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Infobesity: How Does Information Overload From Digital Technologies Affect Our Relationship With Jesus

Andy Gabruch
agabruch17@georgefox.edu

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GEORGE FOX UNIVERSITY

PROJECT PORTFOLIO:

INFOBESITY:

HOW DOES INFORMATION OVERLOAD FROM DIGITAL TECHNOLOGIES AFFECT OUR
RELATIONSHIP WITH JESUS



IN PARTIAL FULFILLMENT FOR THE DEGREE OF

DOCTOR OF MINISTRY

PORTLAND SEMINARY

BY:

ANDY GABRUCH

PROJECT FACULTY:

DR. SUNNGU YANG

PORTLAND, OREGON

FEBRUARY 2023



CERTIFICATE OF APPROVAL

This certifies that the doctoral Project Portfolio of

Andy Gabruch

has been approved by
the Evaluation Committee on March 9, 2023
for the degree of Doctor of Ministry in Semiotics, Church, and Culture.

Evaluation Committee:

Primary Project Faculty: Sunggu Yang, PhD

Second Project Faculty: Gregg Borrer, DMin

Lead Mentor: Leonard I. Sweet, PhD

Evaluation Committee Referee: Clifford Berger, DMin

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Dedication

To dad. For dad.

Acknowledgments

I have come to realize it takes a committed and intentional community to reach the conclusions from this project. I am deeply grateful for the community of stakeholders, including Devan Sylvester, Cynthia Oldendorf, Laura O'Riley who have faithfully walked alongside the research. Thank you to the organizational stakeholders with Summit Pacific College, Canadian Youth Workers Conference and Truth Matters Ministry, University Christian Ministries, the Pentecostal Assemblies of Canada, and the Evangelical Fellowship of Canada. Thank you to my personal stakeholders who have sharpened me along the way, my wonderful partner in life Annick Gabruch, and my family. Of course, the investment stakeholders of Broadway Church in Vancouver, BC and my late father, Alvin Gabruch who believed in me and my research project before I reached any conclusions from the research. Thank you does not go far enough.

For God be the glory.

Epigraph

"In all you do, do it for the glory of God." - The Apostle Paul

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Preface

The research throughout this project has been motivated to create prophetic resources for the local church. What I mean by “prophetic” is to provide life-giving resources to “redeem the times.” As we see throughout the pages of Scripture, God would provide prophetic utterances to His people as warnings, blessings, reminders, and promises of what was, what is, and what is yet to come. Prophetic language spoke to the heart of the matter for the people of God in any given cultural or community situation. The goal of this portfolio is to do the same.

List of Abbreviations

NPO – Need, Problem, Opportunity

PAOC - Pentecostal Assemblies of Canada

EFC - Evangelical Fellowship of Canada

UCM - University Christian Ministries

Glossary

Digital technologies. Electronic devices and/or platforms connected to the digital space.

Digital space. Web-based platforms

Technicism. The philosophy of technological advancements for humanity's problems.

Infobesity. Information overload from digital technologies.

Research Method

This Doctoral Project utilized a blended research and design methodology called 'Collaborative Design for Ministry and Nonprofit Contexts'. In Collaborative Design, practitioners work with stakeholder representatives to address a Need, Problem, or Opportunity (NPO) in their context. Using a combination of bibliographic resources, local knowledge derived from stakeholder Workshops, and an iterative process of continuous adjustment using 'just enough' feedback information at each juncture of development, practitioners produce an application-oriented Project that seeks to effect Christ-centered change.

Abstract

My research project is based on the NPO of how information overload from digital technologies affects our relationship with Jesus, according to Mark 12:30-31, and how followers of Jesus can redeem digital spaces.

My key insights of the research led me to the conclusion digital information overload is based on the lack of moderation and regulation of digital technologies as followers of Jesus. Furthermore, my research led me to the effects of information overload to five categories Jesus speaks of in Mark 12:30-31 of our hearts (emotions), soul (identity), mind (cognitive reasoning), strength (physical), and relationships (social skills) according to the level of digital consumption per day. I call this phenomenon *Infobesity*.

In response, this led me to design a spiritual faith-based self-assessment resource for followers of Jesus called the *Infobesity* Assessment.

The *Infobesity* Assessment is designed to empower digital users to understand their digital practices, increase their digital awareness, and how to redeem digital spaces as followers of Jesus. The design of the assessment has specialized assessments for students, parents, pastors, and the general public.

As the former Next Generation Director for the Pentecostal Assemblies of Canada, I was able to use an action-based research approach with the *Infobesity* Assessment to access various feedback loops across the nation. This led to further data and study of digital technologies and redemptive practices.

In addition, the research has allowed me to confirm a book contract to resource the broader Christian community living in a digital world.

Introduction

Have you ever asked yourself, “how many hours am I online?”, “What am I consuming?”, “What am I watching?”, “Why is my digital device distracting me from my work or key relationships?”, “Why is my digital consumption increasing, not decreasing, in my life?”, and “How are my digital practices and habits shaping my relationship with Jesus?”

These are the questions I wanted to answer in my research. Whether you are a construction worker, stay-at-home parent, a pastor, a student, a teacher, or a professional athlete, we are all bombarded with information overload from digital technologies.

Interesting enough, digital consumption is increasing, not decreasing as a global pandemic is easing.

My home, for example, became digitized in a matter of days. We upgraded our internet connections, bought digital devices for our children, and designated four different school stations throughout the house. Even though the world shut down, our access to the digital world sped up.

I'm thankful for this. I am thankful for modern day productivity. I am thankful I can stay connected with friends and family. I am thankful to access enormous amounts of information at my fingertips.

And at the same time, I am not thankful.

Due to the research, digital companies have designed their platforms to be addictive. For example, social media companies are created to provide cheap hits of dopamine, keep us engaged with flashy entertainment, and blitz our minds with an overwhelming amount of information.

In response, digital users have experienced information overload. I call this infobesity. Infobesity, at the heart of the matter, paralyzes us from our purpose. I have seen this in my ministry context, local congregations, my family, and even in myself.

This is what led me to pursue the research of why digital technologies are so addictive, how infobesity is shaping followers of Jesus, and ways to redeem digital practices as disciples living in a digital age.

Therefore, my NPO was to research how information overload from digital technologies affect our relationship with Jesus, according to Mark 12:30-31, and how to redeem digital spaces as followers of Jesus.

Background

Three important realities contributed to my NPO.

First, my vocation. For seventeen years, I have been working with the next generation in Canada. I have had the honor and privilege to be the Next Generation Director for the Pentecostal Assemblies of Canada for six years. As a result, I have traveled to many contexts throughout the world and have become acutely aware of the digital reality in the next generation. In short, I have observed social media shaping the next generation more than Scripture. My assumptions - based on my vocation with the next generation – have defined this conclusion based on the mental health realities, the increase of anxiety and depression in younger generations, and the decreased spiritual disciplines within the next generation.

Second, the demographic of the next generation. I have worked with younger generations who have been shaped by the digital age. I have shepherded, led, and disciplined students, parents, and leaders on this important topic.

Last, my personal experience. I had a brother who struggled with his purpose and mental health. Unfortunately, he took his own life because he didn't experience hope in Jesus. It was devastating, traumatic, and life changing. In correlation, suicides have tripled in younger generations since the invention of the smart phone in 2009.

My hope, therefore, based on my vocation, the demographics of the digital generation, and personal experiences, is to pursue further research on the digital age to offer hope and purpose to an infobese world.

Discovery Phase

Due to my background, I was able to leverage a multiple of next generation streams in Canada. My NPO research included stakeholders with national directors such as Sid Koop with *Truth Matters Ministries*, Marv Penner with *Youth Specialties Canada*, Andrew Evans as the Youth and Families Professor at *Summit Pacific College*, Rick Hiemstra as the director of culture research with the *Evangelical Fellowship of Canada*, and Brian Egert with *Mission Canada* of the *Pentecostal Assemblies of Canada*. In addition to this, my workshop included next generation directors throughout the nation, key youth and young adult pastors, young people, and a selection of non-faith young adults.

The purpose of the discovery workshop was to understand the gaps in the research of discipleship in a digital age and how to respond.

The workshop revealed the observations to resource parents with children and youth to understand the digital age, increase self-awareness skills for digital users, and how to redeem digital spaces as followers of Jesus.

Design Phase

Based on the discovery workshop, the resources on the subject of information overload from digital technologies, to date, have focused on moderation and regulation of digital consumption or moral ethics towards technology. Furthermore, secular studies developed self-awareness tools for social media and/or cell phone addiction but absent pertaining information overload affecting spirituality and faith.

Due to this, we designed a general self-assessment tool. This assessment was to empower digital users to understand their digital practices, increase digital self-awareness skills, and offer redemptive practices for followers of Jesus living in a digital age.

The assessment was developed using a platform called *Typeform* with a series of open-ended statements. Participants were able to interact with the statements, determine their level of information overload they were experiencing, and how to practically redeem their digital habits.

Delivery Phase

Consequently, this led to a series of feedback loops to test the information overload assessment.

The first cycle of feedback was with key stakeholders and demographics to experiment with the assessment. The data revealed to define key terms in the assessment and offer specialized tracks for parents and students.

Based on the first feedback loop, we adjusted the assessment to offer four unique assessments for parents, students, pastors, and the general public.

The second cycle of feedback was with key organizational stakeholders. This included national-wide organizations specializing in next generation ministries and culture issues around the digital age. Based on the research, we included an infographic in each of the outcome pages for recommended redemptive practices for followers of Jesus in each specialized assessment.

The third cycle of feedback was established with a speaking tour on *Infobesity*. Based on the tour, I was able to have students, parents, grandparents, leaders, and pastors access the assessment. With

the data collected from 600 participants, we were able to discern further redemptive practices as followers of Jesus. The research concluded the assessment was a viable, user-friendly, and accessible resource for digital users to strengthen their faith in a digital world.

In response to the feedback loops, I trademarked the term *Infobesity* for educational and services purposes, as well as purchased the URL infobesity.ca for future research and ministerial opportunities.

The goal is to have 1000 participants take part in the assessment in a social media strategy with key stakeholders and organizations. I am pleased to confirm a book offer with a partnered publisher with *George Fox University*. The final manuscript is to be submitted to the editor by May 2023 with the *Infobesity* assessment findings.

Observations

Challenges

In review, the research challenges were based on the spectrum of participants' reactions to the assessment. For example, we received multiple comments of, "I know I am addicted to my digital device, but I am godly" to "I don't care about my digital practices" to "I am not on social media" revealing the plethora of different responses to digital spaces.

Hence, these remarks led me to pursue a self-assessment tool as it allows digital users to develop self-awareness skills in their digital practices.

In addition to this, a segment of participants revealed a dissonance between their digital practices and being a follower of Jesus in digital spaces. For example, younger generations did not see the need to share their faith experiences online, especially on social media platforms. In supplementary research, I considered younger generations experienced a higher form of negative comments and feedback or lower levels of digital engagement if they shared their faith online. This could include the polarization of faith or the politicization of Christianity we are encountering in digital spaces.

Accordingly, we developed redemptive infographics in the assessment to help digital users see their social media platforms as an opportunity to share their faith not stay silent in their faith.

Evaluations

In evaluating the research, technology continues to innovate modern day society. The morality of technology, or the rise of technicism, seemingly is becoming the hope for our world. For example, the growth of artificial intelligence, the continued lack of governmental or in-house moderation and regulation of giant tech companies, and the invention of relational robots will need to be guided by

shared values of what the betterment of humanity will look like in the future. Further evaluation needs to be done on the rise of technicism in the sphere of what I would call, “a digital garden”. Godly wisdom will need to tackle the questions, for instance, “What guardrails does technicism need to have for technological advancement to thrive for the human race?” and “How should followers of Jesus respond to the rise of technicism in our secular culture?”

I believe the *Infobesity* assessment and the consequent resources of what it means to be a disciple in a digital age will continue to answer these questions for the future of culture and the Church.

The gap of my research is to build a user-friendly and engaging aesthetics for the assessment, and how to get the assessment accessible to the general Christian community in North America.

On top of this, it is imperative for the Church to explore research options on the above evaluations. For this research project, the *Infobesity* assessment is simply to provide an avenue for digital self-awareness to thrive for followers of Jesus living in a digital age.

Furthermore, it is extremely urgent to develop structures for the Church to tackle these questions together. In my mind, a *North American Evangelical Digital Think Tank* would be a great option to develop research teams about technicism and digital spaces. The implications of what technicism has on culture and the Church, if unchecked, will have lasting consequences or, at the same time, can provide redemptive remedies for culture and the Church. Another option could be an annual national conference on *discipleship in a digital age*. These conferences could include experts on the topic and how to leverage resources for local churches to redeem, not just react to technicism in our age.

Further Research

For next steps, my research will continue to strengthen the *Infobesity* Assessment and develop resources for the broader Christian community. To strengthen the assessment, I will include speaking tours and promotion to gather data from 1000 participants with organizational stakeholders and social media strategies. This will help strengthen my research on how to provide redemptive practices for followers of Jesus in a digital world. Along with that, I am pleased to finalize a book with *Cascade Publishing* on the topic of *Infobesity* and how followers of Jesus can respond redemptively. My completed and drafted manuscript will be finalized by May 2023.

Conclusions

In conclusion, the research has convincingly revealed the increasing motivators behind the design of digital technologies. Simply put, tech companies are designed to gain profit, as much as possible, at

the expense of their digital users. This includes the damaging effects of users' well-being, mental health, confirmation bias, and relationships simply because of the amounts of information being released on digital platforms. Due to this, the urgency to empower followers of Jesus in a digital world is on the forefront of North American society. In short, this becomes a discipleship opportunity. The need for truth to combat misinformation, Biblical community in a world of superficial connections, and Spirit-led living in a social media dysphoria will be an ongoing reality. We have great days ahead if we can address infobesity in redemptive processes.

Doctoral Project

Introduction

My project is to explore the effects of information overload from digital technologies with our relationship with Jesus. Based on my experience as the Next Generation Director with the Pentecostal Assemblies of God, the rise of digital consumption in our society, and the latest research on the effects of digital technologies, my research goal is to empower followers of Jesus to understand their digital practices and how to redeem digital spaces.

Doctoral Project

Infobesity Assessment

Due to my research journey, I developed an *Infobesity* Self-Assessment to resource digital users on how to understand their online practices, increase digital self-awareness, and resource followers of Jesus to redeem digital spaces.

The self-assessment is primarily designed from Jesus' words in Mark 12:30-31, based on the five essential quadrants of life, "and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

In short, the research is to explore, "how does information overload from digital technologies affect our heart (emotions), soul (identity), mind (cognitive reasoning), strength (physical well-being), and neighbors (relationships) as digital users in Christ?"

In addition to this, the *Infobesity* Assessment allows users to practice redemptive habits as followers of Jesus, based on their assessment results, in the outcome pages. These outcome pages are specialized resources for students, parents, leaders, pastors, their congregations, and for the public (non-faith assessment).

Furthermore, the assessment allows me to pursue further research findings of digital usage in students, parents, pastors and their congregations, and the public.

Testing the Project

Due to the action research model, I tested the project through a series of interviews with stakeholders, speaking engagements, and feedback loops. Below are the SMARTS goals and benchmarks for the project scope:

SMARTS goal one: *Have 1000 participants go through the Infobesity Assessment (and gather feedback).*

This included an Infobesity speaking tour:

- July30-August 8, 2022 - Family Camp at Alberta Beach (400 students + parents)
- August 1, 2022 - Volunteer Youth Pastors Podcast (700 volunteer youth pastors + leaders)
- October 28th, 2022 - Speaking engagement at Summit Pacific College: Contemporary Youth Issues Course (50 students + pastors),
- December 11, 2022 - Sunday morning at Broadway Church (1900 online; 2000 onsite over 3 campuses)
- January 27-28, 2023 - Canadian Youth Workers Conference (Saskatoon, 100 youth pastors + volunteers)*
- February 3-4, 2023 - Canadian Youth Workers Conferences (Abbotsford, 100 youth pastors + volunteers)
- February 10-11, 2023 - Canadian Youth Workers Conference (Moncton, 100 youth pastors + volunteers)*
- March 3-4, 2023 - Canadian Youth Workers Conference (Edmonton, 100 youth pastors + volunteers)*
- March 10-11, 2023 - Canadian Youth Workers Conference (Winnipeg, 100 youth pastors + volunteers)*
- March 15, 2023 - Family Life Canada Presentation to Parents (on-demand series)
- April 16, 2023 - Parent Conference, North Pointe Church, Edmonton, Alberta, Canada
- April-May 2023 – Social media strategies with key stakeholders and organizations.

The benchmarks to this SMARTS goal are to gather feedback on the *Infobesity Assessment*, way(s) to enhance and adjust the assessment and discover digital habits and practices of participants.

SMARTS goal two: *Add infographics to the Infobesity Assessment outcomes page.*

The purpose of this goal is to add best practices (value) to the *Infobesity Assessment*. In doing so, the goal is to leverage engagement and resources with the assessment with redemptive online practices. In addition to this, the assessment allows me to increase further research with my NPO.

SMARTS goal three: *Send in a book proposal on infobesity and redeeming digital spaces.*

I sent a book proposal application based on my research project. This was a recommendation from faculty and my book proposal team.

In discussion with my book proposal team, I am in the research phase of hiring a publisher coach and consultant to help provide the best feedback towards a manuscript. Budget is tentative.

I am pending a response from the publishing group regarding my book proposal.

SMARTS goal four: Trademark the term “infobesity”

I worked with legal counsel on a North American trademark for the term “infobesity” in the US and Canada. This is to protect the term as a good services mark in business and education management. The benchmarks include:

- Initial research on trademarking the term infobesity
- Hire a trademark firm to consult, apply, and brand the term infobesity with word and mark options,
- Hire a branding team for the goods and services trademark on infobesity.
- Budget: \$5000.00. Will work with sponsors and donors to help cover costs for these legal and branding outcomes.

Ultimately, I was able to trademark and brand the term infobesity.

SMARTS goal five: Ongoing Research

I will continue to research resources, books, and key experts about information overload, Christianity, and technology. The benchmarks will include:

- Developing a relational team to provide books, resources, articles, social media feeds on the effects of social media on digital users. This team will include students, parents, pastors, and university professors.
- Continue to build a working bibliography on Christianity and digital technologies.
- Budget: \$500.00 and ongoing.

Consequently, the NPO research on this project has ongoing research options.

Timeline of the Project

Due to the SMART goals, the roll-out of the project is outlined in the timeline below:

Timeline	Plan	Hours

May 2022	<p>Purpose: To design and develop an information overload assessment using Typeform.</p> <p>Outcomes: Provide Infographs for users towards redeeming their digital practices.</p> <p>Rollout: Speaking Engagement with Volunteer Youth Pastors Podcast.</p>	<p>30 hours</p> <p>20 hours</p> <p>2 hours (prep + presentation)</p>
June 2022	<p>Purpose: Prepare for a summer camp on Infobesity</p> <p>Outcomes: Provide the Infobesity Assessment to the camp for pilot and feedback</p> <p>Rollout: Camp Script to be done with creatives</p>	<p>10 hours for sermon outline prep</p> <p>10 hours for assessment adjustments (based on feedback loops)</p> <p>7 hours for camp creatives</p>
July - August 2022	<p>Purpose: Speak at a family camp on Infobesity</p> <p>Outcomes: seek feedback loops from participants</p> <p>Rollout: Finalize Infobesity script with creatives</p>	<p>8 hours of speaking (8 morning sessions)</p> <p>5 hours (based on assessment and relational feedback loops)</p> <p>20 hours</p>

September 2022	<p>Purpose: Pursue further speaking engagements and feedback loops on the Infobesity Assessment</p> <p>Outcomes: Prepare for speaking engagements during the semester (including speaking scripts)</p> <p>Rollout: Define clarity, next steps, adjustments for the Infobesity Assessment, and speaking scripts</p>	<p>10 hours</p> <p>50 hours (this included two lectures and one sermon. Lectures were at a local university and Bible college. Sermon was at Broadway Church)</p> <p>10 hours</p>
October 2022	<p>Purpose: Lecture Engagements at Universities + Colleges.</p> <p>Outcomes: Ongoing participates to go through the Infobesity Assessment.</p> <p>Rollout: Gather data for further feedback loops and book research.</p>	<p>2 hours (SPC) 2 hours (BCIT)</p> <p>Included in the hours above</p> <p>12 hours (for writing and data gathering) 10 hours of research (ongoing study)</p>

November 2022	<p>Purpose: Sermon Prep for Infobesity Assessment at Broadway Church.</p> <p>Outcomes: Preaching Lab debrief with the preaching team.</p> <p>Rollout: Prepare for preaching the Infobesity Assessment at 4 campuses.</p>	<p>30 hours</p> <p>4 hours</p> <p>10 hours</p>
December 2022	<p>Purpose: Further Feedback Loops from Preaching on Infobesity at Broadway Church.</p> <p>Outcomes: Gather feedback from the Infobesity Assessment and book writing.</p> <p>Rollout: Finalize feedback loops, key takeaways towards a book proposal.</p>	<p>10 hours (including staff, online surveys, and mid-week discussion groups)</p> <p>10 hours</p> <p>20 hours (and ongoing)</p>

I have spent 292 hours testing the project through speaking engagements, feedback loops, and meetings with stakeholders.

Assessment of the Project

Infobesity Assessment

To date, we have had 602 engagements on the assessment with over 300 participants accessing the assessment with a retention rate of 37% or 119 full submissions. In response, we had the average digital user experience moderate or higher levels of information overload. With that said, 40.3% of the users who submitted their assessments were students

In response, the positive feedback from participants would conclude being “user friendly”, “easy to access and understand”, and “made people think”. Participants were grateful to go through the assessment to understand their digital practices.

In addition to this, participants added constructive feedback suggesting language of key words, such as “selfie”, “screen fatigue”, “blue screen”, and “social anxiety” to be defined in the assessment. Furthermore, the assessment was screened by my book team for further edits, including defining what “emotional symptoms of anxiety” are caused by social media, what ways we “compare ourselves physically” on social media posts, and grammatical edits. Based on the peer-to-peer conversations with my GFU cohort, further feedback included aesthetics to the assessment to make it increasingly engaging for participants.

The assessment average to be completed by participants was respectively 5 minutes for the general assessment, 7.5 minutes for the parent assessment, 4.08 minutes for the pastor assessment, and 17.13 minutes for the student assessment. In retrospect, I think the assessment is too long. It should be no more than 3-4 minutes with 10-12 questions rather than an average of 8.47 minutes with 34 questions. I am in discussions with my book team to provide further clarity on this observation.

Outcomes Pages

In addition to the *Infobesity Assessment*, the outcomes pages were developed to be user friendly through infographics. These infographics are user friendly resource pages based on the outcomes of participants from the assessment. This outcome ultimately resulted from feedback with speaking engagements with the *Volunteer Youth Workers Network* in Canada.

In reflection to the infographics, participants welcomed the resource pages as “professionally done”, “easy to read”, and “practical.” And yet, the infographics need further resourcing to include best practices across all levels of information overload digital users have experienced. This will be developed with our team as people have asked for further resourcing.

Moreover, we provided infographics specialized to the digital user. These infographics include customized resources for students, parents, pastors, and their congregations, and for the public.

Book Proposal

As mentioned above, I sent in a book proposal with a sample of the book.

As I continue to collect data from the *Infobesity Assessment*, the book will include the research from 1000 participants (and ongoing). Realistically, I think the ratio of participants to engagements with the assessment is 1-10 (1 completed assessment with 10 engagements from participants). The ongoing strategy for the assessment will be social media marketing plans with key stakeholders and organizations. Furthermore, the goal is to have a drafted book manuscript completed with 1000 participants through the Infobesity Assessment.

Infobesity Trademark

I am pleased we are in the queue to trademark the term infobesity. I have 18 months to prove the education, services, and resources of the mark infobesity. The markers of the term infobesity include

education, services, and/or resources from the trademark. To date, I have initiated a small number of sales from the *Infobesity* Assessment.

Book Offer

Furthermore, I accepted an offer with *Cascade* Publishing. The offer includes marketing plans, an assigned editor, and publication of the book. This final manuscript will be screened by my key stakeholders.

Ongoing Research

I continue to journey through the research from readings, resources, and the *Infobesity* assessment to offer redemptive resources for followers of Jesus who have experienced information overload from digital technologies.

Project Launch Plan

Doctoral Project Description

My NPO is how information overload from digital technologies affect our relationship with Jesus according to the five primary areas of our lives found in Mark 12:30-31 and how followers of Jesus can redeem digital spaces.

Due to this, my research focused on how to understand digital technologies, build self-awareness skills for digital users, and how to recommend redemptive practices for Christians living in a digital age.

Audience

The primary audience for my NPO is digital users who are followers of Jesus. My ongoing research is built on an online self-assessment specialized for students, parents, pastors, and the general public. I have called this the *Infobesity* Assessment.

Development Plan

The *Infobesity* Assessment has allowed me to leverage the action research model towards quantitative data loops. These feedback loops include speaking engagements to parents, students, and youth pastors and my stakeholder teams. Furthermore, the assessment has allowed me to offer redemptive resources for followers of Jesus living in a digital age based on their unique digital habits through an infographic outcome page.

Having said that, here is an outline of ongoing development and research towards graduation:

- January 2023, *Infobesity* Assessment Resource promotion with Youth Workers Community and partnership with the Canadian Youth Workers Conference.
- February 2023, Parent seminary with Family Life Today Canada.

- April 2023, Parent Seminar with North Point Church, Edmonton, Alberta, Canada.
- May 2023, Book Proposal full drafted manuscript.

The goal is to have 1000 participants complete the *Infobesity* Assessment for my book proposal. To date, I have had 600 people access the assessment with 125 participants completing it.

Scientifically, this would be a 20.8% retention rate or approximately 5000 participants to access the assessment to gather 1000 unique data research points. This would mean I need to provide the assessment with ongoing speaking engagements, opportunities, and partnerships with marketing plans with key stakeholders and organizations after graduation.

Development Process

With the 600 participants who have accessed the *Infobesity* Assessment, I continue to gather data towards redemptive practices for Christians. In addition to this, the assessment has allowed feedback from digital users who can recommend, commend, and suggest further adjustments to the assessment.

Moreover, I have submitted a book proposal called, "*Living in a Digital Age: How to be Followers of Jesus in an Infobesity World*" to leverage the *Infobesity* Assessment to the larger Christian community. My goal is to have a full drafted manuscript by graduation.

Equally important, I will continue to leverage key stakeholders and organizations, and speaking engagements and invites to gather data and feedback from the *Infobesity* Assessment towards 1000 unique participants.

Appendix A— Milestone 1 The NPO Charter

INTRODUCTION

My NPO journey is to address the information overload represented in the Church. I hope the NPO process will offer resources for the Church to respond to information overload with a Biblical framework.

PERSONAL RESEARCH MANIFESTO

My goal with the NPO is to embrace an open mind, listen intentionally to those in my journey, and recognize that I have an opportunity to grow in meaningful ways through this research project.

NPO STATEMENT

Considering the ready accessibility of information, middle adolescents are consuming enormous amounts of information to the point of information overload. If solved, adolescents would be able to Biblically discern information through covenantal communities.

NPO SCOPE AND CONSTRAINTS

The scope of this research project is to focus on the next generation of Christians in Canada. This is due to my role as the National Youth Director with the Pentecostal Assemblies of Canada and the relational partnership with the Evangelical Fellowship of Canada and Truth Matters Ministries with the Canadian Youth Workers Conferences.

The non-negotiables are to work alongside these organizations in developing a practical and strategic NPO project to help resource the Church in Canada in the context of middle adolescents.

The cost of this project, as foreseen by the researcher, is the intentional research time needed to build creative content for the Church. This would include resource platforms needed.

The boundaries for this project is to stay focused on the demographic of middle adolescent Christians, identified youth workers, key Christian students and parents to help understand the desired NPO outcomes as mentioned above.

NPO CONTEXT

The context for this NPO research project is middle adolescents between the ages of fourteen to seventeen years old. The reasons for this focus is the identity formation of adolescents, the differentiation from parental identification, and exploring independence based on the accessibility of information.

ROOT CAUSES

Based on the NPO Discovery Worship and One-on-One Interviews, the root cause of this NPO statement is based on how middle adolescent Christians process and discern information.

As one stakeholder expressed, “if trusted relationships aren’t there for middle adolescents to process information, then we are vulnerable to our own processes.” In agreement, the Discovery Workshop mentioned “the issue isn't the amount of information, the issue is how we process information.” In addition, another participant said, “there is a link between information overload and the lack of spirituality in adolescents; and therefore, students don't have the experience and/or cognitive capacity to discern information.”

Due to this, the root cause of the NPO is not about the amount of information technology being created, but how to develop a Biblical framework for processing information consumed by middle adolescents.

DISCOVERY WORKSHOP STAKEHOLDERS

The stakeholders who have helped shape this NPO have included middle adolescent Christians, Family Ministries university professors, seasoned youth pastors, local youth leaders, non-Christian adolescents, and national next generation leaders within the Evangelical community.

ONE-ON-ONE INTERVIEWS

The interviewees are national next generation leaders within the Evangelical Fellowship of Canada, Pentecostal Assemblies of Canada, and Youth Specialties Canada.

3–5 KEY BIBLICAL TEXTS

The key passages of Scripture for this NPO project would be 1 Corinthians 10:31-33 (in the context of 1 Corinthians 10-12) on how to bring glory to God in our lives; Exodus 32:24 (in

the episode of the Golden Calf in Exodus 32) explaining the dangers of addictive behavior; John 17:14-17 (c.f., Colossians 2:8) in regards to processing information and truth; and Acts 2:42 in the context of developing covenantal communities.

ACADEMIC RESOURCES

As mentioned above, I would like to work with experts in the field of information technology and the next generation. This would include organizations such as Growing Leaders with Dr. Tim Elmore, the Evangelical Fellowship of Canada research specialist Rick Hiemstra, Barna Group with David Kinnaman and Mark Matlock, and Dr. James White with Church and Culture. I believe this network of professionals will help shape the academic and theological resources needed for my NPO project.

Appendix B— Milestone 2 NPO Topic Expertise Essay

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Part One: Exploring the Biblical, Theological, and History of Information Overload

Introduction

What is Truth?

In his famous response to Jesus, Pilate asked unknowingly to God Himself, “What is Truth?”¹ This is one of the most fundamental questions every human being asks.

Defining Information

According to experts, truth is found in information. Webster Dictionary recognizes information as “the knowledge obtained from investigation, study, or instruction providing intelligence, facts, and data.”² And, if information is knowledge, knowledge is therefore power. Sir Francis Bacon rightly said, “*Ipsa scientia protestas est*”³ meaning knowledge itself is power. Therefore, who has the most information has the most power.

And yet, the digital age has caused a seismic shift of information, knowledge, power, and authority to the digital user. This is called information technology.⁴

Information Technology

According to Schultze, in his great research book, *Habits of the High-Tech Heart: Living Virtuously in the Information Age*, suggest information technology “refer[s] to all computer-based technologies that enable people to collect, store, access, and exchange information of any kind, including personal messages communicated via the Internet.”⁵ Due to this form of information and technology; regardless of the content, has profound changes

¹ John 18:38

² <https://www.merriam-webster.com/dictionary/information>

³ Francis Bacon *Mediationes Sacrae* (Londini: Humfredi Hooper, 1597), italics mine.

⁴ Quentin J. Schultze. *Habits of the High-Tech Heart: Living Virtuously in the Information Age* (Grand Rapids, Michigan: Baker Academic), 16; brackets mine.

⁵ Ibid, 16; brackets mine.

for the Church and culture. In fact, according to Hibbs, he suggests, “The power of our media form (information technology) has created both challenges and opportunities in the ways the people of God are formed.”⁶

Indeed, according to researchers at the University of California at Berkeley’s School of Information, there is more information being produced in the last 30 years than the last 5000 years combined.⁷ Furthermore, experts believe the next one hundred years will create one hundred thousand years’ worth of content.⁸ This is truly a phenomenon; an information transfiguration⁹ or an information reformation since the printing press.

Information Overload

Shane Gibbs in his book, *The Hidden Power of Electronic Culture*, suggests our current access to information technology has shifted humanity to a “natural bias towards efficiency, entertainment, and consumption.”¹⁰ I call this the digital Trinity. And, due to this, we have discerned information through the lenses of the digital Trinity.

According to the Calvin Center for Christian Scholarship, in their research book, *Responsible Technology: A Christian Perspective* echoes “technology is omnipresent in modern society. From the home computers we use, to the clothes of synthetic fibers we wear, to the cars we drive, the fruits of technology are all around us.”¹¹

Therefore, discerning information through the digital Trinity has caused surmountable

⁶ Shane Hibbs. *The Hidden Power of Electronic Culture: How Media Shapes Faith, the Gospel, and Church* (Grand Rapids, Michigan: Zondervan Publishing, 2005), 23; brackets mine.

⁷ <https://www.ucg.org/the-good-news/how-can-you-deal-with-information-overload>

⁸ Global Leadership Summit, Session Two: Ben Sherwood, 2019.

⁹ Quentin J. Schultze. *Habits of the High-Tech Heart: Living Virtuously in the Information Age* (Grand Rapids, Michigan: Baker Academic, 2002), 16.

¹⁰ Shane Hibbs. *The Hidden Power of Electronic Culture: How Media Shapes Faith, the Gospel, and Church* (Grand Rapids, Michigan: Zondervan Publishing, 2005), 160.

¹¹ Stephen V. Monsma. *Responsible Technology: A Christian Perspective* (Grand Rapids, Michigan: William B. Eerdmans Publishing Company, 1986), I.

consequences and advances. According to some experts, information technologies have caused an “over-exposure, excessive consumption, [and] input abundance of information and data”¹² leading to information overload. Furthermore, Schultze suggests “in the cyber-age, we become so enamored with our technical skill at manipulating information that we can lose track of non-instrumental virtues such as moderation, discernment, and humility.”¹³

In short,¹⁴ information overload is the consequence of over exposure of information from digital technologies in our cyberspace culture. This can cause a delusion of truth, a heightened sensitivity towards personalization, and individualistic authority. Ultimately, the access to information through digital technologies is on an endless scale.

Discovering Truth

In response, as information is knowledge and power,¹⁵ we must ask ourselves how we process, discern, and apply information found in digital technologies throughout our everyday lives.

Moreover, we need to ask ourselves how to differentiate between information and the concept of truth.

As Pilate appropriately asked, “what is truth?”, this paper is to explore and examine the Biblical, theological, and historical foundation of information found through the Scriptures and how to apply modern-day information technologies as disciples of Jesus in a digital age.

¹² https://en.wikipedia.org/wiki/Information_overload; brackets mine.

¹³ Quentin J. Schultze. *Habits of the High-Tech Heart: Living Virtuously in the Information Age* (Grand Rapids, Michigan: Baker Academic, 2002), 17.

¹⁴ Due to the limitations of this paper, I will be exploring the advances and consequences of information technologies in the second part of this project paper.

¹⁵ This is the concept of power derived from metadata information. Metadata is the collection of information from individual users within digital technologies, which tech companies manipulate the content of information to the user for the benefit of business and/or advertising strategies. I will explain this in the second part of this paper.

A Biblical Case Study

Old Testament: God, the Golden Calf, and His People (Exodus 32)

A New Covenant

God moved His people out of slavery into a new covenant with Himself. On Mount Sinai, God was setting a new covenant, a new structure, a new reality with the Israelites from hundreds of years of oppression in Egypt. This covenant was signed by God's own fingers through the Ten Commandments. The purpose of these commandments was to set His people apart, to understand God, wisdom to live by, and authority to submit to. At the heart of it, God's covenant with Israel was to reveal God to the rest of the world.

Understanding God

Throughout the Exodus journey, God continued to beseech His people to understand Him.¹⁶ If the people of God could understand Him, then they'd be able to experience rest in Him, be grounded in Him, to receive healing and protection from the world.¹⁷ In fact, right before the Golden Calf episode, God Himself implored His people to "surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who makes you holy."¹⁸ In short, successful Christian living begins with understanding who God is. It is knowing God through information; His Commandments, where the people of God can experience God's nature, character, and goodness.

With that said, information is meant to understand God's nature and character.

Living by the Covenant

Furthermore, the covenant with the Ten Commandments was for the people of God to

¹⁶ Exodus 3:14, 15

¹⁷ See Exodus 15:25, 26; 17:15

¹⁸ Exodus 31:13

put their trust in “all that the Lord has spoken to do.”¹⁹ In short, the Ten Commandments was the information technology God gave to His people to experience truth. This was the information God required from His people.

Breaking the Covenant

Yet, the people of God became impatient in the things of God and created an idol made from human hands.²⁰ This act of making an idol directly rejected God’s authority. The Israelites devalued the information technology demonstrated in the Ten Commandments. It devalued God’s truth. Unfortunately, the people diluted their covenant relationship with God from hearing truth to seeing information through a lifeless image.

Rightly noted, in Jacques Ellul’s book, *The Humiliation of the Word* mentions “everything that tends to make the word ambiguous, would devalue, corrupt, or deform it.”²¹

In the same way, anything that devalues God’s word; as seen in The Ten Commandments, creates idols in human form. And, as rightly discussed, every generation creates an idol when the word is reduced to human hands.

Idols and Information

In regards to information technologies, information can become an idol when it lessens the word of God. Just like the people of God rejecting God's word with the Ten Commandments, idol worship is the response. They exchanged the authority of God to human hands. Likewise, without the authority of God in information technologies, our generations will fall short; and likewise, will form information technologies into an idol.

New Testament: God, the Early Church, and Culture (Philippians 4:6-8)

¹⁹ Exodus 19:8

²⁰ Exodus 32:1

²¹ Jacques Ellul. *The Humiliation of the Word* (Grand Rapids, Michigan: William B. Eerdmans Publishing Company, 1985), 109.

As the people of God shifted from the nation of Israel to the Church, we see this tension between information and truth, authority and submission, and idolatry worship and truthful witness in the Early Church.

Colossian Babble

To the Colossian Church, who was struggling with information overload from false teaching, heresy, and philosophies of many kinds, Apostle Paul rightly said, “See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition rather than on Christ.”²² In short, Paul is encouraging Colossian believers to put their authority of information in Christ, not in the philosophy, traditions, and/or false teachings from human reasoning. With this said, information overload found in digital technologies need to be filtered through Christ, not through human reasoning.²³

Guarding from Information Overload

Timothy

Furthermore, Paul, in his last will and testament to his mentee Timothy, exhorted “guard what has been entrusted to your care. Turn away from godless chatter and the opposing ideas of what is falsely called *knowledge*, which some have professed and in doing have wandered from the faith.”²⁴ In review, Paul is encouraging his friend to guard himself against information overload; from the context of human knowledge, whom some have wandered from the faith. In the same way, we can turn away from godless chatter, fake news, and the like when we guard our hearts from information overload found in information technologies.

