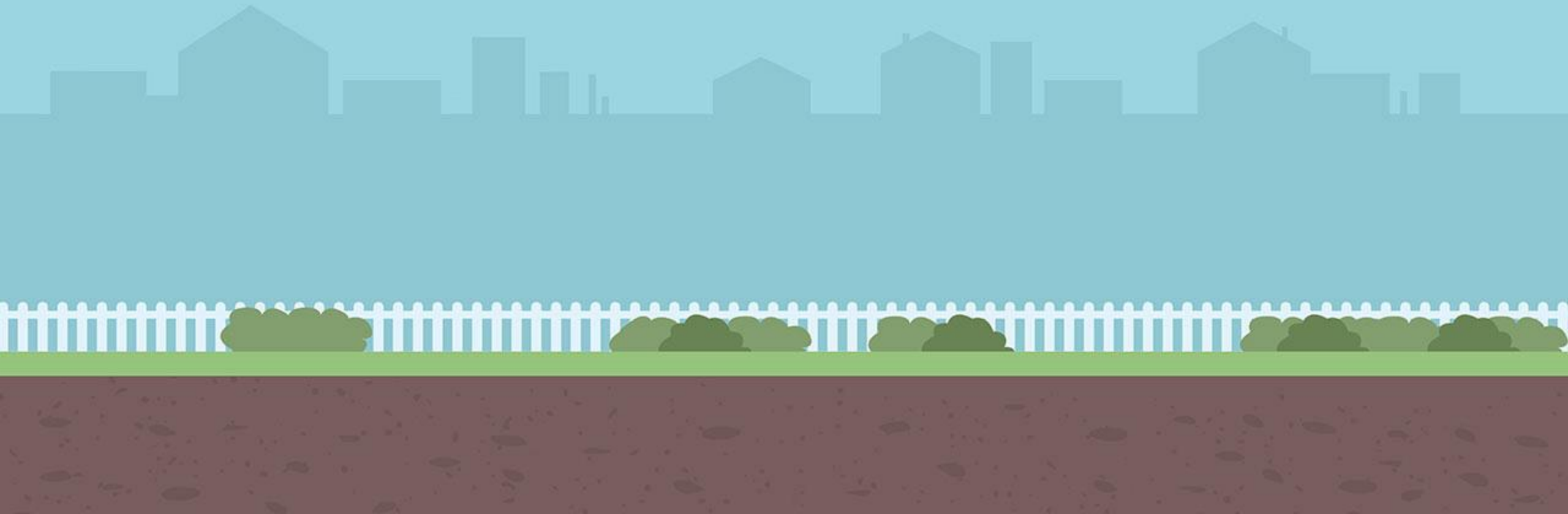
CHARLES SPURGEON

Isolation + feeding on vanity = soul-starving loneliness



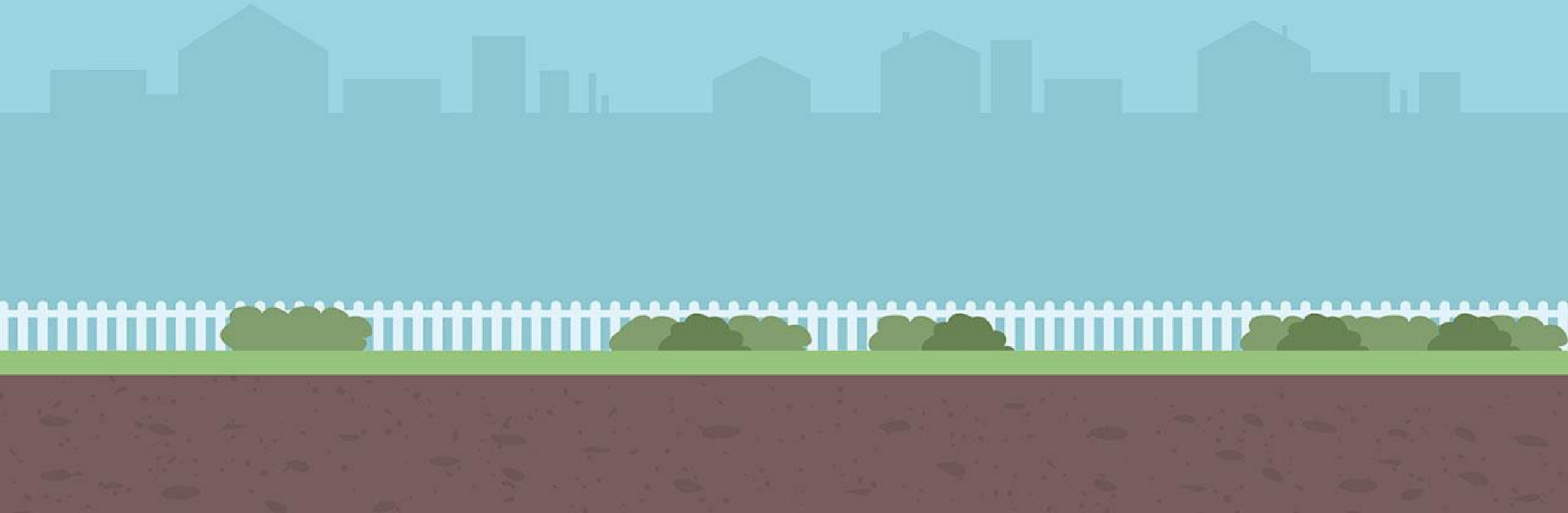
Isolation + feeding on vanity = soul-starving loneliness

