



The third in our series on 21st century 'Integrity' is on some really relevant topics for us as followers of Jesus in modern life. We are exploring issues around technology, mobile 'phone use and the internet. The technological revolution has progressed from the manual typewriter of 30 years ago and the car-boot-sized computer to the 2"X4" iPhone. The pace of this revolution has been incredible and the impact on all aspects of life is phenomenal. **Read Phil. 4:4-9; 1Cor, 10 23-24** The talk will use technology (!) and be split between some of Andy Crouch's conference talk on 'Managing Technology' on our overhead screen, followed by our Vicar's specific thoughts on the internet.

1. Managing Technology: Andy Crouch. <http://qideas.org/videos/managing-technology>

- We used to have tools to expand our capabilities. It took time, patience and effort to learn to use them and skill, attention and risk-assessment to become proficient. These are not needed for a device and not acquired.
- It is said that technology is neither good nor bad: it's neutral. But it has a drive to make your life 'Easy Everywhere' and so becomes indistinguishable from magic. In some ways it is good, but in other ways it is bad:
 - Technology is good for production, but not for creation: a talk is created and techn'y supports the delivery
 - Technology can express human capability but cannot form it. It's good for leisure but not good for rest.
- **Read Exodus 20: 8-11; &/or Deuteronomy 5: 12-15.** Sabbath is the rest on the other side of creative work. Here we see everyone, family, slaves, refugees, livestock, commanded to rest in the OT economic system. But 24 hours a day people are mining the materials for our devices, keeping the power on, keeping the internet up, filtering the images we would never want to see. There is no Sabbath rest for the technology industry: someone is always working. We have more leisure than anyone else in history, and less Sabbath rest than ever
- Our creative capabilities are usually first recognised in the context of family, which should be the place of Sabbath rest. Easy everywhere robs the family of its power to influence and inform each other's character. So:
 - **SPACE.** Fill our homes with things that reward effort, skill and attention: a piano, a craft table, a fire place, books, raw foods and utensils in the kitchen. Then we will find we create more than we consume.
 - **TIME.** Create family Sabbath: be device-less one hour a day, one day a week and one/two weeks a year.
 - **GROWTH.** The family is for intimacy. We need to be present for each other so we all grow in wisdom, courage, character, life-skills, loyalty and the capacity to both give and receive love.

2. The Internet: Ruth Bushyager.

- Vast benefits: connection to friends and family, Skype. Time-saving. Access to all the knowledge in the world.
- Endless pitfalls: disconnection from real relationships. Time wasted. Access to every vice in the world. Hackers. Inability to train the memory because all necessary information is in/on a device.
- Imagine the internet is like an enormous buffet- like you get in American hotels or on cruise liners. There is every imaginable food on offer: starters, main courses and desserts of every description. However, there are some constraints: the plate is small, the restaurant will close & people will be watching your 4th slice of pizza!
- Not so the internet. This buffet is open 24/7, is always restocked and there is no plate-size constriction. You can 'eat' whatever you want, whenever you want and no one is watching you. Everything is permissible says St. Paul, but not everything is beneficial or constructive. We need the mind of the Lord for discernment.
- **Galatians 5:22-3 and Philippians 4: 8** should remind us to exercise self-control over our internet usage.
 - We have to recognise we are up against a \$zillion industry doing scientific research to make the internet more addictive than ever; between 2014 and 2015 our average time spent online increased by 120%.
 - We need the help of God to bring wisdom and integrity to our lives online and we need the help of each other for accountability in this whole area. In a church of this size there are bound to be people in need of professional help: trapped in online addiction to betting sites, porn sites, shopping sites, gossip or gaming sites. Please reach out to someone in church to find grace and support to help you get your life back.

Things to talk about.

Andy Crouch admitted it was hard creating a family life that included 'Sabbath rest'.... any takers?

Where are we on the scale of living a life of courage and creativity as opposed to one of distraction?

Thinking about our discipleship and technology - What are the challenges we face:

For connecting and relating to other people?

For allowing ourselves to be formed into the person God made us to be?

For our household rhythms of creative work and rest?

For the purity and holiness of our lives?

Read Philippians 4:8-9 again and note how Paul's command is followed by a wonderful promise.