

# The Sirens' Call

## Week 2: Isolation from Others and What Matters

Proverbs 14:8, 15; Acts 20:24; 1 Corinthians 9:27

Dr. Matt Cassidy --- September 29, 2019

Let me get started. Two big quotes, a couple of quotes you can live your whole life --- either one. But both of them combined ... The first one is **“The glory of God is man fully alive.”** Angels rejoice when they see a human soul become like Christ in all of life. They are living the fullness of what they were meant to be.

Another great quote is **“Life holds but one regret, and that’s not having been a saint.”** When you’re in the pine box and they are lowering you into the ground, there’s just one thing that you could possibly regret, and that is not being like Christ in all of life --- whole, in your work life, in your family life, in your relationships, in your emotions, in your thoughts, in the acts of the will and in courage. So that’s a great way to live your life, that way right there.

Now getting there, it’s pretty easy to fall into one or two mistakes. It just happens. One is to look so far out into the future that you forget that you need to be living right here, right now, in the moment. The other mistake you can make is to be so living much in the moment that you forget that about living towards the future with the end goal in mind. When the Bible talks about living with wisdom, it talks about thinking about both. It talks about living in the moment for today for eternity. Because what you do today does echo into eternity. So, you are to live with that in mind. Every decision that you’re making, now you’re keeping that end in mind and you’re moving towards that.

### **Proverbs 14:8**

**The wisdom of the prudent is to give thought to their ways.**

That’s why Proverbs defines wisdom this way: “The wisdom of the prudent is to give thought to their ways.” They’re thinking about what they’re doing and why they’re doing it and their end goals are in mind.

So, look, you might have wasted yesterday. You might have wasted all of your yesterdays. But today we're going to learn how to make each day count. Today we're going to learn how to take charge of our lives. We're going to learn how to live in the moment for the long game.

**Acts 20:24**

**I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me.**

A great example is Paul the Apostle. You can tell, he's describing, he's thinking these thoughts, he's being a prudent and wise man. He's thinking about this in Acts chapter 20. He says, "I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me."

*Hey, Paul, what do you want?*

*I want to live a life with no regrets. I want to make sure that when I die, I'm a saint. I want to live a life that's fully alive, the full human experience.*

*Okay, Paul, so how do you plan on doing that? What's your plan?*

**1 Corinthians 9:27**

**I discipline my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.**

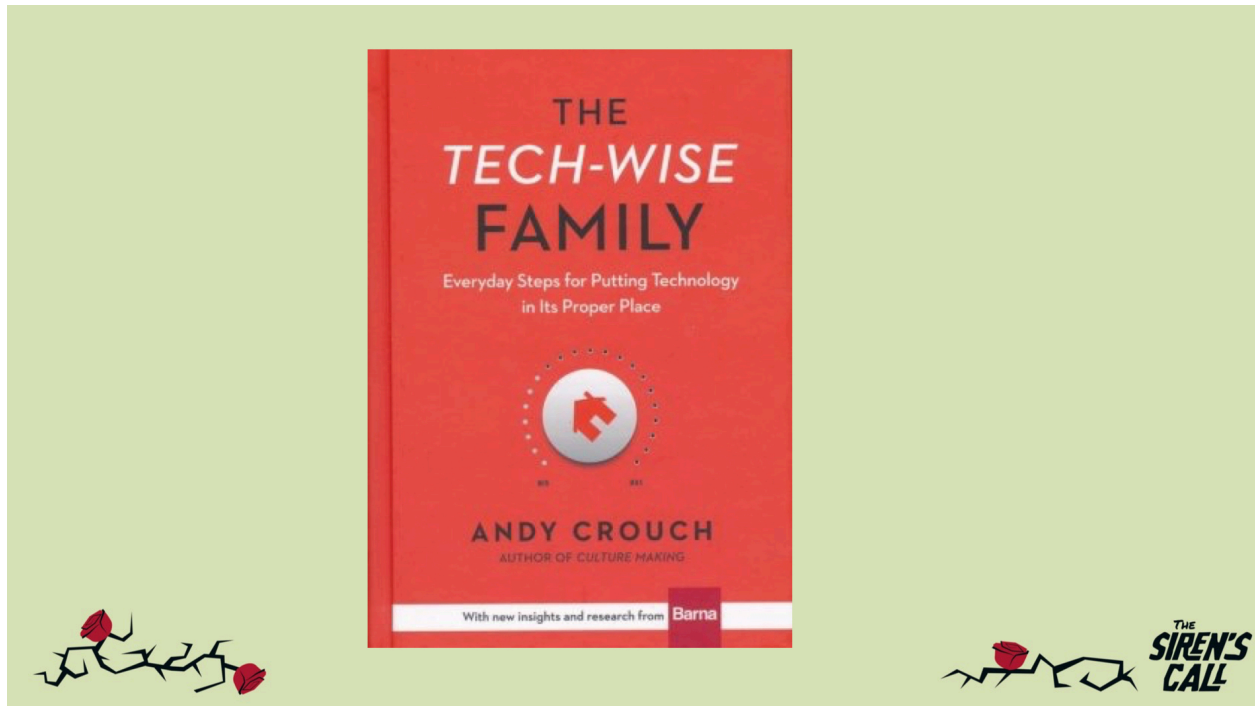
He says this: "I discipline my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize." *I discipline my body --- I buffet my body, I beat up my physical body and make it a slave. That means my soul says to my body, "I'm the boss of you. I'm in charge of you. I'm making plans ahead of time. I'm the one in the driver's seat. I'm doing this." So, I'm living each day for all of eternity.*

