

THE OF DEATH THOUGHT





The impact of these devices (smartphones, tablets)...
goes far beyond the usual concerns about curtailed attention spans... the smartphone has radically changed every aspect of teenagers' lives, from...social interactions to their mental health.

JEAN TWENGE "Have Smartphones Destroyed a Generation?"



Rates of teen *depression and suicide have skyrocketed* since 2011. It's not an exaggeration to describe iGen as being *on the brink of the worst mental-health crisis in decades*. Much of this deterioration can be traced to their phones.”

JEAN TWENGE “Have Smartphones Destroyed a Generation?”



THE SMARTPHONE GENERATION

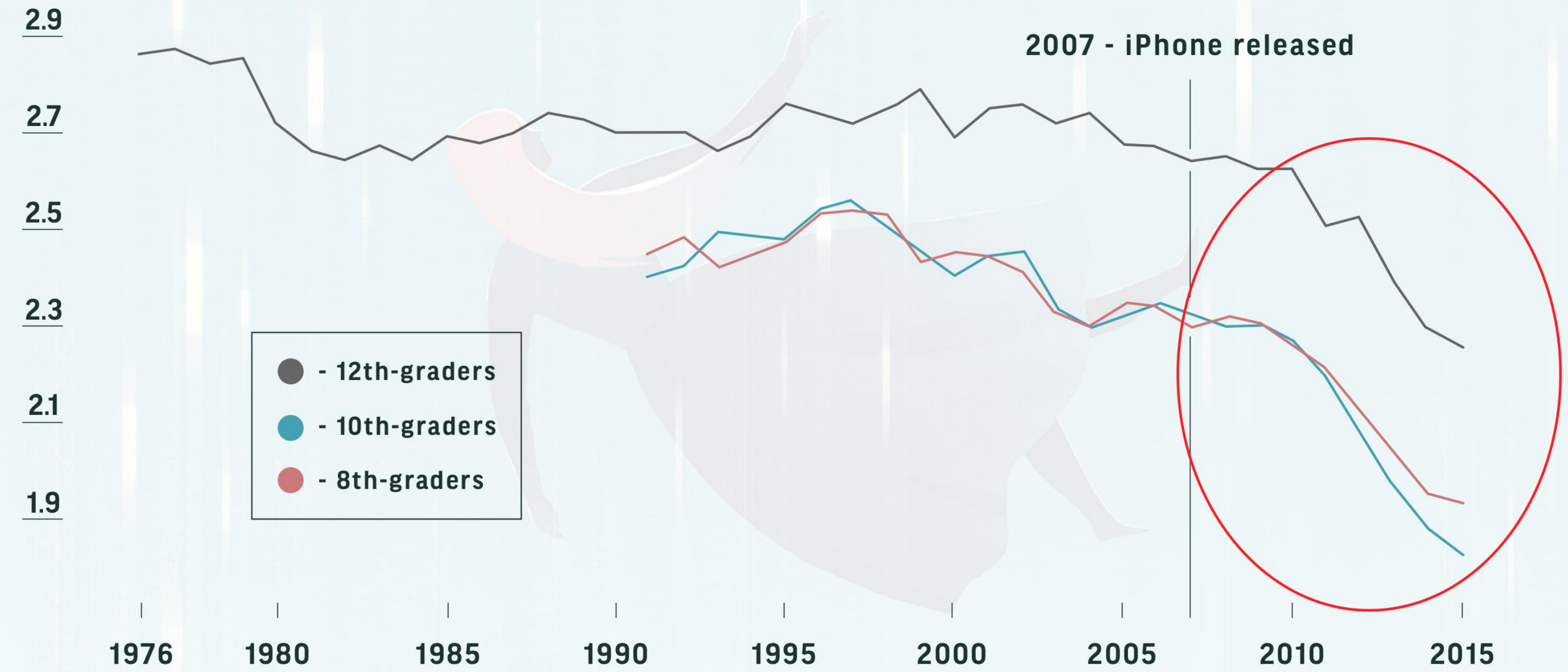
A STATISTICAL PORTRAIT

The constant presence of the internet, particularly social media, is changing the behavior and attitudes of today's teens.

