

Dealing With the Dangers of the Digital World

Psalm 23 Revised

The clock is my dictator, I shall not rest.

It makes me lie down only when exhausted.

It leads me into great depression, it hounds my soul.

It lead me in circles of frenzy, for activity sake.

Even though I run frantically from task to task, I'll never get it all done.

For “my ideal” is with me; deadlines and need for approval, they drive me.

Psalm 23 Revised

They demand performance from me beyond the limits of my schedule.

They anoint my head with migraines, my in-basket overflows.

Surely fatigue and time pressure shall follow me all the days of my life.

And I will dwell in the bonds of frustration forever.

Psalm 46

- Born in the context of severe stress.
- Is a balm for the stress-ridden.
- Was the context for Martin Luther's famous hymn:
"A Mighty Fortress is Our God."

Psalm 46

- Theme is the first verse.
- God is our help in trouble.
- “Trouble” - restricted, narrow place.
- Between a rock and a hard place.
- God is your refuge and strength.

Psalm 46

- Upheaval in nature (vs 1-3)
 - I will not fear
- Civil unrest (vs 4-7)
 - I will not fall
- Post-battle fatigue (vs 8-11)
 - I will be still

Psalm 46:1-3

“God is our refuge and strength, A very present help in trouble. Therefore we will not fear, though the earth should change. And though the mountains slip into the heart of the sea; Though its waters roar and foam, Though the mountains quake at its swelling pride.”

Conquering fear (1-3)

- Earthquakes, fires, tornadoes.
- Isaiah 41:10 - Do not fear, for I am with you, Do not anxiously look around you for I am your God.”
- Joshua 1:9 - “Be strong and courageous.”
- Psalm 21:1 - “The Lord is my light and salvation; Whom shall I fear? The Lord is the defense of my life; Whom shall I dread.”

Psalm 46:4-7

“There is a river whose streams make glad the city of God, The holy dwelling places of the Most High. God is in the midst of her, she will not be moved; God will help her when morning dawns. The nations made an uproar, the kingdoms tottered; He raised His voice, the earth melted. The LORD of hosts is with us; The God of Jacob is our stronghold.”

Standing fast (4-7)

- Hebrew word “moved” means “to totter and shake.”
- Football term - shaken up on the play.
- Holy Place was safe, but even it fell to Babylon.
- God is a stronghold and a fortress.

Psalm 46:8-11

“Come, behold the works of the LORD, Who has wrought desolations in the earth. He makes wars to cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariots with fire. Cease striving and know that I am God; I will be exalted among the nations, I will be exalted in the earth. The LORD of hosts is with us; The God of Jacob is our stronghold.”

Be still (8-11)

- Hebrew meaning is “relax.”
- Similar to the English word “chill.”
- When is the last time you took time to relax?
 - Stay around the dinner table.
 - Took time to go for a walk.

Choice Overload

- 125 kinds of yogurt
- 551 kinds of coffee
- 1500 movies/month from satellite dish
- 19,000 ways to order a cup of coffee at Starbucks
- 25 million versions of cars