Isolation + communion with God = soul-feeding solitude



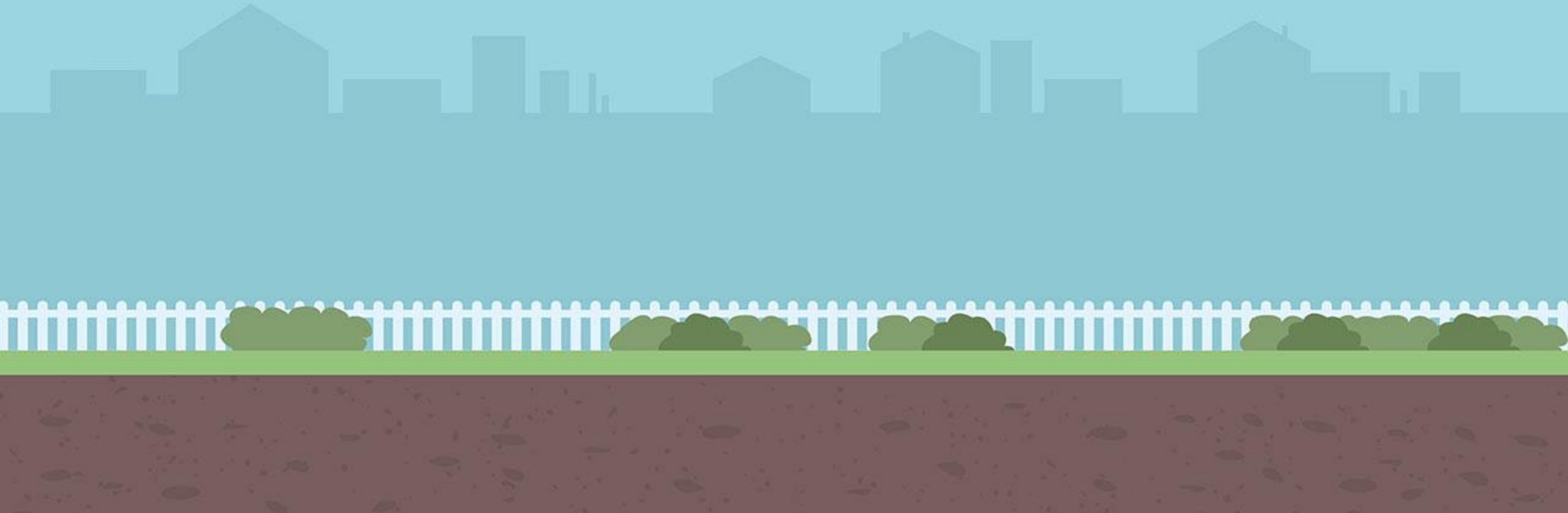
WAYS YOUR PHONE IS CHANGING YOU

We become harsh to one another.



