

What is shaping us?

Lesson for Sunday, 14, 2026

INTRODUCTION:

- ⇒ Last week we redefined the term “technology.”
 - *Technology is a God-given, man-made tool that shapes our _____, _____ and _____.*
- ⇒ Most certainly, the form of technology that is making the most impact on our lives in 2026 is digital technology such as smart phones, social media and AI.
- ⇒ Today we will investigate God’s Word and ask a very important question: What are the influences that are shaping our worldview?

BIBLE STUDY:

1. The Bible on Digital Technology
 - a. Most likely, someone has asked themselves this question since we began this series: “Does the Bible even address digital technology?”
 - b. 1 Corinthians 10:31
 - i. Identify the _____: To do everything to the glory of God.
 - ii. Don’t ignore the _____: “whatsoever you do.”
 - iii. From this verse alone it seems the Bible has something to say about digital tech. Am I using my digital tech in a way that brings glory to God?
 - c. 2 Peter 1:3-4a
 - i. Identify the _____: Who is “His divine power” referring to?
 - ii. Identify the _____: God has given us “all things that pertain unto life and godliness.”
 1. “Life” = our relationship to the world around us
 2. “Godliness” = our relationship to God
 3. “All things” = the gift is that God has given us everything we need for everything we will face in life.
 - iii. Locate the _____: verse 4 refers to the “exceeding great and precious promises” – where are these precious promises found?
 - iv. Clarify the _____: Everything we need for everything we will face is found in God’s Word. Does that include our use of digital tech?
2. The Influence of Digital Technology
 - a. Consider some of these startling facts. *As we read through them, ask yourself if any of these are a reality in your life...*
 - b. Phone checking: In one widely cited survey, Americans check their phones _____ times per day.
 - c. Social media time: Americans average about _____ hours and _____ minutes per day on social media apps such as Facebook, Instagram, TikTok, Snapchat, X, YouTube.

- d. Other shockers:
 - i. ____% of respondents sleep with their phones
 - ii. ____% check them within 10 minutes of waking up
 - iii. ____% look at notifications within five minutes.
 - e. Question: Can something that takes that much of our daily time have a significant impact on our lives? The obvious answer is YES!
3. What is shaping **your** life?
- a. Text: Romans 12:1-2
 - b. What is the primary command of this text? It is stated in two parts:
 - i. Do not be _____ to the world.
 - ii. Be _____ into the likeness of Jesus by the renewing of your mind.
 - c. Are you being shaped more by God's Word or by your digital technology?

APPLICATION:

- ⇒ Discuss: What are some basic things we can do this week to increase our exposure to God's Word and reduce our time scrolling?
- ⇒ Discuss: Are the things we can identify in our lives and culture that have been badly influenced by our use of digital tech? Consider:
- ⇒ What is one thing you can do this week in your personal digital habits to make sure you are being shaped more by God's Word?