



"None of the modern machines, none of the modern paraphernalia. . . have any power except over the people who choose to use them." – G.K. Chesterton, 1906

"Comforts that were rare among our forefathers are now multiplied in factories and handed out wholesale; and indeed, nobody nowadays, so long as he is content to go without air, space, quiet, decency and good manners, need be without anything whatever that he wants; or at least a reasonably cheap imitation of it." — G.K. Chesterton, 1933





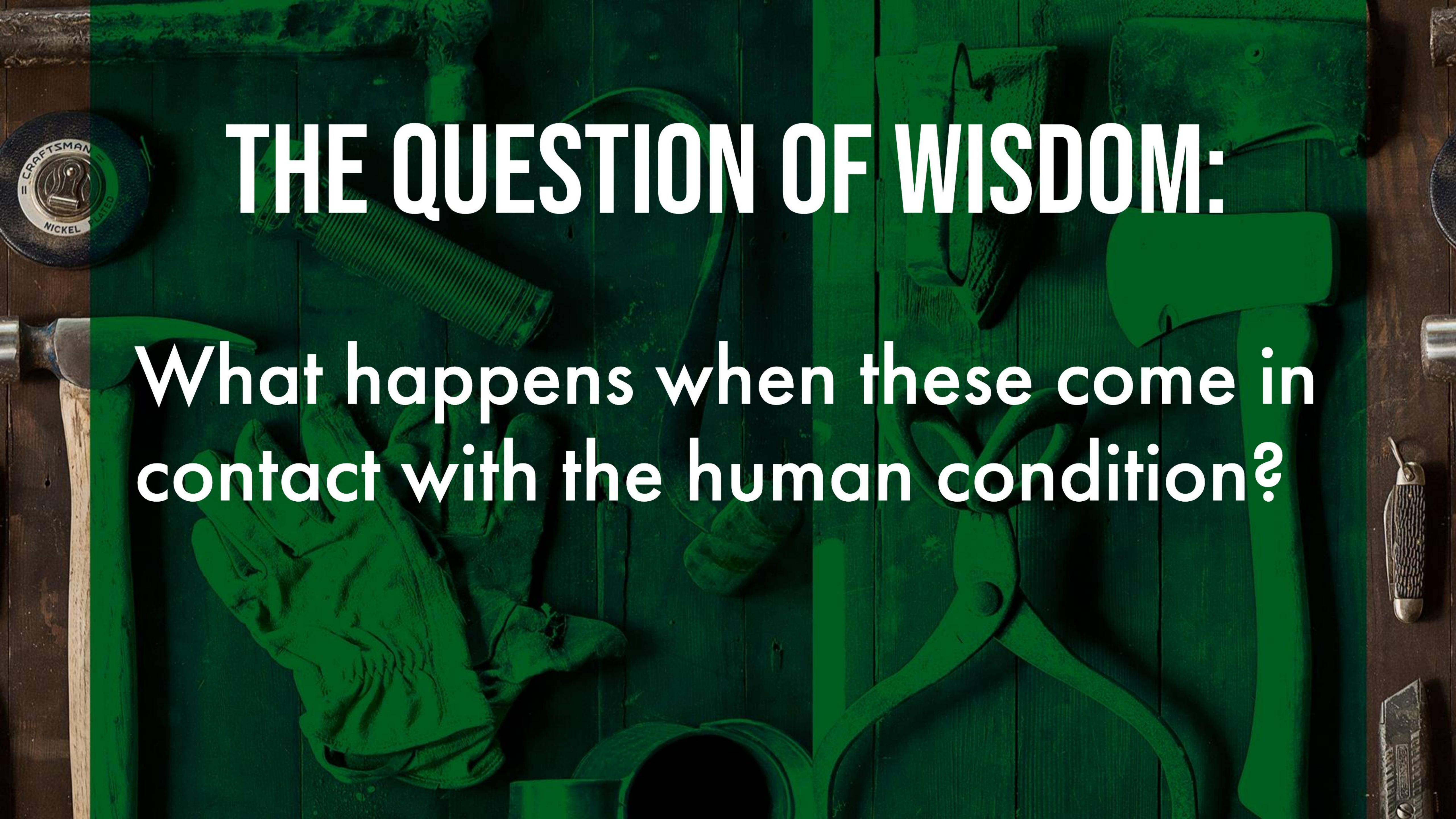
WHAT DOWE MEAN BY ELECTRONICS?

I mainly mean electronic mechanisms by which we feed ourselves content, whether audio or visual. This includes televisions, computers, tablets, phones and all other voices that deliver to us shows, videos, memes, social media content, podcasts and video games, news, educational info like podcasts and audiobooks, etc.

