

Loving Others in a Tech-Driven World

Lesson for Sunday, July 19, 2026

INTRODUCTION:

- ⇒ How do we define technology?
 - Technology is a _____-given, _____-made tool that shapes our _____, _____ and _____.
- ⇒ How is our technology shaping our hearts and habits?
 - Romans 12:1-2; 2 Corinthians 10:5; Colossians 2:8
- ⇒ We are building a Biblical framework for evaluating technology based on Matthew 22.
 - We are to love God with all our heart, soul and mind (Matthew 22).
 - We are to love our neighbor.
- ⇒ The key question for this lesson is: How is technology affecting the way people relate to others?

BIBLE STUDY:

1. A Command to Obey
 - a. Our love for the _____ is revealed in our love for _____. (See Matthew 22:39; John 13:34-35; 1 Corinthians 13:1-3; 1 John 3:11, 16; 1 John 4:7-8, 11, 20.)
 - b. Jesus even told us that we are to love our enemies (Matthew 5:44)!
 - c. But there is even more for us to consider: We were made for _____.! (See Genesis 2:18 and Ecclesiastes 4:9-12.)
 - d. In our current cultural climate, how do you think technology is impacting our relationships? Are they being strengthened or weakened?
2. A Culture to Observe
 - a. We have lost the importance of what is _____.
 - b. We have lost the importance of in-person _____.
 - c. We now believe _____ that are detrimental to good relationships.
 - i. Lie #1: I am the _____ of my own universe.
 1. Instead, we were created for Jesus (Colossians 1:16). He's the center of the universe.
 2. Second, we were created for relationships and commanded to love others. When we believe the world is all about us, we become incapable of loving others as we should.
 - ii. Lie #2: I deserve to be _____ all the time.
 1. Reality: You can't be happy all the time.
 2. If we are to love others as we should, it will require times that are not "happy."
 3. Read Romans 12:15 as an example. Loving others well means being there in the difficult times, as well as the happy times.
3. A Commitment to Change
 - a. What can we do with our technology guidelines so we can love others as Jesus wants us to do?
 - b. Remember this principle: _____ over _____.

- c. What does this look like practically?
- i. Give people the _____. When people are present, work to give them your undivided attention. Seek to make good eye contact and listen to what they are saying.
 - ii. Practice phone _____. When you have an important meeting or a family mealtime, leave your phone in another location.
 - iii. Build screen _____ into your life. Consider family “rules” such as:
 1. No screens at meals.
 2. Create no-screen zones. Example: Bedrooms, in the car, etc.
 3. Create tech-free times. Designate specific times of each day or week where you commit to put away technology so you can connect with the actual world around you.
- d. Which of these suggestions can you apply to your life this week?
- i. _____
 - ii. _____

CONCLUSION:

- ⇒ Technology is not the enemy, but it can easily become a barrier to the kind of love Christ commands.
- ⇒ If it is not handled carefully, digital life can train the heart toward distraction, self-focus and emotional unavailability. Jesus calls His people to something better: to love God fully and to love people sincerely.
- ⇒ As you go through this week, ask yourself: When the people in my life are present, do they feel valued, or do they feel secondary to my screen?
- ⇒ May the Lord help His people choose presence over distraction, people over pixels, and love over convenience.