

Tech-Healthy Theology

Introduction

There were no smartphones when scripture was written.

This is obvious, yet it complicates our efforts to interpret the biblical narrative and relate it to today's digital challenges.

While by no means an extensive exploration of scripture, this document provides several scriptural insights that have deepened my understanding of our interactions with digital technology.

Through the examination of scripture and inspiration from the Holy Spirit, I trust you will discover additional ways to apply biblical perspectives to tech-healthy parenting.

Biblical Insights for Tech-Healthy Sermons:

- Genesis Chapters 1-3** God created us in His image with the capacity to create. Thus, technology is a form of creation. However, due to the fall, our creations, including technology, are tainted by sin. We must use technology in ways that acknowledge both these realities.
- Deuteronomy 6: 4-9** “The Lord our God, the Lord is one” is not just a declaration of monotheism but a vision for an integrated life under Christ’s Lordship. All aspects of life can be an expression of our faith, from our work and home activities, to our downtime and digital interactions. When we “lie down” and “get up,” is our smartphone use an expression of our faith in God, or does it distract us from His central role in our lives?
- Exodus 20: 8-11** The Sabbath commandment invites us to consider taking regular breaks from our digital devices to rest and refocus on God. How might our online activity be an extension of our ‘work?’ Could a digital Sabbath be an expression of individual and collective worship?
- Psalms 115** Worship is inherent to the human condition, yet we often direct our worship towards things other than God. Technology, for instance, can become a modern idol—frequently the first thing we engage with each morning and the last at night. It is crucial to recognise how our digital habits shape our desires and enable the idols of our hearts. For further insights, download an excerpt from my book, [Spacemaker: How To Unplug, Unwind, and Think Clearly in the Digital Age.](#)

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Biblical Insights for Tech-Healthy Sermons (cont'd):

- Luke 4: 1-2** Jesus' practice of withdrawing to quiet places and fasting is a model for us in managing digital distractions. Reflect on how adopting periods of digital silence and solitude could benefit your spiritual life.
- Luke 10: 27** Our devices can significantly influence our capacity to love God with all our heart, soul, strength, and mind. Consider the positive and negative effects of your technology use in fulfilling the Great Commandment. How might the online world be shaping your emotions, spiritual practices, physical health, and mental focus?
- 1 Corinthians 11:1** As we strive to imitate Christ, take a moment to reflect on how you model technology use in your family, workplace, and community. Would you want your children to replicate your tech habits? Are your technological practices a reflection of healthy, Christ-like behaviour?

Conclusion

Jesus didn't own an iPhone, but he modelled the perfect life.

As you delve into the scriptures, consider how to integrate the words, ways, and works of Jesus into our modern digital context, and apply the rich insights of scripture to enhance our community life.

By consistently reflecting on and refining our digital practices, we can ensure that our technology use not only glorifies God but also fosters genuine human connections.

Make space!

Daniel Sih - Author, Speaker, Founder of Spacemakers®

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at hello@spacemakers.au