THE **DEATH** OF **THOUGHT**

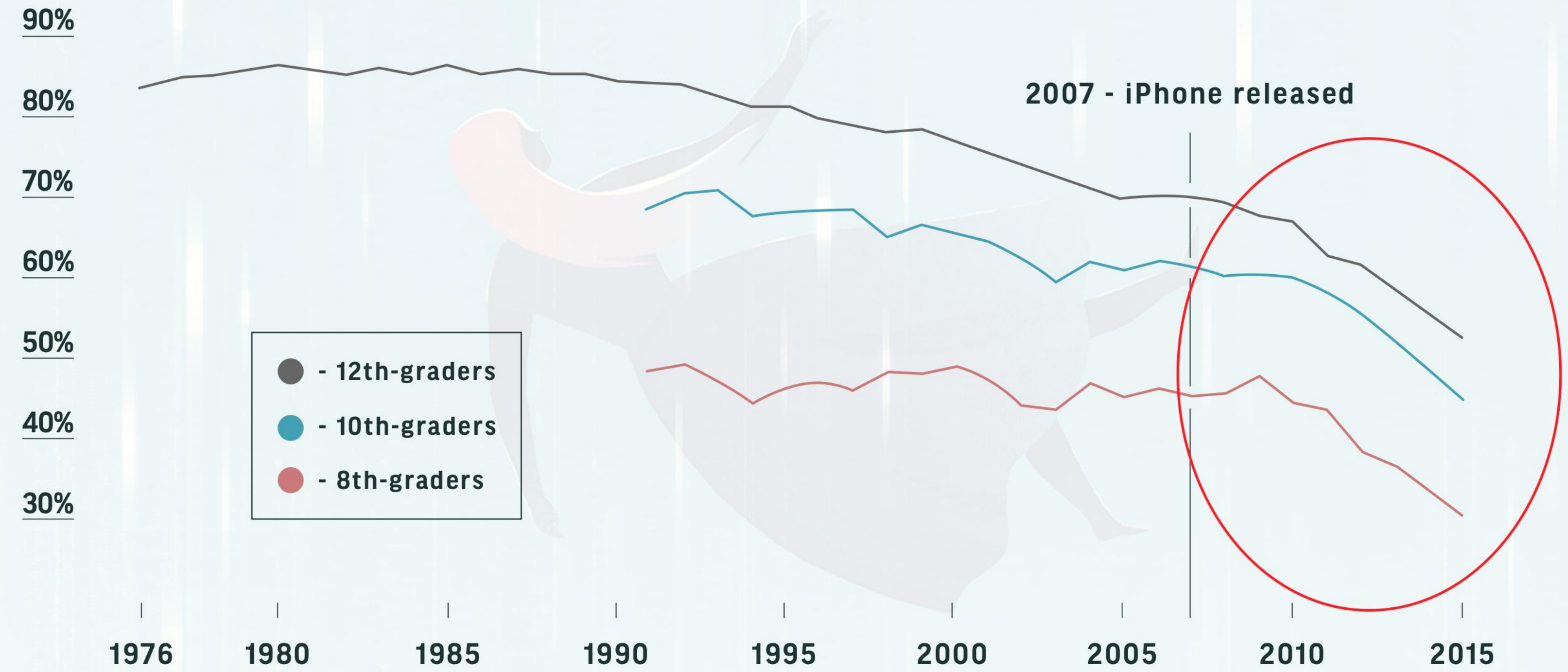
NOT HANGING OUT WITH FRIENDS

Times per week teenagers go out without their parents.