Because, listen, what he knows and some of you understand is that there's a spiritual war going on for this ambition in your life. There's a spiritual war and you are on the table. And

being in the image of God, one of the attributes of God that we have is choice, is freedom. And we choose, and in these choices that we make, it is towards --- the glory of God is the fullness of man – making these steps towards becoming like Christ in all of life or not.

And many of these choices, we need to understand --- hopefully, that's what we're doing today – we're understanding that they're moment by moment. Because many times we're trying to capture this moment for the glory of God. But it's a spiritual war, and the demons kind of have it easy, honestly. In some respects, they have home court advantage. Because in our bent, we're lazy. We want to do what is the easiest thing. And we are constantly wanting to be distracted, so we stay distracted. And that's what evil does. If the evil one can just distract us for an hour, it becomes a day, and the day becomes a week, and a week becomes ...well, it just becomes a life. And then we never are fully alive. And we never become a saint. We just live with this regret.

This past summer I took a class on --- well, let me read the class title. It says “Rebuilding Household: Family and Church in the Age of Technology.” It was taught by a brilliant man named Andy Crouch. And I brought some of the material back and the leadership of our church said, “Oh, you need to help people apply this to their Christian life. Why don't you spend a couple of times in the pulpit and then teach a very application-driven Sunday school for the parents?” And we're going to do that. So this is our second sermon. Next week, if you are in the New Parents class or the Young Families class or the Parenting Teens class, we will be in the auditorium, just for next week. And we'll be teaching how to apply some of the material that I've learned over the summer in that graduate class at Regent College.



Andy shared about eleven lectures with us and a very practical application to some of the academic work that we did is in his book called *The Tech-Wise Family*. And we bought a couple of hundred of those, just because we could get them at a discounted rate and we thought you might want to have them in your hands. They're eight dollars. They're for sale in the lobby if you would like. We especially bought them for parents because that's its primary application.

When we look at the logo here, the Sirens' Call, the reason we called it that --- and the design is very insightful --- because every rose has its thorns. And when we talk about technology --- we need technology. Technology has done wonderful things in the context of, if nothing else, our health and well-being --- our physical health and well-being. We can do things and live, in a lot of ways, limited physical suffering, with surgeries keeping us alive and that type of thing.

But the power of technology, the thorns there, is its power to distract us, to keep us off our cause, our mission to become like Christ in all of life. And just like the original Sirens' call, Odysseus had to go by those Sirens to go home. We have to use technology these days. It's a good thing. But what Odysseus did was to plug the ears of his men and had himself tied to the mast of the ship, because he knew the power of the Sirens' call. And so, what he did was he chose ahead of time when he knew he couldn't choose in the moment. And that discipline is

wise. And we're going to try and learn to do that when it comes to technology. A man needs to know his limitations and Odysseus knew his. Because technology makes a great servant, but it is a ruthless master. Technology has the power to bewitch us. And the people behind technology are intentionally making it addictive. They're doing this on purpose. So, we have to change what we practice. Because what we practice, we become. What we eat, we crave.

And so, some of the biggest decisions you're going to make in your life are not about big decisions so much, as they are decisions to change your routine. The power that technology has on us is a threat to our humanness. I'll show you that as we go through.