As suggested, Christians do not lose their purpose. However, Christians can wander

²² Colossians 2:8

²³ This would include the design/purpose of digital technologies as briefly discussed as the digital Trinity.

²⁴ 1 Timothy 6:20-21; emphasis mine.

from their purpose with the lure of information technologies found in information overload.

Philippi Church

In echoing this, Paul says to the Philippi believers, to filter information with the following exhortation: “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”²⁵ To sum up; briefly then, Paul gives a framework to process information overload to the Philippi church. With spiritual disciplines, choosing to trust God over human reasoning, and with the spiritual practice of discernment, followers of Jesus can overcome information overload: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about these things.”²⁶

Truth as a Person: Jesus, Information, and Technology (John 1:1-2)

Last, we will circle back to Pilates’ question to Jesus, “What is Truth?”²⁷

Jesus as Truth

Ultimately, when Pilate asked the question, “what is truth” to Jesus; whether he was jesting at Jesus or found no fault in Jesus, Pilate was looking at the face of Truth. John rightly proclaimed, “In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning.”²⁸ In other words, Jesus is Truth.

Holy Spirit as Truth

To His disciples, in The Upper Room, Jesus promised them the Holy Spirit: “And I

²⁵ Philippians 4:6-7

²⁶ Philippians 4:8

²⁷ John 18:38

²⁸ John 1:1-2

will ask the Father, and he will give you another Counsellor to be with you forever - the Spirit of truth.”²⁹ In other words, Jesus was empowering his followers to experience Truth; not just from Him, but through the power of the Holy Spirit.³⁰

Disciples as Truth-tellers

In addition, Jesus revealed Truth not just by his personhood or through the promised Holy Spirit but through His disciples: “If you love me, you will obey what I command.”³¹ In short, love and submission to Christ leads to obedience and good works.

*Covenantal Communities as Truth-Tellers*³²

Last, Paul warns the Church to learn from covenantal brokenness found in 1 Corinthians 10:1-31. He encourages believers to flee from idolatry,³³ not to repeat the past Israelite rebellion against the truth,³⁴ and to live a covenantal life “for the glory of God.”³⁵ Why? So that the world could understand and experience Truth in an information overloaded digital culture.

Review

Developing a Biblical Framework in a Digital Age

In essence, this paper is to build a Biblical framework of how to process, discern, and apply information through digital technologies. Based on the Biblical research above, I have come up with the following framework:

²⁹ John 14:16

³⁰ Also see Acts 1:8

³¹ John 14:15

³² Also See Acts 2:42

³³ 1 Corinthians 10:14

³⁴ 1 Corinthians 10:11

³⁵ 1 Corinthians 10:31

**Information Overload Model:
How to Process, Discern, Connect, and Conduct Digital Information**



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Information

First and foremost, it is foundational to submit information to the authority of God. As we see in the Exodus 32 account with the Golden Calf, it is imperative to see God as the founder of information technologies; as seen in the tablets, if we want to process digital information through Biblical instruction.

Interaction

Second, as we see in this research paper, interaction is having a vibrant and ongoing relationship with Jesus. Followers of Jesus can apply digital information through the interaction of Truth found in Jesus.

Instruction

Third, as we see in the *Information Overload Model*, Christians can process

³⁶ I go into detail of the *Information Overload Model* in section two of this paper.

information through covenantal communities. As we have seen in the New Testament accounts in Colossia, Philippi, and Timothy, there is a covenantal relationship God has designed to discern information through covenantal community.

Inspiration

Fourth, followers of Jesus can apply digital information through the inspiration of Truth found in the Holy Spirit. As seen in Scripture, the Holy Spirit teaches all things³⁷ including information content through digital technologies.

Incarnational Living

And this leads me to my final consideration. As we see in the Corinth context, Paul implores the church to do all things for the glory of God.³⁸ This includes how to process, discern, apply, and conduct information through digital technology as followers of Jesus by incarnational living.

Part Two: Information Overload Topic, History and Key Voices

Introduction

The Pursuit of Information

Since Creation, we see the ongoing pursuit of information found in humanity. As God instructed Adam not to eat from the tree of knowledge of good and evil,³⁹ the human condition is to pursue knowledge is through information. And even though Adam and Eve recognized not all information is good for humanity, they continued to pursue information outside of God's perfect will for them.

Impact of Digital Technologies

³⁷ See John 14:26

³⁸ see 1 Corinthians 10:31

³⁹ See Genesis 2:17

Advances

In the same way, we see the pursuit of information through digital technologies for good and evil. In short, digital technologies have allowed humanity to innovate, create, and progress through the access, aesthetics, and abundance of information at the convenience of our fingertips.

Access (Internet)

In short, the access to the internet has allowed anyone to find any type of information at any time. Due to this, the accessibility of information allows the digital user to search for knowledge and understanding with ease.

Aesthetic (Digital Devices)

In fact, in his book, *iGods: How Technology Shapes Our Spiritual and Social Lives*, Craig Detweiler who is a Professor of Communications and Director for Entertainment, Media, and Culture suggests digital technologies have “turned amateurs into professionals... and unleashed a torrent of creativity from desktop publishing to editing home videos.”⁴⁰

In brief, digital technologies have allowed humanity not only to access information at high-rate speeds but to develop creative content through digital devices aesthetically.

Abundance

As a result, we have an abundance of information which functions as the Digital Trinity.⁴¹ In other words, digital technologies have valued the Digital Trinity for users to experience and personalize information. In agreement, John Dyer suggests, “today’s technology places a high value on personalization, customization, and the preferences of the

⁴⁰ Craig Detweiler, *iGods: How Technology Shapes Our Spiritual and Social Lives*. Grand Rapids, Michigan: Brazos Press, 15.

⁴¹ I have explained the digital Trinity in part one of this paper regarding efficiency, entertainment, and consumption.

individual.”⁴² And, with that said, the ability to access enormous amounts of information through the aesthetics of digital devices has added to the problem of information overload.

Consequences

In short⁴³, Craig Detweiler says, “We are inundated by too much information (of our own making).”⁴⁴ Malcom Gladwell, a cognitive psychologist describes information overload as “channel capacity.”⁴⁵ He rightly notes channel capacity is the brain’s ability to process information: “As human beings, we can only handle as much information at once. Once we pass a certain boundary, we become overwhelmed.”⁴⁶ Due to information overload – when we have too many choices and/or too much information from digital technologies – the cognitive and emotional processing of the brain cannot function. Decision-making becomes extremely difficult. Even though it is important to have information for good decision-making, John Dyer notes, “scientists at Temple University have shown that when we surround ourselves with many different pieces of information, our prefrontal cortex (the part of our brain that makes decisions) simply shuts off.”⁴⁷

Algorithms

The reality of information overload caused by digital technologies was responded to by the invention of digital algorithms. For example, “the engineers at Google created

⁴² John, Dyer, *Garden to the City: The Redeeming and Corrupting Power of Technology*. Grand Rapids, Michigan: Kregel Publications, 178.

⁴³ As I have covered the aspects of information overload in the first part of this paper, it is imperative to outline the history of information overload and how digital technologies have, consequently, struggled to respond to information overload.

⁴⁴ Craig Detweiler, *iGods: How Technology Shapes Our Spiritual and Social Lives*. Grand Rapids, Michigan: Brazos Press, 15.

⁴⁵ Jesse Rice, *The Church of Facebook: How the Hyperconnected Are Redefining Community*. Colorado Springs, Colorado: David C. Cook Books, 2009, 105

⁴⁶ Ibid, 105.

⁴⁷ John, Dyer, *Garden to the City: The Redeeming and Corrupting Power of Technology*. Grand Rapids, Michigan: Kregel Publications, 163.

algorithms that gave us the ability to comb through the thicket of the world wide web.”⁴⁸

Algorithms, in short, filter through the amass amounts of information based on our online habits, location, and the questions we search for. For Google, the answer to information overload is algorithmic authority.⁴⁹

However, a negative of algorithmic authority is the subjective process of searched information. As outlined above, the problem isn’t only information but people receiving, as Thamus critiques, “a quantity of information without proper instruction, and in consequence be thought very knowledgeable when they are for the most part quite ignorant. And because they are filled with the conceit of wisdom instead of real wisdom they will be a burden to society.”⁵⁰

As Jesus points out, “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened”⁵¹ He knows the pursuit of humanity’s conquest to seek, search, and find truth. Yet, with algorithmic authority, humanity’s conquest to seek, search, and find truth is based on filtering information and, perhaps, misinformed answer(s) to our question(s). To sum it up briefly, algorithms manipulate information towards the business model of the digital platform.⁵²

Authority

Consequently, the shift of authority to process information digitally is not solely given to the discernment of the user but by the speed of the technological platform. As Campbell

⁴⁸ Craig Detweiler, *iGods: How Technology Shapes Our Spiritual and Social Lives*. Grand Rapids, Michigan: Brazos Press, 15.

⁴⁹ Ibid, 109.

⁵⁰ Plato and Walter Hamilton, *Phaedrus and the Seventh and Eighth Letters* (New York: Penguin, 1973), 96.

⁵¹ [The New International Version](#). (2011). (Mt 7:7–8). Grand Rapids, MI: Zondervan.

⁵² This can include the consequences of digital technologies as mentioned above.

noted in her book, *Networked Theology*, the “quest for efficiency through the application of human reason and logic ultimately dehumanizes individuals and communities by reducing them to impersonal, economic units.”⁵³ Ultimately, this can develop manipulation of content, misinformation, false information, and/or put our trust within the answers of a digital platform, for example, like Google rather than God. Heidi Campbell, an associated professor of communication at Texas A&M University, agrees “new media culture can be seen to promote a meta-realism in which the world is a flexible space where reality can be created or manipulated.”⁵⁴ An example of this is the allowance of digital technologies to use information for their own economic gain.⁵⁵

According to the French philosopher and theologian, Jacques Ellul, calls this technological reality as *technique* – “the totality of methods rationally arrived at and having absolute efficiency (for a given stage of development) in every field of human activity.”⁵⁶ We become what we create. The shift of authority from a digital user creates a transference of power to digital technologies. In other words, the user gives digital technologies the authority to solve their problem(s) through technology. In short, this is called technicism.⁵⁷

Technicism is the pursuit of technological advancements in the hope to solve all of humanity’s problems. As John Dyer suggests in his book, *From the Garden to the City*, technicism “has become a kind of unspoken religion for the secular world.”⁵⁸ Stephen

⁵³ Campbell, Heidi & Garner, Stephen. *Networked Theology (Engaging Culture): Negotiating Faith in Digital Culture*. Grand Rapids, Michigan: Baker Books Publishing, 32.

⁵⁴ Ibid, 51.

⁵⁵ This is in the whole science of digital business based on destructive economies. In short, it is when a new digital technology creates a business that destroys another business; either in an offline and/or online platform. An example of this would be Blockbuster and Netflix.

⁵⁶ J. Ellul, *The Technological Society* (New York: Vintage Books, 1964), xxv.

⁵⁷ Stephen Monsma, *Responsible Technology: A Christian Perspective*. Grand Rapids, Michigan: Eerdmans Publishing, 50.

⁵⁸ John Dyer, *Garden to the City: The Redeeming and Corrupting Power of Technology*. Grand Rapids, Michigan: Kregel Publications, 145.

Monsoma argues technicism “says that humankind can use its hands and minds – its technology – to build a kingdom of plenty, ease, and peace.”⁵⁹

Autonomy

As a result, modern day technicism has fueled the hyperactivated individualism in our 21st Century culture. Technology – with all the advancements and achievements in the last one hundred years – has caused a widening gap towards individualism and personalization known as personal autonomy.⁶⁰

Consequently, information leading to knowledge and understanding becomes personalized. Brett McCracken in his latest book *The Wisdom Pyramid*, suggests “in today’s post-truth world, ‘facts’ are seen as fluid, bias laden things to dispute or ignore when they threaten us.”⁶¹ In brief, people filter their information based on experience, feelings, and relationships.

This might seem extremely obvious with the advances and consequences of digital informational technologies, and yet, we need to be aware of the values determined in digital technologies through the lenses of truth.⁶²

As William Stahl, in his book *God and the Chip* observes, “it has become common to define our species as *Homo faber*, ‘man the tool maker,’ and to identify cultures with their technology – Neolithic, Stone Age, Space Age.... We increasingly come to identify who we

⁵⁹ Stephen Monsma, *Responsible Technology: A Christian Perspective*. Grand Rapids, Michigan: Eerdmans Publishing, 50.

⁶⁰ An example of technological advancements towards individualism and personalization would be the invention of air conditioners. In Mississippi, before air conditioners, technology designed large porches for people to find comfort during hot and muggy days. As air conditioners were put in these homes, people did not mingle on decks (see HGTV, rural homes, 2020; *Garden to City*, 156)

⁶¹ Brent, McCracken. *The Wisdom Pyramid: Feeding Your Soul in a Post-Truth World*. Wheaton, Illinois: Crossway, 50.

⁶² *The Information Overload Model* seen on page 13.

are by and through the machines we use.”⁶³ In other words, we put our faith within our own technological advances.

In agreeance, Albert Borgmann in his book, *Power Failure: Christianity in the Culture of Technology* suggests, technology “is meant to designate not just an ensemble of machines and procedures, but a type of culture, the kind that is characteristic of the advanced industrial societies and has been developing and gaining definition for two and a half centuries.”⁶⁴

Therefore, as we can see, technicism is a form of secular religion to offer hope through the pursuit of information through digital technologies. As Christians, however, God offers answers to humanity that digital technologies cannot provide. For example, the human heart has pursuits technology cannot answer; even though humanity – as we see with the Israelites on Mount Sinai – strive to answer through technology.

With that said, the rest of this paper is to outline what key voices and experts have researched on a historical and Biblical response towards information overload.

Information: “Who is Your Authority?”

Moderation

Throughout my research, key voices have encouraged digital users to respond to digital technologies with moderation.

Schultze, in his insightful book, *Habits of the High-Tech Heart* warns, “informationism drives us to create greater and greater quantities of information, but it simultaneously dismisses the importance of moral good, as if our use of information does not

⁶³ William A Stahl, *God and the Chip: Religion and the Culture of Technology* (Waterloo, ON: Wilfred Laurier University Press, 1999), 18.

⁶⁴ Albert Borgmann, *Power Failure: Christianity in the Culture of Technology*. Grand Rapids, Michigan: Brazos Press, 7.

need any moral frame of reference.”⁶⁵ As an example of this, the US Supreme Court is taking aim at Big Tech companies to moderate information as they “have casted and largely unchecked control over online marketplaces.”⁶⁶ In short, information needs methods of moderation in private and public forms of digital technologies. As we can see, these modes of moderation are still being processed and produced in Church and culture.

Forms of Epistemology

With that said, we need to understand the underlining pursuit of information towards epistemology. According to Nancey Murphy in her book, *Anglo-American Postmodernity*, explains the shift from modern to postmodern forms of epistemology is a “direct result of changes in our forms of media.”⁶⁷

Modernity

In short, modernity forms of epistemology have been created on a linear model. A modern linear model of epistemology is built on three points: a foundation, a focus, and an outcome. As an example, for Christians, Scripture would be the foundation, theology as the focus, and Christian practice as an outcome.⁶⁸ In brief “understanding all truth is derived from a signal foundation and everything else is built above on this foundation.”⁶⁹

Postmodernity

However, postmodern forms of epistemology are not based on a linear form of seeking

⁶⁵ Quentin J. Schultze, *Habits of the High-Tech Heart: Living Virtuously in the Information Age*. Baker Academics: Grand Rapids, Michigan, 48.

⁶⁶ Bobby Allyn, *Justice Clarence Thomas Takes Aim at Tech And Its Power ‘To Cut Off Speech’*, NPR, released April 5, 2021.

⁶⁷ Shane Hipps, *The Hidden Power of Electronic Culture: How Media Shapes Faith, the Gospel, and Church*. Grand Rapids, Michigan: Zondervan Publishing, 69.

⁶⁸ Ibid, 69 (see model).

⁶⁹ Ibid, 69.

information and finding truth but based on a web of belief.⁷⁰ This concept of belief is that “knowledge is conditioned both by our experience and by truth claims.”⁷¹ In essence, truth is therefore experienced with multiple interconnections with each other.

This is important to understand as the Bible; for example, is not seen as authoritative in our postmodern culture but as a network of relationships that “is a two-way dialogue in which experience shapes belief and belief shapes experience.”⁷² Therefore, authority, based on the pursuit of information, is not pursued through a linear model of epistemology but based on a network of experiences towards truth.

Spontaneous Order

With that said, Steven Strogatz, an expert in mathematics, recently explained a natural theory towards adaptive learning as spontaneous order.⁷³ In 2004, he describes not only do we learn in linear and web forms of epistemology but in synchronicity with each other.⁷⁴ In his book, *The Church of Facebook: How the Hyperconnected Are Redefining Community* echoes the spontaneous order as “while [Strogatz] conceded the law of entropy that proves objects both animate and inanimate typically move toward disorder, [Strogatz] also claims that the tendency towards the harmonization of objects might be an even more certain reality.”⁷⁵

In other words, we are designed to learn in community with each other.⁷⁶

Rhizome Theory

⁷⁰ This philosophical shift was first developed by Willard V. Quine in 1970. Willard V. Quine and J.S. Ullian, *The Web of Belief* (New York,: Random House, 1970).

⁷¹ Shane Hipps, *The Hidden Power of Electronic Culture: How Media Shapes Faith, the Gospel, and Church*. Grand Rapids, Michigan: Zondervan Publishing, 69.

⁷² Ibid, 69.

⁷³ Steven Strogatz: *How Things in Nature Tend to Sync Up*, Steve Strogatz for Ted.com, www.ted.com/index.php/talks/steven_strogatz_on_sync.html (accessed February 2, 2009).

⁷⁴ Steven Strogatz, *Sync: The Emerging Science of Spontaneous Order* (New York: Hyperion, 2003), 1-6

⁷⁵ Jesse Rice, *The Church of Facebook: How the Hyperconnected Are Redefining Community*. Colorado Springs, Colorado: David C. Cook Books, 2009, 19, brackets mine.

⁷⁶ I will explain the community aspect of discerning information through digital technologies later in this paper.

In addition to spontaneous order, Deleuze and Guattari; French philosophers, believe learning models are shifting from linear styles of learning towards communal patterns of learning known as rhizome theory. This effect, as being presently experienced through digital technologies; reveal the pursuit of epistemology through the context of social media and online communities.⁷⁷

According to their theory of rhizome learning, processing information through digital technologies “is non-hierarchical, heterogeneous, multiplicitous, and acentered.”⁷⁸

In short form, therefore, new forms of processing information will not be in linear forms of community but in networked styles of experiential learning in digital and communal formats.

Authority of Information

With this in mind, we need to ask ourselves, “who is our authority?” For the Israelites at Mount Sinai, they deliberately decided to follow the gods of old and created their own forms of worship through a golden calf. As for humanity today, we continue to pursue information towards truth found in created forms of digital technologies. However, does information through digital technologies actually lead us to truth or to an array of experiences that don’t lead to truth but increasing information, consumption, and entertainment?

In agreeance to this, in his book *Garden to the City*, implores “we must begin by continually returning to the Scriptures to find our Christian values and identity. From that perspective we can evaluate the strengths and weaknesses of technology and determine what values will emerge from the tendencies of use built into its design.”⁷⁹

⁷⁷ As seen as above (footnote 67)

⁷⁸ <https://lucian.uchicago.edu/blogs/mediatheory/keywords/rhizome/>; also see *GloboChrist*, 40-41

⁷⁹ John, Dyer, *Garden to the City: The Redeeming and Corrupting Power of Technology*. Grand Rapids, Michigan: Kregel Publications, 176.

This is why Christians need to have a model to be able to process information through digital technologies as I have outlined above.⁸⁰

Interaction: “Who Do You follow?”

With that said, not only is it imperative for followers of Jesus to discern information through digital technologies through the lenses of epistemological authority found in Scripture, but through the interactive lenses of connecting with Jesus.

Jesus as a techie

According to his book, *iGods* by Craig Detweiler, he brilliantly suggests “Jesus was more than a carpenter; he was a techie.”⁸¹ The Greek word for carpenter is *tekton*, which typically refers to “a woodmaker or builder; however, in Biblical times, the term could be used for a range of craftsmen, including stonemasons, artificers, and engravers.”⁸²

Tippins, in his book, *Pilgrim Heart*, reveals this amazing concept: “Given the original cosmic assignment, it seems appropriate that in his earthly life in Nazareth, Jesus was a craftsman by trade. Having built the universe, it seems fitting that, as a human being, he would turn to building houses or furniture.”⁸³ In other words, Jesus is the maker of all things.

In light of this, the word *technology* comes from the Greek word, *technikon*, which comes from the root word, *techne*. Therefore, we could assume all forms of technology; as implementation strategies from applied sciences, is found in the creative design of Jesus.

Jesus as Truth

⁸⁰ See page 13 for *Information Overload Model*

⁸¹ Detweiler, Craig. *iGods: How Technology Shapes Our Spiritual and Social Lives*. Grand Rapids, Michigan: Brazos Press, 2013, 23.

⁸² Barry, J. D., Bomar, D., Brown, D. R., Klippenstein, R., Mangum, D., Sinclair Wolcott, C., ... Widder, W. (Eds.), (2016). [Carpenter](#). In *The Lexham Bible Dictionary*. Bellingham, WA: Lexham Press. Also see 2 Kgs 22:6; 2 Chr 24:12; Ezra 3:7; Isa 44:13; Matt 13:55; Mark 6:3.

⁸³ Darryl Tippins, *Pilgrim Heart: The Way of Jesus in Everyday Life* (Abilene, Texas: Leafwood Publishers, 2006), 159.

Furthermore, interacting with Jesus empowers digital users to be able to connect with information through digital technologies towards Truth. Jesus even said, “I am the way and the truth and the life.”⁸⁴ In addition to this, Eugene Petersen brilliantly wrote in John 8:31-32, ““If you stick with [my teachings], living out what I tell you, you are my disciples for sure. Then you will experience for yourselves the truth, and the truth will free you.”⁸⁵

Jesus as The Divine Techie

In light of this, Christians can connect with digital information through Jesus; as the Divine Techie, to be able to process information through digital technologies. As we see with digital technologies, information does not necessary lead to truth. Digital technologies are designed to share information towards efficiency, consumption, and entertainment but not to truth.

Therefore, because Jesus is the Ultimate Truth, the *tekton* of all technological advancements, He is the Divine Techie to help Christians process and connect information through digital technologies.⁸⁶

Instruction: “Who do You do Life With?”

Not only can Christian overcome information overload through the Scriptures – as the source of ultimate authority – and Jesus – as the source of all Truth – but Christians can also process, connect, and discern information experienced in covenantal communities.

Community

⁸⁴ [The New International Version](#). (2011). (Jn 14:6). Grand Rapids, MI: Zondervan.

⁸⁵ Peterson, E. H. (2005). [The Message: the Bible in contemporary language](#) (Jn 8:31–32). Colorado Springs, CO: NavPress, brackets mine.

⁸⁶ And, yet even though “The Bible does not provide a systematic account of the nature of truth in either its theological or philosophical dimensions. Nevertheless, great prominence is given to the idea of truth in Scripture because God is the God of truth (Pss 31:5; 108:4; 146:6) who speaks and judges truly (Pss 57:3; 96:13). God is the God of all truth because he is the Creator, and it is impossible for him to lie (Heb 6:18).” Elwell, W. A., & Beitzel, B. J. (1988). [Truth](#). In *Baker encyclopedia of the Bible* (Vol. 2, p. 2108). Grand Rapids, MI: Baker Book House.

Throughout the pages of Scripture, we see the underlining design and history of community being essential to process information. For this paper, I will outline the recommendations from the resources on this subject.

Church Community

According to his book, *The Wisdom Pyramid*, McCracken focuses that “the Church is an interpretive community, where collective wisdom across church history and in various polity structures provides guardrails against errant theology.”⁸⁷ In other words, community is designed to discern and decipher information towards truth.

One Another Commandments

With that said, there are 97 different one another commandments riddled throughout the New Testament.⁸⁸ These commandments are to “stir up one another to love and good works”⁸⁹ It is in this community where Christians can experience intentional growth, be transformed, and build a mature faith in Jesus. It is a “community that helps us see our blind spots, and areas of needed growth; a diverse community of walking, talking, living examples of Christlikeness we can observe and emulate.”⁹⁰

Community in an Individualistic Age

However, in our post truth age where the ultimate authority is personalized, “the individual self is the primary source of truth: ‘follow your heart’, ‘live your truth’, and so forth.”⁹¹ Due to this, the search of online community tends to lead to connection rather than

⁸⁷ Brent, McCracken. *The Wisdom Pyramid: Feeding Your Soul in a Post-Truth World*. Wheaton, Illinois: Crossway, 89.

⁸⁸ See <https://overviewbible.com/one-another-infographic/>

⁸⁹ See Hebrews 10:24

⁹⁰ Brent, McCracken. *The Wisdom Pyramid: Feeding Your Soul in a Post-Truth World*. Wheaton, Illinois: Crossway, 90.

⁹¹ Ibid, 89.

covenantal community. Anne Jackson, who wrote the book, *Mad Church Disease*, composed an article for *Christianity Today* suggesting, “People can be vulnerable and honest online. And at times these online connections can be more life-giving than many of our offline relationships, but they are not the same.”⁹² Furthermore, Shane Hipps proposes, “our deep individualism is partly to blame for the high failure of intentional communities and marriages, for that matter.”⁹³

Social Media

Due to this, the rise of social media is the digital technological answer of community, and yet, consequently, is a cause of individualistic isolationism. McCracken in his latest book, *The Wisdom Pyramid* reveals, “‘Your Truth’ autonomy invariably leads to loneliness.”⁹⁴ Furthermore, in his book, *The Church of Facebook*, Rice says, “in a world of too many choices, the emphasis is on self-expression. That’s because there’s too little time to do anything but communicate in order to get a reaction. Self-revelation is the currency in [social media] social economy.”⁹⁵ Considering this, Craig Detweiler’s comments in his book, *iGods*, questions a “new category of ‘Facebook friends’ that raise the question of what constitutes ‘true friends.’”⁹⁶ as experienced in community.

True Friendships

Aristotle identifies three types of friends; utility friendships found in the workplace,

⁹² Anne Jackson, “The Facebook Fast,” Our of Ur, http://blog.christianitytoday.com/outofur/archives/2009/02/the_social_netw.html, posted February 27, 2009 (access July 27, 2009).

⁹³ Shane Hipps, *Flickering Pixels: How Technology Shapes Your Faith*. Grand Rapids, Michigan: Zondervan Publishing, 124.

⁹⁴ Brent, McCracken. *The Wisdom Pyramid: Feeding Your Soul in a Post-Truth World*. Wheaton, Illinois: Crossway, 91.

⁹⁵ Jesse Rice, *The Church of Facebook: How the Hyperconnected Are Redefining Community*. Colorado Springs, Colorado: David C. Cook Books, 2009, 112, brackets mine.

⁹⁶ Craig Detweiler, *iGods: How Technology Shapes Our Spiritual and Social Lives*. Grand Rapids, Michigan: Brazos Press, 149.

pleasure relationships around hobbies, and virtuous friends based on mutual appreciation and character development.⁹⁷ The most important type of relationship, Aristotle suggests, is the one of character development that social media cannot provide; in nature. In fact, “Facebook [along with other forms of social media] seems to confer status, a standing within our community”⁹⁸ rather than building meaningful friendships.

Covenantal Community

According to my research with the *Evangelical Fellowship of Canada*, meaningful friendships occur with no more than seven people. We call this covenantal community.⁹⁹ It is the relational science of where meaningful community thrives, the “one another commandments” are practiced, and each voice are not competing with each other.

With that said, it is difficult to thrive in covenantal communities online. As individualism is the ultimate idol, people are always seeking, searching, and unfortunately, not finding, meaningful community through digital technologies. As a result, voices are competing with one another rather than developing meaningful community through covenantal and transformational living as followers of Jesus.

Inspiration: “What is the Spirit Saying to Me?”

As we have read, Christians can process, discern, and apply information overload found through digital technologies in the Scriptures, Jesus as the Divine Techie, in covenantal community and as well as through the inspiration of the Holy Spirit.

The Spirit of Truth

⁹⁷ Craig Detweiler, *iGods: How Technology Shapes Our Spiritual and Social Lives*. Grand Rapids, Michigan: Brazos Press, 148-149.

⁹⁸ *Ibdi*, 152; brackets mine.

⁹⁹ In monthly conversations with my NPO Stakeholder on Infobesity, Rick Hiemstra; Director of Research and Media Relations for the Evangelical Fellowship of Canada.
<https://www.evangelicalfellowship.ca/Resources/Speakers/EFC-Speakers/Rick-Hiemstra>

Jesus said to his closest followers in John 16:13, “But when he, the Spirit of truth, comes, he will guide you into all the truth.”¹⁰⁰ In other words, Jesus equips Christians with the Holy Spirit to discern information overload through Truth found in the Holy Spirit.

In John 14:17, Jesus names the Advocate as the “Spirit of Truth.” This is an interesting reality for Christians as Jesus connects Truth with the Holy Spirit and that “truth is very closely associated with the Godhead. The expression probably means ‘the Spirit who communicates truth’”¹⁰¹ to believers.

In brief, what a great resource God gives us to find inspiration through the Holy Spirit of how to conduct information within digital technologies.¹⁰² With that said, I find it interesting none of the resources I went through connected information overload with the Spirit of Truth.¹⁰³

Incarnational Living: “What is Your Purpose with Digital Technologies?”

With that said, the goal to process, discern, apply, and inspire information through digital technologies is to live an incarnational life of Jesus within digital technologies. This would include how to be Jesus online through content management, social media, and Kingdom advancement.

Content Management

As we have seen with the Tree of Knowledge of Good and Evil, not all information is good for mankind.

In regards to information through digital technologies, there is much research on the

¹⁰⁰ [*The New International Version*](#). (2011). (Jn 16:13). Grand Rapids, MI: Zondervan.

¹⁰¹ Morris, L. (1995). [*The Gospel according to John*](#) (p. 577). Grand Rapids, MI: Wm. B. Eerdmans Publishing Co.

¹⁰² This is a research aspect I would like to further explore. I will expand on the practical role of the Holy Spirit regarding information overload through digital technologies.

¹⁰³ This came out of a stakeholder discussion going through the *Information Overload Model* above.

outcomes of digital pornography, misinformation, false truth, alternate facts, and tribalism causing polarization. I call this junk food information.¹⁰⁴

As Matthew Crawford in his book, *The World Beyond Your Head* reveals, “just as food engineers have become expert in creating ‘hyperpalatable’ foods by manipulating levels of sugar, fat, and salt is our subsequent distractibility, thus, might be regarded as the mental equivalent of obesity.”¹⁰⁵ To support his comments, Facebook cofounder Sean Parker admitted in an interview of the design of social media is to distract and consume as much time as possible from digital users with the a “dopamine hit every once in a while because someone liked or commented on a photo or a post or whatever.”¹⁰⁶ With that beings said, there are digital technologies designed to resource digital users to moderate technology and manage online content.¹⁰⁷

In addition to this, Christians are called to put their hope and trust in Christ and not in the advanced addiction of secular technicism. As Christians, we are called towards incarnational living through moderation rather than increasing consumption of information through digital technologies.

Social Media

Furthermore, Christians are called to incarnational living through social media. Jesse Rice; a writer and worship director, suggests living like Jesus on social media is by practicing

¹⁰⁴ As we see in scripture, this would include the Tree of Knowledge of Evil found in Genesis 2-3.

¹⁰⁵ Matthew B. Crawford, *The World Beyond Your Head* (New York: Farrar, Straus & Giroux, 2015), 16.

¹⁰⁶ Erica Pandey, “Sean Parker: Facebook Was Designed to Exploit Human ‘Vulnerability,’” *Axios*, November 9, 2017, <https://www.axios.com/sean-parker-facebook-was-designed-to-exploit-human-vulnerability-1513306782-6d18fa32-5438-4e60-af71-13d126b58e41.html>

¹⁰⁷ Based on the limits of this paper, I will not outline these technologies. With that said, an example of this would be Covenant Eyes for pornography accountability and/or the latest Apple infographs of digital usage withing their digital technologies.

intentionality, humility, and in authenticity.¹⁰⁸

Intentionality

In brief, intentionality is living in the purposes of the Kingdom.¹⁰⁹ It is the ability to intentionally discern social media so we don't drift into information overload or procrastination but to use social media towards Truth.

Humility

As Christians online, we are encouraged to have the "same attitude as Christ Jesus."¹¹⁰ In other words, we are called to live a life of humility. We are called to be digital disciples that display servanthood, responsibility, and maturity within digital technologies which is bombarded by hatred, fear, comparisons, and competing voices. We need to ask ourselves, "How Am I Being Like Jesus Online?"¹¹¹

Authenticity

In short, being authentic online is being real. It is not being caught up in the digital filters, the Trinity of "me, myselfie, and I", and/or false identities of social media. Jesus was never fake. He never led anyone to falsehood.

According to her Ted talk of 15 million viewers and consequent book, *Daring Greatly*, Brene Brown challenged people to walk the path of authenticity through vulnerability. In her words, "Vulnerability is the birthplace of love, belonging, joy, courage, empathy, accountability,

¹⁰⁸ Jesse Rice, *The Church of Facebook: How the Hyperconnected Are Redefining Community*. Colorado Springs, Colorado: David C. Cook Books, 2009, 187.

¹⁰⁹ See John 10:10.

¹¹⁰ Philippians 2:5

¹¹¹ Please hear me, this does not represent Conservatism, political agendas, and/or our personalized definitions of Jesus. This would be a thoughtful response found in the pages of Scripture that reveals Jesus' nature, conduct, and character to a world of fear, hatred, polarization, comparisons, and postmodern truth.

and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.”¹¹²

In short, it is the value of authenticity where Christians can engage an information overload world.

Kingdom Advancements

This leads to my final reflection on incarnational living within digital technologies. According to Hipps, he comments “God’s chosen medium is to *be* – not just to proclaim – a message of healing and hope to the world. We are the *message*.”¹¹³ In other words, Christians are called to be the medium – not just through digital technologies – but to be the message of Christ within digital technologies

In relational to this, in her book, *Tweet if you Love Jesus: Practicing Church in the Digital Reformation*, Elizabeth Drescher suggests “the opportunities [to live] in the spiritual places created by digital social media is to extend into face-to-face relationships and communities are tremendous.”¹¹⁴ Of course, the opportunity for incarnational living is endless.

In the context of digital technologies, spiritual leaders need to create continual avenues for education and ministry possibilities¹¹⁵ for “such as a time as this.”¹¹⁶

Part Three: Synthesis and Conclusion

Google or God

¹¹² Brene Brown, *The Power of Vulnerability*, Ted Talk, January 3, 2011; <https://www.youtube.com/watch?v=iCvmsMzIF7o>

¹¹³ Hipps, Shane. *Flickering Pixels: How Technology Shapes Your Faith*. Grand Rapids, Michigan: Zondervan Publishing, 2009, 169.

¹¹⁴ Ibid, 181; brackets mine.

¹¹⁵ In my research, one of my outcomes from this project is to build an infobesity resource hub including how to be Jesus online through incarnational living in word, deed, and content creation.

¹¹⁶ Esther 4:14

With that said, the pursuit of information through digital technologies wants to bring us back to the Garden.¹¹⁷ We simply want to be like God.

Therefore, the digital user needs to process, discern, apply, conduct information through digital technologies provided with the *Information Overload Model* above.¹¹⁸

Next Steps

Within my research above, I have come to realize a few next steps for this project.

Self-Awareness Tools

First, I think it is imperative to create a series of self-awareness tools for people to understand their level of information overload.¹¹⁹ Throughout my research, I conclude we have all experienced information overload at some point; and yet, need to be continually aware of the levels of information overload we are consuming through digital technologies. I did not find any resources or research on the concept of self-assessment instruments to help digital users understand information overload. I think this is a great opportunity to present to the general public.

Levels of Information Overload

Second, as my researched has revealed the emotional, relational, the physiological, and spiritual realities of information overload none of the resources clarified the levels of information overload. I believe, if research can be done on the levels of information overload, then people would be able to respond and redeem information overload efficiently and effectively.

¹¹⁷ The Tree of Knowledge of Good and Evil.

¹¹⁸ See page 13.

¹¹⁹ I am still working on these levels. In brief though, levels of information overload range from over consumption (moderation), mental health (effects of information overload), and purpose (the reasons of using digital technologies for Kingdom advancement).

Information Overload Resource Hub

Third, it would be extremely beneficial to build a digital hub for resources on information overload for education, ideas for covenantal communities to thrive, and pathways to bring Glory to God in practical ways online. Most of the research used language of moderation, disciplines, and habits to combat information overload; however, those resources did not address how to live incarnationally in a digital age.

Leonard Sweet, in his book, *Giving Blood*, suggests Kingdom influence through the acronym EPIC¹²⁰; experiential, practical, image focus, and connected. In fact, he suggests, “EPIC is nothing more, nor less, than helping people experience God.”¹²¹ In short, the use of EPIC for information overload resources would benefit Christians of how-to bring glory to God online. I would recommend this type of ongoing resource to be developed and presented to the Christian community.

Focus on the Spirit of Truth

Fourth, I found it extremely interesting – on interacting with the resources above – of how little the authors communicated the importance of Spirit-living in the context of information overload. Even though there was not much research on this avenue towards dealing with information overload in the context of faith, I identified it necessary to include the Holy Spirit as the Spirit of Truth within the framework on how to combat information overload through digital technologies.

Information Overload Model Pilot

¹²⁰ Leonard Sweet, *Giving Blood: A Fresh Paradigm for Preaching* (Zondervan Publishing: Grand Rapids, Michigan), 23.

¹²¹ Ibid, 50.

Final, I am working on presentation opportunities with my stakeholders¹²² to pilot the *Information Overload Model*. The goal towards this is to continue to learn, grow, and build knowledge in my research on information overload.