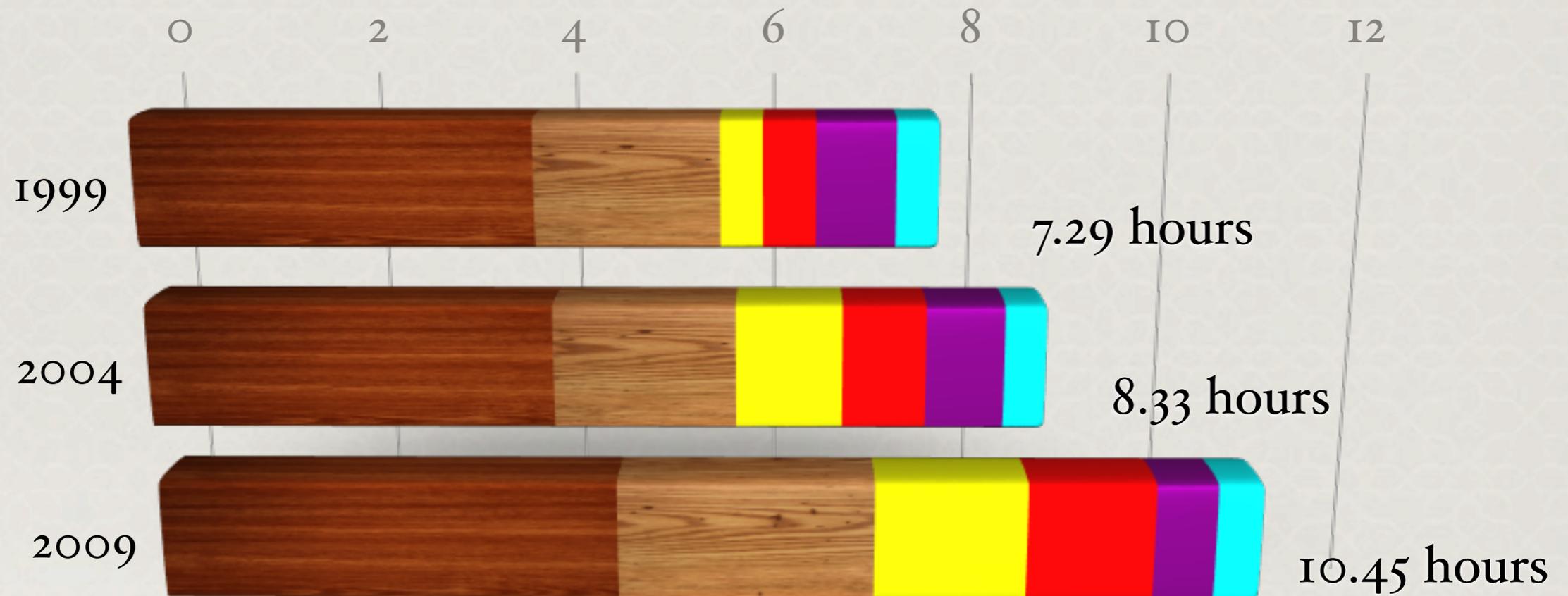
Digital Overload

- YouTube users upload 72 hours of new video
- Email users send 204,166,167 messages
- Google receives over 2,000,000 search queries
- Facebook users share 684,478 pieces of content
- Twitter users send over 100,000 tweets

Digital Overload

- Apple receives about 47,000 app downloads
- Organizations on Facebook receive 34,722 “likes”
- Instagram users share 3,600 new photos
- 571 new websites are created
- WordPress users publish 347 new blog posts

Media Usage by Youth



Kaiser Family Foundation, January 2010

Media and Our Brains

Media and Our Brains



- In the movie 2001: A Space Odyssey, Dave Bowman begins disconnecting the memory circuits of HAL.
- “Dave, my mind is going” HAL says forlornly. “I can feel it. I can feel it.”

