

# Technology And Our Heart

Technology in today's world is integrated into many aspects of our lives. Apps keep us up-to-date. Devices keep us connected to loved ones and our church family. Work tasks are increasingly done remotely via online meetings. Consider the role of technology in your life in light of the global COVID-19 pandemic of 2020 and the shelter-in-place our federal and state governments have created. These changes in our typical schedules have had the potential to draw us into technology with a much greater propensity and has become a vital and even necessary connection tool for many of us. Yet, this integration of technology can have a dramatic impact on our daily lives, including our spiritual walk. While scripture doesn't mention terms like "breaking news" or "CDC reports" or "Facebook feed", it gives us concepts which serve as heart checks to consider how we are stewarding our hearts and our sound minds at all times, even in the midst of an event like COVID-19 (2 Tim. 1:7). Below are a few concepts and questions to bear in mind:

## WHAT AM I PRIORITIZING?

Concept: Stewarding my time is key aspect of sanctification in Christ.

Consider: What consumes my time and thoughts in today's world? What am I meditating on...media reports or God's Word? *"See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil." Eph. 5:15-16*

## WHERE AM I SHOWING DISCIPLINE?

Concept: Each of us is gifted with different strengths and also different weaknesses.

Consider: How is my media consumption affecting myself? My family? What am I willing to abstain from when it is not edifying my sound mind and heart?

*"That every one of you should know how to possess his vessel in sanctification and honour;" - 1 Th 4:4*

## HOW AM I SHOWING BALANCE IN MY REACTIONS?

Concept: Reacting well to different, uncontrollable circumstances is a sign of maturity and growth.

Consider: What is my natural inclination when news seem unfavorable or my freedoms or desires are not granted? How do I answer the question, "If \_\_\_\_\_ happens, then I feel \_\_\_\_\_."? How do I demonstrate worship by turning toward Christ and truth when disappointed instead of turning toward fear?

*"And not only [so], but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us." Rom. 5:3-5*

## WHAT AM I RECITING TO MYSELF?

Concept: Scriptures on our heart and mind ground us and encourage us amid difficult circumstances.

Consider: What scriptures can I recite and believe right now that bring encouragement when I hear a friend's anxiety? How completely do I turn toward and trust in God's providence in the midst of distressing times?

*"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Is. 26:3*

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These concepts and questions touch the surface of a healthy application of technology. A host of resources are available on our website to help individuals, families, or groups consider technology in our lives.

The following are brief descriptions of several resources you will find at [www.accounseling.org/technology](http://www.accounseling.org/technology):

- **Five Technology Questions to Consider:** This short resource highlights five important questions which we should ask ourselves when we consider the impact technology may be having on our lives.
- **Technology Teaching Principles Discussion Aids:** Too often technology can become a battleground instead of a teaching opportunity. These discussion aids build a framework for discussion around technology principles and are separated by age level.
- **Technology Sunday School Lessons:** Sunday School is a key venue where biblical principles can be taught. These lessons adapt technology discussion questions and teaching points into a Sunday School lesson format for various age levels.
- **Breaking Bread Podcast on Technology:** This two-part podcast spends time walking through principles to consider as you evaluate your technology use. It builds off the concepts in our presentation, *Safe Technology Use for the Whole Family*.
- **Family Technology Plan:** Families provide the important avenue where technology teaching should be fostered. This resource will help families set up a technology plan with their children as they encourage growth and discussion in this area.