



Week 1: Being Human
 WEEK 2: Being In Community
 Week 3: *Being in Family*
Week 4: *Being in Yourself*
 Week 5: Being in Step with the Spirit (Specific ethical issues)

INTRODUCTION – Living a Jack-in-the-Box Life

With the exception of the alphabet and number systems, the NET may well be the single most powerful mind-altering technology that has ever come into general use. At the very least, it's the most powerful thing that has come along since the book.
 ~ Nicholas Carr, *The Shallows: What the Internet is Doing to Our Brains*

The current explosion of digital technology is not only changing the way we live and communicate but is rapidly and profoundly altering our brains.
 ~ Gary Small (Professor of Psychiatry at UCLA), *Your Brain on Google*

DINE IN – Getting “Alone” With God

Matthew 22:37; Romans 12:1-2; Luke 5:15-16; Colossians 1:9-10

1 Kings 19:11-13

Hebrews 3:1; 10:24-25

Luke 12:22-31

TAKE OUT – I’ll Have That to Go Please

1. Increase the gap between you and your technology.
 - Go for a walk without your technology (going “commando”).
 - Practice a technology Sabbath.
 - Invest in activities that do not involve a screen.
 - Try a longer technology fast with one form of screen in your life.
2. Practice the art of sustained attention to one thing.
 - Work on one thing at a time (one window open).
 - Turn off all phone signals and/or remove the phone battery for periods of focussed time.
 - Turn off your laptop’s wireless.
 - Read a book.
 - Write on paper.
3. Invest in spiritual practices.
 - Reading/studying/meditating on Scripture
 - Prayer (Lord’s prayer; conversational prayer; freestyle)
 - Solitude (**Luke 5:16**)

CONCLUSION – Seek His Kingdom

Luke 12:31

Q & Eh? Text 647.330.2789 or email ask@themeetinghouse.ca

HOME CHURCH QUESTIONS

Warming Up...

1. Last week you talked about specific ways you could honour your family better through your use (or lack of use) of technology. Did you follow through? Talk about it.
2. What communication/information technology do you feel most attached to? How do you feel if you leave home without it or if it isn't working?
3. Do you have any awareness of your mind functioning differently due to the technology in your life? What are the strengths and weaknesses of how your mind is changing?

Look to the Book...

4. Read **Luke 12:22-31** A) What verse or idea stands out to you the most? Why? B) Try to summarize these verses in one sentence. C) Jesus calls his followers to put his “kingdom” above anything else. This idea is central in Christ’s teaching. He refers to the “kingdom” over 100 times in the gospels. How would you describe the concept of the “kingdom” to a new or non-Christian? D) Jesus encourages thoughtful pondering of ravens and lilies. How do you make time in your life to “carefully consider” the lessons of nature? D) How have you sought out God’s kingdom today?

So What?...

5. What “Take Out” do you need to apply most in your life? Have you already begun to apply it since this teaching? If not, why? Will you start tomorrow? How? (Be specific.) If you have, what was that like?

The Meeting House | Sunday, May 29/June 5, 2011 | Bruxy Cavey

Notes are available online at themeetinghouse.ca/teaching