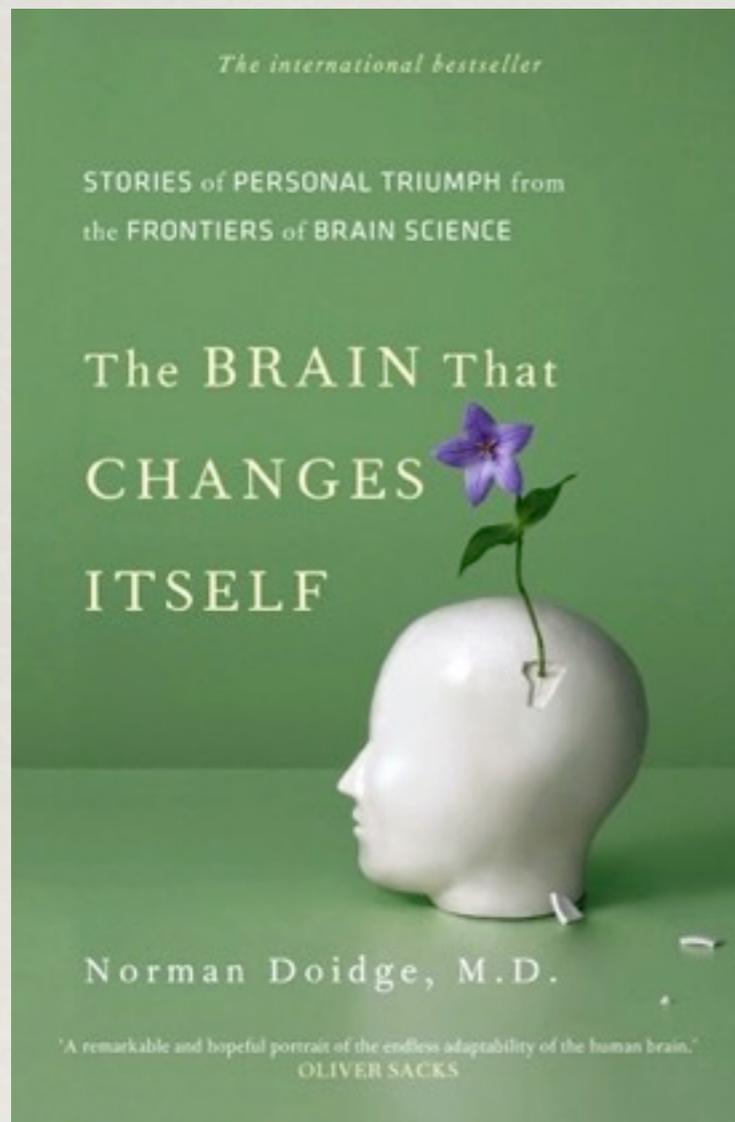
Media and Our Brains

WHAT THE
INTERNET
IS DOING TO
OUR BRAINS

THE Nicholas Carr
AUTHOR OF *THE BIG SWITCH*
SHALLOWS

“I can feel it too. Over the past few years I’ve had an uncomfortable sense that someone, or something, has been tinkering with my brain, remapping the neural circuitry, reprogramming the memory.”

Media and Our Brains



- Michael Bernstein - severe stroke damaging part of the brain controlling left side.
- Each day he did different tasks with left side. He was coaxing neurons and synapses to form new circuits.

Media and Our Brains



- Edward Taub conducted experiments on right-handed violinists.
- The brain areas of the violinists were significantly larger than for nonmusicians.



Increased Cortical Representation of the Fingers of the Left Hand in String Players

Thomas Elbert, Christo Pantev, Christian Wienbruch, Brigitte Rockstroh and Edward Taub