### **Last Week: Technology Isolates Us from Ourselves and God**

But last week we looked at what technology is doing. There was a two-point application last week, or outline. And it was that technology, quite often, isolates us from ourselves and from God. Technology has the ability to isolate us from ourselves and from God. And we saw that the anecdote for that was solitude and quiet and silence. So, we kind of joined together in a church thing where we're doing a thirty-day challenge, getting us up to that first week of our celebration of fifty years as a church. October 20<sup>th</sup> --- between now and then, at least once, at least twice a day, we're going to experience some kind of solitude, quiet, and silence. Because those three disciplines are good for your soul, but they're also the slayers of the power of the Sirens' call. We make powerful choices, and the powerful choices we make, the ones that actually alter our lives for real, are not actually the big ones. It's the ones that we change our practices and we change our patterns. Because what you practice, you become.

### **Today: Technology Isolates Us from Others**

So, what we're going to choose this time, what we're going to be looking at is not the idea of isolation from God or ourselves, but this time we're going to look at how we connect with other people --- technology and connecting with other people. And we need to choose ahead of time what we're going to do so that we can be better at connecting with other people. So, I've intentionally loaded this sermon up. There are probably five sermons in here; there are at least two doctoral dissertations. You can come back and watch the sermon again and read the

transcript once it gets published, and the links and references will be used in the manuscript so that I won't have to refer to them throughout this time and it will save us some time.

But first, technology defined: let me explain what technology is in the conversation that we're having, because it's easy for us to think it's about our phones, or our laptops, the Internet. It's way more than that. Some of the better work is by Borgmann, and he wrote his material in the eighties --- 1984 is when he wrote his book. So, we're talking before the Internet and cell phones and those sorts of things.

### **Ambition #1: Easy Everywhere**

Technology has these two giant ambitions that we should be concerned about. And one of these is "easy everywhere." Do you have a problem with something? Technology can help you with that. Is that a hard task for you to do? Technology can help with that task. That's one thing -- "easy everywhere."

### **Ambition #2: Always Happy**

The other ambition it has is "always happy." Always happy --- never bored, never lonely. And so, with these two big ambitions -- we'll put them on the screen --- this is technology. Technology defines "always happy" and "easy everywhere." Let's just say those two bottom sentences together: always happy, easy everywhere.

That's the problem --- those two phrases. Always happy, easy everywhere are the reasons that we have difficulty connecting with one another. These are the primary reasons. These are why we say we're so lonely, especially today. These ambitions that technology has caused difficulty in our hope to become like Christ in all of life for the glory of God.

In the whole idea of loneliness --- you've probably heard about the loneliness epidemic -- that's a phrase now. And there's a pervasive melancholy. It's as though a fog has rolled in and it won't leave. And it seems that the younger you are, the denser the fog. In a recent study, half of the Canadians that were interviewed said they often feel extremely lonely. Americans have changed --- since 1985, the number of people that said "I have no one to confide in" has tripled. "I have no one to confide in" --- that phrase has tripled since 1985. Loneliness, doctors have said, is more harmful to our condition than even obesity. One researcher said --- he just backed into

this --- he said, “The human brain is a social organ.” Isn’t that interesting? --- the human brain is a social organ.

So here are some of the things that I want to propose to you. Is it really an epidemic? Has technology done some things that have caused loneliness to expand? Or have we just lost the capacity and the endurance to be alone? In other words, has loneliness changed, or has our response to loneliness changed?

And so, when we have this commitment that technology has --- always happy --- here are two ways that “always happy” is showing up in our souls in the context of loneliness. One is expectations. Here’s a great book. You’re going to want to run and buy this one. Listen to the title: *Bored, Angry, Lonely, Stupid: Changing Feelings about Technology from the Telegraph to Twitter*. In this book, two scholars did a significant amount of research on this loneliness epidemic. And what they found is that technology has raised hopes of connectivity to levels that they haven’t seen before. And because people’s hopes aren’t being realized, they have a paranoia that they are alone and that they’re the only ones feeling this. And therefore, it shows up in counselor’s offices.

What they did for their study, I thought was fascinating. They studied memoirs and diaries and letters back and forth from the nineteenth century and the twentieth century and compared those to modern day diaries and memoirs and correspondence. And what they found was this: that modern people today, people in the twenty-first century, were surprised whenever they felt lonesome. They didn’t expect that to happen. And so, they worried about that. And the worry became a pathology. That’s when it became an illness.

When they looked at the letters and the memoirs from the nineteenth and twentieth centuries, the words “aleness” or “lonesome” were used just as regularly, but here was the difference. They weren’t surprised. Junior high, high school, young adult --- all the way, the whole gamut --- if you could write, they studied it, and they found that people were just as lonely, but they weren’t surprised at their loneliness. And so, what these scholars deduced was that it’s this “always happy” that’s putting out this expectation that can’t be realized. Always happy, all the time.