WAYS YOUR PHONE IS CHANGING YOU


We are addicted to distraction.



Nir Eyal

author of *Hooked: How to
Build Habit Forming Products*





"Feelings of boredom, loneliness, frustration, confusion and indecisiveness often instigate a slight pain or irritation and prompt an almost instantaneous and often mindless action to quell the negative sensation."

NIR EYAL

Justin Rosenstein
formerly of Facebook



A portrait of a young man with short brown hair, smiling and looking slightly to his right. He is wearing a dark blue V-neck t-shirt. The background is a bright, sunny outdoor scene featuring a grey, curved architectural element in the mid-ground and a hill in the distance topped with a large, ornate church with multiple spires. The sky is clear and blue.

Josh Rozner
formerly of Google

1 Fairy Mermaids and the flutter flip clud



Once upon a time a tiny village named
flipper flutter had tiny fairys wait not just
fairys but fairy mermaids. They laughed and played
all day long. But there were three tiny fairys who
were adventurist. Their names were coral, splash, flipper.

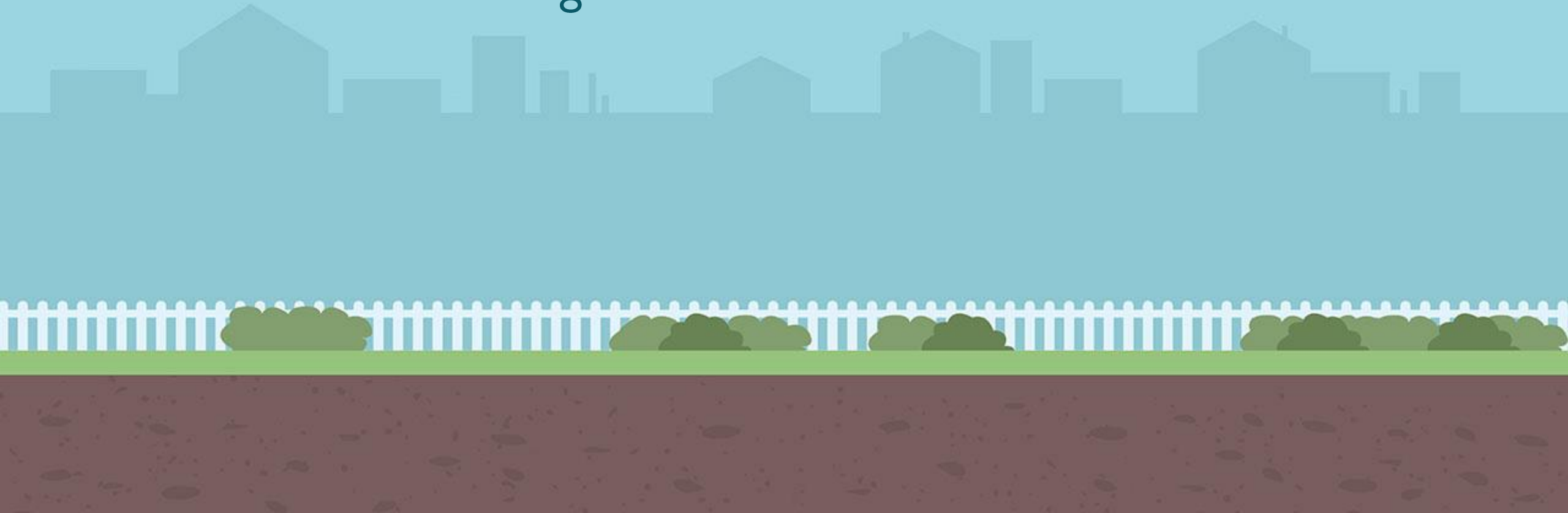


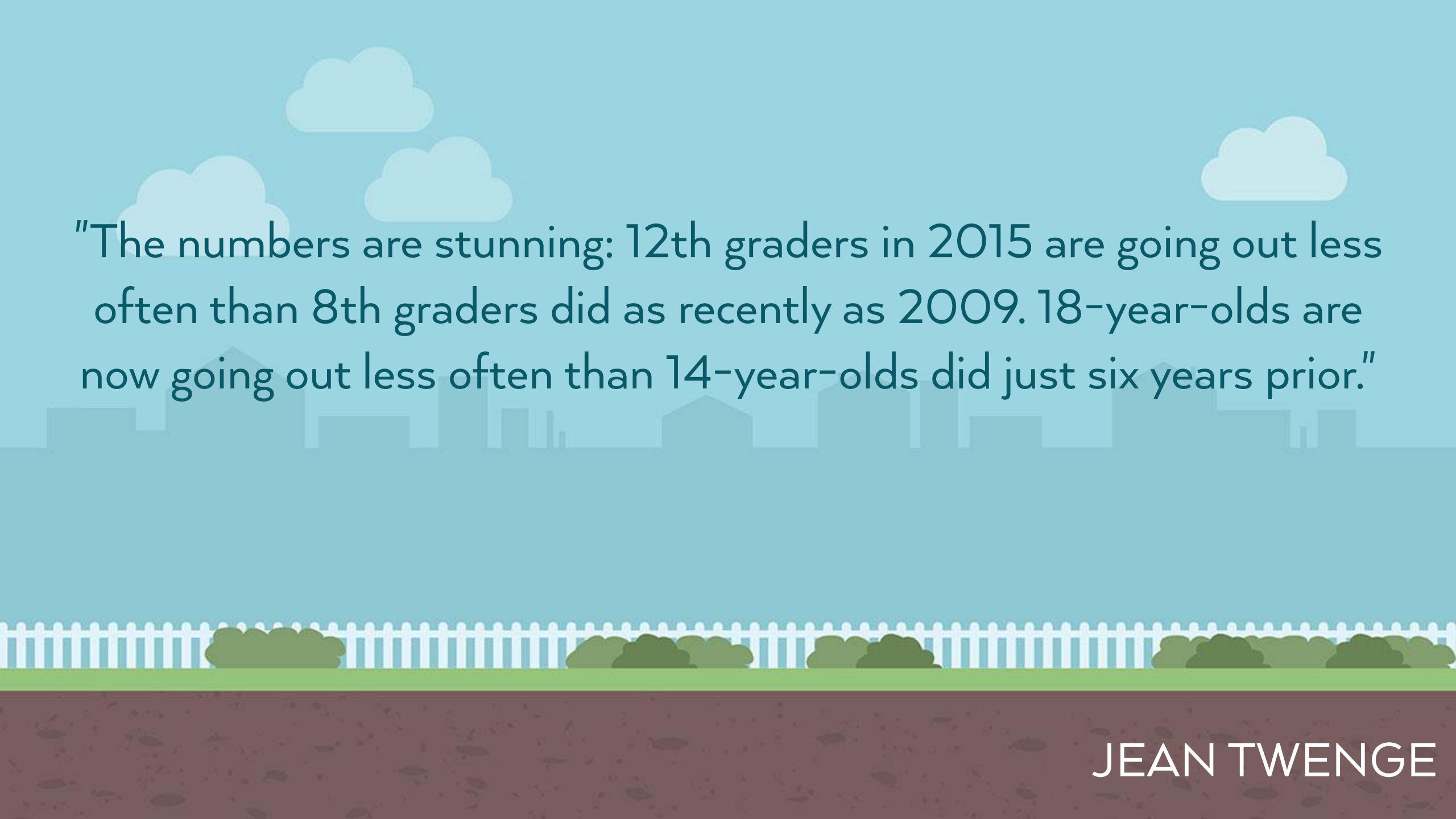
three fairys wished for a club, but their
and bads said no. Because they were too little
it but they wanted to show that they were
little.



WAYS YOUR PHONE IS CHANGING YOU


We ignore our flesh and blood.






"The numbers are stunning: 12th graders in 2015 are going out less often than 8th graders did as recently as 2009. 18-year-olds are now going out less often than 14-year-olds did just six years prior."

JEAN TWENGE



"I feel like we don't party as much. People stay in more often. My generation lost interest in socializing in person—they don't have physical get-togethers, they just text together, and they can just stay at home."