Science

New Series, Vol. 270, No. 5234 (Oct. 13, 1995), pp. 305-307

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Media and Our Brains

BBC NEWS WORLD EDITION

You are in: **Science/Nature**
Tuesday, 14 March, 2000, 15:51 GMT

News Front Page

Taxi drivers' brains 'grow' on the job

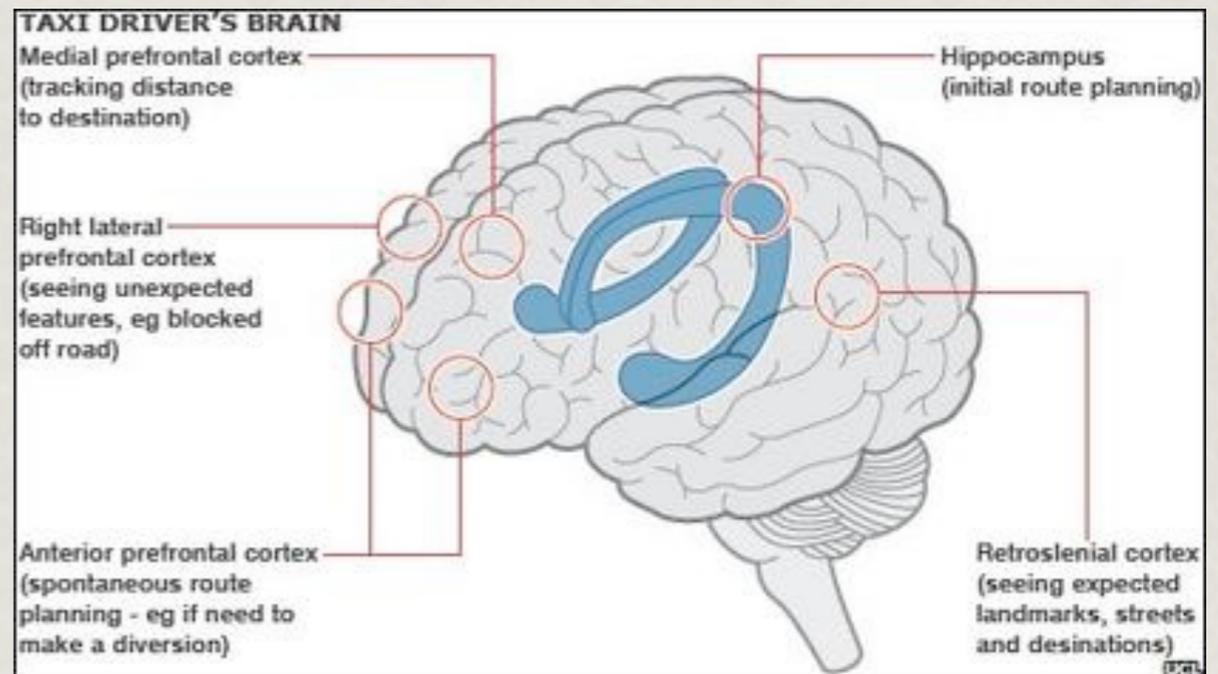


Africa
Americas
Asia-Pacific
Europe
Middle East
South Asia
UK
Business
Entertainment
Science/Nature
Technology
Health

Talking Point Cab drivers' grey matter enlarges and adapts to help them store a detailed mental map of the city, according to research.

Country Profiles
In Depth

London taxi drivers - posterior hippocampus (spacial data) was much larger than normal.



Media and Our Brains

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How the 'Plastic' Brain Rewires Itself

Italian researchers determine how juvenile and adult brains respond to environmental change

By [Nikhil Swaminathan](#) | February 28, 2007

By exposing mice that had been closeted in complete darkness for days to light, Italian researchers have determined why adult brains lose the plasticity of younger brains. Their findings, published in this week's issue of *Neuron*, provide further evidence that a certain class of drugs may one day be used to successfully treat degenerative nerve diseases like Alzheimer's and Huntington's.

The researchers primarily focused on the plasticity of the visual cortex, because there is a wealth of evidence that this part of the brain can be rewired more easily in children than in adults. For example, it is known that children—but not adults—can develop amblyopia or lazy eye (which makes it difficult to read closely spaced letters) when deprived of light or the full range normal visual stimulation.



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Media and Our Brains

Addiction, distraction, depression, overload.

This Is How The Internet Is Rewiring Your Brain

The Huffington Post

Posted: 10/30/2013 5:18 pm EDT | Updated: 10/31/2013 10:25 am EDT



SUGGESTED FOR YOU

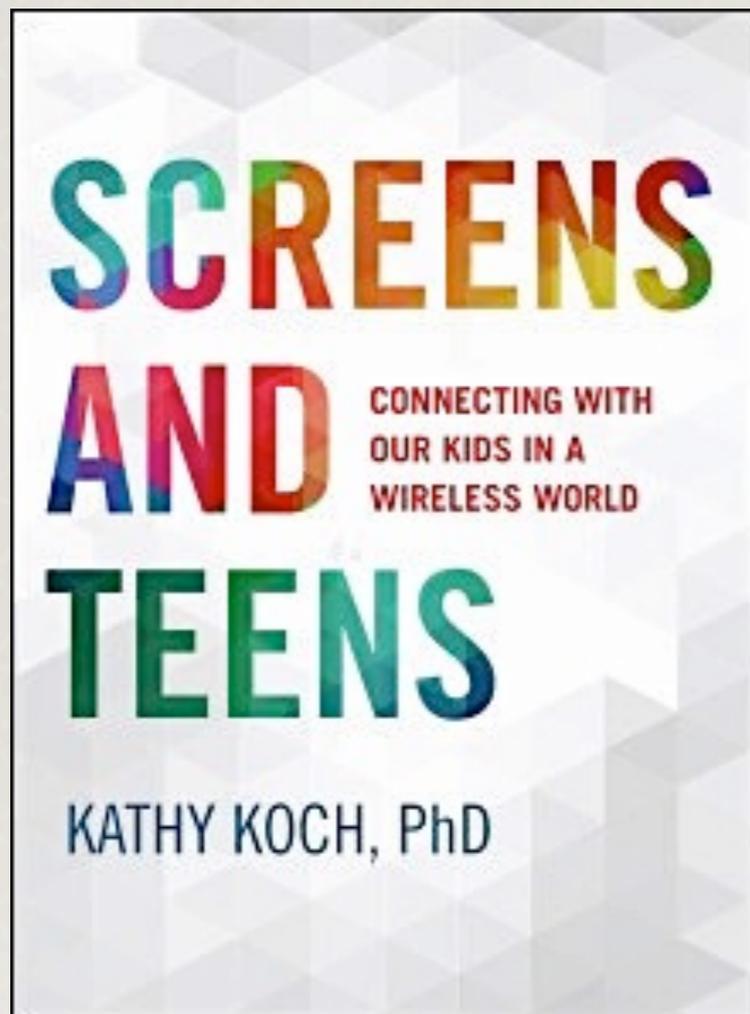
Photos Capture Devastating Refugee Crisis On Greek Islands



