

A vintage rotary telephone handset is shown on a wooden surface. A white speech bubble is overlaid on the handset, containing the text "Asking for a Friend". The word "Asking" is in a dark blue script font, "for a" is in a smaller, dark blue sans-serif font, and "Friend" is in a larger, dark blue script font. The background is a warm, orange-brown color.

*Asking*  
for a  
*Friend*

How does my phone affect  
my relationship with Jesus?



*Asking  
for a  
Friend*



*Asking  
for a  
Friend*



- Corporate worship
- Prayer
- Reading God's Word
- Silence and solitude
- Fasting
- Tithing

*Asking  
for a  
Friend*



- LIFE Groups
- Bible studies
- Community

*Asking  
for a  
Friend*



- Sharing our faith
- Interacting with lost people
- Serving in the community
- Participating with local or global mission partners

*Asking  
for a  
Friend*



- Corporate worship
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- Reading God's Word
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- LIFE Groups
- Bible studies
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- Sharing
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*Asking  
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*Asking  
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# Resources for Digital Discipleship

- *12 Ways Your Phone is Changing You* by Tony Reinke
- *Digital Minimalism* by Cal Newport
- *Get Your Life Back* by John Eldredge
- *Liturgy of the Ordinary* by Tish Harrison Warren
- *Ruthless Elimination of Hurry* by John Mark Comer
- *Reclaiming Conversation* by Sherry Turkle
- *The Tech-Wise Family* by Andy Crouch



*Asking  
for a  
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“This rise of cell phone as vital appendage is supported by many different explanations. Young people, for example, worry that even temporary disconnection might lead them to miss out on something better they could be doing. Parents worry that their kids won’t be able to reach them in an emergency. Travelers need directions and recommendations for places to eat. Workers fear the idea of being both needed and unreachable. And everyone secretly fears being bored.”

- *Digital Minimalism*



*Asking  
for a  
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# Relationship with God

- Constant work and availability



*Asking  
for a  
Friend*

“Honestly, I think most people live their daily lives along a spectrum from slightly rattled to completely fried as their normal state of being.”

- *Get Your Life Back*



*Asking  
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# Relationship with God

- Constant work and availability
- Constant distraction



*Asking  
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“The average iPhone user touches his or her phone 2,617 times a day. **What would my life be like if God touched my mind as frequently as I touch my phone?**”

*- The Ruthless Elimination of Hurry*



*Asking  
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# Relationship with God

- Constant work and availability
- Constant distraction
- Fear/anxiety/frustration/pain



*Asking  
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# Relationship with God

- Constant work and availability
- Constant distraction
- Fear/anxiety/frustration/pain
- Misdirected love



*Asking  
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“Like a head-on collision of freight trains, the gospel of consumerism and the gospel of Christ smash: The gospel of consumerism says: everything you could possibly imagine for your earthly happiness and comfort is available in a dozen options, sizes, colors, and price points. The gospel of Jesus Christ says: everything you could possibly need for your supreme joy and eternal comfort is now invisible to the human eye.”

*- 12 Ways Your Phone is Changing You*



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# Relationship with God

- Constant work and availability
- Constant distraction
- Fear/anxiety/frustration/pain
- Misdirected love
- Pleasing the wrong people



*Asking  
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# Relationship with others

- Relational Disconnect



*Asking  
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“We have learned that even a silent phone inhibits conversations that matter. The very sight of a phone on the landscape leaves us feeling less connected to each other, less invested in each other. Every time you check your phone in company, what you gain is a hit of stimulation, a neurochemical shot, and what you lose is what a friend, teacher, parent, lover, or co-worker just said, meant, felt.”

*- Reclaiming Conversation*



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# Relationship with others

- Relational Disconnect
- Relational Divisiveness



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“Our phones create echo chambers and buffer us from diversity. Communities that fail to embrace the benefits of disagreements and fail to work through tensions and differences tend to become homogeneous and unhealthy, because they “tend to have exaggerated blind spots and unaddressed weaknesses.”

*- 12 Ways Your Phone is Changing You*



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# Positive Ways Our Phone Affects...

- Podcasts, Worship Music, Christian Radio
- Apps to help with your spiritual journey
- Platforms to follow pastors/speakers/teachers
- Communication tools for staying connected
- Ways to stay in touch with missionaries
- Online giving
- Staying up-to-date with local and global partners



Very few of us are willing to do the hard work of putting boundaries around our technology so the positives outweigh the negative, **to own our phone instead of it owning us.**



*Asking  
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# Practical tips

- Embrace boredom



*Asking  
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# Practical tips

- Embrace boredom
- Get outside



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# Practical tips

- Embrace boredom
- Get outside
- Turn your smartphone into a dumb phone



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- Limit your news intake.



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# Practical tips

- Embrace boredom
- Get outside
- Turn your smartphone into a dumb phone
- Delete or limit social media
- Limit your news intake.
- Phone away during conversations



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“Face-to-face conversation is the most human—and humanizing—thing we do. Fully present to one another, we learn to listen. It’s where we develop the capacity for empathy. It’s where we experience the joy of being heard, of being understood.”

*- Reclaiming Conversation*



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# Practical tips

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- Get outside
- Turn your smartphone into a dumb phone
- Delete or limit social media
- Limit your news intake.
- Phone away during conversations
- No phone in your bedroom



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# Practical tips

- Embrace boredom
- Get outside
- Turn your smartphone into a dumb phone
- Delete or limit social media
- Limit your news intake.
- Phone away during conversations
- No phone in your bedroom
- Spiritual disciplines before digital distraction



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# Practical tips

- Embrace boredom
- Get outside
- Turn your smartphone into a dumb phone
- Delete or limit social media
- Limit your news intake.
- Phone away during conversations
- No phone in your bedroom
- Spiritual disciplines before digital distraction
- No phone at dinner, family night, etc.



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“In work, love, and friendship, relationships of mutuality depend on listening to what might be boring to you but is of interest to someone else. In conversation, a “lull” may be on its way to becoming something else. If a moment in a conversation is slow, there is no way to know when things will pick up except to stay with the conversation.”

*- Reclaiming Conversation*



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Think critically about  
your phone use.



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“Life in the digital age is an open invitation for clear, biblical thinking about the impact of our phones on ourselves, on our creation, on our neighbors, and on our relationships to God. Thoughtlessly adopting new technology is worldliness.”

- *12 Ways Your Phone is Changing You*



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