

Foreword by John Piper



12 WAYS YOUR PHONE IS CHANGING YOU

Tony Reinke

**12 ways your
phone is
changing you**
Tony Reinke

- (1) amplify our addiction to distractions (ch 1) and thus**
- (2) splinter our perception of our place in time (ch 12)*
- (3) push to evade the limits of embodiment (ch 2) and thus**
- (4) cause us **to treat one another harshly** (ch 11)*
- (5) feed our craving for immediate approval (ch 3) and thus**
- (6) promise to hedge against our fear of missing out (ch 10)*
- (7) undermine key literary skills (ch 4) and thus**
- (8) because of our lack of discipline make it hard for us to identify ultimate meaning (ch 9)*
- (9) provide a buffet of produced media (ch 5) and thus**
- (10) feed our vices (ch 8)*
- (11) overtake and distort our identity (ch 6) and thus**
- (12) tempt us towards unhealthy isolation and loneliness (ch 7)*

Intro...

- January 9th 2007
- Time Magazine: it's the single most influential gadget of all time, it ***"fundamentally changed our relationship to computing and information - a change likely to have repercussions for decades to come."***
- But a tension...
- Questions to be asked...

My phone is a window into
the worthless and the worthy,
the artificial and the authentic.
Some days I feel as if my phone is
a digital vampire, sucking away my
time and my life.
Other days I feel like a cybernetic
centaur - part human, part digital
as my phone and I blend
seamlessly into a complex tandem
of rhythms and routines.

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“My phone screen divulges in razor sharp pixels
what my heart *really wants*.

The glowing screen on my
phone projects into my
eyes the desires and loves
that live in the most
abstract corners of my
heart and soul, finding
visible expression in pixels
of images, video, and text
for me to see and
consume and type and
share”

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(1) amplify our addiction to distractions (ch 1)

- *“distractions give us an escape from the silence and the solitude whereby we become acquainted with our finitude, our inescapable mortality, and the distance of God from all our desires, hopes and pleasures”*

Pascal (17th C)

- *“Its difficult to serve God with heart, soul, strength and mind when we are diverted, distracted and multi-tasking everything”*

Doug Groothuis (1997)

(2) splinter our perception of our place in time (ch 12)

- We lose our place in time

(3) push to evade the limits of embodiment (ch 2)

- *we ignore our flesh and blood*
- *“when our cognitive actions are separated from our bodily presence, we tend to over prioritise the relatively easy interactions in the disembodied online world and undervalue the embodied nature of the Christian faith”*

**(4) cause us to treat one another
harshly (ch 11)**



An app for the People

(4) cause us to treat one another harshly (ch 11)

- “faultfinding is an ancient hobby, meant to prop up a façade of self-importance, even among Christians”
- A culture of ‘outrage porn’

(5) feed our craving for immediate approval (ch 3)



- *Over sexualization, perfect food photos, perfect travel vlogs - it is textbook how I got famous... everyone goes through life differently - myself growing up with social comparing so easily available - it consumed me*
- *I spent 12-16 wishing I was someone else. Then I spent 16-19 constantly molding myself, editing and self-promoting the best parts of my life - which turned into a massive career based on numbers and how I looked aesthetically”*
- *“Being born into this screen dominated age, we are taught to mold ourselves in order to gain the most social validation... I’ve simply taken myself out of the sculpting studio. I don’t want to look to others for how I should live, speak and create”*
- *“I don’t blame anyone for my actions or how much I was absorbed by social media, my appearance and this 2D world. It was me, I was being deceitful, I was lost, I was sick and I needed serious help. But of course I didn’t know that at the time. At the time I thought more money, more of these friends, being thinner ... that would solve this internal misery.”*

(5) feed our craving for immediate approval (ch 3)

- In church we can't *hide* (as easily)
 - self-edit
 - separate
- A question of glory

(6) promise to hedge against our fear of missing out (ch 10)

- “The sobering question for the disciple is whether our attention is being drawn to something worthwhile. Spectacles are ephemeral, which is why those who suffer from FOMO are always on the lookout for The Next Big Thing. Disciples who are awake to reality have their attention fixed on the only breaking news that ultimately matters, namely, the news that the kingdom of God has broken into our world in Jesus Christ.”

*“we can readily tabulate how many ‘likes’,
how many comments, how many favourites,
how many retweets or repins our friend’s
status/picture/tweet/post received, versus
how many ours received. To the envious
heart, each one of these little icons of
approval is a red-hot poker, stoking the
burning fire of bitterness and envy”*



(7) undermine key literary skills (ch 4)

The more time I spend reading 10 second tweets and skimming random articles online, the more it affects my attention span, weakening the muscles I need to read scripture for long distances.

Tripp Lee



***(8) because of our lack of discipline make
it hard for us to identify ultimate meaning
(ch 9)***



**(9) provide a buffet of produced
media (ch 5)**

Fish live in water.

Celebrities live in replicating images.

For celebrities to survive another day, they must find ways of replicating images of themselves over and over. Celebrities must stay in the news - that is their job - and the corporations that bank on the celebrities need to keep pushing those icons forward too.



This means celebrity culture survives on cameras - lots and lots of cameras.