Networking For Introverts

Lies from Technology

Screens and Teens



- Screen time is rapidly replacing family time.
- Teens especially are hardwired to connect to the world through digital devices.
- Her book looks at some of the tempting lies from technology.

Center of Universe

- “I am the center of my own universe.”
- Many young people make decisions only with themselves in mind.
- Their worldview is like a wheel: they are at the center and the spokes represent family, peers, ideas, goals, school, church, media. All point to them.

Center of Universe

- Often parents make young people the center of their universe (helicopter parents, snowplow).
- Technology caters to their desires: book or other products on Amazon, search engines to investigate what they want, create their own stations on Pandora or Spotify, watch what they want.
- Replace with “God is the center of the universe.”

Happy

- “I deserve to be happy all the time.”
- We can't be happy all the time. Have we contributed to a teen's expectation of being happy every minute?
- We live in a culture of now: shopping used to take time, you can get what you want when you want it.
- FOMO - fear of missing out, want to know what's going on as it's happening, now.

Happy

- We live in a culture of impatience - we expect speed, answers should only be one mouse click away.
- We live in a culture of easy - we have access to what we want and can edit and correct what we want.
- We live in a culture of new - 3.2 million DVD Blue-Ray disc of the movie *Frozen* sold the first day.
- Replace with “I can find joy in my circumstances.”

Choice

- “I must have choice.”
- Teens are surrounded by choice, variety is their spice of life. Choice is what keeps them happy.
- Every minute Instagram users post 216,000 new photos and YouTube users upload 72 hours of video.
- Many teens are overwhelmed and are dissatisfied with the choices they must make.

Choice

- Many teens complain and argue - of course that also applies to parents, what are we modeling?
- Many teens multitask and may struggle to focus, jumping from screen to screen allows them to focus on what they want and avoid what they should do.
- Many teens find major decisions difficult.
- Replace with “God can help me with choices.”

Authority

- “I am my own authority.”
- This generation doesn’t just disregard authority, they think they can be their own authority.
- They don’t need to listen to anyone if they are the center of their own universe. Happiness is important to them. They are making choices using the “universe” and “happiness.”

Authority

- Television and the movies reinforce an anti-authority mindset
- Gaming makes the gamer feel in complete control, which feeds this anti-authority lie. Texting and email allow communication without accountability
- Replace with “I need authority in my life, and I can learn to trust it.”

Information

- “Information is all I need, not teachers.”
- Information satisfies them, they don't feel the need for teachers, don't feel the need to go deep.
- Teens are intuitive with technology, they figure out how to work digital technology at a young age.
- Teens long to be self-sufficient, they are becoming adapted to quick learning and short attention spans.

Information

- Teens are easily turned off by outdated materials and slow-paced teaching.
- Teens know information is easy to find, if they have a question, they merely Google it.
- Teens enjoy infotainment, they can be easily distracted from landing on solid information. Since they can find it fast, they don't need a teacher.

Information

- Teens are comfortable with perplexity, David Kinnaman and Gabe Lyons - young people “relish mystery, uncertainty, ambiguity. They are not bothered by contradictions.”
- Teens are rarely quiet, quiet and solitude are rare, constant noise is a barrier to creative thought.
- Replace with “I have much to learn from God.”

Ultimate Connectivity

- Connectivity has taken on new meanings in our age of digital tools.
- We need to be hooked up to the Web, linked in with colleagues, and interfacing with computers.
- Children want to be connected to their parents, but sometimes the screens demand our attention, these screens are mesmerizing.