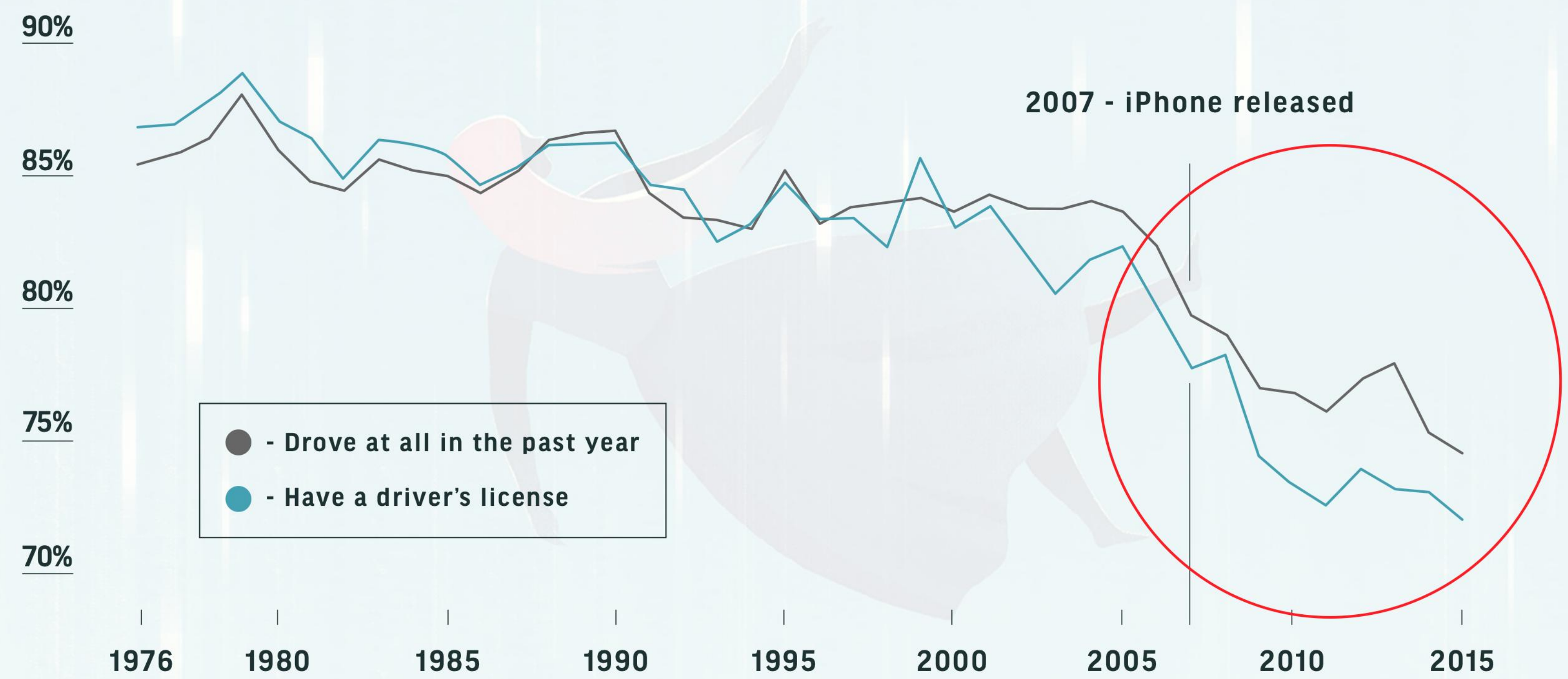
LESS DATING...

Percentage of teenagers whoe ever go out on dates.



