

Loving Others in a Tech-Driven World

Lesson for Sunday, July 19, 2026

INTRODUCTION:

- ⇒ Review: So far in our series, we have defined technology...
 - Technology is a **God-given, man-made** tool that shapes our **habits, hearts** and **habitation**.
- ⇒ We have considered: How is our technology shaping our hearts and habits?
 - Romans 12:1-2; 2 Corinthians 10:5; Colossians 2:8
- ⇒ We have worked to build a Biblical framework for evaluating our use of technology (specifically digital technology).
 - We are to love God with all our heart, soul and mind (Matthew 22).
- ⇒ There is one other critical building block for the framework we are building. We are not only to love God with every part of our being, but Jesus also instructed us 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. Use these texts to make the point that our love for the **Lord** is revealed in our love for **others**: 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. The Bible could not be clearer; we are to love others. Our love for others is not optional, selective or limited to those who are easy to love.
 - c. Jesus even told us that we are to love our enemies (Matthew 5:44)!
 - d. But there is even more for us to consider: We were made for **relationships**!
 - i. Read Genesis 2:18. While this is a verse that precedes God's institution of marriage, it is also a statement that reminds us that we generally don't do well when we are alone.
 - ii. See also Ecclesiastes 4:9-12.
 - e. DISCUSS: In our current cultural climate, how do you think technology is impacting our relationships? Are they being strengthened or weakened? Does anyone have any observations they can share?
2. A Culture to Observe
 - a. We have lost the importance of what is **real**.
 - i. Have you noticed? We no longer enjoy the moment or make the most of an experience. Instead, we must capture it (pictures, etc.).
 - ii. Think about it: When we look at a scene through a lens, we are not actually looking at something real. We are looking at a representation.
 - iii. Another thought to consider: Social media usually presents an edited version of life rather than the whole picture. (How many post as actual picture that hasn't been edited or filtered?) This often leads people to compare ordinary life to someone else's highlight reel, which can breed resentment or jealousy rather than love. See 2 Corinthians 10:12.
 - b. We have lost the importance of in-person **relationships**.
 - i. One social commentator wrote, "We have hundreds of friends on-line, but no deep meaningful relationship we can count on in person."
 - ii. When we are with others, often we are distracted by our technology:
 1. There is a lack of eye contact...
 2. There is a lack of speaking to people...instead our heads are down, focused on a glowing screen...

3. There is the digital yawn...when you are having a conversation with someone and they drift to look at their phone.
- iii. Many people prefer texting over face-to-face interaction. They are not the same!
- iv. Technology presents a variety of obstacles to overcome in loving our neighbors as we should.
- c. We now believe **lies** that are detrimental to good relationships.
 - i. Lie #1: I am the **center** of my own universe.
 1. First, 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 **happy** 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. So, what can we do with our technology guidelines so we can love others as Jesus wants us to do?
 - b. There is really one simple (to understand) principle we should each strive to apply in our daily lives: **People over pixels**.
 - c. What does this look like practically?
 - i. Give people the **priority**. 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 **separation**. When you have an important meeting or a family mealtime, leave your phone in another location. Remove the temptation to reach for it by intentionally putting it out of reach. Give the people at the table your undivided attention.
 - iii. Build screen **boundaries** 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.
 4. Each of these boundaries create the room we need to love the people that are part of our lives.
 - d. Which of these suggestions can you apply to your life this week? Discuss...

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.
- ⇒ This week, each person should ask a simple but searching question: 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.