DISCLAIMER: THE GOOD OF ELECTRONICS



Electronics, like many other things, are intended to be and could be goods in themselves. They may save human work, allowing for greater productivity and education. They may bring virtuous human enjoyment. Christians are permitted to enjoy life in ways consistent with virtue and godliness, and this may include the use of electronics, the use of alcohol, playing games, eating indulgent foods, seeing plays or attending festivals, and so forth. There are very few enjoyments that are inherently evil—like gladiatorial games and prostitution.

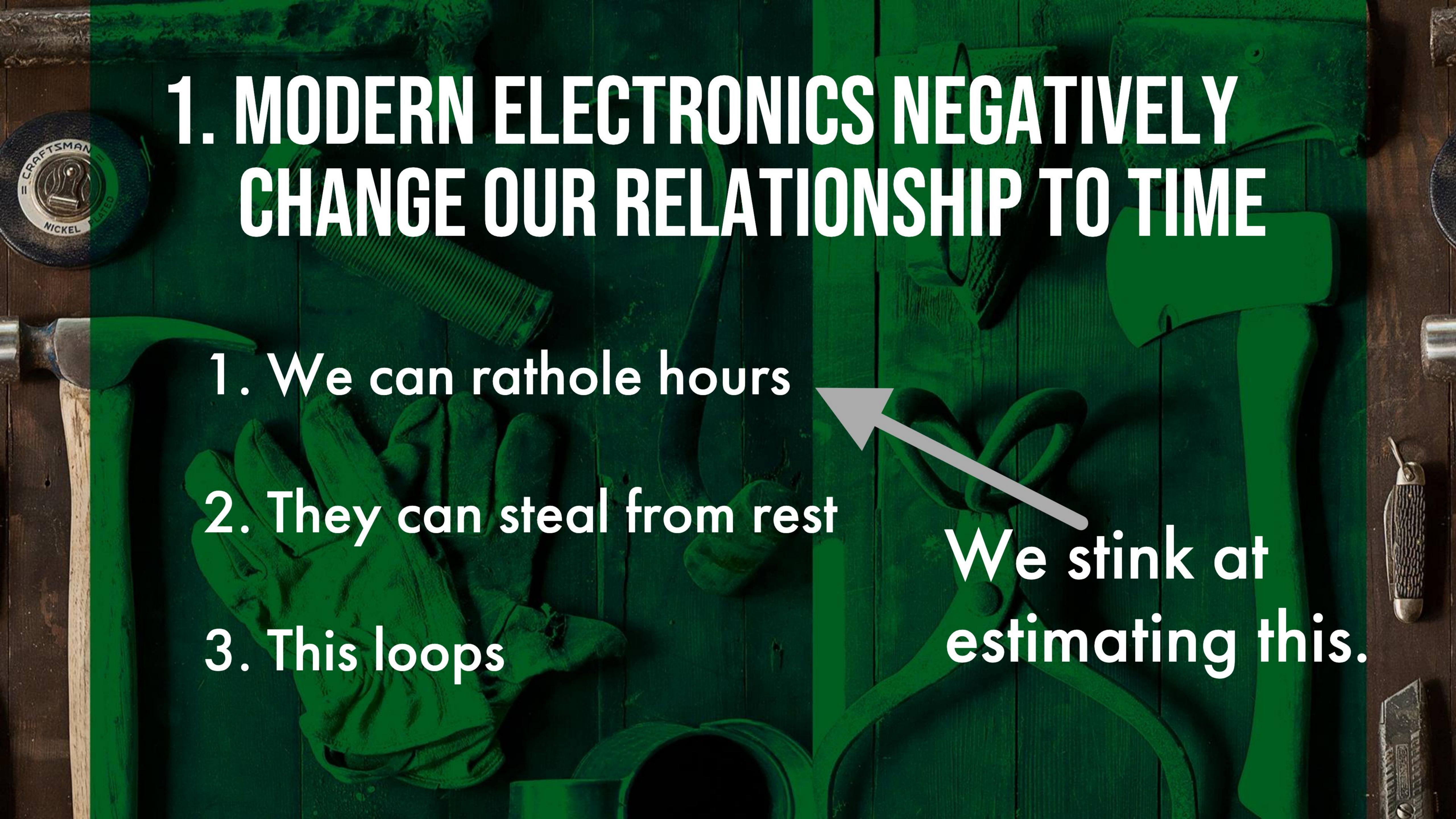






James 4:13 - 17

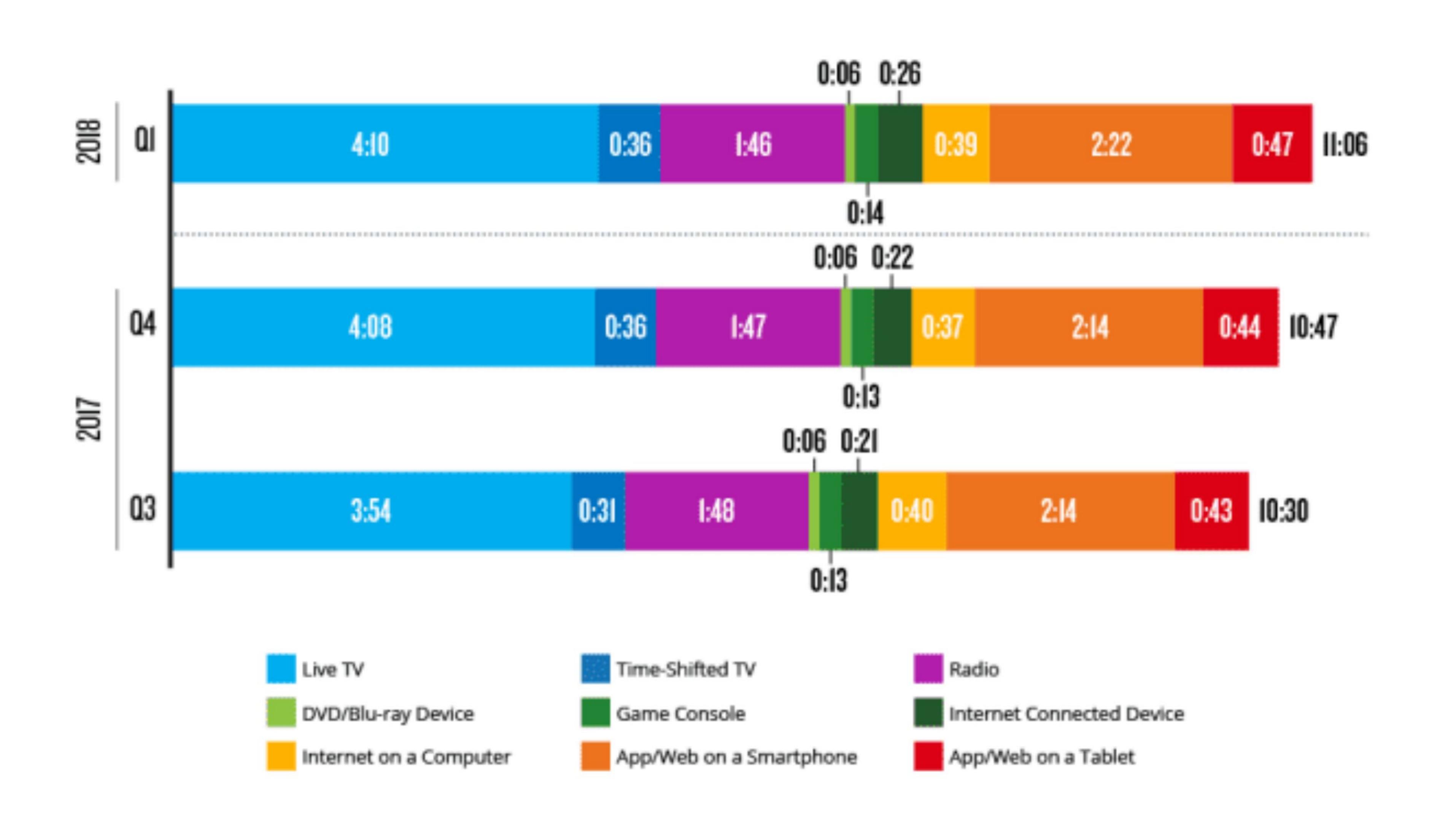
Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money." Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." As it is, you boast and brag. All such boasting is evil. Anyone, then, who knows the good he ought to do and doesn't do it, sins.