Conclusion

I have thoroughly enjoyed the research process on the topic of information overload; especially in the areas of Jesus as *tekton*, covenantal communities, and the historical advancement of information digital technologies within big technological companies' business strategies. With that said, what great opportunities the Church¹²³ has for the glory of God if Christians can process, discern, apply, and conduct information through the *Information Overload Model* as disciples of Jesus living in a digital world.

¹²² To date, this would be in partnerships with Summit Pacific College, the Evangelical Fellowship of Canada, and Broadway Church.

¹²³ As Ekklesia; as the Body; as the Family of God seen in the imagery of the Church found in the New Testament. The "Church" is not in the preference(s) and/or civil religion of our current context.

Appendix C—Milestone 3

Design Workshop Report

NPO Design Workshop

My NPO Design Workshop was conducted at Summit Pacific College (SPC) with seven fourth-year undergraduate youth major students, the SPC Families Ministries Professor, a full-time Young Adult Pastor from Vancouver, BC, and the Next Generation Directors of Children, Preteen, Youth, and Young Adults of the Pentecostal Assemblies of Canada in the British Columbia/Yukon District.

The Design Workshop was on October 29th, 2021, to discuss and develop potential NPO prototypes addressing Infobesity (information overload) and to reimagine discipleship in a digital age. We did this through game storming activities and collaboration of teaching including feedback loops, ideas presented, and possible prototypes discussed. In short, the half-day Design Workshop went as following:

9:00am, PART ONE: Teaching Exercise

10min, Digital Crowd breaker (Andy)

20min, Teaching on Infobesity (Andy)

10min, Discussion (Andy)

9:40am, PART TWO: Collaborative Exercise One

20min, Austin on Discerning the Word in Community

15min, Discussion (collaborative learning component) (Andy to facilitate)

10:15am, Break

10:30am, PART TWO: Collaborative Exercise Two

20min, Allen on Processing + Connecting with the Word

15min, Discussion (collaborative learning component) (Andy to facilitate)

11:05am, PART TWO: Collaborative Exercise Three

20min, Spencer on Revealing the Word + Walking out the Word in the Spirit
(incarnational living)

15min, Discussion (collaborative learning component) (Andy to facilitate)

11:40am, PART THREE: Collaborative Exercise Four

Feedback loops (Andy)

Design Workshop Documentation

Due to this, I have been able to document the Design Workshop with notes, pictures, voice, and video recordings.

Post Workshop Concepts

Out of the Design Workshop, the summary of my NPO is: How do we address information overload (infobesity) and redesign discipleship for a digital age.

The three big ideas from the workshop are to: 1) Design an infobesity self-assessment around the Infobesity Heuristic Model, 2) Design parent, students, and pastoral resources on infobesity and discipleship tools in a digital age, and 3) Write a book on infobesity including the infobesity heuristic model and resources on how to be disciples in a digital age.

Out of the feedback loop exercises, it became clear to crystalize the Infobesity Heuristic Model, the infobesity self-assessment tool, increase research on brain-training of digital technologies contextualized to Generation Z and Alpha, and tools to respond to infobesity as disciples of Jesus through a book.

For me, the Design Workshop revealed the need for ongoing resourcing for parents, pastors, and students through a potential website hub, a book for educational reasons, and developing a simple; yet strong, infobesity self-assessment tool. Furthermore, the Design Workshop gave me the opportunity to research the pre/post COVID of digital technology usage and the effects thereof.

The feedback from the Design Workshop was deeply beneficial and affirming to me. It strengthened my research on infobesity, the urgency of the subject, and the importance of offering practical resourcing around information overload and discipleship in a digital age.

Design Workshop Assessment

Thankfully, the engagement of the participants was extremely high. I believe this is because the topic is relevant to ministry needs today, the collaborative approach of teaching on the subject, and the big ideas that came out of the Design Workshop. Out of a scale of 1-5, the assessment would be a 5 on the NPO subject, 4 on the teaching style(s), 4 on resourcing, 5 on the Infobesity Heuristic Model, and 3 on timeline (as participants wanted to have more discussion on the Infobesity Heuristic Model).

Design Workshop Participants

Due to this, I am thankful for the participants and their engagement in the Design Workshop. The consensus is to have me speak again on the subject at SPC and for my book to be a part of the Youth Ministry/Family Ministries curriculum.

Furthermore, I am excited to share the Design Research findings with my one-on-one interviews with my stakeholders, projected to be concluded by the end of November.

Conclusion

I am humbled and honored to be able to work on this project. The Design Workshop has brought clarity, confidence, and further content creation needed to address infobesity and discipleship in a digital age.

Infobesity Script

Infobesity: **Redefining Discipleship in a Digital Age** Andy Gabruch/Summit Pacific College – October 29, 2021

Overview

9:00am, PART ONE: Teaching Exercise

10min, Digital Crowdbreaker (Andy)

20min, Teaching on Infobesity (Andy)

10min, Discussion (Andy)

9:40am, PART TWO: Collaborative Exercise One

20min, Austin on Discerning the Word in Community

15min, Discussion (collaborative learning component) (Andy to facilitate)

10:15am,

15min, Break

10:30am, PART TWO: Collaborative Exercise Two

20min, Allen on Processing + Connecting with the Word

15min, Discussion (collaborative learning component) (Andy to facilitate)

11:05am, PART TWO: Collaborative Exercise Three

20min, Spencer on Revealing the Word + Walking out the Word in the Spirit (incarnational living)

15min, Discussion (collaborative learning component) (Andy to facilitate)

11:40am, PART THREE: Collaborative Exercise Four

Feedback loop (Andy)

PART ONE: Teaching Exercise

Crowdbreaker on the Digital Age

Introduction

(Story of Ashley in my Youth Ministry)

You see, I came to the stark realization that we cannot separate the digital age from discipleship and discipleship from the digital age. It goes hand and hand. And with my youth ministry, I was missing the mark on how I was discipling students.

And yet, at the same time, we had a great opportunity to leverage the digital age to inform, engage, interact, and even inspire young people through digital platforms.

(Washington post pic)

Recently, the Washington post (and other media platforms) have been tearing into Facebook, IG, and whatsapp for their outright rejection from moderating their social media outlets.

Their executive leadership has confessed that their social media platforms has caused mental health in young people (Gen Z) but, more alarmingly, is that Facebook has also confessed that they will not do anything about it.

You see, digital technologies encourages

... damaging information (mental health, hate, racism, online bullying, etc.),

... misinformation (COVID, US capitol hill disaster),

...and the amounts of information coming at us solely because of what big tech companies want to achieve.

(What do you think Big Tech companies want to achieve. What is there purpose?)

- [Google](#) – to maximize access to information,
- [Facebook](#) – to give people the power to build community and bring the world together,
- [IG](#) – to enable users to share images or videos with their audiences,
- [YouTube](#) – for anyone to share video content they desired.

Facebook and IG (as an example) are keenly aware that damaging information, misinformation, and the amounts of information flowing to our social media feeds actually sells more advertising ads. Due to this, Big Tech companies more money when information is not regulated.

And, has Facebook has revealed, Big tech companies champion and/or push damaging and misinformation because it makes them more money.

That is why we are here today.... We need to ask the deeper questions:

- How can we set youth up for healthy online habits—not just avoiding harmful information, but initiating and engaging in conversations for spiritual growth and the common good?
- What do Christian virtues or disciplines look like in digital spaces?
- What are some opportunities for digital natives to live out their Christian faith that didn't exist for older generations?

- How do we connect kids with wise guides to help them navigate the increasing complexities of childhood?
- How can new technology interface with the timeless Christian message?
- How can leaders listen to emerging generations for input and ideas regarding what needs they feel around digital life and habits?
- How can we give the Bible its proper place in the lives of young Jesus followers?

Today, our time together will be strategic in three ways.

First, I want to resource you as youth workers and pastors who are digital natives in our world. I grew up with dial up and when Facebook started in 2003. You are right in the middle of the digital age.

Second, I want to build a collaborative approach to teaching today. We will be learning from one another. That is why I invited some of my friends with me; Auten and Allen are from the BCYD and oversee Next Generation Ministries in our province, Spencer who is a Young Adult pastor at Broadway Church, and you; where we can learn from each other.

Last, I want to learn from you. As I am working on my doctorate on Infobesity and reimagining discipleship in a digital age, I need your feedback as I feel called to resource the Church with practical and prophetic resources around Infobesity. You will be getting a feedback form after today so I can hear from you with the good, the bad, and the ugly from today.

So, let's jump into this...

I. What the Digital Age?

A. The Digital Age is designed as a Digital Trinity

- a. Consumption of Information
- b. Entertainment with Information
- c. Efficiency of Information

And with the digital trinity, it is natural for culture (and the Church) to mirror the values of the age. In other words, Church (if we are not careful, can become a consuming of spiritual things, a desire to be entertained rather than disciplined, and focused on convenience rather than personal transformation.

Tony Morgan, a church strategist in the US, suggests, “Churches don’t need to be Amazon. Move away from focusing on convenience and towards connection and true relationship.” ([twitter](#))

B. The Rise of the Digital Age has seen a Rise in Technicism

Technicism is the belief that technology has the ability to answer all of humanity’s problems. To Musk, it is life beyond earth; ex. electrical vehicles. To Bezos, it is designing beyond Earth civilizations to space communities. To AI companies, it is to help people share their creativity to humanity by letting machines (or robots) work 50% of the current jobs humans are running (truck drivers, store clerks, hosts, etc.).

And as your outline shows you, this is the...

- a. The religion of the secular
- b. Technology is the hope of the world
- c. We become what we worship

This is nothing new though. Technicism has been around since the beginning of time. Humans are made to create and be creative as the Creator is creative by creating you and me. Yet, we create objects, images, and lifeless things and worship them.

Look at the people of God at the crest of Mount Sinani (Exodus 32)

(Expand with art)

Nicolas Poussin was the leading painter of the classical French Baroque style (yet spent most of his time in Rome). Was a Renaissance painter where the Church created paintings to help express the stories of Scripture. Think of ancient memes (as common people did not read latin or Greek forms of the Bible).

Moses came down with the tablet of God where the people of God was worshipping a tricket. They exchanged their identity, value, and relationship (or covenant) with God and rejected Him to pursue technicism (what they created) with Baal.

In this context, Baal represented Egypt (slavery). Baal represented humanism and reliance on chance rather than the One who Created them. And, the people of God became what they worship.

The same is true today (show phone). A sign of infobesity is when we start imitating the values of a digital age (digital trinity) rather than being transformed into the likeness of Jesus.

And yet, there are some (as your outline will show you) great advantages to the digital age.

C. Advantages to the Digital Age

First is the ability to access (as your outline will show you) information

a. Access to Information

You can access information from your fingertips. The current digital technologies allows you to be informed, interact, and even inspire each other through the access of information.

b. Abundance of Information

Not only that, but we have an abundance of information at our fingertips. Anywhere, anytime we can search anything we want.

(Where do you think students go to get their information?)

1950's (in order) – parents, friends, pastor/coach/teacher

2000's (in order) – friends, google, parents

2020's (speculate) – friends, socials, google

Even though we have an abundance of information at our fingertips, we still need to process the information we are looking for. Not all information is good for us.

Last, is the availability (as your notes will show you) with information.

c. Availability with Information

The digital trinity is a mirror of the all-powerful, all-knowing, all-present God. With information (found in digital technologies) tries to compete with the availability of information in an all-powerful, all-knowing, always present platform.

D. Disadvantages of the Digital Age

a. Algorithms of Information

Due to the amounts of information, digital technology companies have designed algorithms to help filter through the information. The first company to do this is Google. Yet, algorithms don't allow the user to search information concretely or under review. Information is designed to fit your likes, hobbies, interests, and preferences. Google is always listening...

And due to this, information leading to knowledge can become skewed; with blindspots, and potholes, that can lead us away from the Truth.

b. Authority with Information

Whoever holds the authority in your life is the One who is the author of your Story. We see this with God's people and the 10 Commandments in Exodus 32.

As Christians, the author of our story is Jesus. And yet, as followers of Jesus in a digital world, authority is being challenged by digital technologies.

For example... With the overwhelming increase of information at our fingertips, digital companies (such as FB, IG, Snap, TikTok) has created social mediums to share content (whether through text, picture, story-based, entertainment based, relationships) to entertain the user. Due to this, we can allow authority based social media platforms to become authors of our stories other than the One who created our stories.

c. Autonomy of Information

And this leads to me autonomy (as your outline will show you) of information. In other words, we personalize information to what suits me best. My truth is based on my information that I research; leading to my identity, purpose, platform, and voice on this earth.

And yet, the digital age doesn't calculate the real. When we autonomize information, we allow socials to shape us more than Scripture. We produce online reels more than being real with the real pressures of life. We fantasize of what life can be online rather than being present onsite.

This is the reality of the digital age we live in. And, one reality of the digital age is the concept of infobesity.

II. What is Infobesity?

A. Infobesity is information overload

As your outline will show you, infobesity is simply information overload. Each of us have experienced information overload (to some point) and yet not know how we got there and/or what it is.

B. Infobesity paralyzes people from their purpose

And, in extreme cases, infobesity paralyzes people from their God given design. In short, they are paralyzed from their purpose.

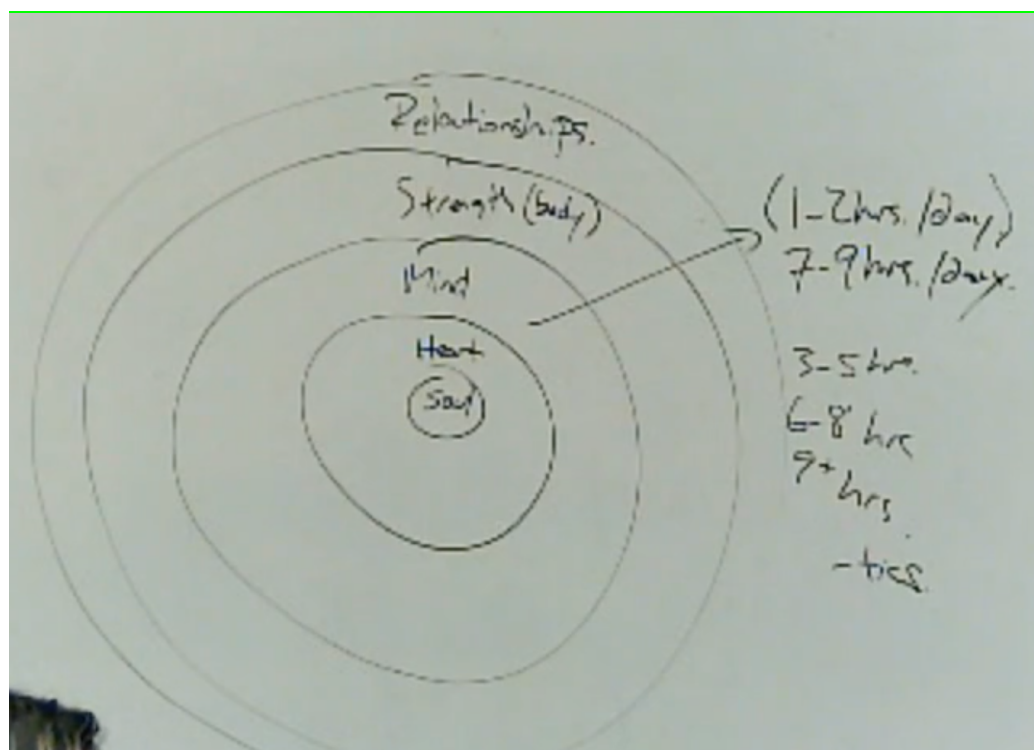
Listen to what Jesus said to the religious leaders of the day (read from a Bible)...

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." – Jesus (Mark 12:30-31)

Jesus was quoting Deuteronomy 6:4,5. He was quoting the covenant God desired with His people. And because of their rebellious and secular heart, He had to create 10 commandments, and then 613 commandments (Jesus'-day Levitical regulations) so that people can experience God. Yet, they were NOT experiencing God, people were being hindered to experience God.

In the same way, the religion of the secular doesn't help people experience God but hindering them. Through my research, here are (I call them) areas (or levels) of infobesity.

(use whiteboard in circles)



a. Soul

The second level of infobesity is our souls. Our souls represents the core of who we are. Infobesity signs in our souls represent...

... Confusion of purpose

... Loneliness (Loneliness is NOT the absence of events or relationships but a absence of purpose).

b. Heart

This first level (as your outline will show you) is an infobese heart. In this passage of Scripture, our hearts are linked to our emotions. Signs of infobesity with our hearts are (see resource page for research data)...

... Confusion of identity

... Increased feelings of personal depression

... Experiencing social and/or personal anxiety

... Feelings and/or thoughts of self-destruction

These four signs of infobesity are heart issues... and as Christians, we are called to repurpose our hearts on Christ, not information overload through digital technologies.

c. Mind

The third level or sign(s) of infobesity are in our minds. This includes...

... Dopamine Addictions (when we get likes and hearts on our socials or the “ping” we get). Facebook designed likes to help increase dopamine and addiction to their platforms.

... Memory Loss (the inability to make decisions because of being overwhelmed with information).

... Poor Decision-Making (does not make decision rationally or with reason. Based on felt-knowledge, not necessary truth or reason)

... Cognitive Inhibition (the inability to be focused on tasks)

d. Strength

Not only does infobesity has signs of soul, mind, and soul realities, information overload affects us physically (which we may see the most in studies)...

... Physical comparison (3/5 younger women, 1/5 younger men)

... Screen Fatigue/Foggy Brain

... Stress-related diseases such as sleeping disorders (due to blue-screens), obesity, high blood pressure

... Turret-like symptoms in high users of social media

e. Relationships

Last, infobesity affects relationships (as you see on your outline). Infobesity affects relationships by...

... Social comparison (3/5 younger women, 1/5 younger men)

... Lack of coping skills (regarding dealing with disappointment, stress, and conflict in life)

... financial and/or productive loss (due to distractions)

... lack of motivation

... human trafficking and drug cartel rings (in developing countries)

... stunts cognitive reasoning

... lowers relational skills

Now, please NOTE that these symptoms vary based on usage.

How many hours (do you think) people are using digital technologies per/day?

There are no studies (I have found yet) of the symptoms of usage based on 1-2 hours/day, 2-5 hours/day, 5-8 hours/day, or 8+ hrs/day with digital technologies.

So, lets review...

... How do we respond to infobesity as followers of Jesus?

... How do we redefine discipleship in a digital age?

- How can we set youth up for healthy online habits—not just avoiding harmful information, but initiating and engaging in conversations for spiritual growth and the common good?

- What do Christian virtues or disciplines look like in digital spaces?

- What are some opportunities for digital natives to live out their Christian faith that didn't exist for older generations?

- How do we connect kids with wise guides to help them navigate the increasing complexities of childhood?

- How can new technology interface with the timeless Christian message?

- How can leaders listen to emerging generations for input and ideas regarding what needs they feel around digital life and habits?

How can we give the Bible its proper place in the lives of young Jesus followers?

PART TWO: Collaborative Approach + Exercise Based

III. Redefining Discipleship in a Digital Age

A. Infobesity Heuristics Model

Information Overload Model: How to Process, Discern, Connect, and Conduct Digital Information



PART THREE: Feedback Loop

IV. Conclusion

In review, I would like to end in the following ways.

A. Regulation

As you see in your outline, we need ways to regulate information through digital technologies. There is more and more resources being produced about the realities of regulation; especially when big tech companies have no desire to regulate their platforms.

B. Moderation

And yet, not only do we need ways to regulate information, we need to find ways to moderate information. Not only do big tech companies have no desire to regulate their platforms (due to increasing revenue) but governments are having challenges with big tech companies on how to moderate big tech companies.

Canada has passed a bill called C-10 to moderate big tech companies in Canada but they do not know how to develop law to regulate these moderations. To date, it is based on monetary fines (but do not change anything due to the defense of free speech).

C. Education

Third, we also need to find ways to educate ourselves, our youth ministries, parents, and congregations about the spiritual (and discipleship) realities found in the digital age. We cannot separate the digital age and discipleship (for any longer). We need to find ways to educate and to disciple our youth ministries (and congregation) on how to be disciples of Jesus in the digital age.

D. Transformation

And this leads me to my final thought for the day, we need to find ways to offer personal and community (church-based) transformation in a digital world. That is why I created the Infobesity model. To help people experience personal transformation in a digital world so that we can reimagine discipleship in a digital age.

Transformed people, transform culture. We cannot redeem the digital age if we have not experienced redemption first.

(Feedback Loop)

This is where I want to end today, if you can fill out this form, this is deeply help me continue my research on infobesity – information overload through digital technologies – and how to reimagine discipleship in a digital age.

Feedback Loop #1

Outlines (with script)

Infobesity:
Redefining Discipleship in a Digital Age
 Andy Gabruch/Summit Pacific College – October 29, 2021

I. **What is the Digital Age?**

A. The Digital Age is designed as a _____

a. _____ of Information

- b. _____ with Information
- c. _____ of Information

B. The Rise of the Digital Age has seen a Rise in _____

- a. The religion of the _____
- b. Technology is the _____
- c. We become what we _____

C. _____ of the Digital Age

- a. _____ to Information
- b. _____ of Information
- c. _____ with Information

D. _____ of the Digital Age

- a. _____ of Information
- b. _____ with Information
- c. _____ of Information

II. What is Infobesity?

- A. Infobesity is information _____
- B. Infobesity paralyzes people from their _____

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” – Jesus (Mark 12:30-31)

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

How do we respond to infobesity as followers of Jesus? How do we redefine discipleship in a digital age?

III. Redefining Discipleship in a Digital Age

- A. Infobesity _____ Model

IV. Conclusion

- A. _____

B. _____

C. _____

D. _____

Infobesity:

Redefining Discipleship in a Digital Age

Andy Gabruch/Summit Pacific College – October 29, 2021

I. What is the Digital Age?

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- b. Abundance of Information
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- c. Autonomy of Information

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- a. Soul
- b. Heart

- c. Mind
- d. Strength
- e. Relationships

How do we respond to infobesity as followers of Jesus? How do we redefine discipleship in a digital age?

III. Redefining Discipleship in a Digital Age

- A. Infobesity Heuristics Model

IV. Conclusion

- A. Regulation
- B. Moderation
- C. Education
- D. Transformation

Appendix Two: Feedback Loop #1

Infobesity:

Redefining Discipleship in a Digital Age

Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?

Learning the importance of creating safe communities.
It feel safer right now to process and discern online than in person

2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?

section on heart, mind, soul, strenght

3. What is one thing that you would have changed in the teaching today? Why or why not?

more statistics it helps me process and understand the "why" behind this model

4. What is one thing you are going to do as a result of today's session?

focus on creating meaningful relationships

5. Any other comments on the content, structure, handouts, or presentation from today?

6. Any other comments (please use reverse)

Infobesity:
Redefining Discipleship in a Digital Age
 Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?
 I had no idea what infobesity was before today. I really appreciated learning about this issue + how it will impact my future ministry.
2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?
 the infobesity heuristic model
3. What is one thing that you would have changed in the teaching today? Why or why not?
 I would not have changed anything. I really appreciated hearing from you + the others and hearing about your doctorate work.
4. What is one thing you are going to do as a result of today's session?
 re-evaluate my approach to how I interact w/ students in this digital age.
5. Any other comments on the content, structure, handouts, or presentation from today?
 I really appreciated the handouts! It helped me remain engaged.
6. Any other comments (please use reverse)
 N/A.

Infobesity:
Redefining Discipleship in a Digital Age
 Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?

"Conduct the word in the Holy Spirit"

are we actually familiar w/ the truth?

I felt like this was everything I've been feeling/trying to express.

-frustrations I've been having w/ Christians on social media

2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?

How the entire cycle works together.

"Process w/ the Word"

3. What is one thing that you would have changed in the teaching today? Why or why not?

that the conversation was amazing

I wish we would have had notes on each element of the cycle. like "how to" "step by step"

*I always want as much practical as possible

4. What is one thing you are going to do as a result of today's session?

Ask myself:

1. Does this point people to Jesus? (WAY)

2. Does this reflect what God has said? (TRUTH)

3. Does this encourage godly engagement w/ things around you? (LIFE)

5. Any other comments on the content, structure, handouts, or presentation from today?

I wish we had more time!

6. Any other comments (please use reverse)

I really appreciated this conversation. It was something I've really been thinking about/wrestling with.

This conversation needs to happen, so thank you.

Infobesity:
Redefining Discipleship in a Digital Age
 Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?

The Heuristics model

2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?

more depth on effect on ~~brains / psychology~~.

3. What is one thing that you would have changed in the teaching today? Why or why not?

length. more time would have served better.

4. What is one thing you are going to do as a result of today's session?

~~Create digital pathways for discipleship.~~

5. Any other comments on the content, structure, handouts, or presentation from today?

more engaging slides.

6. Any other comments (please use reverse)

This is a fairly untouched subject. love the content on it.

hogan

Infobesity:
Redefining Discipleship in a Digital Age
 Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?
healing about the strategies for us to leverage our usage / the usage of others on social media / culture in general. It isn't going away, so how can we most effectively use it etc.
2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?
I think the only section I'd have rather than the conclusion which I talk about in 3.) Was when Spencer was covering the way, the truth, the life. Great points. But felt like it was too brief as the application portion of what he was giving. Maybe more expansion on each. Seems like there is more potential on this part!
3. What is one thing that you would have changed in the teaching today? Why or why not?
Don't be afraid to HAMMER down on the conclusion, it was the shortest part and it almost went over my head (especially D). A. Was pretty explanatory from our conversation. B. Going into the "why" we are on the specific platforms is going to dig into and mine. C + D. Seemed to meld together a lot, like was D. Just tying A, B, + C. together as the holistic application?
4. What is one thing you are going to do as a result of today's session?
I want to find a way, "a better way," to personally use social media. Maybe even beyond using it less. Like not unfollowing people I disagree with, not muting them or their content etc to get a good grip on what's being rapidly celebrated in the culture.
5. Any other comments on the content, structure, handouts, or presentation from today?
6. Any other comments (please use reverse)

Infobesity:

Redefining Discipleship in a Digital Age

Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?
The information on the shifting of the digital age I think was super helpful! Even as a 22 year old I recognize how much the world has changed in online platforms over the past 5 years. It's so interesting to understand the physical + mental transitions that have taken place in the lives of teens over the past 3 couple of years.
2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?
I would have appreciated more information on that takes place Holy Spirit and how we can encourage students to engage with the Holy Spirit.
3. What is one thing that you would have changed in the teaching today? Why or why not?
I don't think I would change anything. There was a good flow and good information that was presented.
4. What is one thing you are going to do as a result of today's session?
I'm going to help disciple teens in the proper use of social media to help them live in the tension of the world and social media + what the Bible says.
5. Any other comments on the content, structure, handouts, or presentation from today?
I would have added more spaces on the handout to break down the information overload model to help people have a better understanding of each section.
6. Any other comments (please use reverse)

**Infobesity:
Redefining Discipleship in a Digital Age**
Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?

"Covenantal Communities." The aspects and traits talked about here I found so important and helpful to build and curate healthy communities

2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?

I think diving more into mental health would be good but not that there is a lack of. I think what was said was good.

3. What is one thing that you would have changed in the teaching today? Why or why not?

Nothing. I think what was said was important and easy to understand. I think these are concepts that are important yet tangible.

4. What is one thing you are going to do as a result of today's session?

Discern what I consume and produce on social media. Also will help with my youth ministry planning for the future

5. Any other comments on the content, structure, handouts, or presentation from today?

I think a digital format of the major speaking points would be great but other than that it was amazing

6. Any other comments (please use reverse)

Infobesity:
Redefining Discipleship in a Digital Age
 Andy Gabruch/Summit Pacific College – October 29, 2021

Feedback Loop

1. What was the single most helpful thing about the session today? And why?

The single most helpful thing about today's session was the Information Overload Model and how it systematically laid out the process of using digital information for effective incarnational living. The importance of filtering information through the Word of God and relying on the Holy Spirit for understanding and direction.

2. What is one thing you would have liked more explanation from the presentation (on the infobesity model) today?

One thing I would have liked more explanation on would have been the sharing of best practice examples on effective regulation and moderation.

3. What is one thing that you would have changed in the teaching today? Why or why not?

Perhaps extending the topic over two separate sessions to allow more time for discussion and thoughts among the group.

4. What is one thing you are going to do as a result of today's session?

To be vigilant in my own life to not get overloaded by all the information that comes from the digital age and to apply the information overload model on a daily basis.

5. Any other comments on the content, structure, handouts, or presentation from today?

Really enjoyed the presentation today and how each presenter engaged the group!

6. Any other comments (please use reverse)

Feedback Loop #2: Discern the Word in Community – Instruction (Austin Toews)

Colossians 2:6-8

Spiritual Fullness in Christ

6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, **7** rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. **8** See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

What is idolized:

- Self-revelation
- "Do your own research"

What we need:

- Covenantal Communities

What Community is Not - What does our culture say community is - What is unhealthy community:

- Clubs - interest based
- Lead through status - Parasocial relationships
- In large groups (including large online groups)
- In the comment section
- Facebook Friends
- Echo Chambers

Covenantal Communities are where:

1. Meaningful relationships thrive
2. "One another"s are practiced

[OneAnotherPassages.pdf](#)

3. Voices are not competing

Read Reggie Joiner - Lead Small, When Relationships Matter, It's Personal

The "One Another" Passages

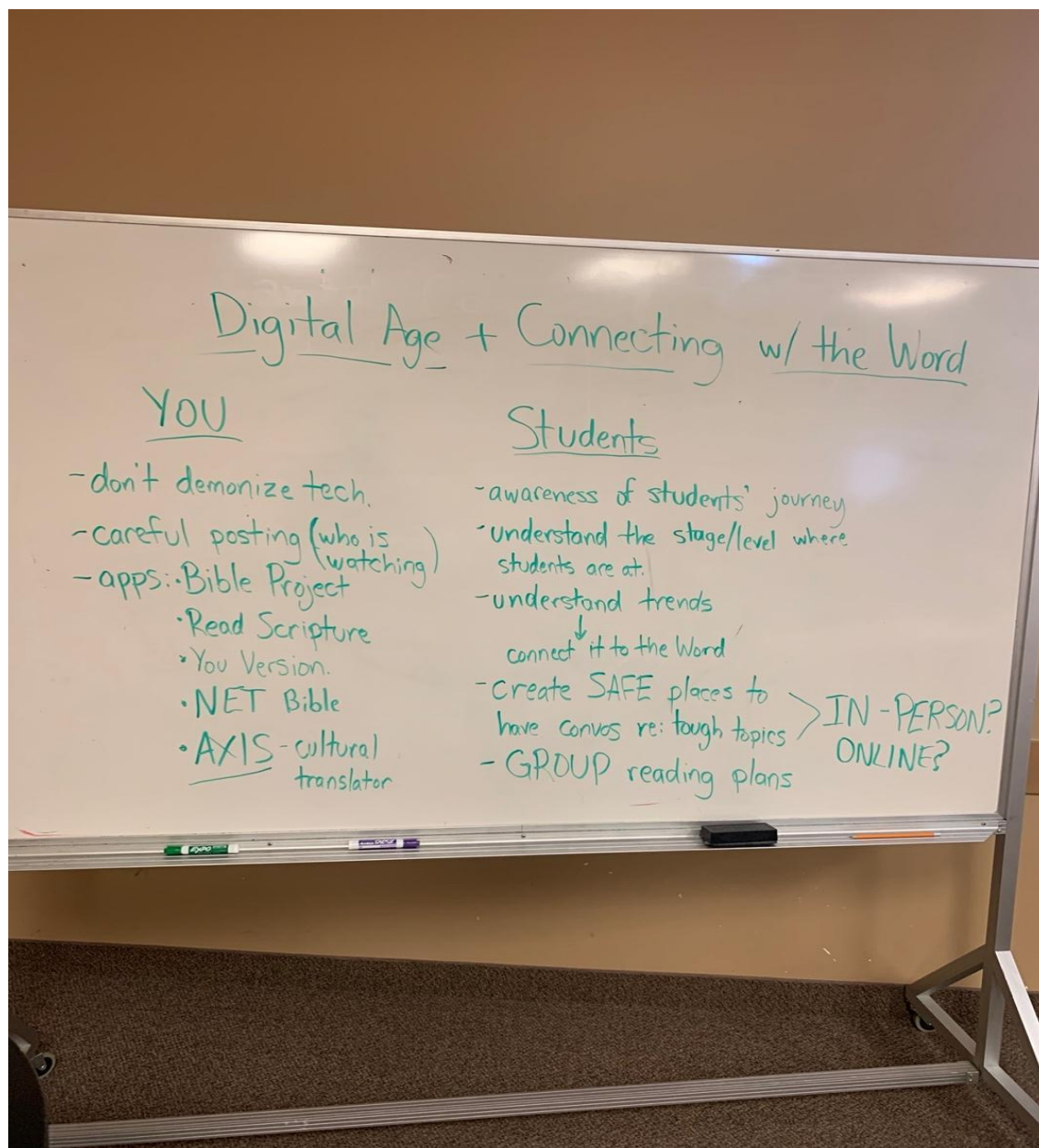
The phrase "one another" is derived from the Greek word *allelon* which means "one another, each other; mutually, reciprocally." It occurs 100 times in the New Testament. Approximately 59 of those occurrences are specific commands teaching us how (and how not) to relate to one another. Obedience to those commands is imperative. It forms the basis for all true Christian community, and has a direct impact on our witness to the world (John 13:35). In addition to *allelon*, the Bible uses other words and phrases to instruct us how to relate to others. With that in mind, the following list is not exhaustive, and primarily focuses on the use of *allelon*.

POSITIVE COMMANDS

Love one another (John 13:34 - This command occurs at least 16 times)

Be devoted to one another (Romans 12:10)

Honor one another above yourselves (Romans 12:10)
 Live in harmony with one another (Romans 12:16)
 Build up one another (Romans 14:19; 1 Thessalonians 5:11)
 Be likeminded towards one another (Romans 15:5)
 Accept one another (Romans 15:7)
 Admonish one another (Romans 15:14; Colossians 3:16) Greet one another (Romans 16:16) Care for one another (1 Corinthians 12:25)
 Serve one another (Galatians 5:13)
 Bear one another's burdens (Galatians 6:2)
 Forgive one another (Ephesians 4:2, 32; Colossians 3:13)
 Be patient with one another (Ephesians 4:2; Colossians 3:13)
 Speak the truth in love (Ephesians 4:15, 25)
 Be kind and compassionate to one another (Ephesians 4:32)
 Speak to one another with psalms, hymns and spiritual songs (Ephesians 5:19)
 Submit to one another (Ephesians 5:21, 1 Peter 5:5)
 Consider others better than yourselves (Philippians 2:3)
 Look to the interests of one another (Philippians 2:4)
 Bear with one another (Colossians 3:13)
 Teach one another (Colossians 3:16)
 Comfort one another (1 Thessalonians 4:18)
 Encourage one another (1 Thessalonians 5:11)
 Exhort one another (Hebrews 3:13)
 Stir up [provoke, stimulate] one another to love and good works (Hebrews 10:24)
 Show hospitality to one another (1 Peter 4:9)
 Employ the gifts that God has given us for the benefit of one another (1 Peter 4:10) Clothe yourselves with humility towards one another (1 Peter 5:5)
 Pray for one another (James 5:16)
 Confess your faults to one another (James 5:16)
 NEGATIVE COMMANDS (how not to treat one another)
 Do not lie to one another (Colossians 3:9) Stop passing judgment on one another (Romans 14:13) If you keep on biting and devouring each other...you'll be destroyed by each other (Galatians 5:15) Let us not become conceited, provoking and envying each other (Galatians 5:26) Do not slander one another (James 4:11) Don't grumble against each other (James 5:9)
 We do all this because we are in a real sense "members of one another" (Romans 12:5; Ephesians 4:25).

Feedback Loop #3: Process with the Word – Information (Allen Dejong)

Feedback Loop #4: Connect with the Word through Jesus/Conducting Digital Technologies through the Holy Spirit – Interact (Spencer Gruenhagen)

Inspiration: Conduct the Word in the Holy Spirit (John 14:26)

We live in a world that encourages the embrace of feelings. We live in a culture that encourages the living of “Your Truth.”

But if you call yourself a Christian we are called to live by his truth. This is where a tension rises.

The tension of having feelings like any person should and hearing the voice of the Holy Spirit.

In a world of so much information and when you are bombarded with theory upon theory.

The question arises. How am I supposed to know what is right and what is wrong?

The hard part about asking these sorts of questions in a world of information overload is that it will often lead you to finding more information to process, putting more confusion in your mind.

Believe it or not, God knew what we would be facing today in 2021, he knew that there would come a time like this.

God gave us the incredible gift of the Holy Spirit. It says in John 14:26

“But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you” (NIV)

Look carefully there, he will teach you all things and REMIND you of everything I have said to you.

What is so important there is that we have been given the word of God in the form of a book, “the Bible”

This is where we can access the teaching, the truth, the living breathing active word of God.

And if that is true, if what Jesus is saying here is true, then the way to approach the information overload with the help of the Holy Spirit is to be familiar with the word of God.

To be familiar with the teaching of Jesus.

You see because if you are not familiar with something or you do not know something you cannot be reminded of it.

We need to be intimately familiar with the word of God so that when we come upon new information or we are faced with questions the Holy spirit can whisper in our ear Truth.

I have a wonderful little 8 month old puppy at home and my wife Sydney and I have been taking her to the park every day, she has a group of friends that she likes to play with every day. Yesterday she decided that she wanted to run towards something that she saw moving. I called her name, and I saw her ear twitch so I know that she heard me, but she continued to run. She was more focused on the leaf, she was more focused on what she wanted.

She has what you would call selective hearing.

When it comes to hearing the voice of the spirit, we need to tune our ear to his Voice. Rather than tuning our ears to the things that we want or the things that won't threaten to get us cancelled.

In order to know the truth, to experience revelation from the Holy Spirit and to be able to understand what to believe and what to question we need to be familiar with the word and the truth of God.

Great, so that is how we can know what is true, but we are called to be Jesus not just KNOW Jesus. That is where

Incarnational Living (1 Corinthians 10:31-33)

The internet can be an incredibly toxic place to exist.

Endless people who want to tear a strip off of you. People basically looking for you to make a mistake. And in the context of a faith leader that is emphasized even more.

So no pressure, but there is some pressure.

Being Christian on Social media is at the very least CHALLENGING

There are temptations that can drag you in at every click and scroll.

