

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. Ask: Has anyone tried to change some of their habits in recent weeks because of our study? *Hint: You may want to be ready to share something that you have done!*
- ⇒ 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 on a personal level.
- ⇒ Jesus identifies four specific areas of our lives. We are to love Him with all our **heart, soul** and **mind**, and we are to love our **neighbors**.
- ⇒ Today, we are studying what it means to love God with all our souls.

BIBLE STUDY:

1. What Christians are to love
 - a. Read the text once again – Matthew 22:34-40 so that you include the context.
 - b. How would you summarize what Jesus is saying in one concise sentence or phrase?
 - i. Answer: *God wants us to love Him with everything we have.*
 - ii. Point out: Jesus repeats the phrase three times in verse 37, “All thy...”
 - c. To love God completely requires a **unity** within all that we are – heart, soul and mind. We can’t love God with a divided heart!
 - d. 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.
 - e. Last week, in our discussion of what it means to love God with all our hearts, we saw that we must intentionally direct our affections on Him, rather than letting algorithms and screens dictate our attention. *The way we use our technology is an indicator of where the loyalty of our heart lies.*
2. What Christians are NOT to love
 - a. If we are to love God, there must be something we do not love: the **world**. See 1 John 2:15. Point out that John could not be clearer. We are not to love the world or even the things that are in the world.
 - 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. Even well crafted, subtly designed computer algorithms seek to feed us content that will tantalize, tease and tempt.
 - c. The Christian must constantly test everything by the standard set in 1 John 2. How do I know if something is worldly – i.e., warring against my soul and inhibiting my love for God?
 - i. Characteristics of the lust of the flesh (vs. 16)
 - ii. Characteristics of the lust of the eyes, (vs. 16)
 - iii. Characteristics of the pride of life, (vs. 16)
 - iv. These things ought to be avoided at all costs.
3. Loving Him with all our souls
 - a. How can we define the human soul? (It’s not as easy as you think!) Consider:
 - b. The term “soul” is closest to what we would call emotion.
 - i. In the Greek, the word is **psuche** – 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.
 - iii. It is the closest word to what we would call emotion and is the word Jesus used in Matthew 26:38, “My soul is deeply grieved, to the point of death.”

- c. When addressing the soul, it is less about momentary desire and more about whether your **habits, priorities** and **identity** are being shaped by God and His priorities. A good question is, “Does my use of tech fit my whole life as someone belonging to Christ?”
- 4. The **impact** of technology on our souls (*this needs to be a quick point*)
 - a. Technology is a strong shaping force on our souls. What are the common manifestations found in people who are allowing technology to shape their lives?
 - b. First, people shaped by technology tend to be more **anxious**. Consider these stats:
 - i. Research reveals that there was a massive rise in anxiety and depression starting in the early 2010’s. This aligns with the introduction of smartphones, social media and the shift from play-based to phone-based childhoods.
 - ii. 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.
 - iii. A study revealed that as communities gained high-speed internet, mental health diagnoses and hospitalizations rose.
 - iv. The more plugged in we are the more anxious we become.
 - c. Second, people shaped by technology tend to be **angrier**.
 - 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.
 - iii. We must also realize how we are often shaped by a computer algorithm which can create an echo chamber in what we see and read. This is often designed to polarize and accentuate what divides us.
 - d. Third, people shaped by technology tend to be more **addicted**.
 - i. Over 50% of Americans believe they are addicted to their phones.
 - ii. Up to 60% of teens show signs of cell phone addiction.
 - iii. It is estimated that tens of millions of Americans are addicted to platforms like Facebook, Instagram, YouTube, TikTok, etc.
 - iv. This does not even get into big areas such as gambling and pornography addictions that are facilitated by the on-line environment.

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

- ⇒ Treat technology like a spiritual **formation** 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 **better**.
 - 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 “**dumber**” 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.