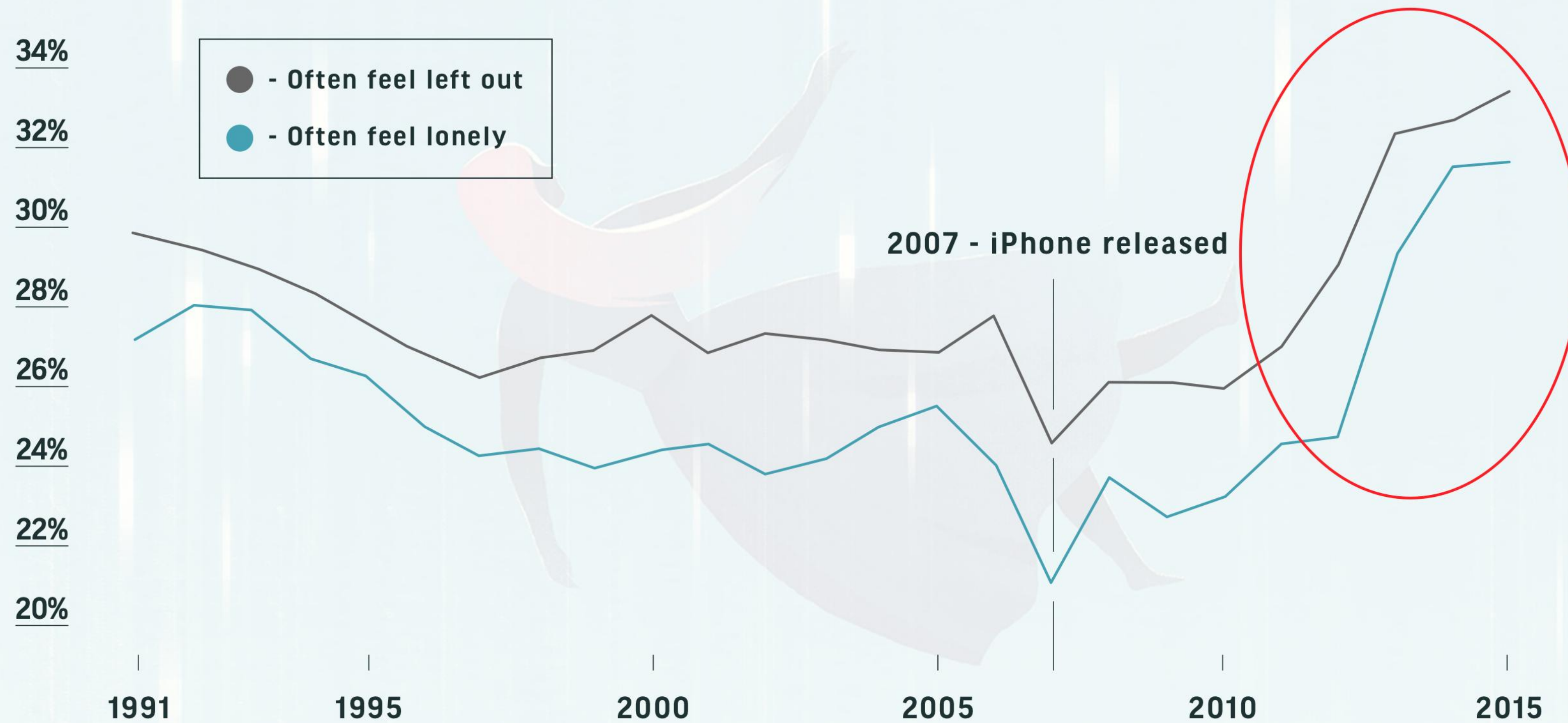
IN NO RUSH TO DRIVE

Percentage of 12th-grades who drive.