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(9) provide a buffet of produced media (ch 5)

3 questions:

- 1) social capacity for our phones
- 2) memories





(9) provide a buffet of produced media (ch 5)

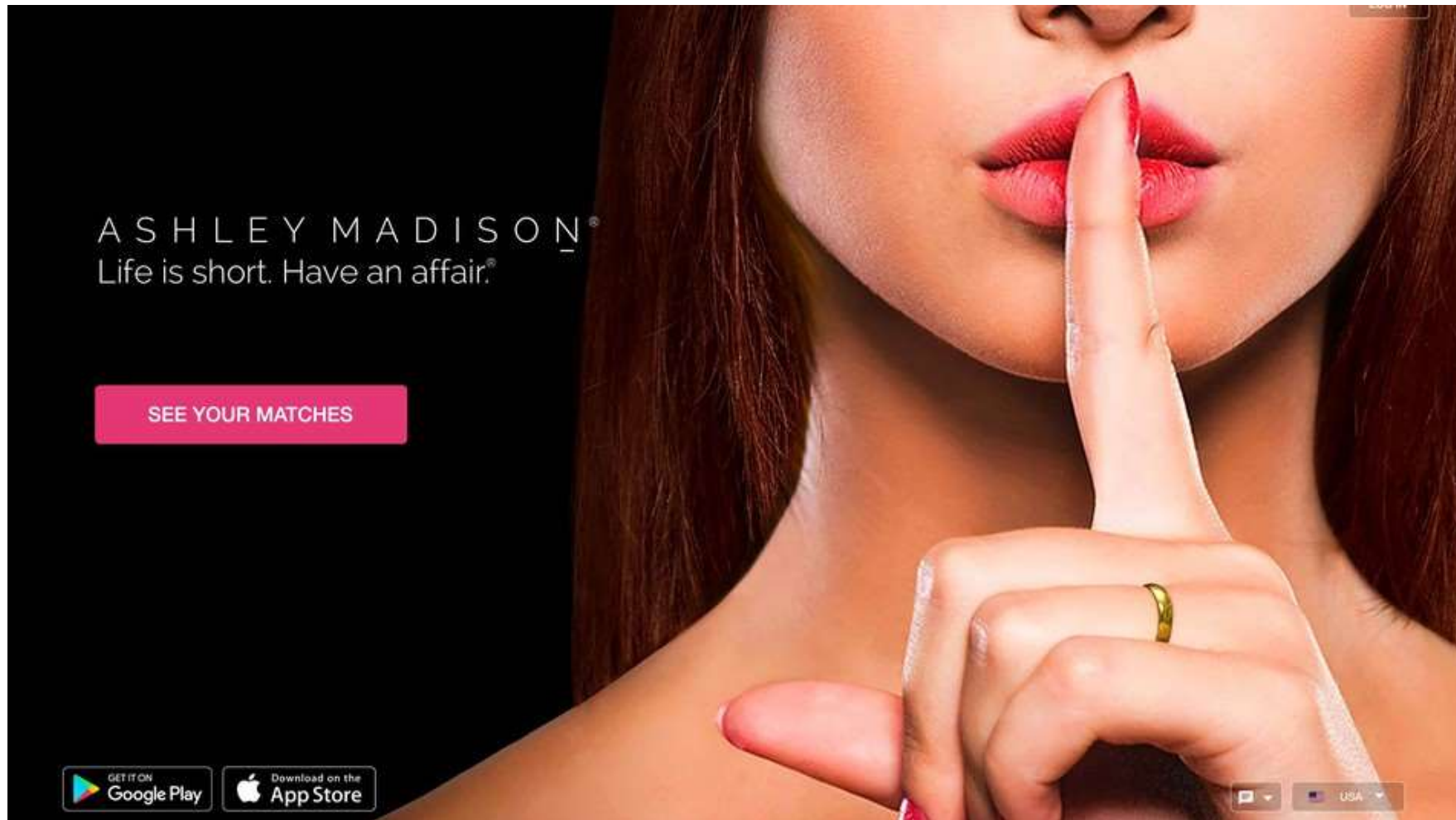
3 questions:

- 1) social capacity for our phones
- 2) memories
- 3) glory grabbing?

3 thoughts:

- 1) admit we are targets
- 2) learn to enjoy our present lives in faith
- 3) celebrate (the right things)

(10) feed our vices (ch 8)



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(10) feed our vices (ch 8)

- **Anonymity is where sin flourishes**
- **Porn available**
- **All kinds of knock on effects...**
- (talk to someone)

(10) feed our vices (ch 8)

- **Anonymity is where sin flourishes**
- **Porn available**
- **All kinds of knock on effects...**
- **(talk to someone)**
- **We're a people who focus on the unseen**

(11) overtake and distort our identity (ch 6)

- Narcissus?



(11) overtake and distort our identity (ch 6)

- **We become what we worship**
- **God did not make us to be an end in ourselves**

(12) tempt us towards unhealthy isolation and loneliness (ch 7)

- *Technology always ends up isolating people*
- *Technology gets miniaturized and personalised*
- “In solitude we find ourselves; we prepare ourselves to come to conversation with something to say that is authentic”

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So what?

- *Complicated & cutting edge*
- *Needs more thinking and prayer*
- *Perhaps take 2 things from this*