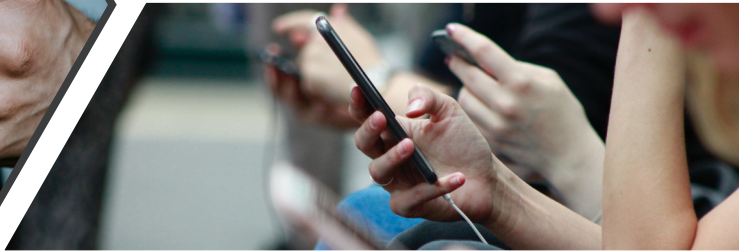




How to Pray About...

DIGITAL TECHNOLOGY



Computers, phones, and internet connection can be blessings from God. With them, we can gain information, connect with one another, and work more efficiently. Millions of people have heard the gospel via radio, TV, and internet. Many receive Bible lessons on their cell phones. During the pandemic, prayer groups and Bible studies have met virtually. Digital technology enabled many businesses, churches, and family gatherings to continue despite lockdowns. In many ways, we can stay better connected to our support systems and loved ones than ever before.

And yet, in our broken world, digital technology can also do great harm. For the most part, time using screens is time spent in isolation. It can lead to depression, broken and neglected relationships, and poor physical health. Most pornography exposure now happens online. Pornography and social media can both create addiction—adolescent brains are especially vulnerable. Too often, time online replaces our time in scripture and prayer—it harms our relationship with God and drowns out His still, small voice. Social media ends up shaping Christians' thinking more than scripture does. Dependence on digital technology to avoid boredom, access endless information, and obtain constant social feedback can turn a useful tool into an idol that controls us.

Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the desires of the flesh and the desires of the eyes and pride in possessions—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.

1 John 2:15-17

Please pray with us...

- Pray that Christians would understand how to bring digital technology under the lordship of Christ.
- Pray in accordance with Philippians 4:8 that the people of God would set our minds and hearts on whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy.
- Pray that Christians around the world would follow Jesus' example of spending time alone and "unplugged" with our Heavenly Father.
- Many sites and services are designed to create addiction or shunt visitors into extremist views. Pray that people would be aware of these practices and not taken in. Pray that appropriate regulations would be put in place to protect the vulnerable, and especially to shield children and adolescents from predatory practices.
- Pray for those who have become addicted to social media or pornography—that God would break the power of addiction and heal their hearts and minds.
- Pray for those for whom digital technology has become a trap of isolation and depression—that God would lead them into healthy relationships and provide opportunities to know Him, the source of true hope.
- Pray for churches to use technology wisely and to teach their parishioners to do so.
- Pray for parents to know how to guide and protect their children's use of technology.
- Pray for governments to make and enforce just laws about technology—laws that support truth and free access to information while diminishing harmful content.



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