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 <u>Progression</u> of the <u>Phone</u>: (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 <u>Science</u> 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 <u>Theology</u> 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 <u>Habits</u> 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?