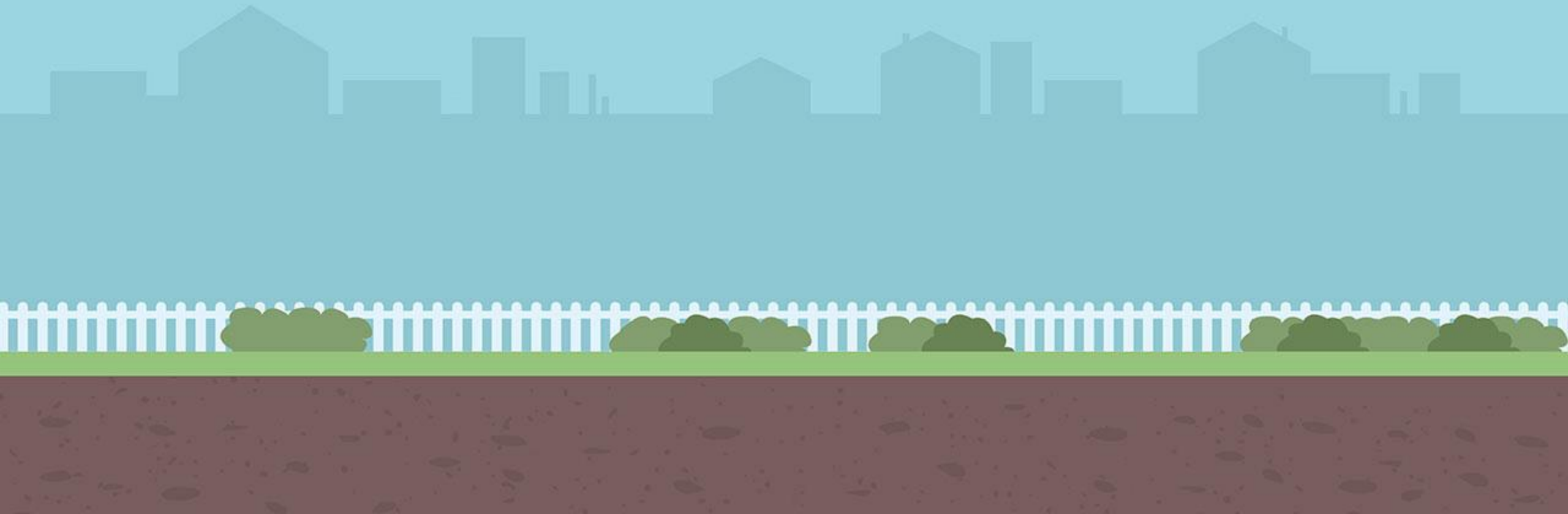
KEVIN, high school student



"We grew up with iPhones. We don't know how to communicate like normal people and look people in the eye and talk to them. Sometimes it makes us, like aliens. We don't know how to talk to people anymore."

PSALM 46:10

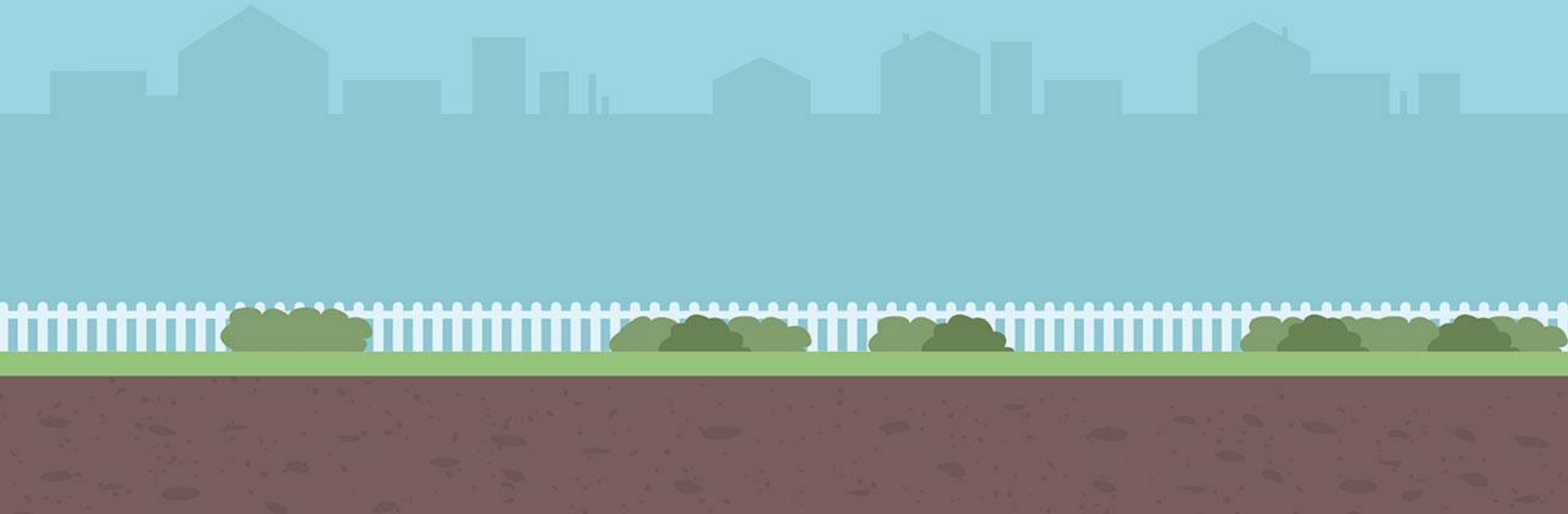
10 “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”