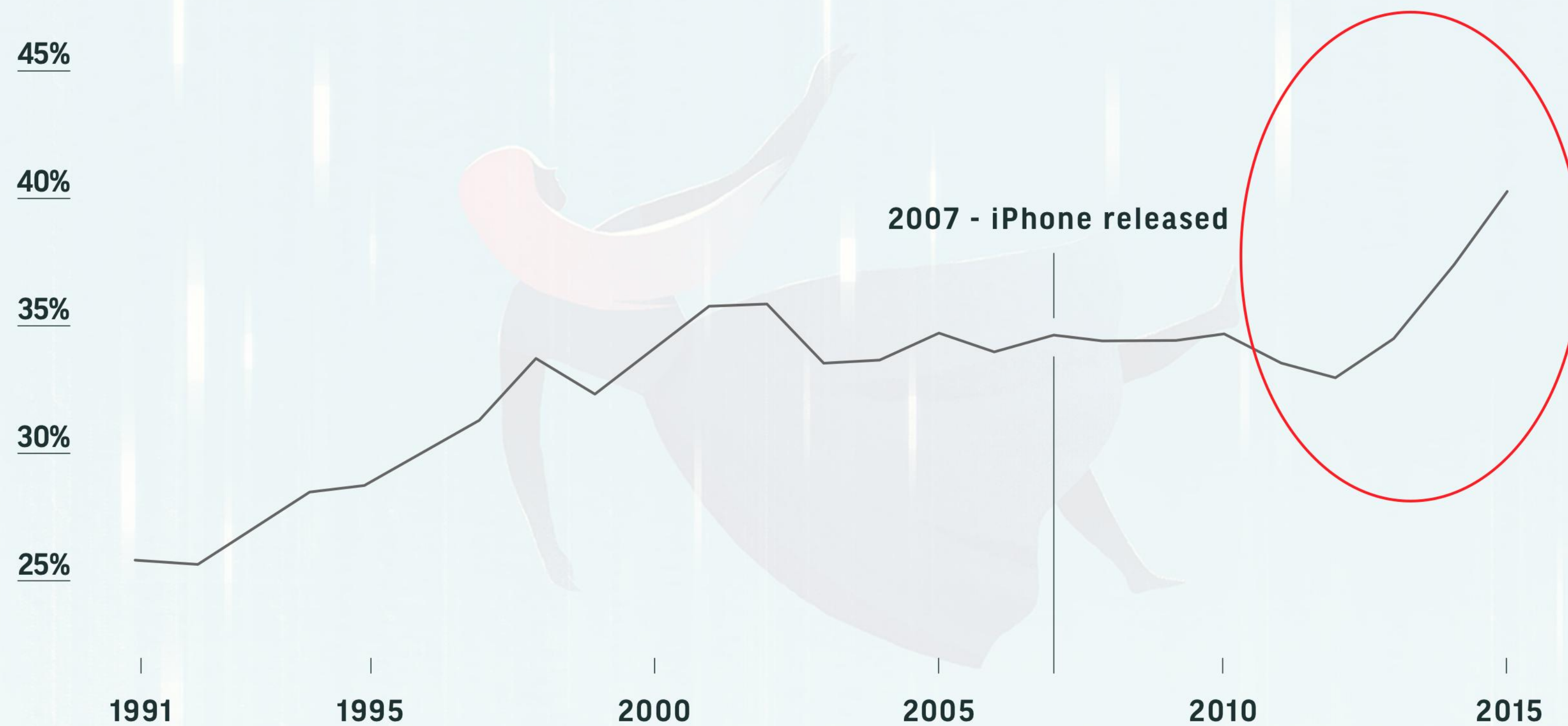
MORE LIKELY TO FEEL LONELY

Percentage of 8th-, 10th- and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot times I feel lonely"



LESS LIKELY TO GET ENOUGH SLEEP

Percentage of 8th-, 10th- and 12th-graders who get less than seven hours of sleep most nights.



YOUR BRAIN ON APPS

A woman in a red top and black skirt is walking, carrying a smartphone. The phone is shown in a floating, tilted position above her head, as if she is holding it but it is not in her hand. The background is a dark, textured blue.

- Scientists aren't sure if technology is destroying our brains, but they're pretty confident it can trigger some obsessive behaviors that look a lot like addiction, and lead to depression.
- It's also slowing down our thinking processes.
- Some tasks are better done off the phone, research suggests.

HILLARY BRUECK

"This is what your smartphone is doing to your brain – and it isn't good"

March 1, 2019

YOUR **BRAIN** ON **APPS**



“The brain created social media,
now social media shapes the brain.
Cultural experiences...sent out
over mass media reshape the
actual structure of the brain.”

-Dr. Daniel Siegel, The Mindsight Institute



**Humans are not wired
to be constantly wired.**

CAL NEWPORT Digital Minimalism

WHAT CAN WE DO?



We tear down...every arrogant obstacle that is raised up against the knowledge of God, and we *take every thought captive* to make it obey Christ.

2 Cor 10:4-5

What can we do?

Prioritize People

Phil 2:1-5



What can we do?

Pursue Joy

Phil 4:4



What can we do?

Plan to Think

Phil 4:8



Increased Risks

A woman in a red top and blue dress is lying on her back on a dark surface. A smartphone is floating in the air above her. The background is dark and textured.

- Depression
- Suicide
- Loneliness and feeling “left out”
- Sleep Deprivation
- Compromised thinking
- Illness
- Weight gain
- Anxiety

The Death of Thought

“Devices and social media seem to have an especially strong ability to disrupt sleep....sleep deprivation is linked to a myriad of issues, including compromised thinking and reasoning, illness, weight gain, and high blood pressure.... depression and anxiety.”

– Jean Twenge, “Have Smartphones Destroyed a Generation?”



Renew the Mind!

“Present your bodies as living sacrifices... Do not be conformed to this world, but **be transformed** by the renewal of your mind...”

-Romans 12:1-2



