

Technology in the Home

Part 2 of 2 | July 19, 2006 (Notes include Part 1 of 2 from July 12)

Introduction

1. We will survey the landscape of technology. We aren't going to get stuck in the weeds.
2. Media & technology is not a Gen Z issue. It is a subject we all must address in our hearts.
3. This study is aimed at developing and fostering discipleship in 2026.

There are four main parts of the technology landscape we will cover?

1. What is happening
2. What is dangerous
3. What is true
4. What you can do

What's Happening

Media Consumption¹

- Children ages 13-17 are using their phones 5.15 hours a day.
- Youth ages 18-21 are using their phones 6.70 hours a day.
- Gen Z women are using their phones more than Gen Z men (6.35 hours a day compared to young men at 5.22 hours a day).
- "Women edging into adulthood are most vulnerable to social media's bad side. For instance, 18-21-year-old women are more likely than their male peers and teenage girls, and roughly twice as likely as teenage boys, to experience feelings like isolation, self-criticism and insecurity."²
- The total time for all media consumption is 7.22 hours a day (excluding time spent on a computer for school or work).
- 4 out of 5 students report at least one instance of a traumatic experience, and most turn to things like friends, family and digital media when feeling anxious or lonely.
- Only 1 out of 10 students meet Barna's definition of digitally discerning.
- Teens and young adults with higher-than-average levels of screentime are more likely to say they feel isolated, insecure and critical of themselves.

¹ *Gen Z: Caring for Young Souls and Cultivating Resilience*, Volume 2 (Barna, 2021).

² *Gen Z: Caring for Young Souls and Cultivating Resilience*.

When Gen Z feels anxious, what makes them feel better?

- Music – 26%
- Talking to someone – 24%
- Watch videos – 14%
- Meditating – 11%
- Sleeping – 9%
- Gaming – 9%

Here's what they say they do when they feel anxious to feel better:

- “Scrolling through things that make me laugh.”
- “Watch videos on YouTube to get my mind off it.”
- “I use social media to cope.”
- “Play a video game to escape my reality.”
- “Vegging out”

When Gen Z feels lonely, what makes you feel better?

- Connecting with a person other than family – 45%
- Connect with family – 20%
- Music – 18%
- Watching videos – 12%
- Gaming – 10%
- Social Media – 8%

Here's what they say they do when they feel lonely to feel better:

- “TikTok – they're people feeling the same way as me. Makes me feel less lonely.”
- I will disappear into a world of my own.”
- “I find solace in social media.”
- “I send memes to my friends, and we discuss them.”

Artificial Intelligence (AI)

Christians' willingness to engage AI personally—including spiritually—is running ahead of settled conviction about the role AI should play in the life of faith. Christians have not made up their minds about AI; they are [extending trust and registering fear](#) in the same breath.

The research does not resolve that tension. It simply confirms how many people are living inside it.³

What's Dangerous

Breach of Privacy⁴

- A survey of 4,000 minors found that almost 43% of those aged between 8 and 13 years old are talking to people they have never met in real life on social media and gaming platforms.
- A third of the children in the survey were speaking to strangers every day or at least once a week.
- ROBLOX is a online platform that allows users to interact and engage through messages and voice chat.

Theft of Innocence

- 1 in 5 children per year receive an unwanted sexual solicitation online.⁵
- Even if a child is not subjected to direct sexual solicitation, some online situations can be similar to a child being in a locker room without any adult supervision.

Propaganda

- Secular philosophy and cultural expressions are embedded into technology.

Bullying & Stupidity

- Media has 24/7 access, privacy, and assumed anonymity.
- “In the past, being around family and friends in the comfort of your own home would be enough to protect you from bullies. However, these days, teens continue to be bombarded with harassment, even from the places where they are supposed to feel safe.”⁶

Reshaping Them

- Reshaping is probably the biggest danger, but it probably is the least noticeable.

³ “AI Is Becoming a Spiritual Authority, Even Among Practicing Christians,” *Barna Group*, n.d., <https://www.barna.com/research/christians-trust-ai-flourishing-spiritual-authority/>.