SO HOW DO WE ACT ON THE INTERNET? HOW DOES A CHRISTIAN BEHAVE IN THIS DIGITAL AGE?

I want to Read you 1 Corinthians 10:31-33

“So whether you eat or drink or whatever you do, do it all for the glory of God. 32 Do not cause anyone to stumble, whether Jews, Greeks or the church of God— 33 even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.” (NIV)

Paul says WHATEVER you do do it ALL for the GLORY of GOD.

Whatever and all include your behaviour on the internet, they include your behaviour on social media.

Our Internet activity is often associated with our own personal expression which is why it can be such a hot topic when it gets brought up.

But how you act on social media and on the internet is included in the words WHATEVER and ALL and so they should be a part of your life that your relationship with God impacts.

I know that it can be incredibly challenging to know exactly how to discern what the right way to live like Jesus on the internet is.

Some things are just a matter of personal conviction, where others are a matter of black and white.

Jesus said in John 14:6 “Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.”

I want to provide you with a tool to living incarnationally in a digital world. I have taken this reality that Jesus is the WAY the TRUTH and the LIFE. And provide three questions that you can ask when traversing the online world.

Way: Does this point people to Jesus?

I think that this one is pretty clear, but does this information bring people closer to Jesus or push them farther away?

Truth : Does this reflect what God has already said?

Comparing the information to the truth of the Bible, to what God has said, to what his nature and his Character is.

Life: Does this encourage to Godly engagement with the things around us?

Basically, is this information beneficial? Does it spur people on to living Godly. Does it plant seeds of doubt? Does it create unnecessary quarreling?

Asking these questions provides a really great foundation for navigating the incredibly vast ocean that is information overload.

Resources and Ongoing Research

Infobesity Design Workshop Research and Resourcing (peer-reviewed + examined):

Usage of Digital Technologies

COVID/post-COVID (2020-2021)

7 hours/day

<https://www.forbes.com/sites/johnbbrandon/2020/11/17/new-survey-says-were-spending-7-hours-per-day-consuming-online-media/?sh=13ba27dc6b46>

Pre-COVID (2019ff)

4.65 hours/day (parents), 5.29 (teens), 4.87 (preteens) *Tech-Wise Family, Barna (2017)

298.9 million people (US) each day

<https://www.statista.com/statistics/1044012/usa-digital-platform-audience/>

Mental Health

2021 Research Project on Mental health, COVID, and social media:

<https://www.common sense media.org/sites/default/files/uploads/research/2021-coping-with-covid19-full-report.pdf>

2021 Hearings + Findings of mental health and lack of moderation/regulation on social media platforms

<https://www.cbc.ca/news/world/facebook-instagram-harms-teens-senate-hearings-1.6195604>

Moderation

Facebook social media addiction scale (to monitor mental health in users):

<https://blocksurvey.io/calculator/bergen-social-media-addiction-scale>

Consequences of overuse found in social media (for younger users ages 12-21):

<https://www.mentalhelp.net/internet/social-media-hurting-or-helping/>

Regulations (Big Tech suggested)

Motivators of social media (advertising)

<https://www.washingtonpost.com/technology/2021/09/16/facebook-files-internal-research-harms/>

Damaging Information sells (hate, sexual, and misinformation content increases advertising sales)

<https://www.wsj.com/articles/facebook-algorithm-change-zuckerberg-11631654215?mod=djemalertNEWS>

Capitol Hill Riots fuelled by social media

<https://www.cbc.ca/news/world/facebook-capitol-riot-whistleblower-1.6198502>

Political Agenda(s) and the need for political regulations (voting, hate, advertising)

<https://www.wsj.com/articles/facebook-whistleblower-frances-haugen-calls-for-new-tech-laws-in-europe-11635176350?page=1>

Social Media platforms for Children (ages 8-12) put on pause (based on public and gov't pushback regarding mental health concerns)

<https://www.cbc.ca/news/business/facebook-instagram-kids-1.6190656>

https://ag.ny.gov/sites/default/files/naag_letter_to_facebook_-_final.pdf

3 Billion users and big tech regulations are privatized (based on the purpose + design of the platform)

https://www.wsj.com/articles/the-facebook-files-11631713039?mod=series_facebookfiles

Bill C-10 (Canada moderation bill passed. Still needs to finalize through Senate/law)

<https://nationalpost.com/news/canada/liberals-pass-bill-to-regulate-social-media-streaming>

Signs of Information Overload (based on Mark 12:30-31 design)

· Heart

Identity and social media

https://quarterly.gospelinlife.com/social-media-identity-and-the-church/?fbclid=IwAR3gnzG-Kv6NFE_I36OloOD5oBbdhyqP9q-9mtkyXpTODJoJ-AVJCW2JySA

Mental health (suicide increase with digital technologies)

<https://www.npr.org/2017/12/17/571443683/the-call-in-teens-and-depression>

Lack of Confidence

Depression and Anxiety

· Soul

Humanizing Digital Spaces

<https://religionnews.com/2021/07/27/krista-tippett-on-why-its-past-time-to-humanize-digital-spaces/>

Wisdom App <https://apps.apple.com/pl/app/on-being-wisdom/id1570185602> (possible resource)

Lack of Purpose

· Mind

Dopamine Addictions (designed by tech companies) for social media

<https://www.wsj.com/articles/digital-addictions-are-drowning-us-in-dopamine-11628861572?mod=e2fb>

<https://www.theguardian.com/technology/2017/nov/09/facebook-sean-parker-vulnerability-brain-psychology> (the like button)

Christians and social media

https://careynieuwhof.com/when-christians-lose-their-minds-people-lose-their-faith/?he=jeff%40wearemovement.ca&el=email&utm_source=ActiveCampaign&utm_medium=email&utm_content=When+Christians+lose+the+ir+minds+people+lose+their+faith&utm_campaign=9%2F10+-+When+Christians+Lose+Their+Minds&fbclid=IwAR2uc4knBdO9hn4BHK92KEvy1SH9f9O1JHxpIXPq9mWW0AmpHUm0muNoZA

Memory Loss

Poor decision-making

Cognitive Inhibition

<https://neurogrow.com/what-social-media-does-to-your-brain/>

· Strength

Turret-like symptoms (in younger people Gen Z)

<https://www.vice.com/en/article/xgx3en/gen-z-is-developing-unexplained-tics-after-going-online-and-doctors-are-concerned>

<https://onlinelibrary.wiley.com/doi/full/10.1111/ene.15034>

Physical Comparison (mental health/eating disorders) (1-5 boys / 3-5 girls)

https://www.wsj.com/articles/facebook-knows-instagram-is-toxic-for-teen-girls-company-documents-show-11631620739?mod=series_facebookfiles

Screen Fatigue

Stress-related diseases (heart, blood pressure, obesity, sleeping disorders – blue screen)

· Relationships

Human Trafficking + Drug Cartels (in developing countries)

https://www.wsj.com/articles/facebook-drug-cartels-human-traffickers-response-is-weak-documents-11631812953?mod=series_facebookfiles

Coping skills, stress, and digital technologies

<https://www.bbc.com/news/business-58979895>

Stunting cognitive reasoning and relational skills in young people (pros + cons)

<https://parenting.firstcry.com/articles/impact-of-social-media-on-children/>

Financial and/or productive loss (distractions)

Lack of motivation (linked to depression, anxiety)

Social Comparison (mental health/eating disorders) (1-5 boys / 3-5 girls)

https://www.wsj.com/articles/facebook-knows-instagram-is-toxic-for-teen-girls-company-documents-show-11631620739?mod=series_facebookfiles

Regulation (personal)

Moderation (personal)

1-2hr/day (average is 5-7 post-COVID for young people) is recommended for digital technology usage

(What are the levels of signs; as found in Mark 12:30-31, of technology with 1-2 hrs./2-5 hrs./ 5-8 hrs./ 8+hrs./day?)

Education (resources)

Parenting + social media, *Guiding Children*, Barna Group (2018)

Transformation (Infobesity Heuristic Model)

Further Research Options

The Rise of Artificial Intelligence and Decision-Making through Digital Technologies

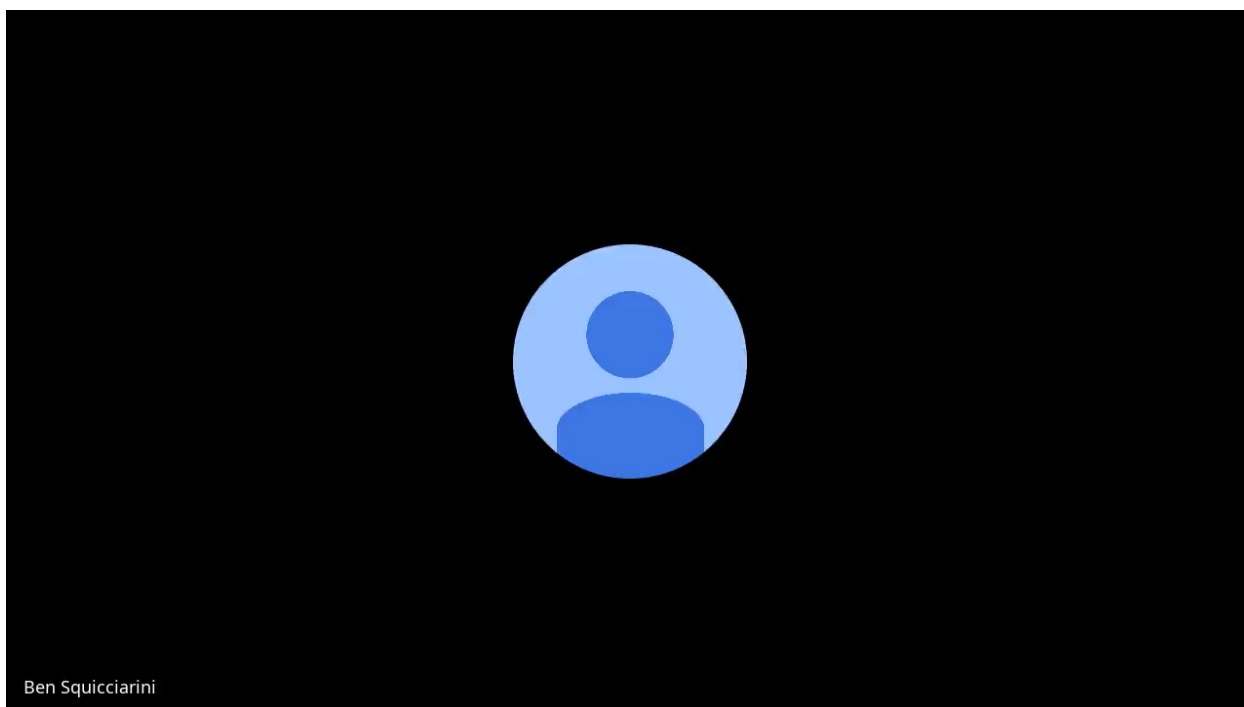
Big Tech Companies and the Rise of Hope for Humanity through Technologies (multiple life-sustaining orbits through technology)

Design of Human-Like Robots to Meet Relational Needs of Humanity in a Personalized Truth Culture

The Need for Shared Ethical Lines with the Rise of Digital Technologies

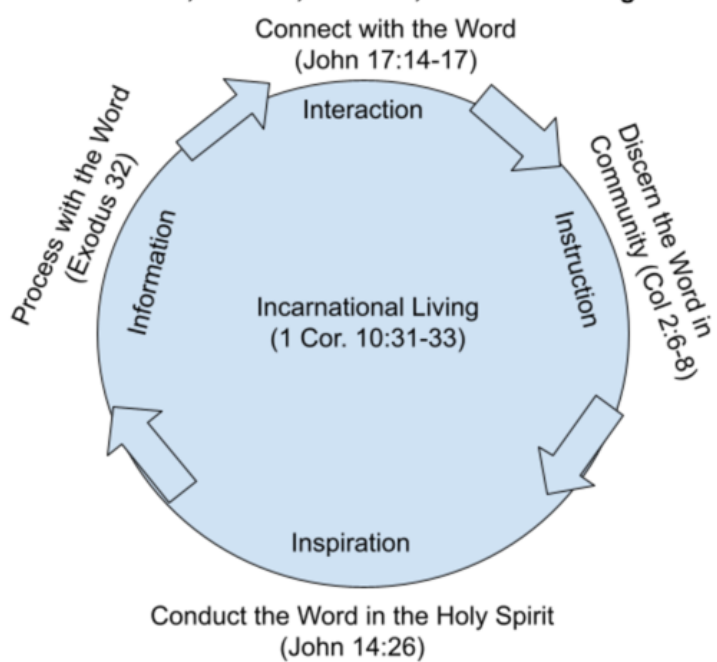
What are the signs of Infobesity; as found in Mark 12:30-31, of technology with 1-2 hrs./2-5 hrs./ 5-8 hrs./ 8+hrs./day in students?

Voice and Video Recordings



Infobesity Heuristic Model

Information Overload Model: How to Process, Discern, Connect, and Conduct Digital Information



One-on-One Interview Template

Dear friend,

I hope you are doing well today.

As you would know, I am working on my Doctorate studies specializing in information overload (infobesity) from digital technologies and how to reimagine discipleship in a digital age. In my research, I have concluded three big ideas to address infobesity.

First, my big idea is to develop an infobesity self-assessment. This is to reveal to a digital user the self-awareness of information overload and offer practical ways to address the levels of information overload found in through the assessment.

Second, my big idea is to develop a website hub for ongoing strategies. This would include practical resources on how to moderate and regulate information from digital technologies, education on infobesity, and action steps for parents, pastors, and students to address information overload.

Last, my big idea is to develop a book on Infobesity and how to be Jesus in a digital age. This would include the ongoing resourcing of a website and the self-assessment tool on infobesity. I have been exploring options from publishing companies to help leverage the research from this project.

For me, I would like to have you review my latest research findings on this topic and to offer me feedback on the above ideas.

If you have any questions, feel free to reach out to me anytime. I am looking forward to hearing from you soon.

Much appreciated, friend.

Andy Gabruch
George Fox University
DMIN Student of Semiotics

Austin Toews

Children's, Preteens, and Families Director for the BCYD of the PAOC
December 1, 2021

Three Prototypes

Self-assessment

What do you agree with?

The effects of information overload should be assessed. It helps build self-awareness and then action steps afterwards.

Link the self-assessment outcomes / action steps to the book.

What do you disagree with?

Missing anything?

When they get an assessment, then what? Is it to bring awareness and what is next?

How do you market this assessment? How do you build engagement?

How do you market the outcome to benefit the outcomes of the assessment?

(What comparables are there)?

Why would the popular audience really want this? How do you engage them and give them value with this?
 (Marketing strategies)

What marketing platforms could work with you?

How do you assess outcomes and goals for the assessment? Benchmarks along the way?

Website

What do you agree?

I agree with a resource hub where other people can post their practical ways to connect, conduct, build community in the Word.

What do you disagree with?

Infobesity is a hard term to understand. Infobesity sounds more of an educational term than a helpful term.

Look at ways to have a Curated crowdsource content is great for a website.

What am I missing?

You need a way to deliver that content in bite size ways. I think it comes to a marketing strategy to your audience (ex. What are 25 ways to connect with the Word)

Scope sequence strategy (axis.org) as a comparable.

Website geared towards pastors.

Book

What do you agree with?

Love the idea of a book

What do you disagree with?

What am I missing?

Need to know your target audience. The book might be a driving source for your other resources.

End of each chapter to share the practical ways to resource and/or push people to the website.

Simple, easy, helpful read in the hands of people. Angle is for parents as primary discipleship makers of students.

If we can get parents early enough in their journey it helps them parent.

Simply and practical.

Digital discipleship is geared for pastors

Digital spiritual disciplines is geared for people (parents/students).

EXAMPLE: Small group based curriculum on digital discipleship. Have a conversation guide on health discussions on digital discipleship and spiritual disciplines.

Facilitating groups on this subject (3-4 intentional conversations) on digital discipleship

Christian Brouwer

Youth Pastor, Westwinds Church, Surrey, BC

Next Generation / Historymaker Lower Mainland Cluster Leader

November 24, 2021

3 prototypes

Self-assessment tool

What do you agree with?

Self-assessment to combat the levels of Infobesity is good. Access to resources and or action steps out of it would be great.

Ideal would be over socials, try the assessment, and resources. YP and parents to partner with the book.

What do you disagree with?

N/A

What is missing?

TikTok hub for Infobesity. You must discern the target and what platform about it. **Resources need through socials.**

This comes out before the book.

Target audience with a book. Don't think books will help or land if the assessment and resources/videos come out first.

APP on infobesity scale would be good too.

Website Hub for Resourcing

What do you agree with?

N/A

What do you disagree with?

N/A

What is missing?

N/A

Book

What do you agree with?

N/A

What do you disagree with?

Doesn't think a book would be good without traction from the assessment and or resource page

What is missing?

What is the response after the self-assessment and videos/resources will help design the book?

If the biggest target is for youth and young adults, then a book isn't for you. Later stage for older people such as parents and/or pastors.

Needs to have video content rather than written content. Video content to highlight the problem and/promo Infobesity would be great.

Like shark tank. How can you get people to understand the affects of information overload would be cool.

Teasers of information overload, “that is me...” (signs through that is me)

Peers reaching peers highlighting information overload. Story based videos. Older people will read articles...

Interview with Rick
EFC Strategist + Technology Director
November 19, 2021

Self – Assessment Tool around infobesity and spirituality

With what do you agree? Why?

Think this is a great idea. But, like any addiction; success needs to move from moderation to transformation found in the community.

What do you disagree with? Why?

Assessments finger the problem, but it needs to move people from knowing and understanding the problem to doing life together. New habits and friends are needed to combat addiction.

Infobesity communities?

What is missing?

Bowing family systems (a triangle of 3)

Jason Mills, just finished his thesis with online education at TTT. Online theological education changes with the platform being the stabilizing thing for education.¹²⁴

Chapter 4 is the application of online education and community needs.

When it comes to addictions, you know what is wrong, but we don’t do it. The ability of intentional mentoring becomes important as social media wants to make our identity based on socials rather than people.

Example of Facebook being down (research this)

The threat of Facebook is the FOMO of not connecting with people.

Network Theory, Scale-Free Networks (blows up because everyone is there to connect).
<https://www.youtube.com/playlist?list=PLsJWgOB5mIMAuH3cHa-MXukX6-RPpDXgl>

We have people addicted to online networks / networking about the concepts of what is going on.

Mentoring community supports... The assessment is nothing more than an exercise without action steps. I would not offer people an assessment unless there are covenantal communities.

Do you have people around you to walk through this based on the decisions you will make?

¹²⁴ I have added Jason’s dissertation to my ongoing study and resource page (see appendix three)

Resources around infobesity and spirituality for parents, students, and pastors.

What do you agree with? Why?

The consequence of using digital technologies remains silent to the user. We pay attention to the data but not the behaviors of information overload. We need to help people think of the effects of digital technologies.

Faith formation happens at the table and car. These are places where people have your attention. These are small bubbles where children and families have the ability to have their full attention.

What do you disagree with? Why?

We must move from forms of the technologies to the effects of the technologies. Too often we become numb to the effects of technology.

Example, phoning your wife that you will be late rather than the urgency of being together. It gives you permission to be separate and distant but close (based on what you want)

What is missing?

Have practical resources around the Table and the car ride. Make it practical.

Have a practical resource around the Car-ride.

People will not change unless they know the effects... if they care about the effects.

Book on infobesity and spirituality for parents, students, and pastors.

What do you agree with? Why?

A book is good.

The question is about where people's attention is at.

The filter of resources is based on people I trust and recommend information for me to look at (recording resources).

What do you disagree with? Why?

n/a

What is missing?

The platform is based on the community that shares it to be successful.

Doom scrolling

Small church pastors' best resource (that they desire) is to connect them with a network of their peers within their community to do ministry together. (Study with the EFC).

How do you provide real-time resourcing when pastors are dealing with this now.

Tomas Belchoir

Digital Campus + Young Adult Pastor for HopeCity, Edmonton, Alberta

November 2, 2021

In my mind, I have seen the digital age confuse, stunt, or hinder spiritual growth in millennials and younger, but they don't care.

Everyone knows they are experiencing information overload but they don't feel, see, or are aware of what information overload (or infobesity in your terms) of what it is doing in relationships, for example.

Thomas is not on social media simply because it gives him the power to control relationships and/or the content he is sharing. (a reaction vs. response, perhaps)

Three Prototypes

Self-assessment

What do you agree with?

A self-assessment would be good when it comes to people finding self-awareness regarding information overload, but I don't think people care that much.

(Ex. A relational exercise of not being on your phone for three days and see what happens to your relationships, time management, and productivity.)

What do you disagree with?

What is the purpose of it? Would you be providing this for church leaders to go through in community?

Missing anything?

I don't think people link their spirituality to their digital technological usage. There are no screaming alarms of what (if any) consequences to their online behaviors to their spirituality. In fact, it is more of a work/habit/culture thing to be using digital technologies.

No one cares if social media does not regulate their content/information online.

Website

What do you agree?

If people can post and glean from other people and their journey (as pastors) regarding digital discipleship, then that would be great.

What do you disagree with?

What am I missing?

Book

What do you agree with?

Love the idea of a book

What do you disagree with?

What am I missing?

Marv Penner

Youth Specialties Canada Director

The Youth Ministry Coalition of Excellence Director

Clinical Families and Adolescent Counsellor

December 3, 2021

What do you agree with?

First, I agree with the premise that information overload has direct effects on our spiritual lives and community. Goes back to the Genesis account and is created to have dependence on God. Technological stimuli are counterproductive to relationships.

One of the reasons is that technological / digital context is not an actual relationship. There are aspects where online communities can work. Example is the coalition and study with work, the level of support in crisis/help

The digital space gives students the opportunity to be a curated self rather than an authentic self. The illusion of community gives kids reasons to justify their engagement online.

Statistical evidence shows higher levels of loneliness and mental health are disconnected more than ever. The higher levels of social media usage is linked to loneliness and comparison

Second, The absence of response to the digital concerns Marv. We have reacted aggressively as SM is the enemy or we respond mindlessly numbing out our brains.

We sometimes do this because parents seem not to have a voice in the conversation of technological platforms as these platforms change so much (FB, IG, snap, TikTok) and parents/pastors cannot keep up. This gives students the ability to experience power and impacts how parents have a voice.

The two approaches of alarm and reaction or under action is a concern.

Can we redeem the space with spiritual disciplines and digital practices is positive.

What do you disagree with?

Nothing to disagree but cautious.

Cautiously observed with adolescent ministry appears to have a remarkable absence of discernment and/or moral character (ex. Music we listen to/discernment between rightness and wrongness) and with the glut of digital content the conversations have moved from moral exposure to digital binging to how much time we are spending online.

The conversation with youth workers have shifted from, “**What** are you watching to **how** much you are watching?” has been a shift in youth ministry.

The conversation on discernment and impact on digital usage has taken a back seat rather than what we are watching.

We are soul numbing if we cannot discern what we are watching.

This is a piece we are missing of discernment to moral values ; with the combination of misinformation, become mindless numbing users of technology.

Engagement with online information gives the purpose of holding to our deep values rather than looking at the information. Bias confirmation is the information user searches.

We need to have a healthy perspective of information to combat bias confirmation and positional information to reinforce our viewpoints.

What am I missing?

Nothing too much is missing as your prototypes are very practical.

The only thing I think, perhaps, is missing is the felt need for adolescents?

Will students really engage in re-evaluating their digital usage? Might be pushed on them via parents or youth pastor and/therefore push back rather than experience changed behavior.

Most students would agree they are spending too much time online but will go back to it. To transform insights into action will be a big challenge.

Do students really have the felt need to moderate their digital usage?

When you create resources for parents and pastors, can you create a collaborative rather than combative format with the digital age / digital interactions.

Followup Question: Who do you think is the primary audience to make the most impact from the research?

The target audience should be students but filtered through adult relationships in their lives.

Marv doesn't think felt needs in students is to be motivated to address their digital consumption but empowering parents and adults to facilitate resources with students will.

Not a response to alarm or obviously go along but how to redeem the space.

It must be through a shared journey.

This also includes addressing parents' usage of digital spaces as well.

Foul and sweet water (Jesus imagery) of thorns and fruit. Cannot produce both. It's either/or.

Social media platforms offering sweet water shouldn't be about spiritual nourishment. You cannot redeem a platform if you endorse it and interacts with foul content.

Elexio Dinio 365 APP (comparables) but not in a platform that is full of foul language / information. It is not around stuff that is spiritual counterproductive

If you put a resource out for students alone, Marv thinks this will not be enough. It will fall flat.

Parents/teachers/pastors need to be the primary audience to empower students to have meaningful conversations/facilitation around healthy relationships to discern digital information.

Key Findings:

- Everyone has experienced information overload through digital technologies,
- There are different levels of information overload based on the users' online habits,
- The levels of information overload, based on my research, has been calculated from Mark 12:30-31 (soul, emotions, mind, strength, relationships),
- The designed self-assessment on information overload will be connected to the levels of information overload,
- The Heuristic Model is as follows (and will explain further in our interview):
- Explaining the “whys” of the infobesity model (above) important for educational and/or theological reasons (such as a book) and the “hows” (based on a ongoing resource hub via website),
- Can we create online digital pathways for discipleship to thrive (further research needed),
- Further research on the effects of brain-training and/or psychological aspects of infobesity,
- Create pathways and/or resources for regulation and moderation of information-overload, education on information overload through digital technologies, and opportunities for personal and community transformation through the Infobesity Model (above)

Appendix D—Milestone 4

Design Research Report

Introduction

- Prototypes
- Updated NPO
- Research Questions
- Assessment Benchmarks
- Participation Description
- Summary

Background Research Essay

- Introduction
- Research: Regulation and Moderation of Digital Technology
 - Personal Awareness
 - Digital Self-Assessment: Professional Edition
- Research: Technology shaping Relationships
 - Community Awareness
 - Digital Self-Assessment: Pastora Edition
- Research: Technology Shaping Spirituality
 - Digital Sabbaths
 - Creation
 - Developing Character

Most Viable Prototype

Conclusion

Bibliography

Appendix

PROTOTYPE ONE: INFORMATION OVERLOAD ASSESSMENT

- Prototype Design: Cycle One
 - Feedback Loop #1: Research Questions
 - Feedback Loop #1: Research Findings
- Prototype Design: Cycle Two
 - Feedback Loop #1: Research Questions
 - Feedback Loop #2: Research Findings

Prototype Design: Cycle Three

Feedback Loop #1: Research Questions

Feedback Loop #2: Research Findings

Other

Evangelical Fellowship of Canada Technology Book Club

PROTOTYPE TWO: BOOK PROPOSAL

Prototype Design: Cycle One

Feedback Loop #1: Research Questions

Feedback Loop #2: Research Findings

Prototype Design: Cycle Two

Feedback Loop #1: TBD

Feedback Loop #2: Preliminary Findings

Prototype Design: Cycle Three (TBD)

Introduction

This semester, I decided to do an action research process towards my MVP. In short, action research “is a form of science in the field of practical knowing, which differs from the model of experimental physics, but is genuinely scientific in the emphasis on careful observation and study of the effects of the behavior on human systems.”¹²⁵

Prototypes

My first prototype was to develop an information overload self-assessment where users can understand their digital habits, build healthy digital habits, and respond by redeeming the digital space. I developed a team to help me develop the assessment. These people included young adults, adolescents, parents, and high-school students.

My second prototype was to develop a book outline. This book outline was to address how information overload from digital technologies affect our spirituality with Jesus and how to redeem the digital space. I also developed a team who included a professional editor, a ministry administrative assistant, and a digital promoter.

Updated NPO

In the action research process, I found myself sharpening the NPO with this question: “How does information from digital technologies affect our spirituality (relationship with Jesus) and how can followers of Jesus redeem digital spaces?”

Research Questions

¹²⁵ Coghlan, David & Brannick, Teresa. *Doing Action Research in your own Organization Third Edition*. (Sage Publications, London, England 2013), 49.

With that being said, the research questions were based on my NPO. For the self-assessment prototype, the research questions were:

- Was the assessment user friendly? Why or why not,
- Did the assessment increase self-awareness towards your digital habits? Why or why not?
- Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not?
- Was there anything missing from the assessment? Why or why not?

For the book prototype, the research questions included:

- Where do I need to expand or explain myself better?
- Do you like the flow of the script?
- Where do I need to add a story or engagement factor?
- Other comments, suggestions, commendations?

Ultimately, the research questions allowed me to further discover clarity on my prototypes and MVP.

Assessment Benchmarks

The benchmarks were based on my research plan. The goals were to develop the prototypes, recruit feedback teams, record the findings, and adjust accordingly. I did this process in three action research cycles.¹²⁶

Participation Description

As mentioned above, I had two teams providing feedback in each action research cycle. This included youth pastors, parents, non-faith students, faith students, professionals, and organizations such as the Broadway Young Adult leadership team, the Canadian Youth Workers

¹²⁶ For further clarity on benchmarks and assessments, please refer to my DMIN851 Design Research Paper, 4-5.

Podcast, Evangelical Fellowship of Canada, Truth Matter Ministries, University Christian Ministries, and Next Generation Ministries with the Pentecostal Assemblies of Canada. To date, this would include ninety participants.

Summary

It was a deep joy to go through this process. It brought me clarity about my prototypes and MVP. For me, the joy was having a committed team of individuals and organizations who believed in my research. And, resulted in sharpening my research skills and outcomes.

With that said, I could have improved on the output / input strategy towards the book prototype. With action research, it takes time and I found myself limited with the book prototype. Nevertheless, the research still merited the outcomes. I will continue my journey with the book prototype team throughout my research this coming year. I am genuinely excited for this.

In all my research, the most engaging for me was the participants discovering their own digital habits and the recommended practices through the self-assessment prototype.

Most Important Discovery

The most important discovery through this process is for me to continue to work on a redemptive, prophetic, and hope-filled resource for the local church through the prototypes. As my primary target audience were students and parents throughout this process, my prototypes and MVP have shifted to digital users rather than a focus on key demographics.¹²⁷

Background Research Essay

Introduction

The ongoing research with my prototypes confirmed and affirmed my NPO.

According to the top researchers on this subject, I was able to use their findings towards

¹²⁷ As you can see in my appendices and assessments at www.andygabruch.com/redeemdigitalspaces

the information overload self-assessment results page.¹²⁸ The result page(s) summarized the digital usage, symptoms, ongoing resources, practical responses, reflective questions, and Scripture takeaways for the participant.

Research: Regulation and Moderation of Digital Technology

In her book, *My Tech-Wise Life: Growing Up and Making Choices in a World of Devices*, Amy Crouch suggests, “our devices don't encourage one-time, moderate distractions. Rather, they encourage a posture of distraction.”¹²⁹ In short, she is revealing the need for digital moderation. In addition to this, in the book, *How to Break Up with Your Phone* by Catherine Price, suggests digital detoxes to moderate and regulate online information or “as a result of [the minds] limited capacities, our working memories are easily overloaded.”¹³⁰

Personal Awareness

With that said, Boer suggests, in his book, *Living Into Focus: Choosing What Matters in an Age of Distractions* to create digital discernment practices. For him, it is the acronym ALERTS, which stands for: Attention: “What is the primary and ongoing focus of our awareness of screens and relationships?”; Limits: “What guides our senses of what is appropriate online?”; Engagement: “Is my engagement online causing speedy encounters, making conflicts, and misunderstandings?”; Relationships: “Am I including rich relationships in my life OR is my life characterized by growing isolation, loneliness, and fragmentation?”; Time: “Do I have room in my life for things that truly matter - work and play, rigor and rest, love and laughter or am I too

¹²⁸ Based on the self-assessment, I developed the results page according to the digital usage of the participant in five levels based on Jesus’ commands found in Mark 12:30-31. This includes the digital symptoms of our souls (purpose), hearts (emotions), mind (cognitive ability), strength (physical), and others (relationships) found in my background research. To participate, please go to www.andygabruch.com/redeemdigitalspaces.

¹²⁹ Crouch, Amy *My Tech-Wise Family: Growing Up and Making Choices in a World of Devices*. Baker books, Ada, Michigan, 2020, 45.

¹³⁰ Ibid, 61.

busy or distracted from things that are important to me?”; Space: “Am I connected to my neighborhood, earth, or environment or is my life more connected virtually?”¹³¹

As researched, digital information can distract users from God, their purpose, and even their own well-being. As a result, I designed the self-assessment to help bridge the gap of how digital users can develop digital discernment practices of how to regulate and moderate digital information. Below is a template of one of the result sections:¹³²

Digital Self-Assessment: Professional Edition

Digital Symptoms:

You may be experiencing mild forms of digital information overload. Your symptoms may include mild anxiety, job and/or school distraction, and mild social isolationism.

If not addressed, you may experience stress and anxiety in relational conflict, lack of coping skills when dealing with disappointments in life, and/or loss of production in your life, lowered relational skills, and may stunt cognitive reasoning.

Recommended Digital Habits:

- Limit your digital usage 2 hours before bed and after you wake up.
- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.
- Personalize your digital device settings to mute notifications to decrease distractions throughout the day.
- Turn your phone off and/or on mute during meals with your family and/or friends.
- Plan for 30 minutes of activity / day (walk, run, hike)
- Silent your phone when you are driving, sleeping, and at the dinner table to minimize distractions.

Ongoing Resources:

¹³¹ Boers, Arthur. *Living Into Focus: Choosing What Matters in an Age of Distractions*. Brazos Press, Grand Rapids, Michigan, 2012, 74-75.

¹³² Self-Assessment, Level One Outcome, Professional Edition (www.andygabruch.com/redeemdigitalspaces).

- We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)
- College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)
- “Our phones draw us into unhealthy habits not because we want unlimited information, but because we want to stay relevant and entertained.” - Tony Reinke
- FOMO as “status anxiety: What will people think of me?” (Kevin Vanhoozen, 12 Ways Your Phone is Changing You)
- Phubbing, the habit of phone snubbing in public.

Reflection Questions:

What has this assessment shown me about my digital practices?

What is ONE step I can take to develop healthy digital habits?

Who will walk with me through my digital habits?

In addition to the research of regulating and moderating technology, we will see how technology shapes relationships.

Research: Technology shaping Relationships

In his book, *Transforming Our Days: Spirituality, Community, and Liturgy in a Technological Culture*, Richard Gaillardetz suggests technology affects relationships, as he calls it, hyperreality. As defined, hyperreality is “brilliant, highlighting the desirable elements of a given experience while excluding all unwanted aspects; it is rich insofar as it is experienced as better than the “real,” possessing more than what might “really” be expected from an experience; it is pliable, subject to our manipulation and control.”¹³³ In short, as Gaillardetz concludes the hyperreality in the digital world “creates the conditions for both separateness from another and

¹³³ Gaillardetz, Richard R. *Transforming Our Days: Spirituality, Community, and Liturgy in a Technological Culture*. Crossroad Publishing Company, New York, New York, 2000, 27.

the presence to another.”¹³⁴ In brief, relationships are based on digital values rather than human values; subsequently, causing a high level of loneliness in culture and the Church.

David Myers, in his book, *The American Paradox: Spiritual Hunger in an Age of Plenty* agrees with the rising levels of loneliness. In short, “Since the 1950s, supportive social connections and informal networks have weakened. Eye-to-eye interactions are waning, thanks partly to drive-through food pickups, ATM machines, and email.”¹³⁵ Boer echoes this reality as “loose connections,’ people visit with one another less, belong to fewer groups, and more often live alone.”¹³⁶

Community Awareness

Due to this, the self-assessment prototype advises spiritual mentorship and on-site church community. This is to empower the digital user to develop God-designed soft skills of relationships, community, and transformation in discipleship as followers of Jesus. In addition to this, according to Boer, he suggests sharing meals as one of the most primary ways to build community: “Meals engage us internally, of course, by satisfying our primal need for food.... [but] eating together is what defines a family.”¹³⁷ I would agree with this concept. In fact, I have integrated this digital habit in the parents’ edition of the self-assessment.

Having said that, Crouch reveals “half of [Generation Z] see phones as a significant disruption to family meals.”¹³⁸ In fact, 87% of parents and students use their digital devices at the dinner table.¹³⁹ Consequently, Gen Z and younger have admitted 68% of them have realized their

¹³⁴ Gaillardetz, Richard R. *Transforming Our Days: Spirituality, Community, and Liturgy in a Technological Culture*. Crossroad Publishing Company, New York, New York, 2000, 37.

¹³⁵ Myers, David, *The American Paradox: Spiritual Hunger in an Age of Plenty* 2001, 109.

¹³⁶ Boers, Arthur. *Living Into Focus: Choosing What Matters in an Age of Distractions*. Brazos Press, Grand Rapids, Michigan, 2012, 124.

¹³⁷ *Living into Focus: Choosing What Matters in an Age of Distractions*, 42-43

¹³⁸ Crouch, Amy. *My Tech-Wise Family: Growing Up and Making Choices in a World of Devices*. Baker books, Ada, Michigan, 2020. 66, brackets mine.

¹³⁹ Ibid, 70.

digital device has kept them from experiencing real conversations around the dinner table.”¹⁴⁰ I found this fascinating in my research.

As an example of this, one of the result pages to the self-assessment is to help guide parents and students to build community with each other:¹⁴¹

Redemptive Practices:

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.
- Get involved in a small group at your church, school, or youth group.
- Spend 10-15 minutes / day reading, responding, and reflecting on God’s Word.
- Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you to regulate your digital habits when dealing with stressful situations.
- Develop a Digital Sabbath per week.
- Mute your phone when you are in a worship service to focus on what God is saying to you.

Ongoing Resources:

- We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)
- College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)
- “Our phones draw us into unhealthy habits not because we want unlimited information, but because we want to stay relevant and entertained.” - Tony Reinke
- FOMO as “status anxiety: What will people think of me?” (Kevin Vanhoozen, 12 Ways Your Phone is Changing You)
- Phubbing, the habit of phone snubbing in public.

Pastoral Resources:

WAYS TO INFORM YOUR CHURCH OR MINISTRY:

¹⁴⁰ Crouch, Amy. *My Tech-Wise Family: Growing Up and Making Choices in a World of Devices*. Baker books, Ada, Michigan, 2020, 66.