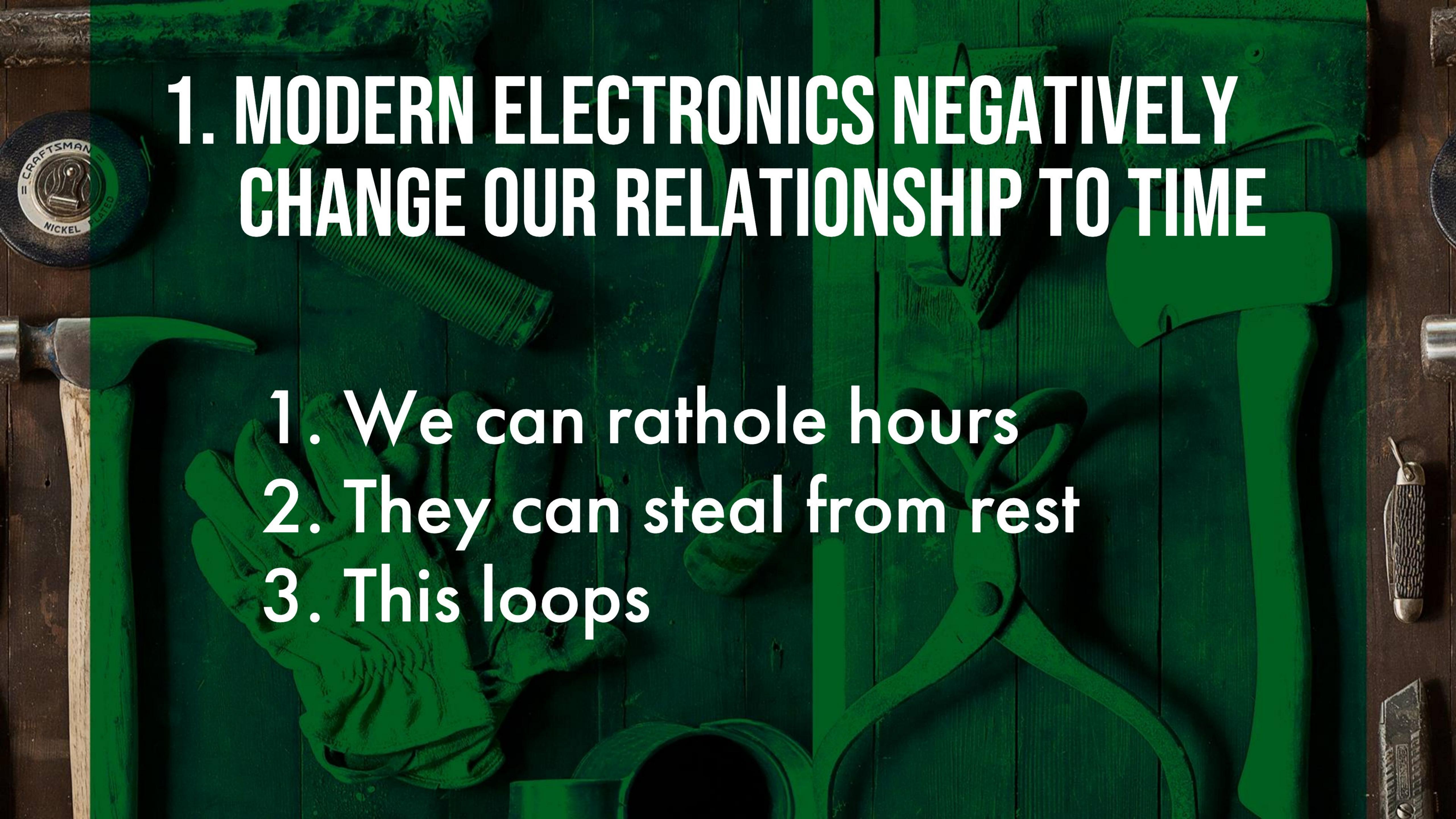




AVERAGE TIME SPENT PER ADULT 18+ PER DAY

Based on Total U.S. Population







2. MODERN MEDIA TENDS TOWARD NEGATIVELY EFFECTING OUR CHARACTER

- 1. Focuses on the emotional in the trivial
 - 2. Makes us more sensory obeying people
 - 3. Steals from the social capacities of tomorrow
 - 4. Destroys special presence
 - 5. Decreases in nonvirtual ambitions



3. MODERN MEDIA UNDERMINES WHOLESOME SPIRITUAL AND EMOTIONAL LIFE

- 1. "Personal cocoon of sameness"
 - 2. Destroys listening and meditation
 - 3. Fills the mind with the trivial, pleasing and worldly
 - 4. Tends toward addiction
 - 5. Unproductive means of learning
 - 6. Creates false sense of "double tasking"







2. POSITIVELY VALUE WHAT ELECTRONICS UNDERMINE

worship, concentration, spiritual growth, seeking God, self-control, emotional empathy, social skills, meditative and deeper thinking, wisdom and insight...



3. MINIMIZE THE IMMEDIATE PRESENCE OF ELECTRONICS

CECS:

- 1. Complete removal
- 2. Closing and covering televisions
- 3. Using modern routers to limit Wi-Fi and websites
- 4. Silence all notifications possible
- 5. Replacement—do whatever you can without them



4. USE OBJECTIVE PRE-DECIDED MENTAL LIMITATIONS FOR ELECTRONIC USE

- 1. Put your phone away away
- 2. Make your phone black and white
- 3. Use "on record" pre-decision with accountability
- 4. Are your tasks getting done?
- 5. "20 minute rule" and expand

Matthew 6:24 - 34



"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money. "Therefore I tell you, do not worry about your life...Who of you by worrying can add a single hour to his life?...O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we (WATCH)?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