We Are Models

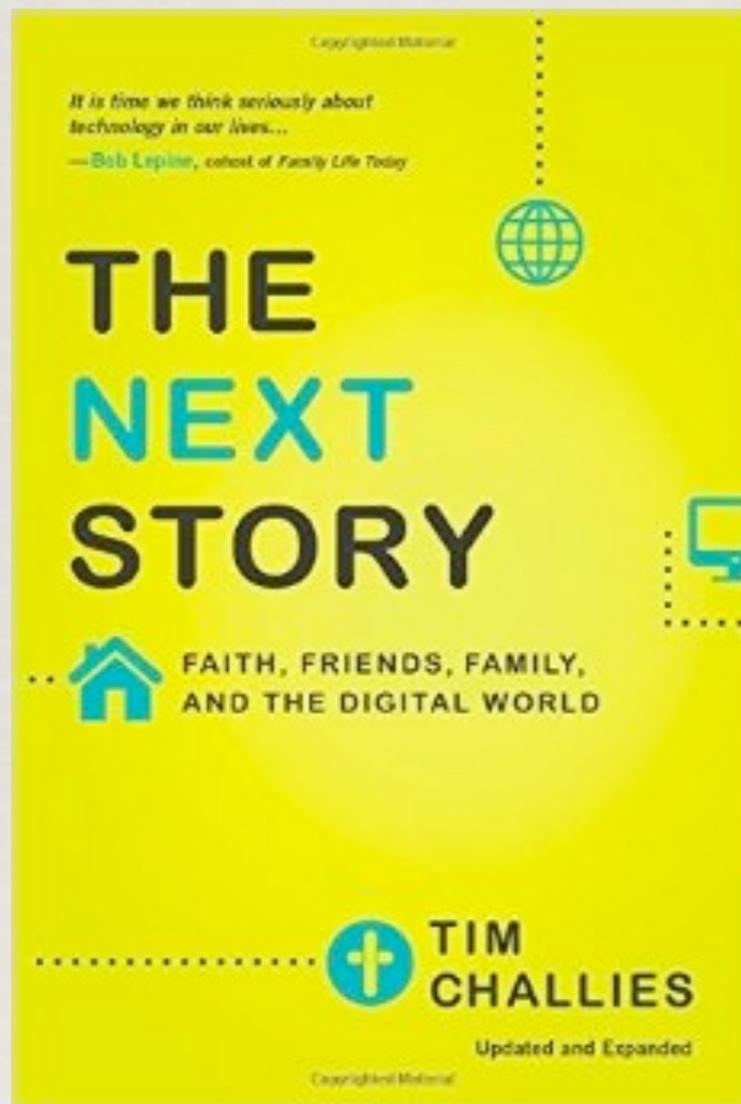


- We need to be role models for our children and grandchildren.
- Set a good example and reinforce healthy relational perspectives.

Ultimate Connectivity

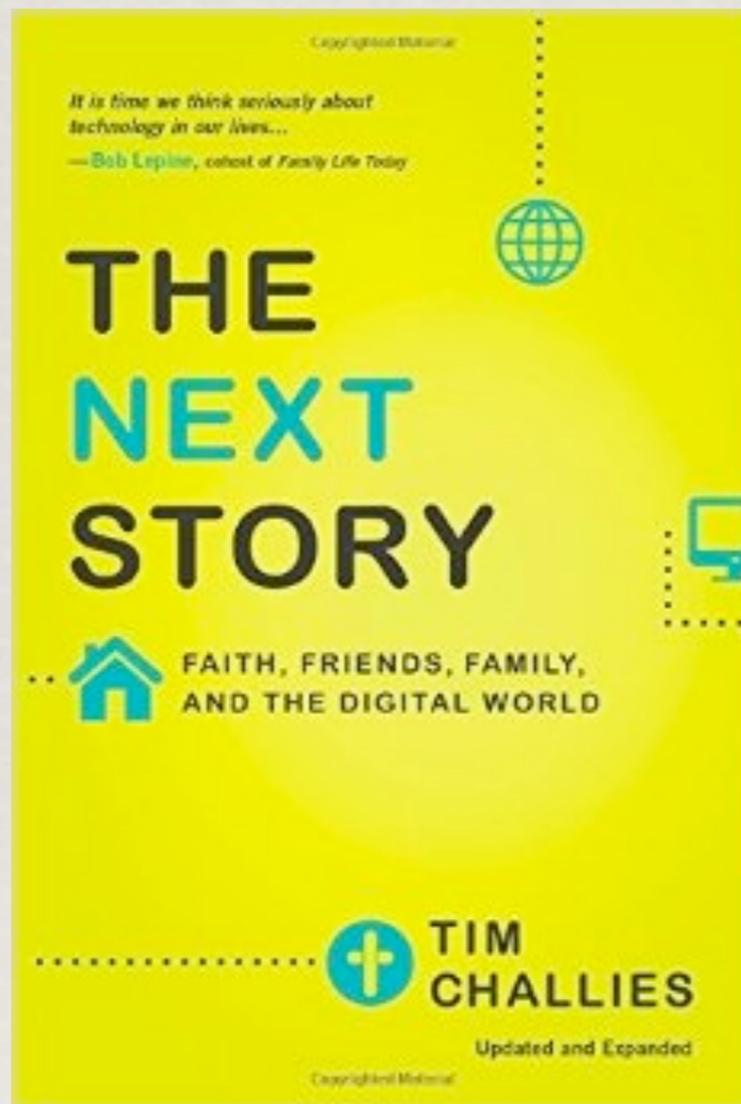
- Connectivity comes through conversations.
- Interrogations are not the same as conversations.
- Consider the time and place: protect family time over a meal.
- Connect to meet deep needs, this is difficult when they don't seem ready to talk.