In one book called *Happy Brain*, this scholar wrote, “The brain loves to be happy, but it can’t endure perpetual happiness. The expectation of “always happy” --- the brain can’t do it. And one way the brain rests from happiness is to be lonely. It’s just taking a breather. It’s sitting

in the bleachers for a while to cool off a little bit. And when that happens in the nineteenth and twentieth centuries, that was okay. And now in the twenty-first, we panic. We don't know what's happened to us.

That's one --- expectations have changed. And second is the absence of God. Before, in the nineteenth and twentieth centuries, in these diaries, in these letters, you'd see someone write, "I am so desperately alone. I just want one friend." Pause. "But I know God is with me, and I know I need to work on my own character." Many of the diaries just followed right along with, "God is with me, and I probably need to be learning something from this."

And now, in the modern world, with our atheism, oh, there's no God. And so, we are alone. We are profoundly alone.

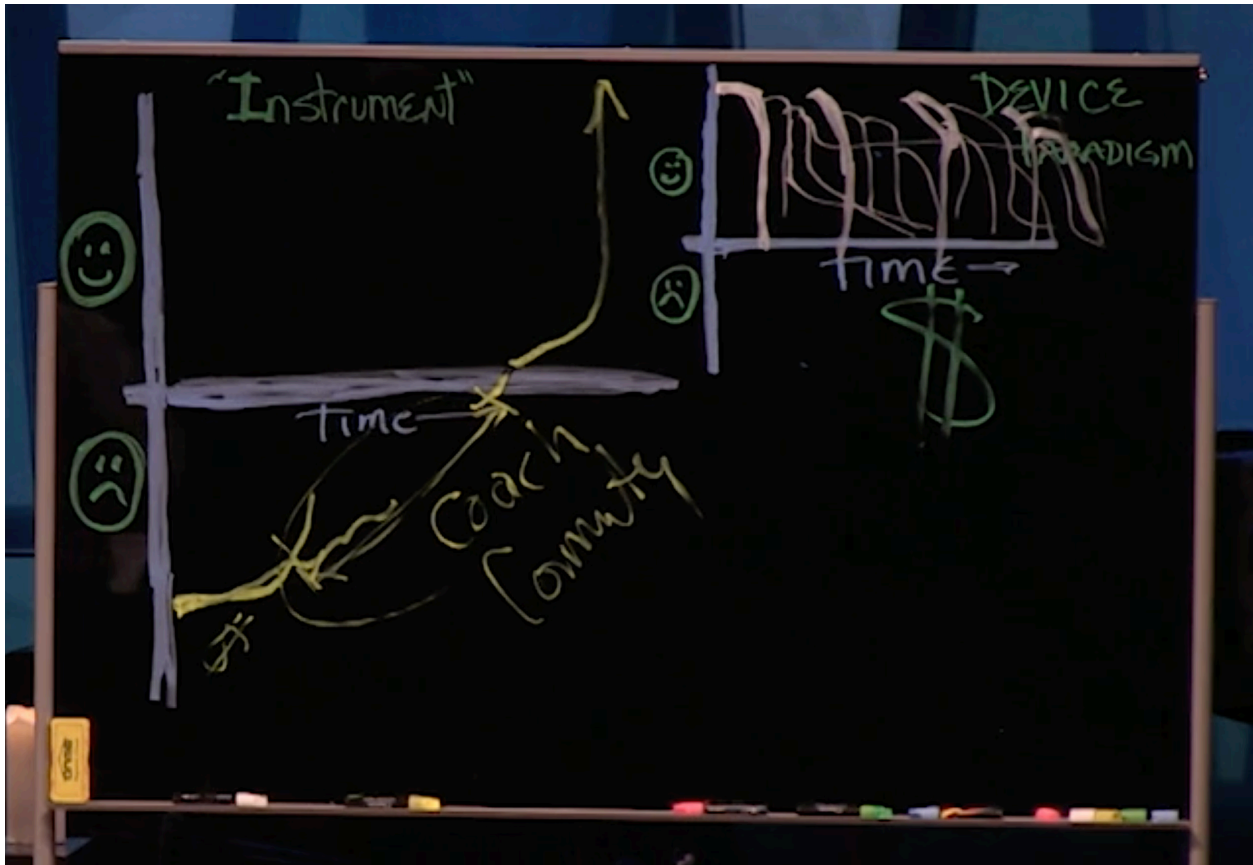
So those two issues in "always happy" have escalated our expectations. And so, while the older generations in the nineteenth and twentieth centuries could sit alone and they could expect that as a regular part of life, and they could maybe grow from that and learn from that --- now, we feel mildly lonely, a little bit bored, and we start scrolling. We start trying to connect with others. And what do we find? That we're failures; that we're inferior; that we're excluded; that we're missing out. And there it goes --- deeper sorrow still.