¹⁴¹ Self-Assessment, Level One Outcome, Pastoral Edition (www.andygabruch.com/redeemdigitalspaces)

- Educate your congregation by teaching a class or sermon series on the effects of information overload online.
- Use SMS and/or social media as an interactive communication tool during speaking engagements, services, and polls.
- Go through the Information Overload Assessment with your students, parents, congregation, and leaders.
- Offer digital moderation tools for families and/or small groups (such as Covenant Eyes, Digital Usage Apps, parental controls, Disney Circle).
- Learn futuristic trends and themes around technology as a pastor and/or ministry leader. Look for ways to leverage technology for your church (VR campus, online campus, Metaverse campus).
- Share information online (events, topics, websites) that is updated and current. Over 80% of people will go to your social media, your website, or google reviews of your church before they will walk into your church.

WAYS TO INTERACT WITH YOUR CHURCH OR MINISTRY:

- Interact with your ministry and church with the results in the Information Overload Assessment.
- Interact with your ministry and church on how to develop digital habits for your congregation, ministry, and/or youth ministry.
- Create spaces and places for solitude and communion with God for your congregation, ministry, and students (as digital usage creates isolationism and vanity leading to loneliness) to encounter.
- Develop a Small Group themed on Technology and Spirituality for people to address digital addiction in families.
- Offer digital addiction counseling to your church and community.
- Target ministry audiences and/or your community through social media platforms to boost your presence in the digital world.
- Use trends, polls, stories, and questions through social media platforms to interact with the digital world on:

“Who is Jesus?”,

“What does Jesus mean to you?”,

And develop sermon series around those interactions.

WAYS TO INSPIRE YOUR CHURCH OR MINISTRY

- Share stories of people who have developed health online habits.
- Share ideas of how to develop redemptive practices in digital spaces.
- Develop social media platforms to your stories into the digital world.
- Hire a social media consultant and/or a ministry leader to develop your church online presence.
- Hire a social media consultant to increase online engagement for your church and/or ministry in your community.
- Share experiences in your church or ministry of “how-to’s” to connect with God through social media platforms:

"How to hear from God",

"How to experience God every day",

"How to know your purpose in life",

"How to tie your shoes."

- Share testimonies of people being transformed by God in your social media platforms.

Join our monthly ONLINE pastor connection for more ideas and stories regarding digital habits and redemptive practices [here](#).

Scripture Reflections:

“Everything is permissible,” but not everything is beneficial. “Everything is permissible,” but not everything is edifying. - 1 Corinthians 10:23

What does this Scripture speak to you about your digital usage?

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.” - Philippians 4:8

What does this Scripture speak to you about your search for online information?

“Do not merely listen to the word, and so deceive yourselves. Do what it says.” - James 1:19

What does this Scripture speak to you about fake or false or hurtful information found online?

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” - 1 Corinthians 10:31

What does this Scripture speak to you about your digital practices?

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” - James 1:5

What does this Scripture verse speak to you about information online OR revelation from God?

Personal Reflections:

- What is God saying to me about my digital practices?
- What is my next step as a pastor?
- How can I redeem my online usage for God?
- Who will walk with me through my digital habits?

As you can see, this assessment is meant to increase awareness and how to develop healthy digital practices to redeem the digital space through Biblical community.¹⁴²

Research: Technology shaping Spirituality

As technology is designed to distract the digital user and shape relationships in hyperreality ways, technology is also designed to entertain us against God.¹⁴³ As Tony Rienke suggests his latest book, *Competing Spectacles: Treasuring Christ in the Media Age* recommends Christians to “walk through digital detoxes, the now necessary periods of our lives when we voluntarily unplug from pop media, news media, and social media in order to de-screen our eyes and reorder our priorities.”¹⁴⁴ In short, he is implying the reader to develop digital habits for Christians to thrive in digital ecosystems.¹⁴⁵

Furthermore, Reinke suggests a series of Biblical practices to refocus our attention on Christ: “In a digital world.... The Holy Spirit redirects our gaze from the worthless things of this

¹⁴² Of course, the assessment is being updated continuously as digital research continues to be updated

¹⁴³ See Exodus 32 and the Golden Calf episode of how entertainment causes His people to be distracted from God; and ultimately, sin against God (and each other).

¹⁴⁴ Rienke, Tony. *Competing Spectacles: Treasuring Christ in the Media Age*. Crossroads, Wheaton, Illinois, 2019, 13; brackets mine.

¹⁴⁵ Guy Debord, *La societe du spectacle* (paris: Buchet-Chast, 1967).

perishing world (the earthly theater) to our victorious Savior Jesus Christ (the heavenly theater).”¹⁴⁶

Digital Sabbaths

Catherine Price offers practical tools to moderate and regulate technology. For example, she suggests a digital detox.¹⁴⁷ I would concur with a digital Sabbath.¹⁴⁸ Price doesn't offer any Biblical or redemptive practices focused on spirituality; nevertheless, her suggestions on developing digital habits have been important to my self-assessment prototype.

Reinke, furthermore, suggests moderation and regulation of digital practices: “In the frenetic pulse of electric stimulation, our media overwhelms our senses, and God’s wonders around us simply disappear.”¹⁴⁹ However, he doesn’t offer any practical ways to offer this. Simply put, though, Justin Whitmel Earley, an author on technology and his book, *The Common Rule: Habits of Purpose for an Age of Distraction*, suggests “spending an hour every day with your phone off.”¹⁵⁰

In any case, developing healthy digital habits includes digital Sabbaths as followers of Jesus.

Creation

Another digital practice followers of Jesus can develop is reconnecting with Creation. According to her book, *My Tech Wise Life: Growing Up and Making Choices In A World of*

¹⁴⁶ Rienke, Tony. *Competing Spectacles: Treasuring Christ in the Media Age*. Crossroads, Wheaton, Illinois, 2019, 72.

¹⁴⁷ Campbell, Catherine. *How to Break Up with My Phone*. Ten Speed Press, Berkeley, California, 2018, 7; 13; 180.

¹⁴⁸ A 24-hour window to be aware of digital practices and how to redeem digital spaces.

¹⁴⁹ Rienke, Tony. *Competing Spectacles: Treasuring Christ in the Media Age*. Crossroads, Wheaton, Illinois, 2019, 111.

¹⁵⁰ J. Whitmel Earley, *The Common Rule: Habits of Purpose for an Age of Distraction* (Downers Grove, IL: InterVarsity, 2019), 63.

Devices, Amy Crouch, an adolescent, echoes, “We need to be able to clear our minds and focus, or our secret fears and worries may worm their way even deeper into our hearts.”¹⁵¹ In short, she highlights the digital practice of disconnecting from digital devices to reconnect with God. She uses a story of how she reconnected with God in Creation. In her words, “I found my seat in a small stairwell lined with windows, and let me tell you, it was glorious. Sunlight glimmered on the tiled floors, and the gold edges of my Bible glowed in the sun. I basked in the light and felt my heart slow to a resting pace. I walked back feeling content.”¹⁵²

With this suggestion in mind, my online small group decided to take a digital detox.¹⁵³ We challenged each other to disconnect from our digital devices to reconnect with God. In review, one participant said she, “deleted social media platforms during LENT to reconnect with God”. For another participant, he turned off his phone for the day and went to Jasper, Alberta, Canada to reconnect with God through Creation. He recognized, “I found myself worrying about the incoming emails or calls or what I was missing out on with social media, but I began to realize how unimportant those things were compared to creation around me.”

Developing Character

In addition to this, Arthur Boers in his book, *Living into Focus: Choosing What Matters in an Age of Distractions* calls reconnecting with creation as a “commanding presence.”¹⁵⁴ In short, a commanding presence are “tough taskmasters as they require discipline, attention, and focus helping us to grow in character. They are beyond our control or our ability to manipulate or

¹⁵¹ Crouch, Amy, *My Tech-Wise Family: Growing Up and Making Choices in a World of Devices*. Baker books, Ada, Michigan, 2020, 47.

¹⁵² Ibid, 46.

¹⁵³ *Encountering God Everyday*, Broadway Small Group, Spring 2022 (from April 1-15, 2022)

¹⁵⁴ Albert Borgmann, *Power Failure: Christianity in the Culture of Technology*. Grand Rapids, Michigan: Brazos Press, 7, 26.

consume.”¹⁵⁵ These activities would include activities in creation; as well as outlined by Crouch and Boers by preparing a meal, or practicing music, or participating in strenuous physical activity. For Boer, he suggests digital users develop a focal practice in an age of distraction: “I understand the difficulty of choosing focal practices in the face of so many potential entertaining and easy distractions [but it creates character in us].”¹⁵⁶ These characteristics, according to Boer, include energy, enjoyment of creation, humility, awe and wonder, mental health practices, and reveals our limitations as human beings.

Most Viable Prototype (MVP)

Based on the academic research above and the action research process of the prototypes, I would concur the self-assessment is my most viable prototype. This would be based on the structure of the self-assessment. The structure of the assessment allows digital users to develop personal awareness of their digital habits, define a series of digital practices as followers of Jesus, and how to redeem the digital space personally, in community, and in their homes. Furthermore, the assessment gives me the ability to update the outcomes based on the latest research. Throughout the readings on my NPO topic, I have been able to update the assessment on social science, psychology, ideas of developing healthy digital habits, and reflections questions. In addition to this, I have been able to update ongoing redemptive practices within the self-assessment rather than a book and/or website. This allows the digital user to be updated with the latest redemptive practices and resources as followers of Jesus who live in the digital age.

Furthermore, the self-assessments provide up-to-date research data of participants digital habits. This will enhance my research journey for my final project.

¹⁵⁵ Albert Borgmann, *Power Failure: Christianity in the Culture of Technology*. Grand Rapids, Michigan: Brazos Press, 26.

¹⁵⁶ Boers, Arthur. *Living Into Focus: Choosing What Matters in an Age of Distractions*. Brazos Press, Grand Rapids, Michigan, 2012, 26.

With that being said, the self-assessment would be able to coincide with the book prototype if the book is focused on digital spiritual principles and practices rather than stats and the latest technological advancements. Based on my book prototype team, they are suggesting a strategy towards social sciences, storytelling, and practical resourcing for the book to be engaging.

Conclusion

In conclusion, the action research process was a great journey for me. I am thankful for discovering further clarity in my research process. For the latest updates on my MVP, please go to <https://andygabruch.com/redeemdigitalspaces>.

Ongoing research

Books

Adamson, David. *MetaChurch: How to Use Digital Ministry to Reach People and Make Disciples*. Think Orange, Cumming, Georgia, 2022.

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<https://thesource4parents.com/>

<https://theconvivialsociety.substack.com/>

<https://virtual-addiction.com/smartphone-compulsion-test/>

<https://www.scribd.com/document/265348695/Microsoft-Attention-Spans-Research-Report>

<https://ontario.cmha.ca/documents/addictions-and-problematic-internet-use/>

There are over 200 peer-reviewed research studies that have correlated screen time with clinical disorders like ADHD, anxiety, depression, increased aggression, and even psychosis. [Dr. Dimitri Christakis](#) at the University of Washington did a lot of research into screens and their ADHD-increasing effects; many think that they are directly responsible for our national ADHD epidemic. Screens hyper-stimulate kids and create what's called "mood dysregulation." A screen-tethered, mood-dysregulated child can look like a child who is moody and throws fits, who has attention problems and can't focus—and who can get aggressive when their devices are taken away. <https://goop.com/ca-en/wellness/detox/digital-detox-at-every-age/>

<https://www.theatlantic.com/magazine/archive/2012/05/is-facebook-making-us-lonely/308930/>

[Do Smartphones Give Your Soul Cancer? A balanced, biblical take on the devices we can't seem to live without.](#)

PROTOTYPE ONE: INFORMATION OVERLOAD ASSESSMENT

Prototype Design: Cycle One

(add a welcome video)

Hello!

Welcome to the INFORMATION OVERLOAD assessment.

As we live in the digital age, the purpose of this assessment is for you to be aware of your online consumption, how information overload is affecting your spirituality, and to respond to information overload redemptively.

Based on your responses to the statements in this assessment, you will be empowered to identify the level of infobesity you are experiencing, practical ways to respond, and how to move forward in your relationship with Jesus living in a digital age.

Please note honest responses will be most valuable when participating in this assessment.

Statement One

I spend approximately ____ hours online for entertainment, consumption of information, and/or social media per day (excluding work and/or school).

1-2 hours/day

2-4 hours/day

4-6 hours/day

6-8 hours/day

8+ hours/day

Statement Two

I pick up my digital device to check my social media status approximately:

30x/day

40x/day

50x/day

60x/day

70+x/day

Statement Three

I have experienced emotional symptoms of anxiety when I am not on my digital device.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Four

I have negatively compared myself physically to other people on social media.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Five

Right before I go to bed, I am on my digital device.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Six

I am distracted when I am on social media.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Seven

I feel lonely when I am on my social media feeds.

Never true about me
Rarely true about me
Occasionally true about me

Often true about me
Always true about me

Statement Eight

The main reasons I am on social media platforms are (pick your top two):

Business
School
Entertainment
News
Gaming

Statement Nine

This past week, I have experienced screen fatigue.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Ten

In the last week, I have been distracted from work and/or school from being online.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Eleven

When I wake up in the morning, the first thing I do is pick up my digital device.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Twelve

I have experienced cyber bullying, intimidation, and / or manipulation on my social media platforms from the past month.

Never
Rarely
Sometimes
Often
Always

Statement Thirteen

I engage in online activities as a way to escape from my problems and/or stress in my life.

Never
Rarely
Sometimes
Often
Always

Statement Fourteen

I filter my online activity based on my faith.

Never
Rarely
Sometimes
Often
Always

Statement Fifteen

I share posts, pictures, and/or updates of my faith on my social media platforms.

Never
Rarely
Sometimes
Often
Always

Statement Sixteen

I have private and/or secret social media accounts displaying different aspects of my life.

Never
Rarely
Sometimes

Often
Always

Statement Seventeen

I decide what I post, share pictures, and/or comments based on how many likes, hearts, and/or shares I can get.

Never
Rarely
Sometimes
Often
Always

Statement Eighteen

My faith is important to what I engage with online.

Never
Rarely
Sometimes
Often
Always

Statement Nineteen

I find my online community and friends more influential in my life than my family and/or friends at home and/or school.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Twenty

I have experienced social anxiety at school or home when I am not on my digital device.

Never true about me
Rarely true about me
Occasionally true about me
Often true about me
Always true about me

Statement Twenty-One

I have been confused, distracted, and/or have experienced being hurt by others for sharing my faith online.

Never
Rarely
Sometimes
Often
Always

Statement Twenty-Two

What I view and/or engage with online is filtered through my faith.

Never
Rarely
Sometimes
Often
Always

Statement Twenty-Three

I am less productive in my job and/or at my school work when I am online.

Never
Rarely
Sometimes
Often
Always

Statement Twenty-Four

I am easily offended when people disagree with me online.

Never
Rarely
Sometimes
Often
Always

Statement Twenty-Five

My main purpose to be on social media is to be Jesus online.

Never true about me
 Rarely true about me
 Occasionally true about me
 Often true about me
 Always true about me

Results

Level One: Social Anxiety

Diagnosis: You may be experiencing mild forms of digital information overload. Your symptoms include mild forms of anxiety, job and/or school distraction, mild social isolationism.

Warning: If not addressed, you may experience stress and anxiety in relational conflict, lack of coping skills when dealing with disappointments in life, and/or loss of production in your work and/or school, lowered relational skills, and may stunt cognitive reasoning.

Redemptive Response:

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and information
- Get involved in a small group at your church, school, or youth group to be connected
- Spend 10-15 minutes / day reading, responding, and reflecting on God's Word
- Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you when dealing with stressful situations
- Develop a digital sabbath

- (1) We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)
- (2) College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)
- (3) "Our phones draw us into unhealthy habits not because we want unlimited information, but because we want to stay relevant and entertained." - Tony Reinke
- (4) FOMO as "status anxiety: What will people think of me?" (Kevin Vanhoozen, 12 Ways Your Phone is Changing You)
- (5) Phubbing, the habit of phone snubbing people in public

Level Two: Physical symptoms

Diagnosis: You may be experiencing physical symptoms of digital information overload. Your symptoms can and may include mild sleeping disorders, fatigue, distractions from work or school, a lack of motivation in your life, and physical comparisons.

Warning: If not addressed, you may experience stress-related diseases such as sleeping disorders, obesity, and/or hypertension. Extreme cases would include turret-like symptoms, brain fog, and/or eye strain causing underdeveloped eyesight (in pre-adolescents).

Redemptive Response:

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and information
 - Limit your digital usage 2-4 hours before bed and after you wake up
 - Get involved in a small group at your church, school, or youth group to be connected
 - Spend 10-15 minutes / day reading, responding, and reflecting on God's Word
 - Take a 1/week for a digital detox (a break from digital devices 1 day a week)
 - Develop a digital sabbath
- (1) 50% of digital users check their digital device in the middle of the night. Ages between 25-35 is 75% (How to Break Up With your Phone, Catherine Price)
 - (2) Phubbing, the habit of phone snubbing people in public
 - (3) Multitasking is as much a myth rather than, as researchers suggest, "task-switching" (Stanford Research Project by Clifford Nass, 2009). In short, multitasking makes digital users unproductive
 - (4) Moderate usage of digital information (over 3 hours) has the influence to rewire our minds towards distraction, isolationism, fatigue, weaken memory, and stunt cognitive growth (The Shallows: What the Internet is Doing to Our Brains, Nicholas Carr, 2010)
 - (5) An internal review of Meta's social media platforms reveal 1-5 men and 1-3 women compare themselves physically on their social media feeds (Facebook Files, Wall Street Journal, 2021)
 - (6) According to the Division of Sleep Medicine at Harvard Medical School, short-term sleep deprivation from blue light (from digital screens) affect judgment, mood, ability to learn, retain information, reduce self-control, and increased levels of frustration (2018)

Level Three: Mental Health

Diagnosis: You may be experiencing mild symptoms of digital addiction, cases of escapism from reality and/or difficult situations. You may be experiencing memory loss and the inability to make decisions rationally or with reason. You may be experiencing higher levels of cognitive inhibition and the ability to focus on tasks.

Warning: If not addressed, you may experience increased levels of depression, anxiety, escapism, and loneliness. You may find it increasingly difficult to function without your digital device.

Redemptive Response:

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and information
- Limit your digital usage 2-4 hours before bed and after you wake up
- Get involved in a small group at your church, school, or youth group to be connected
- Spend 10-15 minutes / day reading, responding, and reflecting on God's Word

- Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you when dealing with stressful situations
 - Develop a digital sabbath
- (1) (The Happiness Effect: How Social Media is Driving a Generation to Appear Perfect at Any Cost, Donna Freitas)
 - (2) Average person checks their phone 42 times. Average person between 18-24 is 82 (How to Break Up With your Phone, Catherine Price)
 - (3) According to the American Psychological Association, over 200 million people in the US agree with unplugging or taking a digital detox would be good for their mental health (<https://goop.com/ca-en/wellness/detox/digital-detox-at-every-age/>)
 - (4) Brain Hacking, 60 Minutes Report, 2017
 - (5) According to psychologist Larrey Rosen from the California State University, digital users experience anxiety and emotional triggers every time individuals pick up their phone with new information that may cause addictive behavior regarding digital habits (How to Break Up with Your Phone, Catherine Price)

Level Four: Emotions

Diagnosis: You may be experiencing increased feelings of personal depression, personal and/or social anxiety, loneliness, and/or self-destructive thoughts.

Warning: If not addressed, you may experience addictive behavior to online usage and may or may not include self-medicated habits, increased practices of online usage, and confusion of your purpose and/or identity.

Redemptive Response:

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and information
 - Limit your digital usage 2-4 hours before bed and after you wake up
 - Get involved in a small group at your church, school, or youth group to be connected
 - Spend 10-15 minutes / day reading, responding, and reflecting on God's Word
 - Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you when dealing with stressful situations
 - Have a weekly digital detox (1 or 2 days / week)
 - Develop a digital sabbath
- (1) According to Ofir Truel, a psychologist at California State University-Fullerton warns, high digital usage is linked to higher levels of depression and anxiety, decreased concentration at work, and the inability to sleep at night (12 Ways Your Phone is Changing You, Tony Reinke)
 - (2) Addictive Technology Behaviors Are Evident, Particularly for Younger Canadians (Microsoft Canada, 2015 Consumer Insight Report)
 - (3) According to psychologist Larrey Rosen from the California State University, digital users experience anxiety and emotional triggers every time individuals pick up their

phone with new information that may cause addictive behavior regarding digital habits (How to Break Up with Your Phone, Catherine Price)

- (4) Are Teenagers Replacing Drugs with Smartphones?, New York Times article, 2017.
- (5) According to the American Journal of Epidemiology and Harvard Business Review, Social Media causes unhappiness, reduction in mental health and decreased satisfaction for life (2017)
- (6) FOMO (Fear of Missing Out) known as, “disconnection anxiety” (There’s a Special Kind of ‘FOMO’ Stressing Us Out - And We’re Doing It to Ourselves, Kate Hakala)

Level Five: Identity

Diagnosis: Your online usage and digital practices are harming you. You may be experiencing confusion of purpose and increased feelings of loneliness. You may be experiencing boredom in activities, relationships, and your self-worth. Your digital usage is affecting all aspects of your life.

Warning: If not addressed, your primary purpose will shift from having a vibrant relationship with Jesus and others to your own selfishness and pride. Your digital usage is causing you to rebel from God’s design for your life and will harm all other aspects of your life; including your mental wellbeing, relationship breakdown, and developing physical ailments.

Redemptive Response:

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and information
- Limit your digital usage 2-4 hours before bed and after you wake up
- Get involved in a small group at your church, school, or youth group to be connected
- Spend 10-15 minutes / day reading, responding, and reflecting on God’s Word
- Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you when dealing with stressful situations
- Have a weekly digital detox (1 week / month).
- Go see a counselor who specializes in digital addiction
- Develop a digital Sabbath

- (1) Giles Slade, The Big Disconnect: The Story of Technology and Loneliness, 2012.
- (2) Isolation + Communion with God = soul-feeding solitude. Isolation + feeding on vanity = soul-starving loneliness (12 Ways Your Phone is Changing You, Tony Reinke)
- (3) Is Facebook Making Us Lonely? Marche
- (4) Ask yourself: “Is my digital device a tool or an idol in my life?”
- (5) FOMO (Fear of Missing Out) known as, “disconnection anxiety” (There’s a Special Kind of ‘FOMO’ Stressing Us Out - And We’re Doing It to Ourselves, Kate Hakala)
- (6) According to Adam Gazzaley and psychologist Larry Rosen, addiction to digital devices is uniquely linked to the desire to access new information (The Distracted Mind: Ancient Brains in a High-Tech World, 2016)

(add sources to digital symptoms)

(add redemptive practices)

(add feedback form through squarespace - website)

- Can I link the redeemdigitalspaces.com to a certain URL?

(add scripture for reflection)

Scripture Reflection:

[Berean Study Bible](#)

“Everything is permissible,” but not everything is beneficial. “Everything is permissible,” but not everything is edifying. - 1 Corinthians 10:23

What does this Scripture speak to you about your digital usage?

NIV

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.” - Philippians 4:8

What does this Scripture speak to you about your search for online information?

NIV

“Do not merely listen to the word, and so deceive yourselves. Do what it says.” - James 1:19

What does this Scripture speak to you about fake or false or hurtful information found online?

NIV

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” - 1 Corinthians 10:31

What does this Scripture speak to you about your digital practices?

NIV

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” - James 1:5

What does this Scripture verse mean to you about online information and revelation found in God?

Personal Reflections:

Non-Faith:

- What has this assessment shown me about my digital practices?
- What is ONE step I can take to develop healthy digital habits?
- Who will walk with me through my digital habits?

Faith-Based:

Student:

- What is God saying to me about my digital practices?
- What is my next step?
- How can I redeem my online usage for God?
- Who will walk with me through my digital habits?

Pastor:

- What is God saying to me about my digital practices?
- What is my next step as a pastor?
- How can I redeem my online usage for God?
- Who will walk with me through my digital habits?

Parent:

- What is God saying to me about my digital practices?
- As a parent, what are my next steps for my family's digital habits?
- How can I redeem my online usage for my family?
- Who will walk with me?

Payment with STRIPE

The INFORMATION OVERLOAD assessment provides you with personal insights, self-awareness tools, and practical redemptive resources to empower your relationship with Jesus in the digital space.

- Add PROMO codes through typeform for various of audiences
- Change title from Infobesity to Information Overload

- Use a opening video (via BWAY creatives)

Pending Statements

I wrestle with self destructive thoughts when I am online (or) in digital spaces

Never true about me

Rarely true about me

Occasionally true about me

Often true about me

Always true about me

Age based statements:

Ages 10-25,

Ages 26-40,

Ages 40-55,

Ages 56-70,

Ages 71+

Demographic Based:

Student

Parent

Pastor

Teacher

Non-Faith Based

(Focus is not based on adolescents alone but the digital user)

Demographic Based Questions

Parent Questions

I find it difficult to monitor my childs' digital usage

Never true about me
 Rarely true about me
 Occasionally true about me
 Often true about me
 Always true about me

I limit my child's digital usage (gaming, social media, online information) is approximately:

1 hour / day
 2-3 hours / day
 4 hours / day
 5 hours / day
 6+ hours / day

Our family are on their digital devices at the dinner table?

Yes
 No
 Occasionally
 Sometimes
 Rarely

Parent recommendations

Limit digital devices and computers to public and high traffic areas in your home. (1)
 Spend dinners together without devices or distractions. Develop engaging conversations. (2)
 Have a family charging station where digital devices are in one area; especially during the night.
 Set the example with your own digital habits (3)
 Bond together over a weekly family date (4)
 Develop meaningful conversations in the car (5)
 Stay current. Read about current culture and technology articles (6)
 Engage your children in activities or sports to disconnect them from their digital devices (7)
 Get a library card for your children to access books (8)

Sources

- (1) According to the American Academy of Pediatrics
- (2) Columbia University study with the Center on Addiction and Substance Abuse (CASA)
- (3) “Our kids will never learn how to be responsible with their phones if we ourselves are slaves to our own devices.”, Jonathan McKee

- (4) The American Academy of Pediatrics suggest family dates are a way of bonding as a family and sharing important family values
- (5) Establish a conversation culture in the commute to school. Sing, laugh, engage in
- (6) conversations, talk about the day. How can you use car rides to engage your children in conversations this week?
- (7) We recommend TheSource4Parents.com (others)
- (8) White water rafting, swimming lessons, karate, music lessons, school sports, hiking, biking,
- (9) Today's young people love to read fiction.

Join our monthly ONLINE parents connections for more ideas and stories to engage your children regarding their digital habits and devices here.

Pastor Questions

I have taught digital habits to my ministry or church in the last 12 months?

Never true about me
 Rarely true about me
 Occasionally true about me
 Often true about me
 Always true about me

I have seen the effects of digital information overload in my congregation?

Yes
 No
 Maybe

I have had to set boundaries of digital device usage during a service, ministry event, or camp?

Yes
 No
 Maybe

Pastor Recommendations

Pastoral Resources:

WAYS TO INFORM YOUR CHURCH OR MINISTRY:

- Educate your congregation by teaching a class or sermon series on the effects of information overload online.
- Use SMS and/or social media as an interactive communication tool during speaking engagements, services, and polls.
- Go through the Information Overload Assessment with your students, parents, congregation, and leaders.
- Offer digital moderation tools for families and/or small groups (such as Covenant Eyes, Digital Usage Apps, parental controls, Disney Circle).
- Learn futuristic trends and themes around technology as a pastor and/or ministry leader. Look for ways to leverage technology for your church (VR campus, online campus, Metaverse campus).
- Share information online (events, topics, websites) that is updated and current. Over 80% of people will go to your social media, your website, or google reviews of your church before they will walk into your church.

WAYS TO INTERACT YOUR CHURCH OR MINISTRY:

- Interact with your ministry and church with the results in the Information Overload Assessment.
- Interact with your ministry and church on how to develop digital habits for your congregation, ministry, and/or youth ministry.
- Create spaces and places for solitude and communion with God for your congregation, ministry, and students (as digital usage creates isolationism and vanity leading to loneliness) to encounter.
- Develop a Small Group themed on Technology and Spirituality for people to address digital addiction in families.
- Offer digital addiction counseling to your church and community.
- Target ministry audiences and/or your community through social media platforms to boost your presence in the digital world.
- Use trends, polls, stories, and questions through social media platforms to interact with the digital world on:

“Who is Jesus?”,

“What does Jesus mean to you?”,

And develop sermon series around those interactions.

WAYS TO INSPIRE YOUR CHURCH OR MINISTRY

- Share stories of people who have developed healthy online habits.
- Share ideas of how to develop redemptive practices in digital spaces.
- Develop social media platforms to your stories into the digital world.
- Hire a social media consultant and/or a ministry leader to develop your church online presence.
- Hire a social media consultant to increase online engagement for your church and/or ministry in your community.
- Share experiences in your church or ministry of “how-to’s” to connect with God through social media platforms:

"How to hear from God",

"How to experience God every day",

"How to know your purpose in life",

"How to tie your shoes."

- Share testimonies of people being transformed by God in your social media platforms.

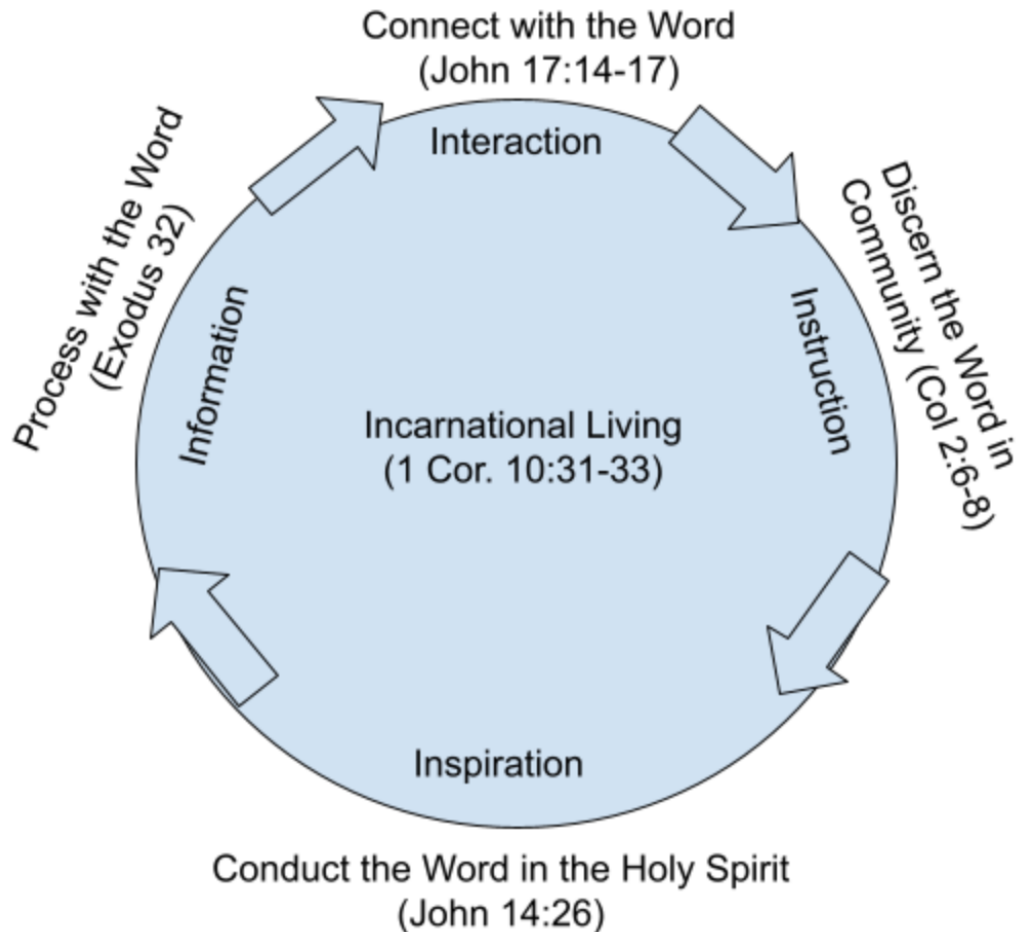
Join our monthly ONLINE pastor connection for more ideas and stories to engage congregants regarding their digital habits here.

Redeeming the Digital Space: Ideas for Digital Practices as Disciples of Jesus (ongoing research)

- When online, how can we set up people to develop healthy online habits?
- How can followers of Jesus avoid harmful online information but initiate and engage others in conversations for spiritual growth and the common good?
- What do Christian virtues or disciplines look like in digital spaces?
- What are some opportunities for digital natives to live out their Christian faith that didn't exist for older generations?
- How do we connect students with wise guides to help them navigate the increasing complexities of childhood?
- How can we give the Bible its proper place in the lives of young Jesus followers in a digital age?

Infobesity Matrix

**Information Overload Model:
How to Process, Discern, Connect, and Conduct Digital Information**



Jesus

The Word

Community

https://www.barna.com/note-millennials-community/?utm_source=Newsletter&utm_medium=email&utm_content=Barna+Update%3A+Better+Questions+%26+Disciplines+for+Digital+Church+Innovation&utm_campaign=2022-2-2_Windle+Excerpt+Part+Two_BU

- Put down long-term roots and invest at least 12 months to building new friendships.
- Organically meet the needs of people within that church community, while praying for them.
- Find a team to volunteer in. Most churches are in need of more volunteer help.

- When you attend church in person, arrive a few minutes early and stay a bit longer after the service to connect with others.
- Try to be consistent with your attendance. It builds relational momentum with people.
- Engage in some kind of social connection beyond weekend church services.
- Value important moments in other people's lives—birthday parties, weddings, funerals, backyard barbecues, graduations.
- At church, make sure you are always building a new friendship with someone.
- Look for ways to draw the circle wider and bring people outside of church into your community.

Holy Spirit (as a reminder to Truth)

Incarnational Living Online

Redeeming Practices

Information

- Share information that redeems (encourages, uplifts, points to Jesus)

Interaction

- Interact with others through questions (Jesus main mode of communication) was through dialogue, not monologue

Inspiration

- Share stories of real faith

www.andygabruch.com/redeemdigitalspaces

Add a couple of other questions on all of the assessments:

Why are my key reasons to be on social media

- Connect with friends
- Connect with family
- Stay up to date with news
- For buying and selling
- Other?

Do you catch yourself scrolling on your social media platforms

- Never true about me
- Rarely true about me
- Occasionally true about me
- Often true about me
- Always true about me

700 volunteer youth pastors <https://youthworker.community/resources/podcast/>

Feedback Loop #1: Research Questions

Infobesity:

How does information overload from digital technologies affect our spirituality with Jesus and
how can we redeem the digital space?

BWAY Young Adult Leadership // Andy Gabruch

March 2022

I. Introduction

a. How many hours/day do we consume digital information?

i. _____,

ii. _____,

iii. _____,

b. How has COVID affected these numbers?

i. Pre-COVID _____

hours/day

ii. During COVID _____

hours/day

c. The Digital _____

i. _____,

ii. _____,

iii. _____.

d. Advantages and Consequences

i. The Digital _____.

1. Access

2. Abundance

3. Availability

ii. The Digital _____.

1. Algorithms

2. Authority

3. Autonomy

II. How do we respond redemptively?

a. Jesus as _____ (Mark 6:3).

i. Tablet of the _____.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” – Jesus (Mark 12:30-31)

ii. _____ within our Tablets.

“Jesus answered, “I am the way and the truth and the life.” – Jesus (John 14:6)

III. Practical Response

How are you _____ digital information in your life?

How are you building _____ as a follower of Jesus?

How are you _____ the digital space for Jesus?

Personal reflections

BETA TESTING

Infobesity Self-Assessment Prototype

Feedback Loop #1: Research Findings

MAR. 6.22

Infobesity:

How does information overload from digital technologies affect our spirituality with Jesus and how can we redeem the digital space?

BWAY Young Adult Leadership // Andy Gabruch

March 2022

I. Introduction

How much time do you think you and I spend in the digital world?

Now... before you answer that today, here is what I mean about the digital world...

a. How many hours/day do we consume digital information?

- i. Entertainment,
- ii. Gaming,
- iii. Socials.

define better?
(as asked by YA)

(Discussion)

b. How has COVID affected these numbers?

- i. Pre-COVID 3 to 4 hours/day
- ii. During COVID 7 hours hours/day

In fact, since COVID, we have seen an increase of the digital world from 230 million people connecting to the digital age / day to 298 million people in the US alone; an increase of 65+ million people.

The digital age is here to stay.

In fact, I define the digital age as, you see in your outline, as a digital trinity...

c. The Digital Trinity

- i. Efficiency,
 - ii. Entertainment,
 - iii. Consumption.
-

practices.

And your AI feeds this to you.

Now, searching and exploring the digital garden for YOU is not a problem if the digital garden doesn't become slant to your own autonomy.

Unfortunately, this happened at Mount Sinai. This is where the people of God decided to NOT wait on God anymore (even though they could see Him and feel Him and hear from Him) they decided to exchange the fingerprints of God (that represented the Tablets of God; the 10 commandments **** expand in book proposal****) to their own fingerprints of a lifeless god.

And we do the same.

If we don't learn from the lessons of divine history, we will exchange the fingertips of God for our own (fingertips). We will ignore the tablets of God for our own digital tablets.

In short, we are not designed to become autonomous – which leads to further confusion of who we ARE supposed to be and/or lasting and damaging affects to our mental, physical, and relational wellbeing because of loneliness experienced through information overload from digital technologies – but designed for community as we see in the Garden of Old.

(Community with God, ourselves, and with each other expand in book)**

3. Authority

But not only are there foreseen consequences of the Digital Garden in AI or personal autonomy but also with authority.

Simply put, authority is whoever and whatever you submit your life to.

If you submit to yourself, then the ultimate authority is yourself. If you submit to your spouse, then your spouse has ultimate authority in your life.

I wonder if we are the same...

You see, the digital world is designed to appease our tendencies for self-reliance. It is signed to be consumed; to entertain; to be efficient. And the access to all this information (that we cannot even humanly process unfortunately) shifts our biases to the digital trinity.

d. Advantages and Consequences

Now, don't get me wrong. There are great advantages to the digital age. For me, I wouldn't be able to write and research and gain knowledge without the digital age. We can communicate, work, produce, create, connect, build relationships (or teardown), and be productive like never before.

I call this the Digital Garden.

i. The Digital Garden (Genesis 2)

In fact, we are called to be creative, unique, distinct, and relational in the digital garden. Just like the Garden of old (Eden), we have everything at our fingertips.

1. Access

As we see in the Garden and the digital age, we have access. Anytime at anywhere at anyplace, we have access to the digital space. This is fantastic. I can ask questions, find answers, be empowered, and gain knowledge in the digital world like never before.

