



**Title:** The Social Dilemma- Get your Life Back

**Text:** "You keep him in perfect peace whose mind is stayed on YOU, because he trusts in YOU." (Isaiah 26:3)

**Target:** Technology was made for humans, not humans for technology.

**I. The \_\_\_\_\_ of the \_\_\_\_\_:** (1876-Present)

**A. Simple to Smart:** Landline to Mobile-Home/Car/Pocket

1. **Means of Connectivity:** Text, Call, Email
2. **Tool for Organization:** Multi-Task Orientation
3. **Hub for Information:** Access to the Internet
4. **Touch Screen Interface:** Personalized Applications for every facet of life or interest.
5. **Social Media:** Exchange of information, ideas, and creativity in a virtual network.

**B. Smart to Subliminal:** Direct/Indirect Impact.

1. **Modified Human Behavior:** Distraction becomes Normalized, Escape from Boredom, Comfort to Loneliness, Validation of Worth (affirmation or rejection), Influences Worldview (Single Story)
2. **Substitute for Human Interaction:** Lack of Presence w/ People, Creates Isolation, Shallow Relationship, Fragility in Identity (vanity or insecurity)

**C. Subliminal to Slavery:** (The Goal is Consumption)

**II. The \_\_\_\_\_ in our Screentime:** Tech Intentionality & Human Addiction

**A. Reward System Notifications:** The Goal is Interruption: Intentional distraction by vibrations, sights, sounds. (Phantom vibrations) \*The Release of Dopamine: The chemical release of "happiness" to the brain.

**B. Algorithm Personifications:** Data Manipulation - Based upon your Searches, Engagement, Time allotment

\* (Instagram - Creates a digital profile of you without you actually inputting data)

**C. Psychological Outcomes:** FOMO, Separation or Engagement Anxiety, Depression, Blue Light Exposure.

**III. The \_\_\_\_\_ for Technology:** "Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness." (Romans 6:13)

**A. Tool or Idol:** "There are only two industries that call their customers "users": illegal drugs and software." —Edward Tufte

**B. Search for Significance:** Identity- Genesis 1:27; Purpose- Ephesians 2:10; Comfort- Matthew 11:28; Value- 1 Cor. 7:23; Security- Isaiah 41:10; Control- Isaiah 40:26

**C. Beware of your Triggers:** "But each person is tempted when he is lured and enticed by his own desires." (James 1:14)

**D. Devotional before Digital:** "But seek first the kingdom of God and his righteousness, and all these things will be added to you." (Matthew 6:33)

**IV. The \_\_\_\_\_ for Healthiness:** "All things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be dominated by anything." (1 Cor. 6:12)

**A. Grayscale:** Make your Phone less desirable to look at.

**B. Turn off Non-Urgent Notifications & Alerts:** Stop the Distractions.

**C. Enable Focus Mode:** Notifies others of your intentions.

**D. Monitor Screen Time & Pickups:** Numbers don't lie!

**E. Don't Charge your Phone next to your Bed:** Get an Alarm Clock.

**F. Phone Free Zones:** Be Present with People.

**G. Phone Fast:** 1 Hour Day/Day Week/Week a Year.

**Takeaway:** Do You Control Your Phone — Or Does Your Phone Control You?



AUGUST 19 & 20, 2023

# TELENOVELS

REWATCH SEASON 1 & 2 ON YOUTUBE

## CHECK OUT OUR EVENTS THIS WEEK:

**Monday, August 21st, 6:30pm | Young Adults Gathering**

Located in Central. Ages 25-35.

**Wednesday, August 23rd, 6:45pm | Impact Launch**

Join us as we kick off impact, our midweek gathering for 6-12th grade students! Students, come ready to be encouraged and inspired!

**Thursday, August 24th, 7:00pm | Common Ground**

College students- join us for our Thursday gathering as we dive deep into scripture and community.

**Friday, August 25th, 6:30pm | Celebrate Recovery and The Landing**

*Recovery Community for adults and students.*

*For more information & to register, visit [communitybible.com/events](http://communitybible.com/events)*



FOLLOW US!

@cbcsocial



## UPCOMING SPECIAL EVENTS:

**Friday & Saturday, August 25-26th | MERGE Weekend**

Join our premarital program for seriously dating & engaged couples. Healthy marriages start long before the wedding. For details, email us at [weddings@cbc.email](mailto:weddings@cbc.email).

**Saturday & Sunday, August 26-27th | Baptism Weekend**

The biggest party in all of San Antonio! Baptism is an act of obedience of your decision to believe and follow Jesus. If you have made this decision and have not been baptized we have baptism each month. Please register online before this weekend.

**September 9th, 2023 | CBC 5K**

Don't miss the 15th annual CBC 5K! Walk, roll, or run with a purpose as the 5K raises awareness and support for two organizations on the frontlines for children: Ransomed Life and Ferrari Kid. Check out CBC's events page for more information on registration and sponsorship opportunities.

**September 28th, 6:30pm | Date Night**

Get ready for a night filled with laughter and fellowship celebrating marriage at CBC Date Night. This memorable night will feature speaker Ted Lowe, games and the chance to win exciting prizes. *For more information & to register, visit [communitybible.com/events](http://communitybible.com/events)*

## NEW BELIEVERS & FIRST TIME GUEST:

If you have accepted Jesus as your Savior, we'd like to celebrate with you! Text 'CHRIST' to 210-762-4747.

If you are visiting for the first time, we want to welcome you! Stop by any yellow Connects kiosks for a free gift or text 'GUEST' to 210-762-4747 so we can reach out to you at a later time.

## NEEDING PRAYER?

We have a pastoral team at our CBC Cares area in the lobby ready to pray with you, or you can scan this QR code to fill out a prayer request form.



*If you would like to give through the church, text 'GIVE' to 210-934-8877*



Community BIBLE CHURCH