That's what has happened. That's how technology does that now. And again, I want to tell you, I believe this is a spiritual war that's going on, because there's a lot to this and its effect on us.

The second ambition for technology, if you remember, is "easy everywhere." Easy everywhere. And again, a lot of this we're going to look at right now is from Borgmann's work in a book that he published in 1984, which means it's not about the Internet or technology --- we say modern technology -- it's about dishwashers and washing machines and automobiles --- those sorts of things.



## Instrument Paradigm vs. Device Paradigm



And I've got a little board here to help us understand kind of what that looks like. He talked about what he called a device paradigm. And he's talking about a device versus an instrument. This is a happy face and a sad face, over a period of time. When you buy a device --- and let's just use --- I don't know if you heard the band, but every time I hear, I think, *Man, I'd love to be a musician. I wish I could play something like that. I really love music.* And you think, *Yeah, well, there's a reason why I don't play a musical instrument,* and I'll tell you why right now.

In the device paradigm, if I want to hear music, I just, back in the day, bought an album. Or I bought a record player. And it was fun when I bought it. And then I'm buying a bunch of albums. And I love that album, but then I don't like the album so much. And I bought another album, and then I don't like it so much. And then I bought that Eagles album, and that thing is going on --- I love that one. And then I bought a cassette tape player, and then I bought another

album. And then I bought a CD player – a Discman. And then I bought a bunch of other albums like that. And it keeps going down --- and then I bought an iPod. And so, this is great. I'm getting a lot of music, but you need to understand. In this model here, in some of these, I hate these songs now. Here's the issue, though. This is easy. I can do music. All I have to do is just push play. I don't need any help from anyone. I can just keep doing it forever, in isolation. It's instant gratification and it's almost instant obsolescence. No sooner did the record player (actually, I can come over here and buy another record player --- that's the cool thing now, right?) --- so I buy a record player and then, *Oh, I want that tape player* --- *Oh, I want that iPod* -- the obsolescence. And some of this is driven by money. Because this is how our economy runs. So, there are some insidious things going on. I'm telling you it's not just how fast and easy and isolating it is, but there's money that's involved in that.

So, he called that the device paradigm. Paradigm is a word that means "world view." It's the way I see everything. And this is why this is very important. The instrument paradigm that he talks about is when you actually learn how to play an instrument, like the violin, or today, the mandolin. So, when you start learning to play the mandolin, it starts down here. You're in the pain threshold early on. If nothing else, it costs a lot of money. But hell is learning to play the violin --- or maybe, your child learning to play the violin.

And so, you kind of get better here over time. You're starting to get a little better here. And then you're still not even breaking even in this scenario. And you're trying and trying, you're watching YouTube videos, you're doing whatever you can do. But here's the problem with this instrument paradigm. From here to here, there's kind of a no man's land. Because you can't get any better, because it's an instrument. And here's the thing: it requires skill.

And you can look at it like the difference between carpentry, where guys just used to use hammers, and now they use nail guns. Not as much skill required. They used to use a hand saw and now they have a laser-guided miter saw. I can do that, even. That's an instrument --- it's various instruments, in degrees.

But look, I just want to push play. It's requiring discipline and frustration and skill. And then in here, the reason people quit instruments and all kinds of instruments is because it hurts and it's painful and it's a failure. And the way people get to break even is they need a coach and community. They need someone to tell them the truth: *No, you're not that good. No, you missed that note. No, you aren't swinging that right.* And then, community --- people to do it with. And

with coaching and community, you can get to break even. It starts down here, and you can get to break even, and then watch what happens. After that, usually, it goes up really high. Watch this: this model, the device paradigm, it goes down each time. If you can hang in there with the instrument paradigm, it's hard at the beginning, and then it goes up and keeps going up. But you're having to work for that. And you're having to share in that.

And so, the reason --- continuing online education --- Harvard and MIT put truckloads of money into that and they thought they could educate. But it didn't work out very well, because they stalled right here and they realized even flipping the class, if you know what that means, even that wasn't working, because they needed coaching and community, and that didn't work.

Other expressions of that: it's kind of funny --- silent meditation --- you'd think that would -- I mean, you don't say anything in silent meditation. But if you can get six people in a room together and they don't talk, it's more likely for you to get to the point where you're breaking even, and after you're breaking even, where you're starting to like it more, then you're liking it a lot.