I can access multiple platforms with multiple contexts to gain as much access as my heart desires.

2. Abundance

But not only do you and I have access to the digital Garden, we have an abundance of resources at our fingertips.

Experts believe that in the next 100 years of human history, there will be 100,000 years' worth of content.

Think about that...

In fact, as I am speaking today, and growing each second, there will be:

- 1.8 billion pictures posted in the digital space / day,
- In 2020, 59 zettatrillion bytes of data was loaded in the digital space,
- In 2021, 74 zettatrillion bytes of data loaded online

It is amazing! And mind-boggling to be honest...

3. Availability

And not only do we have unlimited access and abundance to the digital garden, but the availability to the digital space seems to be, simply put, omnipresent.

From home computers to the clothes we wear to the cars we drive to the devices at our fingertips, the digital garden is all around us.

ii. The Digital Tree (Genesis 3).

And yet, the digital Garden also has consequences. Like we see in the Garden of old, there were two trees in the Garden

(do you know those trees)?

A tree of Life...

And the tree of Knowledge of Good and Evil.

In fact, we are wired by God to discover, experience, gain insight from the digital Garden. Like the Garden of old, we are meant to explore, create, be innovative, and achieve all that God has designed us to be (and do).

1. Algorithms

Well, in genius fashion, the digital garden created algorithms (google in 2005). This was meant to help people shift and filter through online information based on your digital habits!

Algorithms are amazing...

And yet, not all the time.

You see, when artificial intelligent (AI) software and/or hardware shift through your digital practices, AI will naturally create biases with your digital practices. In short, the garden you are exploring, filtering, shifting, studying is slanted. It might confirm what you are thinking, feeling, and living but it doesn't create the big picture for your life.

It is like AI can become a god in your life without you even being aware of it...

Like the people of God who created a lifeless god in a shape of a calf...

Or, like the first humans who put their fate in a tree that than the One who created the Garden...

They didn't truly understand the unforeseen consequences to their choices.

2. Autonomy

And interesting enough, this leads to another consequence to the Digital Garden.

Autonomy.

It is a fancy word that represents YOU.

In short, the Digital Garden created personal autonomies. You BECOME the autonomy. You, as the digital user, who create digital habits build personalized

But authority is NOT just about who and/or what you submit to, but who ultimately becomes the author of your life.

Authority is whoever writes your story...

You can write your story...

Socials can write your story...

OR...

God can write your story...

The question is, who is the author of your story?

This becomes key in how to respond and redeem the digital Garden. Therefore it is important to understand the digital world, how to respond, and redeem the digital space.

(discussion)

So, the challenge is HOW do we respond to the digital world? How do we live in the digital Garden? How do we redeem the digital space?

And this leads to one of the areas we can respond to the digital Garden.

II. How do we respond redemptively?

a. Jesus as Tekton (Mark 6:3).

In Mark 6:3, we see Jesus as a "son of a carpenter." The word carpenter in this passage comes from the word, "tekton." It is the word we get for "technology".

Practically speaking, this word means "to create; to be a masonry; or poet; or to build."

You see, Jesus – who was present when God wrote the ten commandments with his fingertips who, with the same fingertips created the galaxies, universe, Earth, and you and me – is the ultimate tekton.

i. Tablet of the Heart (Mark 12:30-31)

Jesus moved from the tablets from Mount Sinai to the tablets of our hearts

He put it this way,

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” – Jesus (Mark 12:30-31)

In short, Jesus is meant to influence our digital usage. How?

With all our heart, soul, mind, strength, and in our relationships.

And yet, information overload from digital technologies can affect these areas of our lives too.

In my research, I looked at the effects of digital information overload to our hearts (emotions), our souls (the very core of who we are), our minds (cognitive thinking), our strength (physical affects), and relationships (with God, others, and ultimately ourselves).

In fact, we built an infobesity assessment for this. This assessment is designed in 3 parts:

- to measure your information overload based on your digital habits,
- to build awareness of how you consume digital content, and
- how respond with redemptive practices in your relationship with Jesus.

This assessment will only take 4-5 minutes. And the infobesity assessment is on your outline as a QR code.

(infobesity assessment here)

(discussion + BETA testing response)

These are the three ways digital / big-tech companies continue to engage you, and your digital habits.

They have designed their digital platforms for efficiency, entertainment, and consumption of information.

This reminds me of God's people in Exodus 32. It is the episode, a terrible one at that, of the Golden Calf Debacle.

(show painting)

<https://www.knowableword.com/2018/01/12/exodus-32-our-most-troubling-trouble/>

(discussion)

In the opening verses, Moses is going to the mountain to hear from God. To start a new covenant with His people after 400 years of slavery in Egypt.

And what do the people do?

They get impatient. After 40 days waiting for Moses they turn back to 400 years of slavery. They go back to what they know best – go back to Egypt.

They build a god...

And this is not just any type of god, it is a golden calf.

And this golden calf represented the gods of Egypt, not the God on the mountain (that they can see in a pillar of smoke by the way). It is not the God that is real or relational or covenantal or a miracle-working God.

The calf is not the God who took them through the Red Sea or humbled Pharaoh in front of their eyes or provided miracles to sustain and provide.

The calf doesn't speak. It doesn't feel. It is lifeless. And, this is what God's people turn to when they get impatient with Moses; and ultimately, with God.

(expand on technicism in book)

"I am the TRUTH,"

- How is Jesus filtering the information you are watching, reading, interacting with in the Digital Garden?
- How is Jesus the author of your life?
- Is the Digital Garden leading you to the Truth (not autonomy or personalized modes of truth or individualistic truths but to the Person of truth; a relational truth found in God)?

Jesus is the highest form of knowing. In Scripture, to "know" is to "yada". It is not just a cognitive knowing but Truth that is experienced.

(Truth through the senses)

"I am the LIFE"

Information found in the Digital Garden should lead to life. Jesus said that HE is life, not just a way to life.

It happens so suddenly and softly that socials begin to shape us more than Scripture. We put our identity in likes, hearts, and dings rather than the one who created us. At times, we are more focused on the reels and stories in our tablets rather than the One who redeems our stories when we are real.

So, what can we do from here?

III. Practical Response

My encouragement is to ask these three questions and ask Jesus; through the Spirit of Truth, to speak into these questions for you. Don't ask Google. Don't ask socials. Don't go to technology...

... Go to the Tekton of your lives,

... Go to the creator of the universe,

... Go to the fingertips of God rather than the fingertips of this world,

... Go to God.

And allow Him to redeem the digital spaces in your life and the digital Garden we live in.

How are you filtering digital information in your life?

How are you building digital habits as a follower of Jesus?

How are you redeeming the digital space for Jesus?



Personal reflections

NA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

yes! couple of A-E responses are incorrect
grammar/word choice to matching questions

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

yes it provokes thought, brings up aspects
of social media we don't think of on
the daily

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

The assessment brings up some good ideas

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

can't think of anything

5. Any other comments, suggestions, recommendations, and/or commendations?

NA

Y/A

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

yes, having multiple options to answer is helpful.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

yes, especially in regards to one's faith. The internet is often a gateway into escapism so sometimes one's faith is completely separate

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

yes and no. I think touching a little bit on the science^{+ psychology} behind why the internet is addicting. This might further help people understand the severity of the issue

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

Maybe add some scripture? Testimonies? Links to online resources

5. Any other comments, suggestions, recommendations, and/or commendations?

book based

laurels.

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes it's great

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Yes it does, it should be a good assessment for individuals

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes it does

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

Don't know

5. Any other comments, suggestions, recommendations, and/or commendations?

This is great stuff.

7A

BETA TESTING

Infobesity Self-Assessment Prototype

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

yes, it was easy to go through. The questions were easy to understand.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

yes ~~but~~, in a way. I think I already had a gist of what I was at with media consumption.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

yes it gives practical advice on how to decrease consumption and replace it with potentially something else.

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

can't think of anything!
actually, maybe point to more resources!

5. Any other comments, suggestions, recommendations, and/or commendations?

value vs.
free vs. \$
resources.

I would not pay for this - I think I already had an understanding.
However, I know that some people might really benefit from it.

4A

BETA TESTING
Infobesity Self-Assessment Prototype

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes - easy to understand.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Yes

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

Not that I can think of.

5. Any other comments, suggestions, recommendations, and/or commendations?

Really great.

YA

BETA TESTING

Infobesity Self-Assessment Prototype

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes, straight forward and its nice how the next question appears after answering the previous Q.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Sort of? Question like how many times I look at my phone I don't know the answer to

Otherwise yes it prompted me to self reflect

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes, the last page is straight forward and clear/specific

The take aways are nice. ~~It~~ If I was paying for it, I'd want more specific take aways or active links

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

5. Any other comments, suggestions, recommendations, and/or commendations?

Clarity needed
The question about "I get easily distracted while on social media" is confusing. Are you asking do I get distracted within the browsing? or distracted from my phone?

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes - because it's just que and ans

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Yes

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

No

5. Any other comments, suggestions, recommendations, and/or commendations?

No

YA.

BETA TESTING

Infobesity Self-Assessment Prototype

add new
question

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

yes. straightforward.

↳ wouldn't mind it being larger honestly.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

yes. The Digital habits at the end and practical ways to move forward were awesome.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes → maybe links to resources? books etc.

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

see above comments.

5. Any other comments, suggestions, recommendations, and/or commendations?

no

3/6/22, 9:52 PM

George Fox University Mail - Infobecity assessment

passed

Andy Gabruch <agabruch17@georgefox.edu>

Infobecity assessment

3 messages

Lois Simpson <lois.sim60@gmail.com>
 To: agabruch17@georgefox.edu

Thu, Mar 3, 2022 at 12:14 PM

That was really good! It's so professional, easy to use, good questions. I'm amazed Andy, at all that you can do. You have the smarts in your head and the ability to communicate them. That's talent. Wow again. Way to go!

Much love (and pride)
 Mum

PS Happy Birthday again. 🍀💖🍀💖

Sent from my iPhone

Andy Gabruch <agabruch17@georgefox.edu>
 To: Lois Simpson <lois.sim60@gmail.com>

Thu, Mar 3, 2022 at 12:42 PM

That is kind of you. Thanks mom.

Last question... would you pay for this? Why or why not? What would you be willing to pay for something like this? We are thinking of charging 9.99\$ for it and ongoing subscription options at www.redeemdigitalspaces.com for further resources.

Thoughts?
 [Quoted text hidden]
 --
 Andy Gabruch

Lois Simpson <lois.sim60@gmail.com>
 To: Andy Gabruch <agabruch17@georgefox.edu>

Fri, Mar 4, 2022 at 11:11 AM

Hi Andy,
 I'm likely not the best person to answer those questions. I'm old school and frugal and I don't like to pay for this type of thing. But I can see where others would. I don't think it should be any more than \$9.99 as it is not a lengthy questionnaire. I did like the assessments at the end and that would certainly be beneficial and worth the price. I wasn't able to open the link for the subscription options. I think the quality of that option would determine if you could charge more. Hope that's helpful. Hope you had a good birthday.

Love you!
 Mum

Sent from my iPhone

make it a value.

On Mar 3, 2022, at 1:42 PM, Andy Gabruch <agabruch17@georgefox.edu> wrote:

[Quoted text hidden]

7A

BETA TESTING**Infobesity Self-Assessment Prototype**


1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes, good options available in non-aggressive terms

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Yes, especially the end points

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

lighten
sp.  Could be clearer at the end as to links/resources available to help + share.

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

opening vld
Asking whether people had previously heard of infobesity would be good, and whether they had previously be warned of the dangers

5. Any other comments, suggestions, recommendations, and/or commendations?

* I wouldn't pay for it unless it came with better help + resources to implement healthy habits.

7A

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes. Some of the questions were either confusing or I would have no way of knowing off the top of my head (i.e. how many times I check socials).

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Yes it's good to think about it

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

good thought. Maybe a qualifier about things like Netflix, I wasn't sure if that counts

5. Any other comments, suggestions, recommendations, and/or commendations?

/ I would not pay for this

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

yes it is user friendly

• very easy

• Great feedback at the end of assessment

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

yes! It shows practical steps of what to do and shows where I lack.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

yes!

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

I don't think it is missing anything.

5. Any other comments, suggestions, recommendations, and/or commendations?



It's a great way to be aware. I don't think young people are aware of how much we use of digital devices and the consequences. These days it has become a mundane act that we are numb to.

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

yes it is simple and straight forward

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

the Self-Assessment was super helpful to ~~help~~ give me insight about myself through the questions

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes it helps

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

✓ I think it helps someone with heavier intake of info. But for someone like myself, it gave me feedback and practices that I already do

5. Any other comments, suggestions, recommendations, and/or commendations?



7A

BETA TESTING

Infobesity Self-Assessment Prototype

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

look into it. | try to add a check mark
or a submit button instead of submitting
as soon as you tap an option

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

yes b/c you can see how
much their use is.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

yes b/c it gives recommendations

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

infographic based. ? | graphs at end? visual aids?

5. Any other comments, suggestions, recommendations, and/or commendations?

nope!

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes, the questions are clear and the form is easy to use.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Yes, it does. The questions help me reveal to me my digital habits and its effects.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes, I think so. It gives me awareness on my digital habits and looking for ways to change it. There was one question that stood out to me, and that is "Is Jesus your filter in my digital consumption?"

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

verbage of the
 I think it is missing the purpose of the self-assessment.
 I would like to see a more thorough explanation for the results.
 open video.

5. Any other comments, suggestions, recommendations, and/or commendations?

Stakeholder - Ariten

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?
 - a. Very user friendly.
 - i. No login needed. Simple questions and answers.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?
 - a. I think many of the questions in themselves made me think.
There were questions that I have never asked myself before.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overloaded and how to respond to the digital age redemptively? Why or why not?
 - a. The resources and habits were very practical and concise
 - b. It would be great to have a statement like, "Pick one digital habit and one redemptive practice that you will begin to implement this month."

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would that be?
 - a. I would at networking and/or connecting with friends to Q8
 - b. Q9 – can you define screen fatigue.

5. Any other comments, suggestions, recommendations, and/or commendations?
 - a. The questions has asterisk (*) and I was expecting them to clarify something but they did nothing. (might just be a typeform thing)
 - b. I need clarification on Q4 – by distracted does it mean that when on social media I go down rabbits holes or I often go on social media as a distraction
 - c. "Mute your phone when you are in a worship service to focus on what is saying to you." This was under digital habits. Needs some grammatical help.

(*)

follow up

add clarity

(*)

Stakeholder - Dove

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes-helpful. Straightforward. Easy questions to be asked / answered.
need to rely on gut-reaction, not overly thinking about a response though.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

Yes- takes into self-evaluation of where time is being spent.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Some. In Digital habits and redemptive practices is helpful.
item "Mute your phone when you are in a worship service to focus on what is saying to you".
Should be more clarified. What God is saying to me? What the pastor is saying?... ?

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

So now that I've been evaluated at a level of some infobesity-what really is the next step?

5. Any other comments, suggestions, recommendations, and/or commendations?

How does one work at not trying to justify this type of behaviour? Just because its

1

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes

Questions & answer options could be more targeted or specific options
(legend what rarely vs sometime vs often mean for people)

I agree
age-based?

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

personally not me but I can see that it can be helpful
for initial assessment

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Good initial assessment recommendations

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

Not enough information for me to comment

5. Any other comments, suggestions, recommendations, and/or commendations?

more specific & explanations

open
with

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

YES, THE USER CAN EASILY RESONATE WITH THE QUESTIONS. MOREOVER, CHOICES ARE EASY TO THINK ABOUT.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

YES. QUESTIONS CREATES ADDITIONAL AWARENESS THAT OTHERS ALSO EXPERIENCE.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

YES, IT IS ~~RELEAS~~ RELATABLE & ENCOURAGES THE USER TO UNKNOWINGLY

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

QUESTIONS PERTAINING TO ADDICTION THAT IS BEING BROUGHT BY THE DIGITAL WORLD.

5. Any other comments, suggestions, recommendations, and/or commendations?

YA

BETA TESTING**Infobesity Self-Assessment Prototype**

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

Yes. I appreciate the back button.

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

I think so. It paints a pretty clear picture of screen time habits, warning of their risks and suggesting strategies to fight overconsumption.

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

Yes. All the resources were logical, practical and applicable.

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

Not that I can think of.

5. Any other comments, suggestions, recommendations, and/or commendations?

N/A

But NOT only is Jesus our tekton within our digital practices but he invites us to redeem the digital space within our own tablets.

ii. Tekton within our Tablets (John 14:6)

Throughout Scripture, in fact, over 100x Scripture refers to God writing the Tablets on our hearts.

Jeremiah prophesied this reality; during a very difficult and devastating history with God's people, a promise from God in Jeremiah 31:33,

I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.

In short, the promise what not a physical tablet (found in the 10 commandments) but a rewritten one on the hearts of people found in relationship with Jesus.

Fast-forward 800 years later, and Jesus said in John 14:6, as a response to having the tablets written our hearts,

"Jesus answered, "I am the way and the truth and the life." – Jesus (John 14:6)

We need to respond to our digital tablets as Jesus invites us into the tablets of our own hearts.

How?

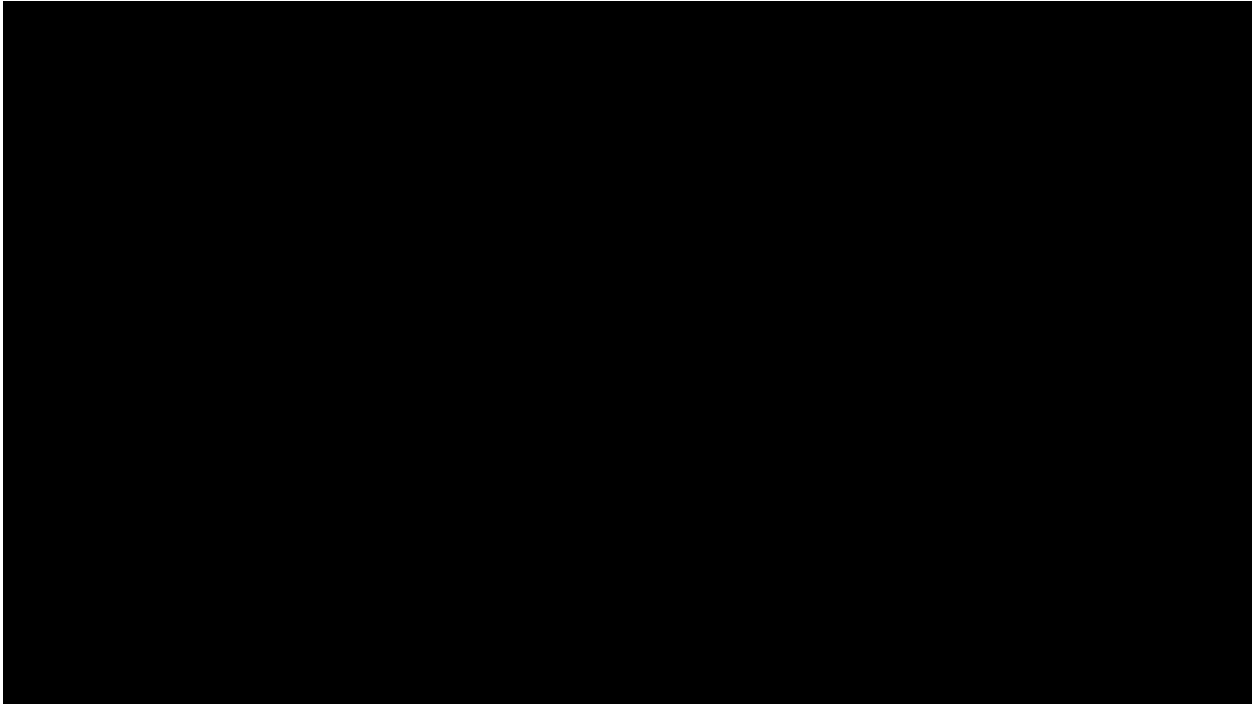
"I am the WAY,"

- How is the Digital Garden leading you to be MORE like Jesus?
- How is the digital garden allowing you to BE more like Jesus?
- Is your digital practices leading people to experience Jesus?

Jesus is the WAY, not google, but God. Jesus leads to salvation and hope and healing. Even though the digital garden desires to be so, it falls short. Why? Because God transforms us through tekton, not technology

Prototype Design: Cycle Two

Welcome Video (Andy)



Parent, Pastor, Student, Non-Faith assessments

www.andygabruch.com/redeemdigitalspaces

Feedback Loop #2: Research Questions

Friend!

Hope you are doing very well today.

I wanted to send this to you, as you have been a part of my doctoral journey on digital information affecting our spirituality with Jesus (at some point), to get your wisdom on it.

I have developed a redeem digital spaces page. It includes a self-assessment on practicing digital awareness, how to develop healthy digital habits, and how to redeem the digital space.

IF you can go through one of the assessments as a parent, pastor, student, or non-faith option, that would be amazing!

The page is at <https://andygabruch.com/redeemdigitalspaces>.

Please type DEMO2022 in the promo code.

If you can send me your feedback based on the assessment (the resources, the practices, reflection questions, and/or community), that would be of great value to me. There is a feedback option on the webpage.

If you have any questions, feel free to reach out to me anytime.

FYI, the PROMO code will expire on April 15, 2022.

Thanks again!

Best,

AG

- What is your first impression of the webpage?
- What assessment did you do?
- Were the self-assessment statements easy to understand? If not, which statements did NOT make sense? How can I make it more clear/understandable?
- Did the result page resource you? Encourage you? Build you up to develop healthy digital habits? If not, why?
- Are there any statements you would like me to add to the assessments?
- Are there any outcomes you would like me to add / subtract to the results page?
- Anything else you would like to add? recommend? commend? suggest?
- And, if you feel comfortable, feel free to send this to your family and friends to go through. I would love to get their feedback with fresh eyes.

Feedback Loop #2: Research Findings

Devan

Pastors edition

- needs auto play for video Auto

- Change titles and names on the video
- If your on a phone, then change it (format)

QR code and promo (how will you get this out?)

Applied questions rather than assumed questions?

Laura

Parents Edition

Edit suggestions:

Question 10, Less 30x / day
 Question 11, sports (add to it)
 Question 13, define screen fatigue
 Question 14, always true for me
 Question 15, for me, it is always my clock
 Question 25, social anxiety define
 Questions 33, skip it

Cynthia

Video was good.

Non-faith edition

Would like to see this demographic change to adult for pastor and ministry leaders (assessment).
 Felt out of place.

Nonfaith for “adult”

Website simple and clean

Add another catagory in the assessment

“Ministry volunteer”

“For pastors and ministry volunteers”

Aesthetically make sure the boxes are all the same

I have a difficult time posting online

Parent resources

- info graphs for parents
- Practical Ideas for parents

“This assessment is private and safe. We will not be taking your information.” Verbiage for introduction.

Nonfaith demographic, connect to social science with the outcomes.

NOTES / Follow-up

Website intro

Has your digital habits increased during Covid? Stats / science

Prototype Design: Cycle Three

Final prototype is presented at www.andygabruch.com/redeemdigitalspaces

Feedback Loop #3: Research Questions

Your feedback is IMPORTANT to us!

When you fill out this form, it helps us to be at our best.

In fact, your feedback is SO important to us that we want to give YOU a chance to win a \$25.00 Amazon Gift Card on us
(announced at the end of each month)!

Thank you SO much!

Have a GREAT day!

Name *

First Name

Last Name

Email *

Subject *

Information Overload Feedback

Was the assessment user friendly? Why or why not? *

Did the assessment increase self-awareness towards your digital habits? Why or why not? *

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? *

Was there anything missing from the assessment? Why or why not? *

Any other comments, suggestions, recommendations, or commendations? *

S U B M I T

Feedback Loop #3: Research Findings

Feedback for Parents Assessment:

9 → I am easily distracted when I am on social media. *

- ☐ A Never true about me.
- ☐ B Rarely true about me.
- ☐ C Occasionally true about me.
- ☐ D Often true about me.
- ☐ E Always true about me.

OK ✓

Not sure of the intent behind this question. Is it that I am easily distracted by social media? Is it that I am easily distracted while on social media (so lots of random rabbit trails)? People I engage with would likely say they block out everything else (or are consumed by) their social media while engaged in it.

5 → I pick up my digital device to check on my social media platforms approximately: *

What about less?

- ☐ A 30x/day
- ☐ B 40x/day
- ☐ C 50x/day
- ☐ D 60x/day
- ☐ E 70+x/day

OK ✓

6 → I have experienced **emotional symptoms of anxiety** when I am not on my digital device: *

- ☐ A Never true about me.
- ☐ B Rarely true about me.
- ☐ C Occasionally true about me.
- ☐ D Often true about me.
- ☐ E Always true about me.

OK ✓

Either provide a definition of what are emotional symptoms of anxiety
Or reframe question to be a checkbox list of them

7 → I have negatively **compared myself physically** to other people on social media? *

- ☐ A Never true about me.
- ☐ B Rarely true about me.
- ☐ C Occasionally true about me.
- ☐ D Often true about me.
- ☐ E Always true about me.

OK ✓

Might be interesting to have a question about comparing in general.
Then follow up with what types of feelings are normally associated.

13 → **This past week**, I have experienced screen fatigue. *

Definition?

☐ A Never true about me.

☒ B Rarely true about me. ✓

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

OK ✓

Not sure this is phrased super clearly. Perhaps, my screen time has... or my online habits have been better/worse? Not sure. This is also the first time 'online habits' has been used.

14 → My online habits **have increased since COVID**. *

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

OK ✓

18 → **My faith is important** to how I practice my social media activity. *

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

order of answers reversed here. Should keep consistent for ease of user

Maybe reword as it is likely not
'constant' if its occasional or rarely
true.. "I struggle to ..."

32 → **I find it a constant struggle** to monitor my childs' digital usage. *

☐ A Never true about me

☐ B Rarely true about me

☐ C Occasionally true about me

☐ D Often true about me

☐ E Always true about me

Sent via form submission from [ANDY GABRUCH](#)

Name: Jeremy Breedveld

Email: jeremybreedveld@gmail.com

Subject: Redeem Digital Spaces Assessment

Was the assessment user friendly? Why or why not?: Yes, it was. I appreciated the smooth transitions and workflow, resulting in a relaxed experience. The wording of the answers were confusing for some questions but definitely worked for others. I think the final page, which showed the digital symptoms etc. could be formatted in a more structured/artistic way. Currently, the spacing is a little bit off putting and doesn't necessarily look as "official" as it could.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: Yes it did. I don't often look at how often I pick up my phone, but this assessment increased my awareness of how often I do.

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : I would say so, yes. It made me aware of how my faith can help in my discernment of false information and I'd like to look into that further. I appreciated the digital symptoms that I may/may not be experiencing.

Was there anything missing from the assessment? Why or why not?: Not that I can think of.

Any other comments, suggestions, recommendations, or commendations? : I think it asked really thought provoking questions and provided me with some good information and resources to go forward with!

Does this submission look like spam? [Report it here.](#)

Sent via form submission from [ANDY GABRUCH](#)

Name: Julia Turner

Email: juliaturner08@gmail.com

Subject: Assessment Feedback

Was the assessment user friendly? Why or why not?: 1. Not really sure what to choose when I was on the home page.

I am a student, but found that apparently I do not fall under that category (bc of my age).

I am not a parent or a pastor. Would not have thought to click (non-faith) - as I am a Christian.

So wasn't really sure what button to press. Maybe use a different word than non-faith

2. Font could be more visually appealing.

3. Clicks were was easy to use and engaging.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: No, as I already am self-aware. May not appeal to my generation? I was brought up in the age of social interaction. ;)

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : No.

But suggestion, Maybe when Recommended Digital Habits you could start from most important to least? But also make it more visually appealing. Icons? Need more CIA's

Was there anything missing from the assessment? Why or why not?: Interactive tools on the finally assessment page (Digital symptoms/recommended digital habits page).

Missing/Change - provided in the "any other comments, suggestions, recommendations, or commendations?"

Any other comments, suggestions, recommendations, or commendations? : Maybe have Questions 2-3 as a separate Category for just basic info questions. Or add this to your Hello! Page (before you begin the assessment?)

2. Are you? (Please choose a demographic)

Change/Adjustments: What demographic are you?

3. What is your age?

Change/Adjustments: What is your age category?

Change/Adjustments: Actually Assessment – I would add a more specific intro layout of how to answer the questions, could add, “make sure to use your first institute response”

4. I approximately spend how many hours online for entertainment, gaming, and/or social media per day (excluding work and/or school):

Change/Adjustments: I “spend (or invest)” approximately hours/ per day actively engaging in online entertainment, gaming, social media, online shopping (I guess online shopping can be included into entertainment?), and is not limited too.

*Excludes work and/or school time spent online.

Options:

Say hrs/day? Instead of hours/day – minor detail

5. I pick up my device to check on my social media platforms approximately:

Change/Adjustments: I pick up my digital device (does this encompass computer/mobile/tablet, or all?)

6. I have experienced emotional symptoms of anxiety when I am not on my digital device?:

Change/Adjustments: I have experienced emotional symptoms (what do you mean by this? Can you be more specific? Are you just wanting to focus on anxiety? Or other emotions? Fear?)

7. I have negatively compared myself physically to other people on social media?

Change/Adjustments: I have negatively compared my" physical appearance" to other people on social media

14. My online habits have increased since COVID.

Change/Adjustments: This can be subjective – as some of us were forced to go digital b/c of remote. So this could be true for most of the pop? Especially, for those at work or in school Again using the word Online. (social media platform habits? Or overall?)

20. I have private and/or secret social media accounts to display different aspects of my life.

Change/Adjustments: Would this encompass potential small business accounts?

25. I am less productive in my job/and or at my school work when I am online.

Change/Adjustments: When you say online, do you mean social media platforms?
Not really sure about wording on this one.

26. I am easily offended when people disagree with me online.

Change/Adjustments: Again is this social media platforms when you state "online"? Is this when you post a photo on IG or a share on FB? Or just when you are offended when someone post something that you disagree with?

Does this submission look like spam? [Report it here.](#)

Sent via form submission from [ANDY GABRUCH](#)

Name: Nathan Benecke

Email: nathanb777@gmail.com

Subject: Information Overload Feedback

Was the assessment user friendly? Why or why not?: Yes, very good on both PC and mobile devices

Did the assessment increase self-awareness towards your digital habits? Why or why not?: Yes, although only a few questions were compelling and though provoking, most questions felt forced or generic.

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : Yes, really enjoyed the practical insights and recommendations

Was there anything missing from the assessment? Why or why not?: Yes, the Gospel. Why should we redeem our digital spaces? As far as I could see there was no heart changing compelling Gospel reason given. Felt more like self help, than true Gospel motivated conviction. Any other comments, suggestions, recommendations, or commendations? : As someone who has no social media presence but definitely uses digital spaces for entertainment, I found the questions a little vague at times.

Some questions like "My faith is important to how I practice my social media activity" was also very vague. I am not even sure I know what that means.

May God bless you as you continue to fight for the hearts and minds of people, thank you for your work.

Does this submission look like spam? [Report it here.](#)

Parent Edition

for the question.. "are you distracted" when using social media? ... ie. someone could be focused... depending on how the question is interpreted... A person could be 'focused' while using social media. and the result may be miss interpreted with the results...

Parent Editon

Overall. I found both the language and the order of answers to be inconsistent. The order of the answers were switching back and forth making the "better" or more right answer at the top (as noted in a screenshot or two). In an assessment like this, I wouldn't want the participant to feel judged. The language was sometimes online, sometimes social media, sometimes online habits, but at the front it talked more about digital in general which didn't seem to be the focus. Social media was. The video intro wasn't specific to parent (the one I chose) so probably better to branch after the intro video than before it or make one for each stream. There were some great questions but more need slight tweaks to be sure you are measuring a single thing. Don't feel like its something I would pay for but I also am not really on social any more. Felt like some of the phone related content could be broadened to include alerts/texts etc.

I would think it would have a bit more explanations and definitions of terms as well. As I felt unsure on some of my answers.

A few topics that might have been interesting: use of device for bible or devo study (not sure if there is research to say its better or worse to do), use of device for planning/scheduling, how much time do you spend on a device (check your screen time in settings), what apps are most used (might feel a bit more data driven), also perhaps discuss some of the upside of digital devices and ways its helps/improves your life.

Just ideas /thoughts take 'em if they resonate or just leave 'em. Thanks for including me. Have a good one.

Sent via form submission from [ANDY GABRUCH](#)

Name: Luc Straforelli

Email: straforelli@icloud.com

Subject: Information Overload Feedback

Was the assessment user friendly? Why or why not?: Yes very. Only thing I would do is maybe add a back button... unless there's a reason there isn't one.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: No, I'm pretty aware of my digital habits already, both the good and the bad

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : No, I feel like for me I already knew all the insights and recommendations that were given based on my answers.

Was there anything missing from the assessment? Why or why not?: I think maybe some of the answer prompts could have been a bit different based on some of the questions. My answer felt confined to the choices I had when maybe my answer was something in between or different.

Any other comments, suggestions, recommendations, or commendations? : I would make an option that is less than 30x for "how many times do you pick up your phone for social media". Cause mine is less than 30x.

Kind of confused about number 9. "I am easily distracted when I am on social media". Does that mean I am easily distracted AWAY from social media or BY social media?

Does this submission look like spam? [Report it here.](#)

<https://www.loom.com/share/29716211e0a74f2b932945d18210213d>

Other

Evangelical Fellowship of Canada Technology Book Club (April 2022)

Technology is meant to solve problems but can cause more problems.

- Batteries for electronic materials
- The invention of the car with manure on the roads to cure pollution
- The extraction of mining for electronic products

The war of Ukraine has made Zelensky a war hero before the war is done.

- His face is bigger than live because of the screen

The presence of the Kingdom (to understand Ellul)

- He wrote this before the Technological Society

- What is a place of a Christian in the world (1948)

McLuhan

- Technology, essentially, is aspects of we rather than things that are outside of ourselves.
- And yet transcends our limitations of humans with time and space.
- Technology could become more and more efficient beyond the human capacities

Ellul

- Resiliency, for example, is being needed in
- There are unexpected consequences with technologies
 - Everything TV touches turns to media
 - Social media touches attention seekers

Young people feel parents are damaging their social life by monitoring their digital practices because of the relationships they are making.

Digital senses (great concepts)

Digital communities are meant to connect where Biblical community is meant to transform us.

How does the Gospel intersect with the digital world?

If, as McLuhan mentioned, technology is the extension of the human embodiment, then how can we incarnationally be the Gospel with technology.

Charles Taylor book, Malaises

3 Malaises in the modern age

- Ellul, the loss of meaning and fade of moralism
- The face of
- The loss of freedom

Stories are being used for symbols and signs as memes in their own tribes and communities.

Ellul, technique is married through different technologies to communicate the means.

Multiplication of means is the result. There are no ends. Technique is the means and the end.

Technique says you can't resist progress.

Resources

Sorcasas (Christian Academic), Technology and Christianity

Philip Rief (Duke University Philosopher), culture is defined by what we so no to.
Contradictions. My Life on the Death Works

Ellul technology destroys cultures because you cannot say no do it. Technology is amoral and objective in design, but the values of different culture make is based on how they use and see technology

Pandora Box regarding regulate and moderate technology is already too late. It doesn't really matter.

Raising self-awareness (material embodiment). Forming communities to build digital disciplines of spirituality in community could be important. Life your best like regarding efficiency. Christian practice, story (before anything else), can cultivate space for Christianity to thrive. Creating alter-communities could be a part of the answer of the tsunami of unregulated and unmoderated technology.

Fundamentally, Christians need to be different and life a lifestyle that is counter cultural if Christians want to make and difference in society.

Ellul informed Ilac to Charles Taylor to Hagel

How to Survive the Apocalypse

The Secular Age

Allen Borgman, Technology and the Culture of Contemporary Life

Notes

Share my assessment to them. Get their feedback

PROTOTYPE TWO: BOOK PROPOSAL

Prototype Design: Cycle One

Proposed Titles:

Redeeming Digital Spaces:
Overcoming Information Overload and Discovering Your Purpose in a Digital World

Redeeming Digital Spaces:
Overcoming Information Overload and Discovering Your Purpose in the Digital Age

Redeeming the Digital Space:
How to be Jesus in a Digital World

Infobesity:
Finding Purpose in an Information Overload World

Redeeming Digital Spaces and Places:
Discovering God's Very Best for You in a Digital World

Living in a Digital Garden:
Redeeming Digital Spaces and Places

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Ancient Memes

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Soul
Mind
Strength
Relationships

PART TWO: RESPONDING TO A DIGITAL WORLD

Chapter Six: Infobesity Awareness

Responding to Levels of Infobesity
Infobesity Self-Assessment

(Soul, Heart, Mind, Strength, Relationships)

Chapter Seven: Jesus in a Digital World

Jesus as the Ultimate Techie
Tablets of the Heart
“I Am the WAY”
“I Am the TRUTH”
“I Am the LIFE”

The Jesus Brand (to add)

Chapter Eight: Community in a Digital World

Connect

Transform

One Another Commandments

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Chapter Ten: Discerning the Digital Age with the Word

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Conclusion

Introduction

Have you ever experienced information overload from being online for too long?

Of course, we all have.

Whether you are a parent, teacher, construction worker, pastor, student, or a stay-at-home mom, we have all experienced information overload from the digital world.

And, it is shaping us more than you may know.

A COVID Culture

From the world shutting down because of COVID to schools suddenly becoming digital, the entire world has experienced the impact of being online like never before.

Terms like “brain-fog” and “screen fatigue” and “death scrolls” became the norm.

Our social media practices increased, our work suddenly went online, and communicating with loved ones moved from face-to-face to FaceTime.

We became a digitalized culture in the span of days, thanks to COVID.

Have you experienced this phenomenon? Has your digital practices changed because of COVID?

A COVID Generation

In my household, the takeover of the digital world started in March 2020. This is when my part of the world shut down as COVID was sweeping across the nation. Schools, recreational centers, movie theaters, and churches all became digitized in the matter of moments.

I will never forget the day when my wife and I had to set up four children stations with four different digital devices to help our children shift from school being onsite to being online. To be honest, it was organized chaos. Four different stations, four different digital devices, four classrooms happening in one home.

We became homeschool digital teachers overnight.

Brain fog and screen fatigue became real.

Working alongside our children to help them engage in their online learning was a challenge. We were teachers, parents, chefs, and employees all at the same time. And to add to all this, there were no places to go - no gym, no community, no church.