⁴ Guest Blogger, “How Many Kids Give Away Information to Strangers?,” *Savvy Cyber Kids*, 21 July 2022, <https://savvycyberkids.org/2022/07/21/how-many-kids-give-away-information-to-strangers/>.

⁵ “Eastern District of Texas | Project Safe Childhood,” 12 March 2015, <https://www.justice.gov/usao-edtx/project-safe-childhood>.

⁶ “How Social Media Has Transformed Teen Bullying | Free Eval,” *The Koffel Law Firm*, n.d., <https://www.koffellaw.com/faqs/social-media-bullying-how-tech-has-transformed/>.

- In May of 2025, up to 84% of high school students use AI for homework.⁷
 - We haven't sufficiently answered the question "when is using AI ethically wrong?"
 - We haven't sufficiently answered the question "when it is ethical but hurtful to use AI?"
 - Andy Crouch said that using AI is like bringing a forklift to the gym.⁸
- Our attention span, dopamine addiction, social skills, expectations, and goal setting has changed and will continue to change in drastic ways.
 - Doomscrolling – "to spend excessive time scrolling (see [scroll entry 2](#)) through online content (especially news) that makes one feel sad, anxious, angry, etc."⁹
 - Bed-rotting – "*Bed rotting* refers to the act or practice of staying in bed all day (or for a prolonged amount of time), especially when feeling stressed, overwhelmed, etc., but also for the occasional pleasure of doing so."¹⁰
 - Brainrot – "*Bed rotting* refers to the act or practice of staying in bed all day (or for a prolonged amount of time), especially when feeling stressed, overwhelmed, etc., but also for the occasional pleasure of doing so."¹¹

Hope for Our Day

- We can develop a theology for technology.
- Technology is not going to thwart God's plan.
- God is still saving people, changing people, and building His church.

Resources

- 12 Ways Your Phone is Changing You by Tony Reinke
- "AI and the Tech Wise Family" with Andy Crouch | Ep. 351 (YouTube)
- "What is Roblox" (YouTube)

⁷ "New Research: Majority of High School Students Use Generative AI for Schoolwork – Newsroom," n.d., <https://newsroom.collegeboard.org/new-research-majority-high-school-students-use-generative-ai-schoolwork>.

⁸ Raising Boys and Girls, *AI and the Tech Wise Family with Andy Crouch* | Ep. 351, 2026.

⁹ "DOOMSCROLL Definition & Meaning - Merriam-Webster," n.d., <https://www.merriam-webster.com/dictionary/doomscroll>.

¹⁰ "BED ROTTING Slang Meaning | Merriam-Webster," n.d., <https://www.merriam-webster.com/slang/bed-rotting>.

¹¹ "Brain Rot," 1 April 2026, <https://www.merriam-webster.com/slang/brain-rot>.

What's True

1. We are made in the image of God (Genesis 1:26-28).
2. We are made to embrace technology within the creation mandate (Genesis 1:26-28; Psalm 8:6-8).
3. We are designed to master technology, not to be mastered by technology (1 Corinthians 6:12).
4. Sin impacts everything (Genesis 3), but every good gift is from above (James 1:17).
5. The problem isn't technology; the problem is our heart (Jeremiah 17:9).
6. The use of technology requires sanctification (1 Thess 4:3), discipline (1 Corinthians 13:11), and discipleship (1 Corinthians 11:1).

What You Can Do

Disciple Yourself

- Check how much time you spend on media each day
- Set parameters and limits for yourself
- Interact with close brothers or sisters about your growth

Provide Oversight

- Set up devices in connection with a parent account
 - Family Sharing – iPhone
 - Family Link - Android
- Many devices, users, and apps have built-in oversight for minors
- Plan for device access in shared, family space

Manage Content

- Consider using Bark or Qustodio
- Turn on content filtering on your modem (the thing that gives you Wi-Fi)
- Turn on content filtering on individual devices

Set Healthy Times

- Most devices allow you to set up, customize, and pause devices
- Individual apps on phones can be set up with a time limit (and some apps can have unlimited time)
- Consistency is key, but flexibility is kind

Involve Yourself with their Technology

- Use technology with them
- Talk to them about their technology
- Have conversations about what is, and is not healthy about technology
- Ask them to help you utilize technology for redemptive purposes