Here's a pretty clear application of this: gyms, gymnasiums. The big ones want you to sign up but never show up. That's how they make their money. And they make money, but people don't get in shape because getting in shape, right here, it starts off that you spend a lot of money up front, and then you stall right here. And some gyms like Soul Cycle and Orange Theory and Camp Gladiator and CrossFit have figured out that if they can step in here and start having a community experience and good coaching to keep you healthy during the gym experience, they can get you to break even. And after break even, you're going to have a lifestyle of fitness. And it's working.

Look, over here --- the future over here is the Matrix where a guy sticks something in the back of my head and I say, *I know jiu-jitsu*. Right? But I didn't get to experience getting choked out and applying joint locks on other people, and that's a lot of fun. And I have a community and I have a coach that I thoroughly enjoy because of this instrument paradigm.

And one of the reasons this isn't very popular right now is because you put up a lot of money up front. You buy that violin or that mandolin, and all of this right now --- that's just coaching. That's not new stuff. You might get a new one up here, a more expensive one, because it's worth it.

But what I want you to see is that these paradigms, these graphs, are here because they're so powerful. And here's the big point here: everything you want, really, in life, as a human soul, is here on this chart. Things that are worth having, you're going to have to work through. And to work through that, you're going to need a coach and community. Everything you want.

The device paradigm isolates and makes you lonely. And here's why people are lonely right now --- because this model here, this paradigm, this world view --- you're using it for relationships and romance. Things that are sacred, we're making them commodities.

*Oh, this friendship thing didn't work out.*

*How come?*

*Well, I don't know ... she was late three times in a row. I'm done. I've got a new one.*

*Oh, okay.*

Yeah, buy a new album, get a new iPod, or whatever. And we're trading the sacred things in for a commodity, something to be thrown away, as though they're expendable. Church people look at churches this way.

*Yeah, the music was too loud ... it wasn't loud enough ... it was too cold ... it was too hot ... it was too far to get to.*

*Okay, we'll get you something else. It's the bride of Christ, whatever.*

Everything you want is over here: marriage. This is marriage. Oh, yeah. That first year .... Whoo. The honeymoon is over and then you just kind of plow through the difficult times. The first year is really rough, but if you can get coaching and a community --- our whole church is built on it. Do you know why? Because if we can get you to break even, you're going to love this married thing. There are two types of empty nesters: happy and miserable. It just gets better if you do this part right.

Marriage, relationships --- you become like Christ in all of life. Jesus never promised an easy deal. He says, *I'm your king, it's a sold-out deal, there is no such thing except lordship, and lordship means you sit down here.* And in the early days you're moping around: *Look at all I've given up* and stuff. And a lot of people plateau right here in the adolescent years --- not adolescent numbers, but in the in-between time. And they need coaching and they need community. If they can get community and coaching, they can get to break even. *Well, it's about the same as when I didn't have Jesus.* And after that, it goes crazy great. And that's why you'll

meet an eighty-year-old saint and they are still loving life in the Lord, more than they did when they started.

Because this is the instrument paradigm. That's real life. Everything you want is on this side. This paradigm for the device --- that's great, I'm glad. It makes for great medicine. And I love getting around in a really cool car that's air conditioned and has a sunroof. I love that.

But here's the thing --- the purpose of family – that's why the book is about household --- the purpose of family and household is to teach this instrument model. It is in the family – like in the book *The Soul of Shame* --- the purpose of family is that, when you are born, you are looking for someone looking for you. And you're looking at your parents, and in the context of family, you learn about sin and forgiveness. You learn about shame and restoration. All that's happening in a real-life example of plowing through the difficult times. I could show you year by year what this looks like with newborns and adolescents and those sorts of things. The purpose of family is to see the face, to make contact, to see the face. Number one survey question that was answered by elementary, junior high, and high school students --- one question: What would you like to change most about technology? They said, *I wish my parents would put their cell phones down*. And us parents, we think, *Oh, those kids and their cell phones*. Well, they've got something to say to us. They want us to see their face, even the teenagers when they look away. They want us to see their face.

Where does this happen, this face-seeing? Where does this happen, where we're giving forgiveness and granting honor? It happens in the instruments of life. In the old days when we didn't have central heating, it was when everyone was tending the fireplace and there was a central place in the living room where the fire was. It was when the women cooked, they cooked together. When the men worked the fields, they worked with their boys and they worked together. It was in this context of being coached in community that lives were changed.

And so sometimes --- Borgmann's deal is that when we take the device model, doing the dishes now is just pushing a button, and that's it. I'm not against that; I'm just saying we've lost an opportunity to have conversations that used to happen naturally. That's the point.