Digital World



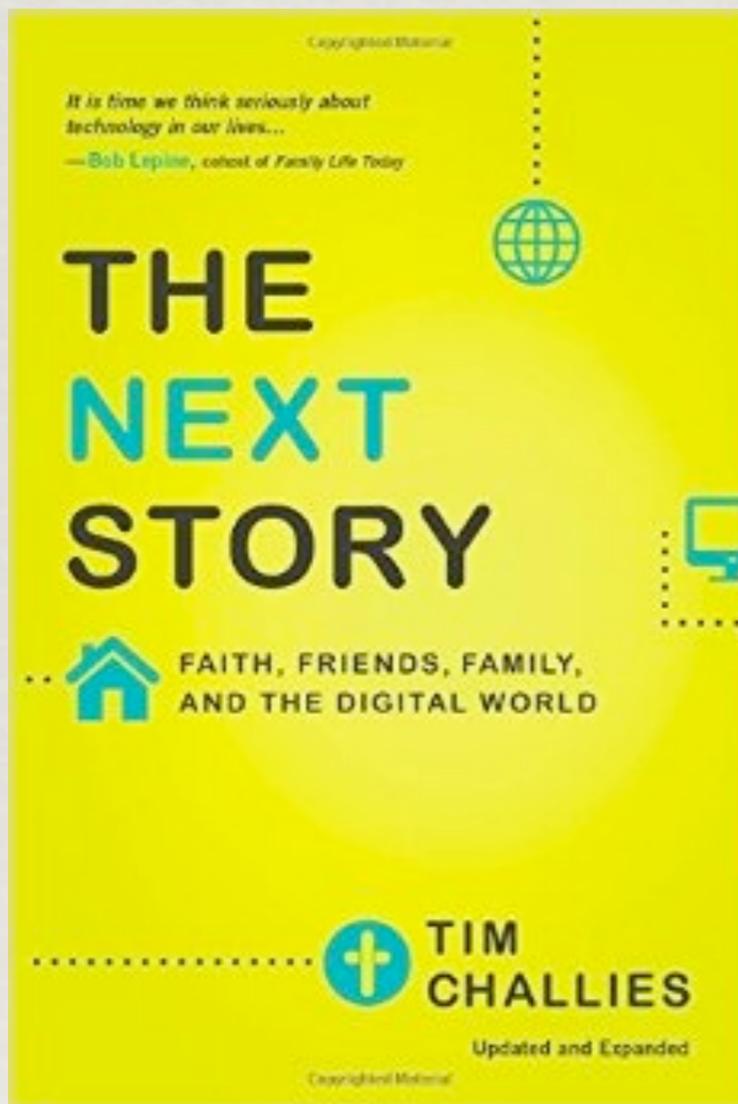
- In this digital world, we are being pressured from all sides.
- We rely upon computers, cell phones, and the Internet for communication, commerce, and entertainment.

Digital World



- In this world of “instant message” we may feel disconnected.
- We wonder if our growing reliance on technology is good for our souls.

Digital World



- Communication
- Distraction
- Information
- Truth/authority
- Privacy/security

Resources

