

# GET OVER YOURSELF

REBELLING AGAINST THE CULTURE OF NARCISSISM

## Part 2

# TECHNOLOGY: The Culture of “i”

### INTRODUCTION – Narcissistic Trends in Technology

The Problem...

- Narcissists thrive in these technology-facilitated environments.
- Narcissists, therefore, become the primary role models.
- Normal people then learn to become more narcissistic.
- Culture is changed – for the worse.

### DINE IN – A Biblical Perspective on Who We Are

Rebelling Against Three Myths:

- 1) We are nothing but sophisticated animals.
  - 2) We are primarily evil sinners.
  - 3) We are all divine light.
- **Genesis 1-2** (also see **9:6**) – We were made like God. We are bearers of his image to the world.
  - **Genesis 3** – We are broken and self-sabotaging. Sinful by choice and bearing the consequence of guilt and shame.
  - **Genesis 4** – East of Eden, we destroy others for the sake of self. Yet God values us and continues to rescue and reshape us.
  - **Old Covenant** – God reveals our need and his grace through his law.
  - **New Covenant** – God rescues and reshapes us through his Spirit.
  - **Jesus...**
    - Absorbs our sin (**2 Corinthians 5:21**)
    - Infuses his righteousness (**2 Corinthians 5:21**)
    - Transforms our identities (**2 Corinthians 5:17**)
    - Indwells by his Spirit (**John 7:37-39**)
    - Calls us friends and family (**John 15:15; Romans 8:29**)
    - Teaches us the way of love (**Matthew 5-7; etc**)
    - Shows us the way of love (**Luke 22:50-51; 23:24; etc.**)

#### The Benefit of the Biblical View...

A realistic view of self allows our ego to relax. When we see how valuable and yet how broken we are, we are freed from two destructive habits: a) the habitual pursuit of value through constant self-promotion and self-affirmation and, b) the habitual hiding of our failure from others as though brokenness and failure would be a shameful shock.

### TAKEOUT – I’ll Have That to Go Please

#### TAKEOUT #1 – Fill Your Mind with Something Bigger Than Yourself

Rather than try to stop thinking certain self-obsessed thoughts, forget about yourself by filling your mind with higher truth. Make someone else the centre of your online and in-person conversations.

**Galatians 6:14**

#### TAKE OUT #2 – Talk Realistically About Yourself

We are freed from having to pretend we don’t mess up. We are freed from pretending we have it together. We are free to confess our sin in order to receive the support and love of God through his people. And we are also free to talk plainly about what we do well, knowing that everything good in our lives is on loan to us to steward for God’s purposes.

**1 John 1:8-9; James 1:17; 5:19**

#### TAKE OUT #3 – Pull A “John the Baptist”

John the Baptist came before Jesus and attracted a lot of attention. He used that attention to point people toward Jesus and the things that were important to Jesus. It isn’t wrong to have the attention of others. When you do have it, do you point toward the things that matter to Jesus, things that encourage his way and his will? Are people seeing Jesus more clearly because of the attention they give you?

**Matthew 3:1-12; Mark 1:4-8; Luke 3:1-18; John 1:19-34**

### CONCLUSION – Reaching Up Before Reaching In

**John 7:37-39**

### HOME CHURCH QUESTIONS

#### Warming Up...

1. What are some ways that technology has a) enhanced the quality of your relationships, and b) detracted from the quality of your relationships?

#### Look to the Book...

2. Read **2 Corinthians 5**, from different translations if time permits. A) What verse or idea stands out to you the most in this passage? Why? B) Paul talks about groaning while in our earthly form. Why is that an appropriate aspect of life on earth? How might our culture insulate us from that meaningful experience? What are some ways Christ-followers can respond? C) Note that **verse 9** says our ambition should be in this life (also see **Ephesians 5:10**). How is this similar/different to the WWJD (What Would Jesus Do?) approach that was popular years ago? D) How does **verse 15** challenge our current cultural norms? E) The theme of reconciled relationships is strong in this passage (as it is through the entire Bible). How might becoming more intimate with God and committed to communicating the message of reconciliation to others become healthy for your own psyche in the process? In other words, how would living out this other-centred mission described here also serve your own wellbeing?

#### So What?...

3. Return to **verse 9**. Take time to mediate on its truth. Do the same for **verse 15**. Think about these principles in the context of your life. Then talk about what one practical positive change you resolve to make this week regarding your use of technology.

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