

## Embodied: Technology & Worship

Matthew 22:37-40

"37 And he said to him, 'You shall love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the great and first commandment. 39 And a second is like it: You shall love your neighbor as yourself. 40 On these two commandments depend all the Law and the Prophets.'"

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1. What's love got to do with it?
2. Why does it matter?
3. How should we respond?

Embodied

1. What's love got to do with it?

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Love God. Love others.

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1. What's love got to do with it?

"Every person is a heart-soul-mind-strength complex designed for love."  
- Andy Crouch, The Life We're Looking For

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1. What's love got to do with it?

"Our relationships actually sculpt brain tissue... they trigger our brain chemistry to be more plastic, enabling us to learn more easily." - Louis Cozolino, Psy.D.

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1. What's love got to do with it?

"it's **not good** that man should be **alone**, I will make him a helper fit for him." - Genesis 2:18

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1. What's love got to do with it?

"...but let him who boasts boast in this, that he understands and **knows me**, that I am the Lord who practices **steadfast love**, justice, and righteousness in the earth..." - Jeremiah 9:24

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1. What's love got to do with it?

**EVERYTHING!**

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1. What's love got to do with it?

"Technology is in its proper place when it helps us bond with the real people we have been given to love." - Andy Crouch, The Tech-Wise Family

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1. What's love got to do with it?

Is my use of technology helping me love God and love others?

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1. What's love got to do with it?

**Commandment Five**, Honor your father and mother:

"Does my use of technology strengthen or weaken my relationships with my family?"



1. What's love got to do with it?

**Commandment Six**, You shall not murder:

"Does my time online grow my compassion? Or does it feed my anger, my judgment of others?"



1. What's love got to do with it?

**Commandment Seven**, You shall not commit adultery:

"Does digital technology promote and guard the beauty and sanctity of sex as God's design between one man and one woman through marriage? Or is the use of my phone/screen a place where I entertain lust, pursue temptation and sin?"

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**Commandment Eight**, You shall not steal:

"Does my digital tech use promote truth, fairness, and contentment? Or does it tempt me into envy look for shortcuts?"

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**Commandment Nine**, You shall not bear false witness:

"How does digital technology help me honor, lift up and guard the reputations of my neighbors? Or is it a place of gossip and criticism?"

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**Commandment Ten**, You shall not covet:

"How does digital technology enhance my contentment and gratitude with the good gifts God has given me?"

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2. Why does it matter?

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You are always being formed by something... and who you're becoming matters!

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2. Why does it matter?

"Do not be conformed to this world, but be transformed by the renewal of your mind..." - Romans 12:2



2. Why does it matter?

"Do not be conformed to this world, but be **transformed** by the renewal of your mind..." - Romans 12:2



2. Why does it matter?

"Do not be **conformed** to this world, but be transformed by the renewal of your mind..." - Romans 12:2



2. Why does it matter?

"If we're not being intentionally formed by Jesus himself, then it's highly likely we are being unintentionally formed by someone or something else."  
- John Mark Comer, Practicing The Way



2. Why does it matter?



## 2. Why does it matter?

"Men have become tools of their tools." - Henry David Thoreau



## 2. Why does it matter?

"The internet, which dominates our lives as the primary medium through which we encounter most of the world, is an entirely disembodied habitat. Consequently, the internet trains our consciences to think of ourselves and the world in disembodied ways... This is not just a minor tweak in how we think of what it means to be a human person. It is an intellectual and spiritual revolution. And there is much reason to think that a worldview of disembodiment has currently seized the reins of cultural power." - Samuel James, Digital Liturgies



## 2. Why does it matter?

The "gospel" of our digital world promises you can be:  
- timeless, limitless



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The "gospel" of our digital world promises you can be:  
- timeless, limitless  
- placeless



## 2. Why does it matter?

The "gospel" of our digital world promises you can be:  
- timeless, limitless  
- placeless  
- personless



## 2. Why does it matter?

"Every person is a heart-soul-mind-strength complex designed for love."  
- Andy Crouch, The Life We're Looking For



## 2. Why does it matter?

"God's love was revealed among us in this way: God sent His one and only Son into the world so that we might live through Him. Love consists in this: not that we loved God, but that He loved us and sent His Son to be the atoning sacrifice for our sins." - 1 John 4:9-10

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## 3. How should we respond?

Embodied

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The Principle: **Reclaim the Household**

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"A household is a particular people with a particular place. A household is a community of persons who may well take shelter under one roof but also and more fundamentally take shelter under one another's care and concern. They provide for one another, and they depend on one another. They mingle their assets and their liabilities, their gifts and their vulnerabilities, in such a way that it is hard to tell where one member's end and another member's begin." - Andy Crouch, *The Life We're Looking For*

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## 3. How should we respond?

Digital World: power without relationship;  
Households: relationships that empowers.

Digital World: abundance without dependence;  
Households: dependence that binds us in love.

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## 3. How should we respond?

Let your tech serve your relationships—not replace them.

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Practice One: **Seasons of Fasting**

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3. How should we respond?

Practice Two: **Create Spaces of Freedom**

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“Our phones—and their programmers—are happy to set our habits for us. They would love to speak the first words of the day, and they usually do. Our phones—and whatever has come through them—thus shape the first desires of the morning and order our first prayers for us... Refusing to check the phone until after reading a passage of Scripture is a way of replacing the question “What do I need to do today?” with a better one, “Who am I and who am I becoming?” - Justin Earley, The Common Rule

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Practice Three: **If You Scroll, Scroll On Purpose**

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