You can feel with me, right?!?

So, naturally, our home became digital. We added digital devices, increased our network speed, and we worked, played, learnt, and communicated online in our home. And, to some extent, I am thankful for this.

And yet, I am not.

My wife and I call this the COVID generation.

Fast Forward to a post-COVID world, and our children are more distracted (and perhaps addicted) to their digital devices like never before. No joke, my kids have forgotten their lunches, chore lists, and the most important meal of the day, breakfast, because they are scrolling on their digital devices. School assignments have been late or rushed or extended because of gaming, communicating, or being entertained online.

For consequences, the number one power grab for us as parents is to take their digital devices away. And even though we continually moderate their digital consumption, it is a continual struggle to keep them from becoming digital zombies.

Maybe your household is experiencing the same thing.

According to

Consumption levels stats

Signs + Symptoms (psychology)

Where to go from here?

PART ONE: LIVING IN A DIGITAL WORLD

Chapter 1, Introduction: The Digital World

When was the last time you asked yourself, “How many hours do I spend online?”

What am I watching?

Who am I following?

What are my digital habits?

Am I distracted from key relationships? Or from my work? Or in my education?

Have you ever asked these questions?

In 2014, one of the best athletes in the world experienced the effects of not asking these questions.

At the time, he was playing in one of the most prestigious tournaments in the world. And, his social media practices caused him to be distracted from being at his best for the tournament.

His digital habits caused him to get frustrated, underperform on the ice, and consequently, his team placed second in the tournament.

The following year; however, as the captain of the team, he encouraged his teammates to stay off social media for the tournament. Why? So they can focus on winning, stay engaged in the tournament, adjust their game when needed, and give their very best in one of the best tournaments in the world.

And guess what! They won gold.¹⁵⁷

Now, if you ask Connor McDavid if limiting his social media usage during the World Juniors was the deciding factor to winning the World Juniors in 2015, he would not be able to give a defining answer. With that said, though, it does point to what can happen when we understand our digital habits, regulate digital usage, and be at our best.

Fast forward six years later, Connor McDavid, who is considered one of the best hockey players in the world now, advised Connor Bedard as the captain of the Canada Team at the World Juniors to, “stay off of social media.”¹⁵⁸

Why would McDavid give that advice to Bedard?

It is simple. Our digital habits affect us.

Current research reveals how our digital habits affect our relationships, our performance at work, our problem-solving skills, how we handle stress, our physical and mental well-being, and ultimately our purpose in this world.

(psychology/science stat)

It is true.

Digital Habits

During pre-COVID era, the average digital user was consuming digital information between 3-4 hours / day.¹⁵⁹ As we enter into post-COVID era, the average digital usage is 7 hours/day.¹⁶⁰

¹⁵⁷ World Juniors Championship, 2015.

¹⁵⁸ TSN pre-competitive game between Canada vs. Russia, Dec 23, 2021 (7:54 in the 3rd period).

¹⁵⁹ Tech Wise family, Crouch (2017)

¹⁶⁰ Center of Technology and the Internet (US stats)

Now, you might be thinking to yourself, “of course I spend more time in the digital world! I spend more time on the internet because of work or for school.”

But, this is not what I am addressing. What I am saying is the amount of time people spend online to be entertained.

Not only are our digital habits increasing throughout the day, but the amount of digital users around the world are increasing too. Pre-pandemic numbers in the US were approximately 230 million people. Post-pandemic, these numbers have increased by 65 million people (in the short span of 2 years).¹⁶¹ Those numbers are truly amazing.

How about you?

Has your digital consumption increased during the pandemic? Has your digital habits changed because of COVID? Are you online to be entertained?

If so, how?

Obviously, we are moving towards an increasingly digital world. A technological world that is here to stay.

So, what does that mean for you and I?

Advantages

Well, I am thankful for the digital world. I can connect. Work. Play. Build relationships. I can be more productive and efficient. I can communicate and get my ideas out to the world. I can interact and even inspire others.

I am in the digital world every day!

Access

But not only am I in the digital world every day, I have access to all types of resources and information. I can find information on how to fix the lights in my car or give me tips on how to build a deck in my backyard. I can find the latest updates of the best gym in town or how to sign-up my kids for swimming lessons.

I can pay bills in moments. I can watch the news or sports in real time. I can access any question or concern or struggle I am facing. The possibilities are practically endless in the digital world.

Abundance

¹⁶¹ Center of Internet (US stats)

But not only do I have access to the digital world, but the abundance of information is literally amazing.

I can find millions of articles and resources on subjects I enjoy. I can join an online class or course in seconds. I can enhance my career in moments. I can scroll through trends and themes. I can learn from different platforms, literally, at the same time. I can read books or listen to podcasts throughout the day.

The abundance of information at my fingertips is mind boggling!

Availability

And yet, not only am I thankful for the access of information at my fingertips or the abundance of information but the availability of information.

I can connect to the digital world anytime, anywhere.

Growing up, I was in the dinosaur land of dial-up internet. Back then, there was an abundance of information at my fingertips but the access and availability of information was a long way off.

Now, we don't have to wait.

We have digital devices, hotspots, and cafes. We have high speed internet. Multiple G networks. Data plans.

From the cars we drive to the homes we live in to the places we work at to the activities we play in to the food we eat or places we go to the availability of the digital world, it is all around us.

And I have to ask myself, with all the advantages to the digital world, has it caused unforeseen disadvantages? And if so, what are those disadvantages?

What are the disadvantages have you seen or experienced in the digital world?

According to the research, there are three key disadvantages the digital world has caused.

Disadvantages

Algorithms

In 2005, researchers designed algorithms to help digital users shift through the enormous amounts of information from the digital world.

It was a genius move.¹⁶²

¹⁶² Google Platform were the first big tech company to design algorithms

Algorithms are meant to help you shift digital information through your digital habits. As this is amazing, it does have some limitations.

You see, when algorithms (known as artificial intelligent (AI) software and/or hardware) shift through your digital practices, AI will naturally create biases in your digital practices.

An example of this is when you are scrolling through a golf website or an article for work or trendy fashion store online and suddenly a pop up shows up or in your social media feeds.

This happens to all of us.

Even more so, as you are exploring, filtering, shifting, studying in the digital world, your information searches are slanted. It might confirm what you are thinking, feeling, and experiencing but the digital world doesn't offer you a widening view because algorithms are at work.

On the other hand, a few big tech companies use algorithms to advertise or to share biased business practices to engage your digital habits.

And without understanding the design of algorithms based on our digital habits can become dangerous to our well-being.

Autonomy

Another interesting unforeseen consequence of the digital world is autonomy.

Autonomy is a fancy word that represents YOU.

As AI feeds your digital habits, your perspectives in life, work, education, and purpose becomes further personalized. Your opinions, outlooks, and preferences become enhanced in the digital world.

What you watch. What you read. Who you follow becomes autonomized. What you see. What you feel. What you hear is based on your perspectives. And, without being aware of how AI is feeding your digital world, it is like your opinions become truth.

And interesting enough, even though you and I are more connected than ever before, we are the most self-confessed lonely culture ever before.

Why is that?

For the first time in history, we have governing officials who are ministers of loneliness.¹⁶³ Since the invention of the smartphone, loneliness has jumped 30% in young to late adolescents.¹⁶⁴

¹⁶³ Britian + Japan

¹⁶⁴ Debatable but the facts remain (sources)

Loneliness, if unchecked, is more damaging to the human body than smoking one pack of cigarettes in a day.¹⁶⁵

This is just one of the unforeseen consequences of being in the digital world with unchecked digital habits leading to personalization.

In short, we are not designed to be autonomous. We are called to relationships. We are not designed to simply connect with each other but to learn from each other in community.

And yet, because of the autonomy the digital world has created, we are seeing an increasing reality of loneliness experienced in our digital world rather than deepening relationships.

Why is that?

Authority

And this leads me to the final unforeseen consequence of the digital world, the problem of authority.

Simply put, authority is whoever and whatever you submit your life to.

If you submit to yourself, then the ultimate authority is yourself.

If you submit to your spouse, then your spouse will have ultimate authority over your life.

And yet, authority is NOT just about who or what you submit to, but whoever writes your story.¹⁶⁶

You can write your story...

Socials can write your story...

Your past can write your story...

Google can write your story...

OR...

God can write your story...

The question is, who is the author of your story?

This is why I am writing this book.

¹⁶⁵

¹⁶⁶ Len Sweet

It is meant to understand the digital world, how to respond to it, and how to redeem the digital world we live in.

The rest of this book is to help you understand the digital world. How to respond to the advantages and disadvantages of the digital space. And, how to redeem those spaces as a follower of Jesus.

Chapter Two: The Digital Trinity

The digital world is designed to entertain you.

If you are aware of your digital habits, you will realize how the digital world tries to do this to you.

Likes. Hearts. Feeds. Dings. Notifications. Buzzes. Are all meant to keep you entertained.

Videos. Scrolling. Alerts. Clicks. Are meant to keep you engaged.

And in doing so, it is easy to become distracted and unproductive from being the very best we are created to be.

So, how does the digital world entertain you?

Well, simply put, the digital world entertains you by connecting you to the world around you, by consuming as much online information as possible, and/or clicking on whatever your fingertips desire.

I call this the digital trinity.

Connect

First of all, the digital world is meant to connect you and I. We are more connected with relationships, products, programs, games, platforms, apps, social media, fill in the _____ (blank) than ever before.

We can connect with anyone at any time anywhere whatever our fingertips desire.

We can game with our friends or strangers (or with ourselves). We can ask questions, get answers, find solutions to our problems. And, we can find these connections with an increasing amount of efficiency.

In the matter of milliseconds, really, the digital world is at our fingertips.

Amazing, isn't it!?!

Not only is the digital world about connecting, but it is about consuming.

Consume

The digital world is meant to be consumed. Not only can you find whatever your heart desires, you can consume products, videos, be alerted to what is happening around the world, and even consume relationships in a matter of moments.

In fact, from 2002 to 2003, the digital world amassed 500 years worth of human knowledge on the internet.¹⁶⁷ According to researchers at the University of California at Berkeley's School of Information, there is more information being produced in the digital world in the last 30 years than the last 5000 years combined.¹⁶⁸

Crazy, right!?!

Furthermore, experts believe the next 100 years will produce 100,000 years worth of content on the digital space.¹⁶⁹

The amount of online information to be consumed is more than ever. Even right now, as you are reading this, 1.3 billion pictures are being uploaded onto the internet every and each day (and growing).

In short, the digital age is meant to entertain you.

Click

But not only is the digital world connecting you or consuming you with information but is built around you clicking practices.

You are what you click.

Your clicks lead to purchases, downloads, influencers, increased information.

Your clicks communicate with big tech companies your likes and dislikes, your tastes and preferences, your outlooks and values, your good and bad habits, and arrange your online habits to keep you clicking.

In short, what you click keeps you entertained.

So, where do we go from here?

If unchecked, how do your digital habits affect your relationships? Or with your work or school?

Even better yet, how do your digital habits affect your relationship with Jesus?

¹⁶⁷ Source for research paper

¹⁶⁸ UCG link

¹⁶⁹ WLS, research paper

And if so, how can you respond?

Chapter 3, Infobesity

Information Overload

This reminds me of a story of the very first people of history who experienced the effects of too much information.

It starts at the beginning of the human race. Adam and Eve had the perfect relationships with God, each other, and themselves.

Now... let me pause for a moment.

Imagine to yourself what a perfect relationship would look like?

Now, I am not talking about that person you think could give you a perfect relationship but relationships where there is no conflict or pain or heartbreak. With no misunderstanding or blame. With no issues with miscommunication. It would be heaven on earth!

Imagine!

And Adam and Eve had that! There was no sin or pain or shame. There was no conflict or brokenness or mental health issues. There was no death or destruction.

There was no loneliness.

In fact, Adam and Eve didn't know what sin was. They never experienced sin. They never experienced separation from God or others or from themselves.

Imagine! They were living in perfect harmony.

And yet, they decided to choose to eat from a Tree in the middle of the Garden called the Tree of Knowledge of Good and Evil. It was this tree, when they participated in eating it, they experienced information overload at the highest of levels.

The Bible puts it this way, "at that very moment, their eyes were opened..." (Genesis 3:7a, NLT) Eugene Petersen comments, "immediately the two saw what was going on..." (Genesis 3:7a, the Message).

And they ate the fruit, their eyes were open to sin, to brokenness, to evil. They didn't know the serpent was evil and enticing them till AFTER they ate the fruit. They were manipulated, confused, and lonely for the first time!

They experienced information overload.

They decided to put themselves at the center of their story rather than God's Story.

As a response, the writer of Genesis shows us, "they suddenly felt shame and hid themselves..." (Genesis 3:7b)

Adam and Eve experienced shame, hurt, guilt for the first time. They blamed each other for their overwhelming information overload. They hid themselves from God (even though it is impossible to hide ourselves from God).

And, ultimately, their information overload led them to death. Not only physical death but spiritual death. A death separated from God. The most painful death. A death that could not be redeemable from human achievements or pursuits but through a righteous, just, and loving God.

I wonder, do we experience the same effects from information overload?

Have you ever felt disconnected when you are digitally connected?

Have you ever experienced confusion from information in the digital world?

Have you ever been in conflict online?

Think about it, I believe we all have!

Researchers call this phenomenon infobesity.

Infobesity is experiencing information overload from the digital world.

And yet, I would take it a step further.

Infobesity is not just experiencing information overload but paralyzing you and me from our very best.

Think of Connor McDavid, who is considered the best hockey player in the world, who struggled with infobesity.

Consider the BC mayor, who limited his social media presence to focus on his city rather than catering to a few complainers online.¹⁷⁰

Consider the 1 in 3 adolescent women and 1 in 5 adolescent men who struggle with social comparison online.¹⁷¹

Consider the growing number of examples of people who are experiencing infobesity each and every day.

¹⁷⁰ <https://www.cbc.ca/news/canada/british-columbia/facebook-free-february-interior-mayors-1.6356105>

¹⁷¹ Resource page

Has infobesity paralyzed your purpose? Has information overload caused you not to be at your very best? Or give your best?

Fake Information

As you would know, not all information in the digital world is real. There is an increasing amount of fake information out there.

There is misinformation. False information. Damaging Information. Hate information. Trolling. Bullying. Hurtful information.

Interestingly enough, big tech companies have confessed their design of misinformation increases sales in advertising for their businesses.¹⁷²

Crazy, right!?!

These companies, who are not regulated or moderated by ethics commissions or government policy, produce misinformation because their platforms have realized how fake information keeps you and me engaged in the digital world.¹⁷³

Consequently, people have experienced harmful or hurtful or confused being in the digital world.

And unfortunately, the signs are all around us.

Not only is there false information online, but experts suggest a third of the internet is operated by bots.

Fake Relationships

This is especially experienced on social media. Social media companies have hired people to use fake accounts and relationships to attract digital users.¹⁷⁴

Another example of this is in younger generations. 8 out of 10 young people have confessed to having, at least, one fake social media account to express themselves in presumably safe places.¹⁷⁵

Now, to put this in perspective, it is likely your social media followers, friends, and accounts have bots entertaining you.

Have you noticed this?

¹⁷² Facebook confessions (co-founder), 2017

¹⁷³ Facebook Inquires, 2022.

¹⁷⁴

¹⁷⁵ Source

And with all this fake information, digital bots, and faceless social media accounts, how can we respond to this?

How can we respond to a digital age that is not regulated or moderated by big tech companies or governments or by loving relationships?

Even more importantly, how do we create digital habits as followers of Jesus?

How do we empower our adolescents from infobesity?

How do we filter through fake information?

How do we respond to infobesity?

Chapter Four: Fingerprints

In 2005, for the first time in history, someone physically died from infobesity. That's right! Someone has actually died from information overload in the digital world.

A young man by the name of Lee Seung Seop played an online video game for fifty-eight hours straight with very little food or water, and no sleep.

Amazing, right?! I didn't even know this was possible.

The subsequent investigation into the cause of his death was heart failure caused by exhaustion and dehydration. He was only twenty-eight years old.¹⁷⁶

In fact, the number of people dying from infobesity is increasing every day. Why? Because of unchecked consequences of infobesity.

You might be asking yourself, "so what!", "That is not my Andy." Or, "who cares?!?"

And yet, if we are all honest with ourselves, we have experienced some level of infobesity (even when we don't know it).

Ancient Memes

In Exodus 32, we see the digital trinity at work. It is a story of how we are all designed to be entertained; even if it costs us.

It is a story of where God is put on the sidelines because of humanity's desire to be wooed.

It is a story we can learn from, if we are aware of the infobesity around us, and how to design our digital habits.

¹⁷⁶ Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage your Emotions.

And instead of telling you the story, I'd rather show it to you. This painting is an ancient meme, if I can call it that, of a painter displaying to his audience what is happening in Exodus 32. Take a look.¹⁷⁷



Now, before you scan this photo and keep reading, what jumps out to you about this painting?

Take some mental notes. What jumps out to you?

What jumps out to you about God?

Or about the people?

Or about the Golden Calf?

How does this ancient meme jump out to you about you?

You see, this story is about the reality of how you and I want to be entertained. And if unchecked, entertainment can lead to an idol.

If unchecked, it can even lead to death.

In the opening verses of Exodus 32, Moses goes to the mountain to hear from God. To start a new covenant with God and His people after 400 years of slavery in Egypt.

And what do the people do?

They get impatient. They want to be entertained.

After 40 days of waiting for Moses they turn back to 400 years of slavery. They go back to what they know best – go back to the practices of Egypt.

They build a god...

And this is not just any type of god, it is a golden calf.

This golden calf represents the gods of Egypt, not the God of the mountain.

Even though the people could literally see, feel, and ultimately experience God (of a pillar of smoke at night and fire during the day on the mountain), they wanted to be entertained.

The same God who delivered them from the Egyptians, who humbled Pharaoh in front of them, who provided a God-defying miraculous act through the Red Sea, and performed miracle after miracle to sustain and provide for His people, they still wanted to be entertained.

Sounds like you and me, right?!?

The calf doesn't speak. It doesn't feel. It is lifeless. And, this is what God's people turn to when they are impatient with Moses; and ultimately, with God.

I wonder if we are the same...

They exchanged the fingerprints of God in the tablets for their own fingerprints of a calf.

They rejected God's relational covenant found in the Ten Commandments for their own tablets.

You see, the digital world is designed to appease our tendencies to self-reliance. The digital world is created to be consumed; to entertain; to be efficient. And the access to all of this information at our fingertips (that we cannot humanly process) shifts our perspective to the digital trinity of entertainment rather than to God.

Because we (I am meaning humanity) become impatient. We wanted to be like God. We wanted to act like God. To think like God. To know things like God.

And guess what?

The golden calf episode in Exodus 32 shows us we got what we wanted...

And yet we didn't...

It led to further separation from God. It led to a history where Israel would struggle time and time again with golden calves and idols for another 1400 years till the days of Jesus.

(explain Jeremiah / Kings of old)

If we don't learn from the lessons of divine history, we will exchange the fingertips of God for our own fingertips.

If we don't respond to our digital habits, we will ignore the tablets of God for our own digital tablets.

We will want to create our own stories for our own glories.

(selfie philosophy // psychological findings)

We will focus on how to build our own images rather than embrace His image for us. We build our own digital brands in the hope to be famous or influential rather than build a Jesus brand to make Him famous, instead.

Unchecked, the digital world will consume us.

Unfiltered, the digital world will become the authors of our lives.

Who is the author of your story?

Chapter Five: Levels of Infobesity

The Tablets of Old had ten statements to abide by. It was God's way to redesign His people from the values of Egypt towards a new identity in God.

It was a way for them to be set free from the idols of the world to find fulfillment and purpose in God.

And because of the Exodus 32 debacle of rebellion and secularism, the people of God had to abide by 613 commandments found in the Levitical law. These laws were created by God so that the people of God would experience a relationship with God rather than the fleeting entertainment of human hands.

(expand on some of these commands)

And yet, we don't need these commandments anymore. God created a way through Jesus where we can experience God with only two.

We see this in Mark 12:30-31 as Jesus said,

“Love the Lord with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself. There is no commandment greater than these.’”

Ten Commandments to Two.

Ten Statements to Relationships.

Stone tablets to tablets in our hearts.

Jesus changed the game!

Jesus provided a divine way to tackle information overload.

And yet, before we explore how Jesus did this, we need to understand how information overload affects our relationship with Jesus.

Heart

When Jesus was referring to the heart, he was not referring to a physical organ. He was addressing our well-being. Another way to look at it is that our hearts represent our emotions.¹⁷⁸

How does infobesity in the digital world affect our emotions, you might be asking?

According to experts, the signs of information overload can range from increased feelings of depression, social and or personal anxiety, feelings of self-harm, and confusion of personal identity or purpose.

I call this an infobese heart.

Have you ever shown symptoms of an infobese heart?

How has the digital trinity affected your emotions?

(story)

(stat)

Not only does infobesity affect our hearts and emotions, but unchecked amounts of information can cause damaging effects on our souls.

Soul

¹⁷⁸ Another word for heart in Greek is emotions. (source)

Research continues to measure the loneliness epidemic in culture. As some of the reasons has already been discussed, the main cause of loneliness is not the absence of events or relationships but an absence of purpose.

This is the concept of personal confidence. Anything outside of finding identity and purpose in God will leave us lacking for more. Anything outside of God's design will lead to further confusion and frustration of purpose and meaning.

According to the Search Institute, confidence is built on eight core competencies and eight exterior expressions. None of which is based on the digital trinity.

These core competencies include mentoring relationships, expressing your voice, finding positive activities to enjoy, helping others, and healthy family relationships.

And yet, our souls are not created for the digital space. Our souls are created for the One who created the Space. Our souls are created by God for God.

And, as an example, loneliness, lack of purpose, and increased amounts of self-destructive thoughts in adolescents continue to rise¹⁷⁹ if you and I don't regulate our digital habits.

Have you experienced higher levels of loneliness?

Why is that!?!

Because, as Jesus has mentioned in Mark 12:30-31, our souls are meant to be enjoyed by God not entertained by a digital world.

Mind

The third sign of infobesity is in our minds.

The research of the mind and the digital world has been the most extensive in the last few years.

One of the most prominent ways the Digital Trinity entertains you online is to keep you happy. Everytime you get a like or heart or ping, you will experience a dopamine hit.¹⁸⁰

Dopamine is the chemical reaction causing a shot of happiness in your body. And yet, because there are limited amounts of dopamine available, your next shot of dopamine needs to be more potent depending on what you watch, experience, post, or hear online.

Due to this, by design, more and more people are experiencing social media addiction.

¹⁷⁹ source

¹⁸⁰ <https://www.wsj.com/articles/digital-addictions-are-drowning-us-in-dopamine-11628861572?mod=e2fb>
<https://www.theguardian.com/technology/2017/nov/09/facebook-sean-parker-vulnerability-brain-psychology> (the

You might be minimizing this reality but it is increasing in our world. What we search, do, compromise, and act out in ways to get more likes, comments, shares, and hearts in the digital world is real.

At a summer camp one year, I remember a young woman who was struggling with social media addiction.

Without her being aware of it, her digital habits were becoming more and more focused on likes, followers, and hearts rather than the One who loved her heart.

For her, her posts, pictures, and digital practices were justifiable because of how much attention she was receiving.

And I understand! Who wouldn't want more followers or likes?

But for this young lady, Jesus was not part of her digital world. For her, her body image and comments from strangers were more important.

Have you been there?

Have you allowed attention from the digital world to affect your relationship with Jesus?

When I asked this young lady if she ever posted about her faith or a picture of reading Scripture or making a difference in her community, she confessed she tried to but would delete those posts as she didn't get as much attention from the digital world.

In other words, her digital habits were being filtered through likes and hearts rather than the heart of Jesus.

How about you?

Even more so, according to researchers about the digital world and the mind, the amount of information found from the digital world has caused cognitive overload.¹⁸¹ This includes decreased levels of retention, mental distractions, and can lead to increased levels of stress for a digital user.

Research reveals our minds can only filter and process a certain amount of information. To address infobesity, tech companies are wrestling with AI options to filter information according to our brain waves.¹⁸² Other companies offer digital meditation or regulation to help with mental overload.¹⁸³

¹⁸¹ <https://www.fastcompany.com/3067233/this-is-how-you-future-proof-your-brain-against-increasing-distractions>
¹⁸² <https://www.fastcompany.com/3043094/meet-the-woman-who-combined-neuroscience-tech-and-mindfulness>

¹⁸² <https://naralogics.com/>

¹⁸³ <https://www.fastcompany.com/3043094/meet-the-woman-who-combined-neuroscience-tech-and-mindfulness>

As you can see, these responses are genuine but limited. We must become self-aware enough to understand how our brains are being shaped by our digital habits.

But not only does information overload in the digital world affect our hearts, souls, and minds but it also affects our physical well-being.

Strength

According to an extensive internal review from one of the largest social media tech companies in the world, they concluded their platforms have caused damaging affects because of infobesity.

Anything from physical comparison to eating disorders in younger women to body image competition in adolescent men to extreme cases of turret-like have been symptoms from high digital usage.¹⁸⁴

Have you experienced these symptoms yourself?

The digital world is seen in filters, not necessarily in real life. The symptoms of digital usage with physical comparison reveals this tension.

Increasingly, this should be enough to cause alarm of the harmful effects information overload causes on digital users.

And, even more so, big tech companies are motivated to simply amass enormous amounts of wealth, not the physical well-being of their subscribers.

Due to this, we need to be aware of the levels of infobesity we are experiencing. As Jesus rightly points out, well-being includes all aspects of life including our physical well-being

Relationships

But how can we be aware of our digital practices?

How can we understand the effects of infobesity in our lives?

And, how does infobesity affect our relationships with Jesus?

This second part of the book will address these questions.

PART TWO: RESPONDING TO A DIGITAL WORLD

Chapter Six: Infobesity Awareness

¹⁸⁴ https://www.wsj.com/articles/facebook-knows-instagram-is-toxic-for-teen-girls-company-documents-show-11631620739?mod=series_facebookfiles
<https://news.jrn.msu.edu/2017/12/male-body-image-pressure-increases-with-influence-from-social-media/>

In part of our research on infobesity, we found levels of information overload in each of our digital users. From young professionals to pastors to young adults; to non-believers to adolescents to parents levels of information overload were present in their digital habits.

And with that said, it was difficult to determine the level of their infobesity unless the digital user was aware of it.

In one particular study, the participants expressed that obesity didn't have any merit or effect or concern towards their digital practices and in their relationship with Jesus or with each other or themselves.

In short, they just didn't care.

And on the other hand, our research didn't want to cause further amounts of information overload to digital users.

So, we decided to design an infobesity self-assessment. This assessment is to empower the digital user to understand their level of information overload.

Furthermore, this assessment will offer people the awareness of their digital habits and how to respond constructively.

In fact, before we go any further, I would like you to take 5-10 minutes to go through the assessment. When you go through this assessment, it will reveal your level of information overload you are experiencing and how to respond to the digital world.



Infobesity Self-Assessment

Ok, now that you are back, what level of infobesity are you experiencing?

What digital habits do you need to apply?

What redemptive practices should you start today?

The core of this book is to help answer these questions.

Chapter Seven: Jesus in the Digital World

Jesus as The Ultimate Techie

(Digital Habits from Jesus)

In Mark 6:3, we see Jesus as a “son of a carpenter.” The word carpenter from this passage of Scripture comes from the word, “tekton.” It is the word we get for “technology”.

Practically speaking, this word means “to create; to be a masonry; or poet; or to build.”¹⁸⁵

You see, Jesus – who was present when God wrote the ten commandments with His fingertips (the same fingertips who created the galaxies, universe, Earth, you and me) – is the ultimate tekton.

Jesus moved the tablets from Mount Sinai to the tablets of our hearts.

As we have seen,

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.” – Jesus (Mark 12:30-31)

In short, Jesus is meant to influence our digital usage.

How?

To transform our hearts.

Tablets of the Heart

Throughout Scripture, over 100x Scripture refers to God writing the Tablets on our hearts.

Jeremiah prophesied this reality; during a very difficult and devastating history with God’s people, a promise from God in Jeremiah 31:33,

“I will put my law within them, and I will write it in their hearts. And I will be their God, and they shall be my people.”

Fast-forward 800 years later, and Jesus said in John 14:6, as a response to having the tablets written our hearts,

¹⁸⁵ source

“Jesus answered, “I am the way and the truth and the life.”

I Am The Way

Jesus is the WAY. Not Google, but God.

So many times, we go to Google before God. But, there are questions Google will not be able to answer.

Why?

Because Jesus offers salvation and hope and healing. Even though the digital world desires to be so, it falls short.

How can we transform our hearts and emotions? It is not through technology but tekton.

As Jesus is the WAY, we need to ask ourselves:

- How is the digital world leading me to be MORE like Jesus?
- How is the digital warden allowing me to BE more like Jesus?
- Is my digital practices leading people to experience Jesus?

(expand on technicism)

How does Jesus transform your digital habits?

I Am The Truth

Not only does Jesus offer a better way than Google, He is the Truth.

What is the highest form of knowing? In Scripture, to “know” is to “yada”. It is not just a cognitive knowing but Truth that is experienced.

When Jesus says, “I Am the Truth,” He is saying that the ultimate source of truth is found in Him. In a digital world where fake information thrives, the need for truth is needed more than ever.

As Jesus is the TRUTH, we need to ask ourselves:

- How is Jesus filtering the information we are watching, reading, interacting with in the digital world?
- How is Jesus the author of your life?
- Is my digital habits leading me to Truth?

Jesus never designed truth to be experienced alone. As we mentioned, autonomy or personalized modes of truth or individualist truths fall short to the Person of truth; a relational truth found in God.

(Truth through the senses)

I Am The LIFE

Not only does Jesus show us the Way to life or how to experience truth, but Jesus offers a full life. Jesus put it this way, “The enemy comes to steal, kill, and destroy but I have come to give life to the fullest.” (John 10:10).

In a digital world, it happens so suddenly and softly where socials begin to shape us more than Scripture. We put our identity in likes, hearts, and dings rather than the one who created us. At times, we are more focused on the reels and stories from our digital tablets rather than the One who redeems our stories.

My encouragement is to let Tekton lead you. Ask you questions to the God of the universe, not the algorithms of your digital habits. Go to the Spirit of Truth as He desires to speak Truth, not fake information, to you...

... Go to the Tekton of your life,

... Go to the Creator of the universe,

... Go to the fingertips of God rather than the fingertips of the digital world.

... Go to God.

So, how can we experience full life in a digital world? Ask yourself:

- How are you filtering digital information in your life?
- How are you building digital habits as a follower of Jesus?
- How are you redeeming the digital space for Jesus?

As Jesus is the Ultimate Techie, He should be the ultimate source of information.

Why?

Because Jesus leads to Truth.

(The Jesus Brand)

Chapter Eight: Community in a Digital World

As we have discovered throughout this book, we are not designed for autonomy.

Personalization of information leads to further confusion of who we are. And based on the autonomy of the digital world, there can be lasting and damaging effects to our mental, physical, and relational well-being.

The reality of ghosting, canceling, and tribalism causes further levels of loneliness.

And yet, we are designed for community. As we see in the Garden of Old, God created us for relationships - with God, with each other, and with ourselves.

The digital world connects us, but it is the Biblical community that transforms us.

In a digital world, we need both.

(Community with God, ourselves, and with each other** expand in book)

Chapter Nine: The Spirit of Truth in a Digital World

Chapter Ten: Discerning the Digital Age with the Word

PART THREE: REDEEMING DIGITAL SPACES

Chapter Eleven:

Incarnational Living Online

Redeeming Practices

Information

- Share information that redeems (encourages, uplifts, points to Jesus)

Interaction

- Interact with others through questions (Jesus main mode of communication) was through dialogue, not monologue

Inspiration

Share stories of real faith

Book Proposal – feedback loop research questions

BETA TESTING

Infobesity Self-Assessment Prototype

1. Is the Infobesity Self-Assessment user friendly? Why or why not?

2. Does the Infobesity Self-Assessment increase self-awareness for the digital user? Why or why not?

3. Does the Infobesity Self-Assessment empower the digital user towards applicable and practical resources regarding information overload and how to respond to the digital age redemptively? Why or why not?

4. Is there anything missing from the Infobesity Self-Assessment? If so, what would it be?

5. Any other comments, suggestions, recommendations, and/or commendations?

Book Proposal - feedback loop ONE (March 28.22)

Set the stage with the story for the WJ story. Tell the big story first so people can be engaged.

Watch your tenses. Stay in the present or the past.

Alliterations are good. Work on them.

Emphasis on stories and expanded.

Chapter 1

230 with 65 million more.

What does that mean? Why is the increase? Who is the increase in regard to stats.

A personal interaction since Covid (add a personal story).

Have personal engagement in the verifying why we are talking what we are talking about.

Share the reasons of why you are talking about this. Share the hearts.

Why are you saying why you are saying. Share why it is dangerous. Algorithms for example.

Share solutions as you go through.

Practical solutions around social media use. How does this plan in my real life. What is an immediate practical way to address this.

Here are some pondering thoughts / reflections on how to handle this / hope.

Chapter 2

Be more direct: "Our digital habits affects us more than we know."

Our digital habits are affect you. Affecting me. Without you even knowing it.

Not just about entertainment but for a purpose. A purpose to take over.

Entertainment seems to be all about fun and games but your being sold.

Chapter 3

Elude to fake relationship, fake information.

Take the fake part deeper.

Chapter 4, take more on loneliness

Story about loneliness culture ever.

Why is that? Why are we so lonely?

Chapter 5, personalized truth

What is truth?

Chapter 4, golden calf

Explain tablet and heart better.

Jeremiah verse about the tablet.

When we are impatient we are always on my phone. We try to fill that void rather than waiting on God.

It is fake fill.

Chapter 5, levels of Infobesity

Be more specific in the strength section. Physical part and the part of this chapter needs to be stronger.

It was your weaker.

Add stories to these levels. And psychology.

Story - psychology - scripture

Talk through the justification of social media of addiction.

Use personal stories.

Body image and physical image. And filters.

Our own images vs Gods images. Expand on this.

Peer pressure online. Expand?

Guard your heart and mind in Christ Jesus. What does this mean in a digital context? How can we put on the armour of god?

How does this play out in my life?

Chapter 7

Story

Expand on this. Let's Jesus set the example.

Practically speaking, how does Jesus with tekton transform my digital habits?

Tangible and transformational practical needs.

Is God Siri?

It isn't through technology but through the creator, Jesus.

Expand on technicism (technology) and Jesus

How can Jesus ever know And navigate and deal with Facebook or technology rather than Jesus.

Everything is permissible but not beneficial

(Foreword)

Who is this book for? Talk about readership in your introduction.

Work on introduction

Story of Covid and kids on screens

Who is this book is for?

Final comments

Why do we need community? Tell me why

Appendix E—Project Appendix Documentation

Part One: *Infobesity* Assessment Page

ANDY
GABRUCH

[HOME](#)
[REDEEM DIGITAL SPACES](#)
[DUCCO MENTORING NETWORK](#)
[DUCCO RESOURCES](#)
[UPCOMING SCHEDULE](#)
[ABOUT](#)
[CONTACT](#)

REDEEM DIGITAL SPACES

Welcome!

Have you experienced information overload online?

Have you experienced screen fatigue?

Have you even been distracted from work or school or key relationships because of your digital pings, dings, and feeds?

Well, if we are honest with ourselves, we all have!

Whether you know it or not, our digital devices shape us. And, if you are a student, pastor, leader, a construction worker, a professional, or even a stay-at-home mom, we have all been influenced by the digital world.

With that said, do you know **HOW** your digital practices are shaping you?

Well, we have developed a series of responses to help you understand your digital usage! This includes the **practice of digital awareness**, the **practice of developing healthy digital habits**, and the **practice of redeeming digital spaces**.

Below is a series of assessments, resources, and reflection questions for YOU! Feel free to choose one and redeem digital spaces!

THE INFOBESITY ASSESSMENT

GENERAL

STUDENTS

PARENTS

PASTORS

JOIN THE COMMUNITY



Join the **Redeem Digital Spaces Community!**

We have ONLINE communities and workshops for parents, pastors, and students.

[CLICK HERE TO JOIN US!](#)

WE WANT TO HEAR FROM YOU!



Your feedback is IMPORTANT to us!

When you fill out this form, it helps us to be at our best.

In fact, your feedback is SO important to us that we want to give YOU a chance to win a Amazon Gift Card on us (announced at the end of each month)!

Thank you SO much!

Have a GREAT day!

Name *

First Name

Last Name

Email *

Subject *

Information Overload Feedback

Was the assessment user friendly? Why or why not? *

Did the assessment increase self-awareness towards your digital habits? Why or why not? *

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? *

Was there anything missing from the assessment? Why or why not? *

Any other comments, suggestions, recommendations, or commendations? *

SUBMIT

Part Two: *Infobesity* Assessment (template)

Hello!

Welcome to the INFORMATION OVERLOAD assessment.

As we live in a digital age, the purpose of this assessment is for you to be aware of your online habits, how information overload is affecting your spirituality, and to respond to digital information redemptively.

Based on your responses to the statements in this assessment, you will be empowered to identify the level of information overload



1 → **Do you have a PROMO CODE?***

Enter promo code here

Type your answer here...


- 2 → **This assessment will provide you a detailed report** of your digital usage, empower you with digital habits, and redemptive practices for the digital world. *

Description (optional)

Your credit card will be charged: **CA\$9.99**

We never store your card number or CVC number

 Secured by **stripe**



Name on card

Jane Smith

Card number

Card number

- 4 → **What is your age?***

Description (optional)

☐ A 10-25

☐ B 26-35

☐ C 36-45

☐ D 46-55

☐ E 56+

[Add choice](#)

- 5 → I approximately **spend how many hours** online for entertainment, gaming, and/or social media per day (excluding work and/or school):*

Description (optional)

☐ A 1-2 hours/day

☐ B 2-4 hours/day

☐ C 4-6 hours/day

☐ D 6-8 hours/day

☐ E 8+ hours/day

[Add choice](#)

- 6 → I pick up **my digital device** to check on my social media platforms approximately:*

Description (optional)

☐ A 30x/day

☐ B 40x/day

☐ C 50x/day

☐ D 60x/day

☐ E 70+x/day

[Add choice](#)

7 → I have experienced **emotional symptoms of anxiety** when I am not on my digital device:*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

9 → I am on my **digital device before I go to sleep.***

Defined as scrolling on your social media feeds and/or gaming two hours BEFORE bedtime.

