

Stewarding Tech with All Our Soul

Lesson for Sunday, July 5, 2026

INTRODUCTION:

- ⇒ We are working to develop a biblical worldview of the technology that dominates our culture.
- ⇒ Last week we began to unpack Matthew 22:37-39. This is a key passage that can help build a personal framework for how we engage technology.
- ⇒ Jesus identifies four specific areas of our lives. We are to love Him with all our _____, _____ and _____, and we are to love our _____.
- ⇒ Today, we are studying what it means to love God with all our souls.

BIBLE STUDY:

1. What Christians are to love
 - a. How would you summarize what Jesus is saying in Matthew 22:34-40?
 - b. To love God completely requires a Matthew 22:34-40 within all that we are. We can't love God with a divided heart!
 - c. The key that we must remember is that if our love for God and others is genuine, it will impact the way we live – our habits, the way we think, etc. God wants everything.
2. What Christians are NOT to love
 - a. If we are to love God, there must be something we do not love: the _____. See 1 John 2:15.
 - b. The challenge with modern technology (smartphones) in contrast to ancient technology, the shovel (remember lesson #1), is that the smartphone brings the things of the world directly to us.
 - c. The Christian must constantly test everything by the standard set in 1 John 2.
3. Loving Him with all our souls
 - a. The term “soul” is closest to what we would call emotion.
 - i. In the Greek, the word is _____ – where we get psychology – literally the study of the soul.
 - ii. In easier terms, we often refer to the soul as the place where the mind, emotions and will reside within each person.
 - b. When addressing the soul, it is less about momentary desire and more about whether your _____, _____ and _____ are being shaped by God and His priorities.
4. The _____ of technology on our souls
 - a. First, people shaped by technology tend to be more _____. Consider these stats:
 - i. Heavy social media use doubles the risk of depression/anxiety. Depression rates begin to rise literally after just 1 hour a day on social media platforms.
 - ii. The more plugged in we are the more anxious we become.
 - b. Second, people shaped by technology tend to be _____.
 - i. The internet, and technology in general, have made us more divided.
 - ii. When we interact with people on-line, it is easy to forget that they are actual people who are made in the image of God. Technology de-personalizes.
 - c. Third, people shaped by technology tend to be more _____.
 - i. Over 50% of Americans believe they are addicted to their phones.

- ii. Up to 60% of teens show signs of cell phone addiction.

APPLICATION: How do we guard our souls? Key verse: 1 Peter 2:11. Consider these ideas:

- ⇒ Treat technology like a spiritual _____ issue.
 - Christians are to bring their digital life under the lordship of Christ, not just manage screen time.
 - View your daily digital habits for what they are – influences that shape your heart and mind, just like worship practices do.
 - Ask: “What values is this reinforcing?” Does the time you spend on _____ uplift your spiritual life or distract from your core beliefs?
- ⇒ Replace digital habits with something _____.
 - Don’t just try to limit screentime, replace that time with practices that feed your soul. Use freed-up time for: Prayer, Bible reading or reading quality books.
 - Be intentional on how you spend your time.
- ⇒ Make your phone “_____” and less addictive.
 - Reduce the pull of the attention economy by simplifying your device.
 - Turn off all notifications (including smartwatches).
 - Remove all non-utility apps from your phone: social media, news, games, etc.

Here’s a simple starting plan if you’re overwhelmed. Begin with:

1. No phone in the bedroom (use an alarm clock).
2. Turn off all non-essential notifications.
3. 1 hour/day limit on social media.
4. 12-hour digital detox once a week.
5. Replace that time with prayer, Bible study, time with family or reading a good book.