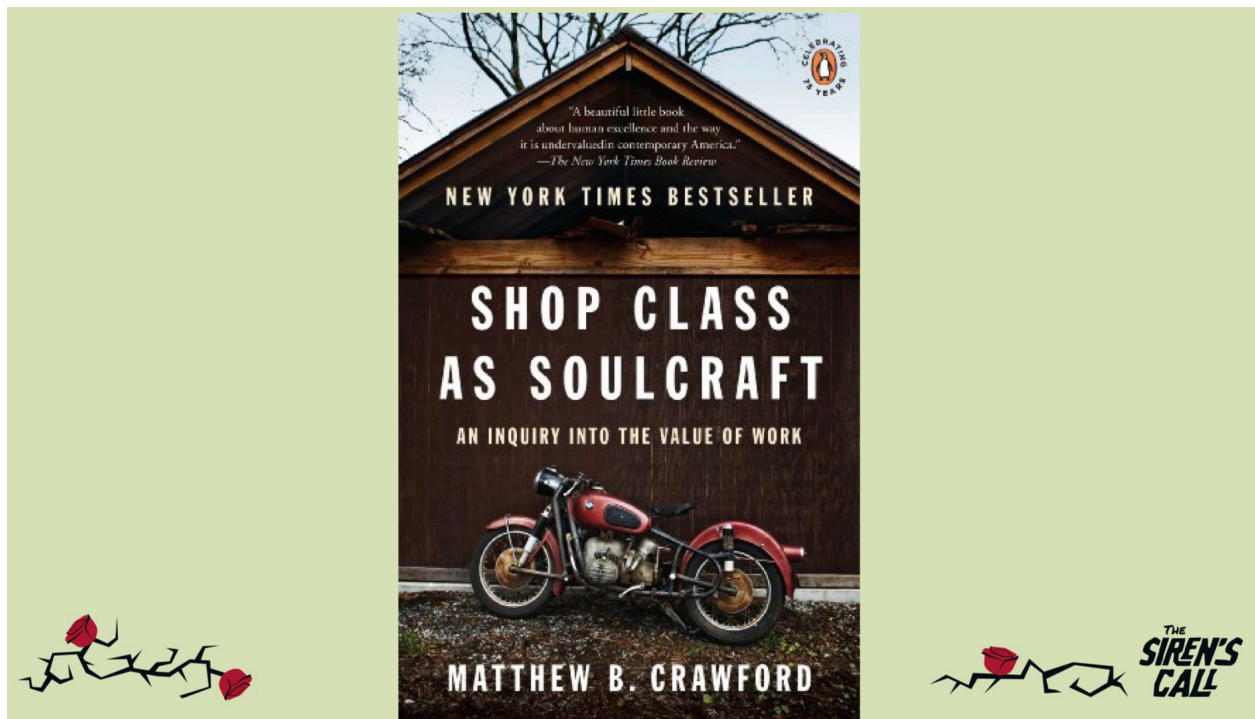
So, here's our thirty-day challenge. (I need to hurry. I'm sorry.) Here's the thirty-day challenge. Sure, we're going to do solitude, quiet, and silence, you bet. But I want you to see the power of our choices that we're making. And these choices we're making – not the big ones --- just the power of disciplines, of changing our patterns. What you practice, you become. Proverbs

14: “A prudent man gives thoughts to his steps.” That’s a different proverb, but it’s a synonym, right? “ ... gives thoughts to his steps.” I want you to see and hear the Sirens’ call. The Sirens’ call is this: “always happy” and “easy everywhere.” That’s keeping you from connecting to the people you love. That’s it right there.

### Application #1: Join a Learning/Living Community

And so, I would suggest --- these are kind of weird applications --- but watch this. One: join a learning/living community where you learn, not a device, but an instrument. Learn --- I don’t know --- how to tune a car. Learn auto mechanics or auto maintenance. If you’re really good at that, join a group and teach it. Learn a language. Learn how to sew clothes. If you’re really good, think about this paradigm when you’re learning to sew clothes.

Believe me, I’m learning how to sew clothes and I hit the max at YouTube videos. And I have to step up --- I looked into stepping up and joining a coach and a community, and I’m not going to. I have my reasons --- so I’m never going to get up here.



Learn how to play an instrument, literally --- a mandolin. Learn a new sport where you can learn or teach in a community. Learn to cook. There’s a pretty good book --- I haven’t read it completely, so I’m not entirely recommending it, but I love the title and I love everything I’ve read about it: *Shop Class is Soul Craft*. And this writer here, Matthew Crawford, he just keeps

writing about how we have to learn to use our hands, because it's good for our souls. And just typing and just reading is not doing it anymore. Again, it's about humanness and soul health. And he's written some other books with this in mind. But the point is, don't fear the stall that happens here. Understand that the reason you can't grow in something that's difficult is because you need coaching and community, and that's where you're going to learn relational skills. That's where you're going to learn to forgive. That's where you're going to learn to overcome shame. It's in that context, with good coaching and good community, that you get to the break even. Then you loop back around and start helping others. It's magic.