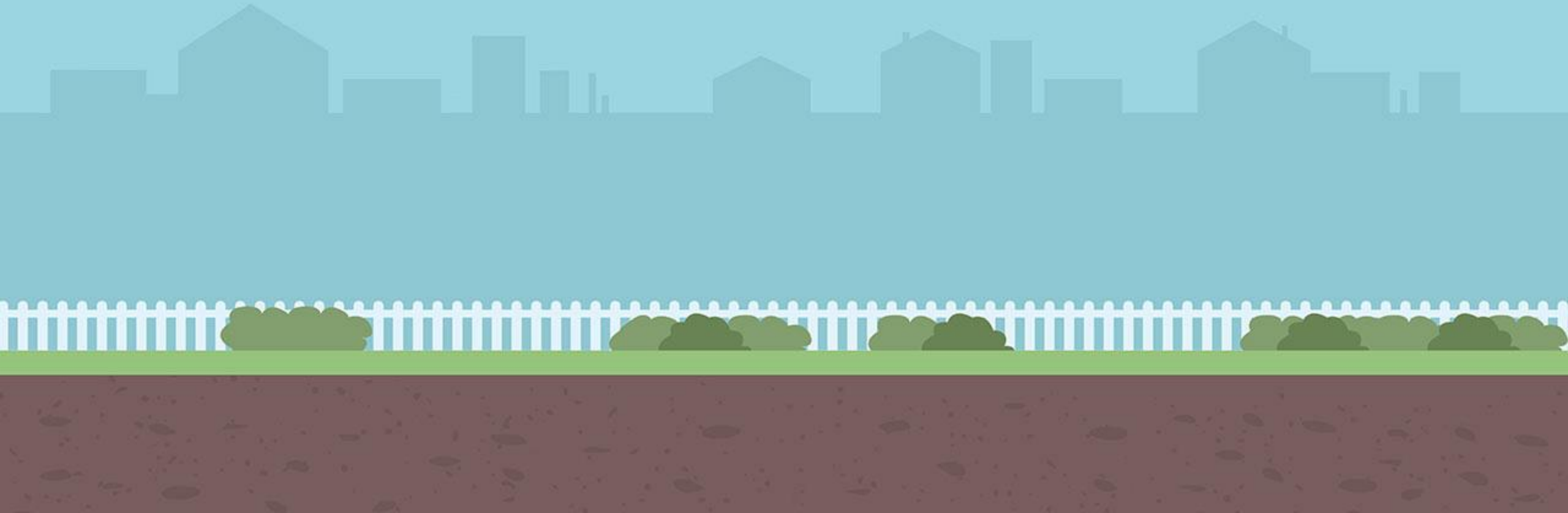
The Longing

We want to be known and loved.



The Light

God fully knows, yet still loves us.





"We don't have to live for likes; we already live from love."

TREVIN WAX