

What is shaping us?

Lesson for Sunday, 14, 2026

INTRODUCTION:

- ⇒ Last week we redefined the term “technology.” Can you remember our definition?
 - *Technology is a God-given, man-made tool that shapes our **habits, hearts** and **habitation**.*
- ⇒ Remember that technology can be good or bad – that depends on our stewardship. Because of our sinful inclinations, we need help from the Lord so we can steward our technology biblically.
- ⇒ Most certainly, the form of technology that is making the most impact on our lives in 2026 is digital technology such as smart phones and AI.
- ⇒ Today we will investigate God’s Word and ask a very important question: What are the influences that are shaping our worldview? But before we ask that question, let’s ask something even more basic.

BIBLE STUDY:

1. The Bible on Digital Technology
 - a. Most likely, someone has asked themselves this question since we began this series:
 - i. “Does the Bible even address digital technology? When the Bible was written, there were no cell phones, no internet, no satellites. How can a Book written over 2000 years ago speak to the issue of something like AI?”
 - ii. These are good and thoughtful questions for us to consider. What does the Bible actually say? Let’s consider two key passages.
 - b. 1 Corinthians 10:31 (read together)
 - i. Identify the **command**: To do everything to the glory of God. Discuss briefly what that means.
 - ii. Don’t ignore the **clause**: “whatsoever you do” – What does that mean? Are there any areas of our lives that are excluded from this command? Would that include our use of digital technology?
 - 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 (read together)
 - i. Identify the **Giver**: refer to verse 2 to point that the “His divine power” is referring to God.
 - ii. Identify the **gift**: 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 **provision**: verse 4 refers to the “exceeding great and precious promises” that are found in God’s Word.
 - iv. Clarify the **point**: Everything we need for everything we will face is found in God’s Word.
 - v. KEY: When Peter writes that God has given “all things that pertain to life,” does that include our use of digital tech? Doesn’t it seem impossible that digital tech could play such a significant role in our lives and God not say anything about it?

2. The Influence of Digital Technology
 - a. How many times a day do you check your phone? What is your daily usage? What did we do with all that time before we had them?
 - b. Consider some of these startling facts. As we read through them, ask yourself if any of these are a reality in your life...
 - c. Phone checking: In one widely cited survey, Americans check their phones **352** times per day, which works out to about once every 2 minutes and 43 seconds.
 - d. Social media time:
 - i. Americans average about **2** hours and **16** minutes per day on social media.
 - ii. U.S. teens can be even heavier users averaging 4.8 hours a day across several popular social media apps including Facebook, Instagram, TikTok, Snapchat, X, YouTube...
 - e. Other shockers: One survey found **60%** of respondents sleep with their phones, **89%** check them within 10 minutes of waking up, and **75%** look at notifications within five minutes.
 - f. Question: Can something that takes that much of our daily time have a significant impact on our lives? The obvious answer is YES!
 - g. If you have time (& know how) you can get the people to look at their phones where it shows their daily usage.
3. What is shaping your life?
 - a. Read Romans 12:1-2 together.
 - b. What is the primary command of this text? It is stated in two parts:
 - i. Do not be **conformed** to the world.
 - ii. Be **transformed** into the likeness of Jesus by the renewing of your mind.
 - c. What is the simple application of this text? We must evaluate the forces that are shaping our worldview.
 - d. Are you being shaped more by God's Word or by your digital technology? Consider:
 - i. The typical professing Christian spends 10-20 minutes a day in Bible study and prayer. If one is spending 20 minutes a day with the Lord and over two hours a day scrolling their phones, what has the better shot at shaping how they think?
 - ii. A recent Barna survey revealed that only 24% of professing Christians read their Bibles weekly. But we check our phones over 300 times a day. Which seems to have a higher degree of influence in our lives?
 - iii. Example: Pew Research found that 53% of US adults say they get their news from social media. We have seen how the source of our news shapes what we believe to be true about world events. Does anyone ever ask, "How do I know this is true?"

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:
 - The family meal with everyone staring at their devices...
 - People are less personable in public...
 - People are more easily distracted when they need to be concentrating (like during a message in a church service).
- ⇒ Try to lead your group members to come up with one specific thing they can do this week because of this lesson.