What you need to fear is this --- "easy everything" and "always happy." That's what you fear, that laziness of the soul.

### **Application #2: Don't Let Technology Steal "Household"**

So in this context, the second one would be don't let technology steal "household." And what I mean by that is to take the opportunity, if you're in a family with children --- enjoy the purpose of doing the dishes or cooking the food, or yard work or some kind of maintenance. Don't make it into a chore; act like you are living in the 1700's or 1800's and say, "Hey, we do this together." If you own a ski boat, make your kids be part of the maintenance part of that, in other words. And in the context of that, you're connecting and you're coaching. And here's how you live life, and here's what it's like.

One of the examples that we heard in class: a guy said, "Whenever we have friends over now, we make them help us cook." And we said, "What?" And he said, "Yeah. Because you walk in --- every time you go somewhere at friend's, you say, 'Hey, is there anything I can do?' They say, 'No.' Or sometimes they just order out --- it's coming." And this guy said, "Hey, let's stop doing that."

*Anything I can do?*

*Yeah, you can peel those carrots over there. And you can get on those potatoes. And we're going to make some ice cream over here.*

And what happens is that everyone ends up in the kitchen, learning, coaching --- in community. And it makes for a much better dinner conversation because we kind of worked on it together.

A firepit – why are firepits fun all of a sudden? And how come the ones that you just turn on don't seem to have the same punch? Because there's something about working the firepit. It's like caveman stuff. It's this idea of instrument. And everything is too easy, and fire shouldn't be easy, you know? Anyway, you get the idea. You're looking at these and you're only using this when you have to and you're seizing this moment, especially in relationships.

### **Application #3: Stop Keeping Up with the News**

And third --- I'm just saying it, because it is technology --- we just stop keeping up with the news. How about that part of our thirty-day challenge? Isn't that the truth, yes, clap for that. You know what, whatever's going to happen is going to happen. Just turn it off between now and October 20. Technology --- it has potential to make our lives easier, to help us connect. But friends, it's a Siren and it's calling us and so many people in the church are losing the moments that become hours that become days, weeks, a life. There's a spiritual war going on here. It's layers deep. We don't have time for this. There's a lot more to what's motivating this behind the scenes, and it's spiritual. It has to do with this money thing. Our economy is built on ravaging our souls. The glory of God is man fully alive, not lazy and just listening. Just push play.

Your life is only going to have one regret --- don't regret that. Live as a saint. You are in charge. You're the boss of this. Technology serves you; you don't serve technology, in every context of that. And if you do that, in this discipline, the thirty days, you're going to get stronger every day when you tell technology to sit in the back and shut up. That's a cuss word, so I know I'm using that kind of word on purpose. But it stays where it belongs. That's what my hope is for this church, that we see our goals of becoming like Christ in all of life and presenting our bodies as a living sacrifice can be realized when we let the power of the Spirit overpower our addiction to technology. Would you join me in that?

Let's pray. We're going to have communion. We'll seal this with a communion deal, how about that?

*Lord Jesus, we have slipped like a frog in a kettle, and we're getting boiled alive here. And Lord, I'd ask that You would make us aware and know that there is a spiritual war going on and it's way more subtle than we had imagined. So Lord, I'd ask that You would open our eyes to that and that we might be good friends, good lovers, good parents, and responsible for the*



*moment by moment freedom that we have to express that You are our king. We pray this in Jesus' name. Amen.*

BOOKS MENTIONED in September 22 and 29 sermons

**Alone Together: Why We Expect More from Technology and Less from Each Other** by Sherry Turkle, 2011

**Bored, Lonely, Angry, Stupid: Changing Feelings about Technology, from the Telegraph to Twitter** by Luke Fernandez and Susan J. Matt, 2019

**Happy Brain: Where Happiness Comes from, and Why** by Dean Burnett, 2018

**Reclaiming Conversation: The Power of Talk in a Digital Age** by Sherry Turkle, 2015

**Shop Class as Soulcraft: an Inquiry into the Value of Work** by Matthew B. Crawford, 2009

**The Soul of Shame: Retelling the Stories We Believe About Ourselves** by Curt Thompson, 2015

**Technology and the Character of Contemporary Life** by Albert Borgmann, 1984