



Heart-to-Heart
Technology in My Home:
Protecting Our Hearts From Obsession
Week 7 | April 07 (PM) | April 09 (AM) | 2014

Proverbs 4:23 (NLT) "Guard your heart above all else, for it determines the course of your life."

Romans 12:1-2 (AMP) "I appeal to you therefore, brethren, and beg of you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship. Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]."

Dr. Hart and Dr. Hart-Frejd's version of Romans 12:2: Do not be conformed to this [digital] world, but be transformed by the renewing of your [unplugged, Christ-like] mind, that you may prove what is the good and acceptable and perfect will of God.

Increasing our Awareness of the Problem

The digital invasion is shaping our physical health.

The digital invasion is reshaping how we connect with one another.

The digital invasion is shaping our ability to focus.

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"Our digital gadgets are not only privileged intruders, they provide a subtle form of excitement and arousal that overloads our brain's pleasure system, often leading to obsessive habits and emotional dependency." – Dr. Archibald D. Hart

Are you addicted?

The digital invasion is shaping our brain health.

The digital invasion is re-shaping our sleep habits.

The digital invasion is shaping our human attachments.

The digital invasion is shaping a generation of lonely people.

Don't waste real life on virtual life." – Dr. Archibald D. Hart

The digital invasion is re-shaping temptation ... ultimately our sin.

The digital invasion is shaping our personal schedules.

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"Overwhelmed by the volume and velocity of lives, we turn to technology to help us find time. But technology makes us busier than ever, and ever more in search of retreat. Gradually, we come to see our online life as life itself." – Sherry Turkle, MIT Social Psychologist

Steps Toward the Solution to the Problem

"I had a life once ... now I have a computer." - Anonymous

1. CHANGE ONE DETRIMENTAL DIGITAL HABIT.
2. GET REGULAR PHYSICAL EXERCISE.
3. LEARN HOW TO RELAX.

"Without solitude, it's nearly impossible to have a spiritual life." – Henri Nouwen

4. IMPROVE YOUR SLEEP PATTERNS.
5. LIMIT YOUR TIME ON FACEBOOK.

If you are a parent, use your influence over the digital invasion in your home and child's life:

- ✓ Have an honest talk with your child or family.
- ✓ Challenge your kids to change one thing about their digital habits.
- ✓ Share your own struggles and what you are doing to manage digital invasion on your habits.
- ✓ Consider changing some family habits or setting family guidelines about digital use.
- ✓ Teach your kids to use digital gadgets for information-telling not to communicate thoughts and feelings.

For Further Study

Psalm 119:24-37

Proverbs 4:20-27

Isaiah 30:1-18

Jeremiah 6:16 (try to read in Amplified Bible)

Romans 12:1-2

Colossians 3:1-10

Ephesians 5:15-17



The Digital Invasion: How Technology Is Shaping You and Your Relationships by Dr. Archibald D. Hart and Dr. Sylvia Hart Frejd

"In the world of technology, there are just two kinds of people: digital natives and digital immigrants. Digital natives are those born after the advent of the internet. They are comfortable with swift technological change and take the presence of technology in their lives almost completely for granted. They have digital DNA flowing through their bodies. On the other hand, digital immigrants are those born before the advent of the internet. Their comfort level with our technology-soaked world is more variable. But they are affected by the digital invasion just as much as their native children. With the latest research supporting them, Dr. Archibald Hart and Dr. Sylvia Hart Frejd uncover both the subtle and the dramatic ways digital technology is changing us from within, focusing their expose eacute; on the impact on the spiritual life of individuals. Through insights from neuroscience and psychology, they offer readers therapeutic and biblical strategies for handling the digital invasion in order to become good stewards of their digital lives. Parents, educators, students, counselors, and pastors will especially appreciate this cultural wake-up call."

<http://www.digitalkidsinitiative.com/>

What is the Digital Kids Initiative?

The cultural context of children and teens is changing at breakneck speed, especially when it comes to technology. These changes leave kids facing a host of unprecedented problems, challenges, and choices. Because parents, youth workers, educators and other adults are by and large ignorant to these changes, their ability to influence, guide and direct teens in this new world is oftentimes forfeited. The Center for Parent/Youth Understanding (CPYU) has launched the Digital Kids Initiative in response to these needs. This site is designed to offer information and tools that will help you lead the kids you know and love into living safely, wisely and to the glory of God on the emerging digital frontier. They provide information and resources for parents, youth workers and educators to help kids navigate their digital world.

<http://www.just1clickaway.org/>

The Purpose of Just1ClickAway

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Just1ClickAway (J1CA) is not a stand-alone piece - it is one facet, or track, of a much broader ministry emphasis - the Bare Facts. The purpose of the Just1ClickAway video is to raise awareness about the threat of Internet pornography and to network with other organizations to offer solutions for families and individuals of all ages and stages. The Just1clickaway.org website promotes the *Bare Facts* messages and products, along with many other referrals to articles and partner organizations who are working in the areas of prevention, addiction, and education - all groups that are offering solutions.



Should I Just Smash My Kids Phone? by Doug Fields and Jonathan McKee

How to empower your kids to make good choices and develop responsibility... without losing your mind! RESPONSIBILITY ISN'T GENETIC! Today's parents wonder, "Why isn't my kid more responsible?" Or they'll say, "I wish my child were better at decision making!" Unfortunately kids aren't born with those skills... they're waiting for their parents to be their primary teachers. And that is no easy task! The job of a parent is extremely difficult... and yet so very important.

Today's kids have so much power and freedom contained in the small phone they keep in their pocket... and they're encountering distractions unlike any previous generation. In a culture where children are too old too soon, parents don't want to overreact, but they are desperate for some realistic and fair guidelines. They're asking:

- "Is it okay to check my daughter's text messages?"
- "How long is too long for my son to spend on his social networking site each day?"
- "Can I change or adjust rules for each of my kids, depending on their personality and struggles?"
- "My daughter is nothing like my son!"
- "My 11-year-old wants a phone, and literally all her friends have one. Should I buy her one?"

Don't worry... you're not alone! Doug and Jonathan, both parents of teenagers, are here to help. Dive into this extremely practical guide and learn how to...

- Teach your kids lasting values that shape their decisions.
- Empower your kids with age appropriate freedom while equipping them to make decisions on their own.
- Implement some fair and realistic "guardrails" keeping our kids from veering off course.
- Get your kids to come up with their own consequences to irresponsible behavior.



CyberSafe: Protecting and Empowering Kids in the Digital World of Texting, Gaming, and Social Media by Gwen Schurgen O'Keeffe

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From helping children deal with cyberbullying to identifying control systems for monitoring their online activities, this guide steers parents through the often intimidating digital landscape where young children can be plugged in 24/7. In addition to informing about the latest trends in technology - social-networking sites such as Facebook and MySpace, gaming systems, mp3 players, and cell phones - this handbook empowers parents to embrace the new innovations and help children get the most out of technology in a safe, well-informed manner. Suggestions for setting boundaries by age group, a cyber dictionary, sample family internet-safety pledges, and listings of additional resources are also included.