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

8 → I have negatively **compared myself physically** to other people on social media?*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

10 → **I am easily distracted by my** social media feeds.*

Distracted by social media from work, key relationships, and/or school.

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

11 → **I feel lonely when I am on my social media feeds.***

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

12 → **The main reasons I am on my social media platforms are for...***

Please choose your top two.

Make between 1 and 2 choices

☐ A Business.

☐ B School.

☐ C Entertainment.

☐ D News.

☐ E Gaming.

[Add choice](#)

13 → **This past week, I have experienced screen fatigue.***

Screen fatigue symptoms include mild forms of eye strain, headaches, and insomnia from computer and/or digital screens.

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

14 → **I am on social media to:***

Choose more than one.

Choose as many as you like

☐ A Connect with friends.

☐ B Connect with family.

☐ C Stay up to date with news.

☐ D Buy and sell.

☐ E Other?

[Add choice](#)

15 → **My online habits have increased since COVID-19.***

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

16 → **When I wake up in the morning,** the first thing I do is pick up my digital device.*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

- 17 → **I have experienced cyber bullying, intimidation, and / or manipulation** on my social media platforms in the past month.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

- 18 → **I have engaged with online activities** as a way to escape from my problems, disappointments, and/or stress in my life.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

19 → **My faith is important** to how I practice my social media activity.*

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

20 → How many selfies do I take in a day?

A selfie is a self-portrait picture with a digital device and shared on social media

☐ A 0

☐ B 1-2

☐ C 3-4

☐ D 5-7

☐ E 8+

[Add choice](#)

21 → **I catch myself mindlessly scrolling** on my social media platforms.

Description (optional)

☐ A Never true about me

☐ B Rarely true about me

☐ C Occasionally true about me

☐ D Often true about me

☐ E Always true about me

[Add choice](#)

22 → **I have shared posts, pictures, and/or updates of my faith** on my social media platforms.*

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

- 23 → **I have private and/or secret social media accounts** to display different aspects of my life.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

- 24 → What I post on my social media platforms are based **on how many likes, hearts, and/or shares I can get from other people.***

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

25 → **My faith is important to what I engage with online.***

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

26 → **I find online community and friends more influential in my life than my family and/or friends at home and/or school.***

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

27 → **I have experienced social anxiety** at school or at home when I am not on my digital device.*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

28 → **I have been confused, distracted, and/or experienced hurt** by others for sharing my faith online.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

29 → **When I engage with online information**, my faith helps me discern what is fake or real information.*

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

30 → **I am less productive in my job and/or at my school work** when I am online.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

31 → **I am easily offended** when people disagree with me on my social media platforms.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

32 → **My main purpose for being on social media** is to reveal my faith to others.*

Description (optional)

☐ A Always true about me.

☐ B Often true about me.

☐ C Occasionally true about me.

☐ D Rarely true about me.

☐ E Never true about me.

[Add choice](#)

33 → **I have taught on digital habits** to my ministry or church in the last 12 months?

Either with a class, course, or sermon.

☐ A Never true about me

☐ B Rarely true about me

☐ C Occasionally true about me

☐ D Often true about me

☐ E Always true about me

[Add choice](#)

34 → **I have seen side effects of digital information overload with individuals in my congregation?**

Description (optional)

☐ A Yes

☐ B No

☐ C Maybe

☐ D I dont know

☐ E Other

[Add choice](#)

- 35 → **I have had to set boundaries** for my ministry, students, volunteers, and/or church concerning their digital device usage during services, ministry events, programs or camps?

Description (optional)

☐ A Yes

☐ B No

☐ C Maybe

☐ D I don't know

☐ E Other

[Add choice](#)

- 36 → **To have your results page emailed to you with ongoing resources**, please provide an up-to-date and current email address below.

Description (optional)

[name@example.com](#)

Part Three: *Infobesity* Outcomes Page (reference)

General



Digital Symptoms

You may be experiencing mild forms of digital information overload. Your symptoms may include mild anxiety, job and/or school distraction, and mild social isolationism.

If not addressed, you may experience stress and anxiety in relational conflict, lack of coping skills when dealing with disappointments in life, and/or loss of production in your life, lowered relational skills, and may stunt cognitive reasoning.

Recommended Digital Habits

- Limit your digital usage 2 hours before bed and after you wake up.
- Personalize your digital device settings to mute notifications to decrease distractions throughout the day.


Next Steps

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.
- Turn your phone off and/or on mute during meals with your family and/or friends.
- Silent your phone when you are driving, sleeping, and at the dinner table to minimize distractions.
- Plan for 30 minutes of activity / day (walk, run, hike)

Follow Up Resources


- We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)
- College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)

Digital Symptoms




You may be experiencing physical symptoms of digital information overload. Your symptoms can and may include mild sleeping disorders, fatigue, distractions from work or school, a lack of motivation in your life, and physical comparisons. If not addressed, you may experience stress-related diseases such as sleeping disorders, obesity, and/or hypertension. Extreme cases would include turret-like symptoms, brain fog, and/or eye strain causing underdeveloped eyesight (in pre-adolescents).

Recommended Digital Habits




Limit your digital usage 2 hours before bed and after you wake up.




Personalize your digital device settings to mute notifications to decrease distractions throughout the day.


Next Steps




Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.




Turn your phone off and/or on mute during meals with your family and/or friends.




Silent your phone when you are driving, sleeping, and at the dinner table to minimize distractions.



Plan for 30 minutes of activity / day (walk, run, hike)




Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you to regulate your digital habits when dealing with stressful situations.




Take a Digital Sabbath (a break from digital devices 1 day a week).

Follow Up Resources



We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)











College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)

Parent Recommendation

Digital Symptoms

PARENT RECOMMENDATIONS

 <p>Limit digital devices and computers to public and high traffic areas in your home.</p>	 <p>Spend dinners together without devices or distractions. Develop engaging conversations.</p>
 <p>Have a family charging station where digital devices are in one area</p>	 <p>Develop a no-access policy for digital devices at night.</p>
 <p>Set the example with your own digital habits.</p>	 <p>Bond together over a weekly family date.</p>
 <p>Develop meaningful conversations in the car</p>	 <p>Stay current. Read about current culture and technology articles</p>
 <p>Engage your children in activities or sports to disconnect them from their digital devices</p>	 <p>Get a library card for your children to access books</p>

Follow Up Resources

 <p>We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)</p>	 <p>College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)</p>
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"Our phones draw us into unhealthy habits not because we want unlimited information, but because we want to stay relevant and entertained." – Tony Reinke

Pastor

Digital Symptoms



You may be experiencing increased feelings of personal depression, personal and/or social anxiety, loneliness, and/or self-destructive thoughts. If not addressed, you may experience addictive behavior to online usage and may or may not include self-medicated habits, increased practices of online usage, confusion of your purpose and/or identity as a person.

Recommended Digital Habits



Limit your digital usage 2-3 hours before bed and after you wake up.



Personalize your digital device settings to mute notifications to decrease distractions throughout the day.



Turn your phone off and/or on mute during meals with your family and/or friends.

Next Steps



Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.



Align your digital practices to God's Word and Will for your life.



Get involved in a Infobesity cohort, or group at your church, school, or youth group to be connected.



Have a weekly digital detox (1 or 2 days / week).



Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you to regulate your digital habits when dealing with stressful situations.



Spend 10-15 minutes / day reading, responding, and reflecting on God's Word.



50% of digital users check their digital device in the middle of the night. Ages between 25-35 is 75% (How to Break Up With your Phone, Catherine Price)



An internal review of Meta's social media platforms reveal 1-5 men and 1-3 women compare themselves physically on their social media feeds (The Facebook Files, Wall Street Journal, 2021).

Pastoral Recommendations

Pastoral Resources

WAYS TO INFORM YOUR CHURCH OR MINISTRY:

- Educate your congregation by teaching a class or sermon series on the effects of information overload online.
- Use SMS and/or social media as an interactive communication tool during speaking engagements, services, and polls.
- Go through the Information Overload Assessment with your students, parents, congregation, and leaders.
- Offer digital moderation tools for families and/or small groups (such as Covenant Eyes, Digital Usage Apps, parental controls, Disney Circle).
- Learn futuristic trends and themes around technology as a pastor and/or ministry leader. Look for ways to leverage technology for your church (VR campus, online campus, Metaverse campus).
- Share information online (events, topics, websites) that is updated and current. Over 80% of people will go to your social media, your website, or google reviews of your church before they will walk into your church.

WAYS TO INTERACT WITH YOUR CHURCH OR MINISTRY:

- Interact with your ministry and church with the results in the Information Overload Assessment.
- Interact with your ministry and church on how to develop digital habits for your congregation, ministry, and/or youth ministry.
- Create spaces and places for solitude and communion with God for your congregation, ministry, and students (as digital usage creates isolationism and vanity leading to loneliness) to encounter.
- Develop a Small Group themed on Technology and Spirituality for people to address digital addiction in families.
- Offer digital addiction counselling to your church and community.
- Target ministry audiences and/or your community through social media platforms to boost your presence in the digital world.
- Use trends, polls, stories, and questions through social media platforms to interact with the digital world

WAYS TO INSPIRE YOUR CHURCH OR MINISTRY

- Share stories of people who have developed healthy online habits.
- Share ideas of how to develop redemptive practices in digital spaces.
- Develop social media platforms to your stories into the digital world.
- Hire a social media consultant and/or a ministry leader to develop your church online presence.
- Hire a social media consultant to increase online engagement for your church and/or ministry in your community.
- Share experiences in your church or ministry of "how-to's" to connect with God through social media platform
- Share testimonies of people being transformed by God in your social media platforms.

Student

Digital Symptoms




You may be experiencing mild forms of digital information overload. Your symptoms may include mild anxiety, job and/or school distraction, and mild social isolationism.

If not addressed, you may experience stress and anxiety in relational conflict, lack of coping skills when dealing with disappointments in life, and/or loss of production in your life, lowered relational skills, and may stunt cognitive reasoning.

Recommended Digital Habits



Limit your digital usage 2 hours before bed and after you wake up.




Personalize your digital device settings to mute notifications to decrease distractions throughout the day.




Turn your phone off and/or on mute during meals with your family and/or friends.

Next Steps



Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.



Mute your phone when you are in a worship service to focus on what God is saying to you.



Silent your phone when you are driving, sleeping, and at the dinner table to minimize distractions.



Plan for 30 minutes of activity / day (walk, run, hike)



Get involved in a small group at your church, school, or youth group.



Spend 10-15 minutes / day reading, responding, and reflecting on God's Word.

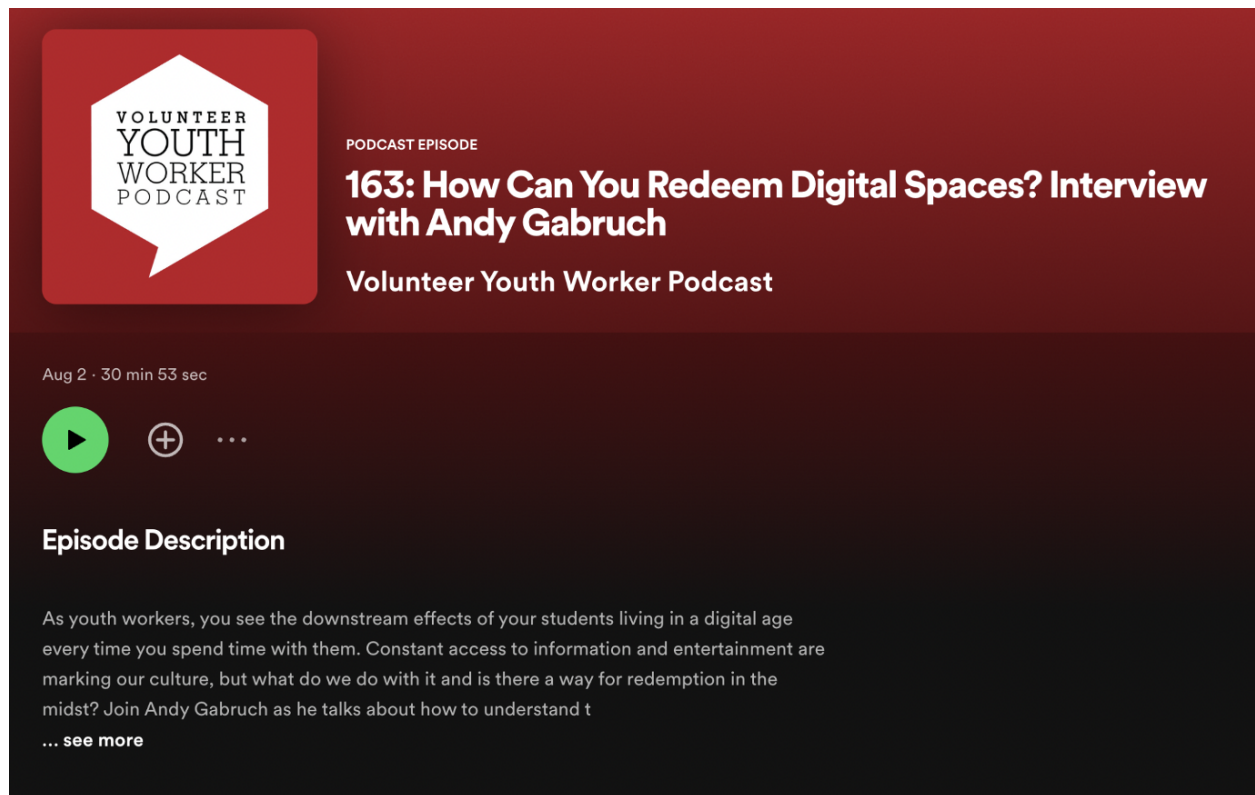


Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you to regulate your digital habits when dealing with stressful situations.



Develop a Digital Sabbath per week.

Feedback Loop One: Canadian Youth Workers Network



Jeremy Feedback – Volunteer Youth Workers

Have an email for the pdf and infograph through typeform.

Typeform promo code with youth pastors for student (bit-link).

(talk to Devan PDF and infograph).

Rollout July 11th. Infographs ready by July 4th

Feedback Loop Two: Typeform

admin.typeform.com

ANDY GABRUCH

Typeform - Workspaces

duco

Find workspace or typeform








PRIVATE

My workspace 7

My workspace Share

Create typeform

Date created Grid List

Typeform	Questions	Responses	Completion	Updated	Integrations
 BWAY Mens Breakfast_Oct1.22 Created: 01 Oct 2022	8	12	75%	01 Oct 2022	+
 BWAY Leadership Day_22 Created: 16 Sep 2022	8	68	79.07%	17 Sep 2022	+
 Information Overload Assessment General Edition Created: 04 Apr 2022	30	32	28.57%	16 Sep 2022	+
 Information Overload Assessment Parent Edition Created: 04 Apr 2022	37	16	33.33%	30 Jul 2022	+
 Information Overload Assessment Pastor Edition Created: 04 Apr 2022	36	13	28.89%	16 Sep 2022	+
 Information Overload Assessment Student Edition Created: 04 Apr 2022	33	48	55.81%	16 Sep 2022	+
 Information Overload Assessment TEMPLATE Created: 22 Feb 2022	37	34	77.27%	18 Jul 2022	+

Apps & Integrations

admin.typeform.com

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Typeform - Results

My workspace / Information Overload Assessment Parent ...

Create Connect Share Results

View

INSIGHTS SUMMARY RESPONSES [16]

All time All devices

Big picture

Views	Starts	Submissions	Completion rate	Time to complete
85	48	16	33.3%	07:27

Question by question

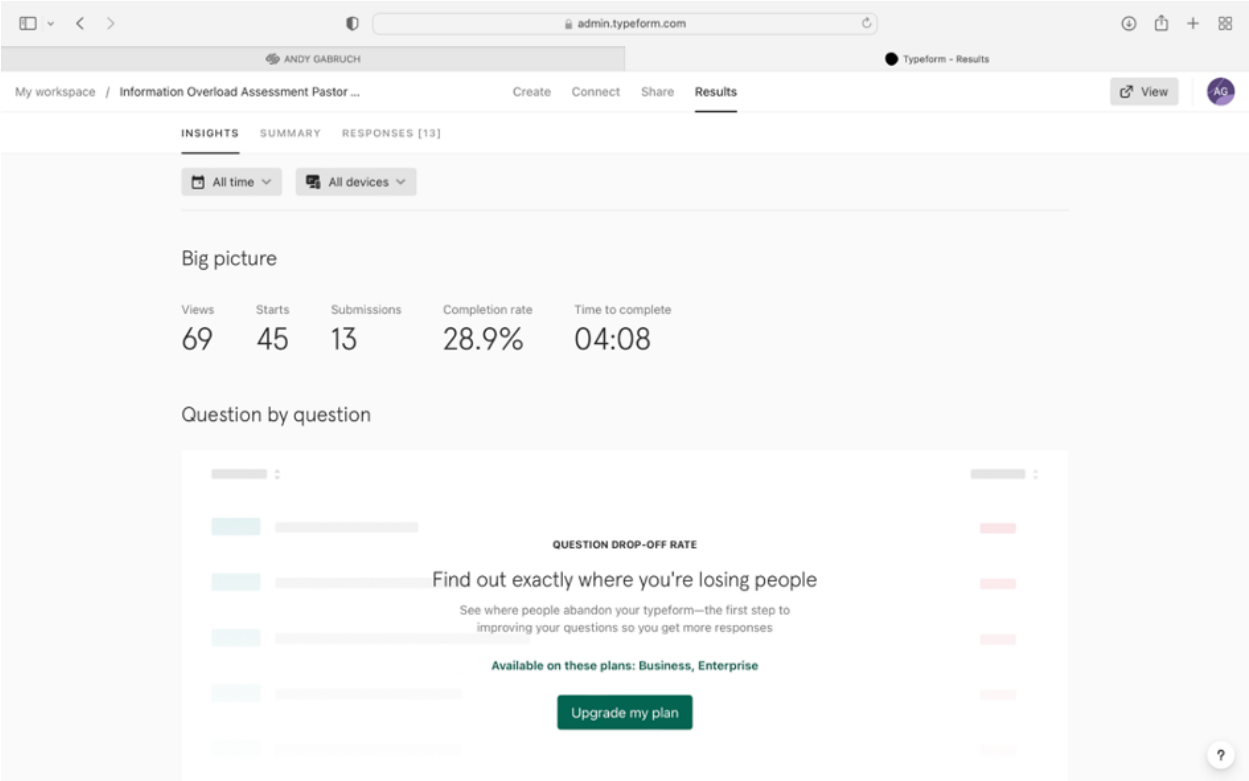
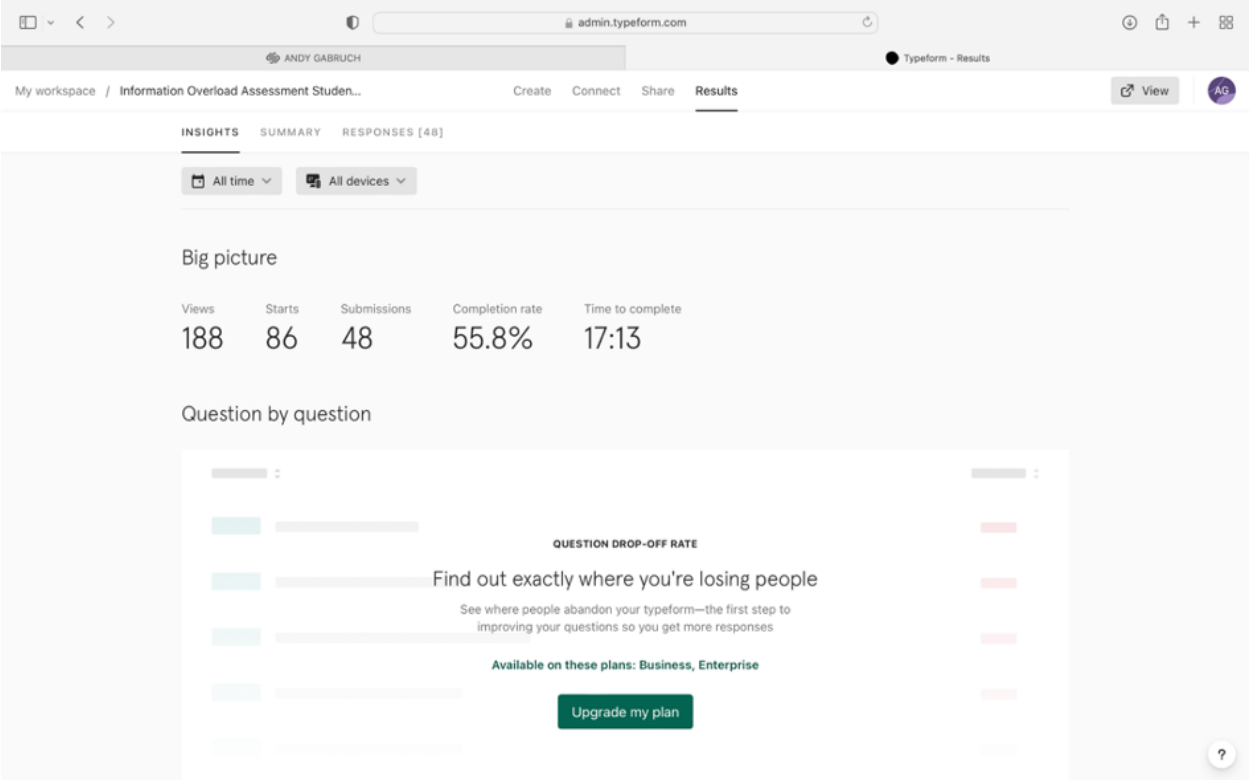
QUESTION DROP-OFF RATE

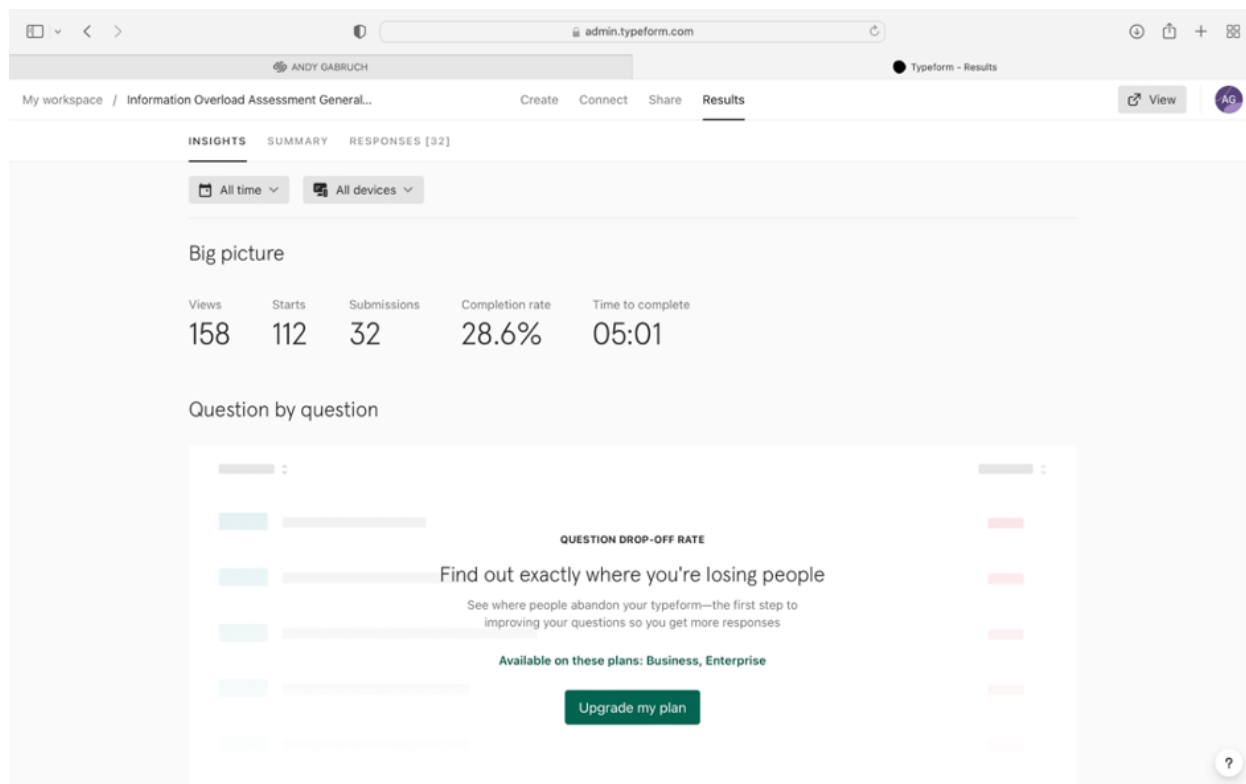
Find out exactly where you're losing people

See where people abandon your typeform—the first step to improving your questions so you get more responses

Available on these plans: Business, Enterprise

Upgrade my plan





Feedback Loop Three: Squarespace

Form Submission - New Form - Information Overload Feedback



Squarespace <form-submission@squarespace.info>

To: duco@andygabruch.com

Monday, April 11, 2022 at 10:36 PM

Sent via form submission from [ANDY GABRUCH](#)**Name:** Nathan Benecke**Email:** nathanb777@gmail.com**Subject:** Information Overload Feedback**Was the assessment user friendly? Why or why not?:** Yes, very good on both PC and mobile devices**Did the assessment increase self-awareness towards your digital habits? Why or why not?:** Yes, although only a few questions were compelling and though provoking, most questions felt forced or generic.**Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? :** Yes, really enjoyed the practical insights and recommendations**Was there anything missing from the assessment? Why or why not?:** Yes, the Gospel. Why should we redeem our digital spaces? As far as I could see there was no heart changing compelling Gospel reason given. Felt more like self help, than true Gospel motivated conviction.**Any other comments, suggestions, recommendations, or commendations? :** As someone who has no social media presence but definitely uses digital spaces for entertainment, I found the questions a little vague at times.

Some questions like "My faith is important to how I practice my social media activity" was also very vague. I am not even sure I know what that means.

May God bless you as you continue to fight for the hearts and minds of people, thank you for your work.

Does this submission look like spam? [Report it here.](#)

Form Submission - New Form - Assessment Feedback



Squarespace <form-submission@squarespace.info>

To: duco@andygabruch.com

Monday, April 11, 2022 at 10:40 PM

Sent via form submission from [ANDY GABRUCH](#)

Name: Julia Turner

Email: juliaturner08@gmail.com

Subject: Assessment Feedback

Was the assessment user friendly? Why or why not?: 1. Not really sure what to choose when I was on the home page.

I am a student, but found that apparently I do not fall under that category (bc of my age).

I am not a parent or a pastor. Would not have thought to click (non-faith) - as I am a Christian. So wasn't really sure what button to press. Maybe use a different word than non-faith

2. Font could be more visually appealing.

3. Clicks were was easy to use and engaging.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: No, as I already am self-aware. May not appeal to my generation? I was brought up in the age of social interaction. ;)**Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? :** No.

But suggestion, Maybe when Recommended Digital Habits you could start from most important to least? But also make it more visually appealing. Icons? Need more CIA's

Was there anything missing from the assessment? Why or why not?: Interactive tools on the finally assessment page (Digital symptoms/recommended digital habits page).

Missing/Change - provided in the "any other comments, suggestions, recommendations, or commendations?"

Any other comments, suggestions, recommendations, or commendations? : Maybe have Questions 2-3 as a separate Category for just basic info questions. Or add this to your Hello! Page (before you begin the assessment?)

2. Are you? (Please choose a demographic)

Change/Adjustments: What demographic are you?

3. What is your age?

Change/Adjustments: What is your age category?

Form Submission - New Form - Information Overload Feedback

Squarespace <form-submission@squares...

Friday, October 28, 2022 at 10:18 AM

To: duco@andygabruch.com

Sent via form submission from [ANDY GABRUCH](#)**Name:** Katelynn Jensen Smythe**Email:** misskatelynn97@gmail.com**Subject:** Information Overload Feedback**Was the assessment user friendly? Why or why not?:** Yes it was**Did the assessment increase self-awareness towards your digital habits? Why or why not?:** Yes**Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? :** Yes**Was there anything missing from the assessment? Why or why not?:** No**Any other comments, suggestions, recommendations, or commendations? :** Maybe directing it more towards habits that can be applied to how we live our lives (such as the selfie question maybe change to per week as some days I do and some I dont)**Does this submission look like spam?** [Report it here.](#)

Form Submission - New Form - Information Overload Feedback

Squarespace <form-submission@squa...

Wednesday, October 26, 2022 at 9:53 AM

To: duco@andygabruch.com

Sent via form submission from [ANDY GABRUCH](#)**Name:** Austin Toews**Email:** atoews@bc.paoc.org**Subject:** Information Overload Feedback

Was the assessment user friendly? Why or why not?: Yes. Very easy to go through. All the questions made sense. However, there were somewhere I felt the answer type did not fit the question.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: I feel like I am very self-aware already. These questions were all very familiar to things I have read.

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : Yes. I thought the "results" page was very band. There was a lot of information, and non of it stood out.

Was there anything missing from the assessment? Why or why not?: I couldn't find a back button.

Any other comments, suggestions, recommendations, or commendations? : I love that there was a video. I like that you have moved away from the word "infobesity". Love the "Redeem Digital Space" heading.

If you end up refilming the intro video, I would change the line "even... stay-at-home moms". I felt like it came across as a gender specific hit in our polarized culture. . I would change it to "or stay-at-home parents." and end with an upward cadence.

Does this submission look like spam? [Report it here.](#)

Form Submission - New Form - Feedback on test

Squarespace <form-submission@squa...

Wednesday, October 19, 2022 at 3:32 PM

To: duco@andygabruch.com

Sent via form submission from [ANDY GABRUCH](#)

Name: Elliott Leung

Email: elliojason@gmail.com

Subject: Feedback on test

Was the assessment user friendly? Why or why not?: Yes, very easy to go through even on a mobile device. Wish there was a back button

Did the assessment increase self-awareness towards your digital habits? Why or why not?: No, I already knew what social media does for my time and how it affects my relationship with God.

That's why I already find myself fasting from social media from time to time and why I don't use tik tok or Instagram as it only negatively affects my spiritual life.

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : Not too much, everything I learned from it I already knew from researchers and everything.

Was there anything missing from the assessment? Why or why not?: Probably more insight on how it affects your real life, there were no questions on other activities I do, or assessment to help me balance and redeem social media, just seemed to ask too much about screen time specifically

Any other comments, suggestions, recommendations, or commendations? : No that's it

Does this submission look like spam? [Report it here.](#)

Form Submission - New **Form** - Just my opion on it

← ↶ ↷



Squarespace <**form-submission**@squarespa...

Friday, August 5, 2022 at 10:54 AM

To: duco@andygabruch.com

Sent via **form submission** from [ANDY GABRUCH](#)

Name: Payton Anderson

Email: ppseander@outlook.com

Subject: Just my opion on it

Was the assessment user friendly? Why or why not?: Yes is was quite easy

Did the assessment increase self-awareness towards your digital habits? Why or why not?: Kinda i knew about it before

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : Not really, i knew most of it but with the job i have its required. (My side hussls as well) the student one is quite in arcuate from what i read also i have an anxiety disorder so when i am on my phone im texting my mom or boyfriend because im nervous. Maybe add spot where you can say if you have a mental disorder cause that can be apart of the problem.

Was there anything missing from the assessment? Why or why not?: Oops i put its in the one above 😅

Any other comments, suggestions, recommendations, or commendations? : No just what i put

Does this **submission** look like spam? [Report it here.](#)

Form Submission - New Form - Redeem Digital Spaces Assessment



Squarespace <form-submission@squarespace.info>

Wednesday, April 13, 2022 at 8:01 PM

To: duco@andygabruch.com

Sent via form submission from [ANDY GABRUCH](#)**Name:** Jeremy Breedveld**Email:** jeremybreedveld@gmail.com**Subject:** Redeem Digital Spaces Assessment

Was the assessment user friendly? Why or why not?: Yes, it was. I appreciated the smooth transitions and workflow, resulting in a relaxed experience. The wording of the answers were confusing for some questions but definitely worked for others. I think the final page, which showed the digital symptoms etc. could be formatted in a more structured/artistic way. Currently, the spacing is a little bit off putting and doesn't necessarily look as "official" as it could.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: Yes it did. I don't often look at how often I pick up my phone, but this assessment increased my awareness of how often I do.

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : I would say so, yes. It made me aware of how my faith can help in my discernment of false information and I'd like to look into that further. I appreciated the digital symptoms that I may/may not be experiencing.

Was there anything missing from the assessment? Why or why not?: Not that I can think of.

Any other comments, suggestions, recommendations, or commendations? : I think it asked really thought provoking questions and provided me with some good information and resources to go forward with!

Does this submission look like spam? [Report it here.](#)

Form Submission - New Form - Overload feedback

Squarespace <form-submission@squares...

Sunday, December 4, 2022 at 9:01 PM

To: duco@andygabruch.com

Sent via form submission from [ANDY GABRUCH](#)**Name:** Jane Cvetkovic**Email:** janeycvetkovic@gmail.com**Subject:** Overload feedback

Was the assessment user friendly? Why or why not?: It was good- I am not so into social media so it wasn't totally appropriate for me although I use my phone socially alot on signal and what's app with several online groups and that is addictive as well and I am sure similar to social media like fbook and Instagram.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: Yes it did and I am going to postpone picking up my phone in morning. Also I already have taken all my notifications off as they annoy me and distract me and also can control one.

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : Yes as per my comment above I will wait in morning and shut it down at night earlier with any of my social groups.

Was there anything missing from the assessment? Why or why not?: I think if you are including what's app and signal etc as part of social media then no.

Any other comments, suggestions, recommendations, or commendations? : Thank you very good!

Does this submission look like spam? [Report it here.](#)

Form Submission - New Form - Information Overload Feedback



Squarespace <form-submission@square...

Sunday, December 4, 2022 at 11:34 AM

To: duco@andygabruch.com

Sent via form submission from [ANDY GABRUCH](#)

Name: Sophia C

Email: sybc522@hotmail.com

Subject: Information Overload Feedback

Was the assessment user friendly? Why or why not?: Yes, user friendly. Easy to click the answers and the automatic scroll was a neat feature.

Did the assessment increase self-awareness towards your digital habits? Why or why not?: Not really, I would say I'm already quite self-aware.

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? : The recommendations were interesting to read.

Was there anything missing from the assessment? Why or why not?: I don't think so.

Any other comments, suggestions, recommendations, or commendations? : No

Does this submission look like spam? [Report it here.](#)

Form Submission - New Form - Great**Squarespace <form-submission@squar...**

Tuesday, November 22, 2022 at 2:54 PM

To: duco@andygabruch.comSent via **form submission** from [ANDY GABRUCH](#)**Name:** Paul Moores**Email:** paulm@broadwaychurch.com**Subject:** Great**Was the assessment user friendly? Why or why not?:** Yes it was**Did the assessment increase self-awareness towards your digital habits? Why or why not?:** Sure**Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? :** No**Was there anything missing from the assessment? Why or why not?:** No pretty good!!**Any other comments, suggestions, recommendations, or commendations? :** Great job.Does this **submission** look like spam? [Report it here.](#)

Appendix F—Milestone 6 Project Launch Plan Documentation

Part One: *Infobesity* Assessment Page

ANDY
GABRUCH

[HOME](#)
[REDEEM DIGITAL SPACES](#)
[DUCCO MENTORING NETWORK](#)
[DUCCO RESOURCES](#)
[UPCOMING SCHEDULE](#)
[ABOUT](#)
[CONTACT](#)

REDEEM DIGITAL SPACES

Welcome!

Have you experienced information overload online?

Have you experienced screen fatigue?

Have you even been distracted from work or school or key relationships because of your digital pings, dings, and feeds?

Well, if we are honest with ourselves, we all have!

Whether you know it or not, our digital devices shape us. And, if you are a student, pastor, leader, a construction worker, a professional, or even a stay-at-home mom, we have all been influenced by the digital world.

With that said, do you know **HOW** your digital practices are shaping you?

Well, we have developed a series of responses to help you understand your digital usage! This includes the **practice of digital awareness**, the **practice of developing healthy digital habits**, and the **practice of redeeming digital spaces**.

Below is a series of assessments, resources, and reflection questions for YOU! Feel free to choose one and redeem digital spaces!

THE INFOBESITY ASSESSMENT

GENERAL

STUDENTS

PARENTS

PASTORS

JOIN THE COMMUNITY



Join the **Redeem Digital Spaces Community!**

We have ONLINE communities and workshops for parents, pastors, and students.

[CLICK HERE TO JOIN US!](#)

WE WANT TO HEAR FROM YOU!



Your feedback is IMPORTANT to us!

When you fill out this form, it helps us to be at our best.

In fact, your feedback is SO important to us that we want to give YOU a chance to win a Amazon Gift Card on us (announced at the end of each month)!

Thank you SO much!

Have a GREAT day!

Name *

First Name

Last Name

Email *

Subject *

Information Overload Feedback

Was the assessment user friendly? Why or why not? *

Did the assessment increase self-awareness towards your digital habits? Why or why not? *

Did the assessment empower you with practical insights, recommendations for digital habits, and how to redeem the digital space? Why or why not? *

Was there anything missing from the assessment? Why or why not? *

Any other comments, suggestions, recommendations, or commendations? *

SUBMIT

Part Two: *Infobesity* Assessment (template)

Hello!

Welcome to the INFORMATION OVERLOAD assessment.

As we live in a digital age, the purpose of this assessment is for you to be aware of your online habits, how information overload is affecting your spirituality, and to respond to digital information redemptively.

Based on your responses to the statements in this assessment, you will be empowered to identify the level of information overload



1 → **Do you have a PROMO CODE?***

Enter promo code here

Type your answer here...


- 2 → **This assessment will provide you a detailed report** of your digital usage, empower you with digital habits, and redemptive practices for the digital world. *

Description (optional)

Your credit card will be charged: **CA\$9.99**

We never store your card number or CVC number

 Secured by **stripe**



Name on card

Jane Smith

Card number

Card number

- 4 → **What is your age?***

Description (optional)

☐ A 10-25

☐ B 26-35

☐ C 36-45

☐ D 46-55

☐ E 56+

[Add choice](#)

- 5 → I approximately **spend how many hours** online for entertainment, gaming, and/or social media per day (excluding work and/or school):*

Description (optional)

☐ A 1-2 hours/day

☐ B 2-4 hours/day

☐ C 4-6 hours/day

☐ D 6-8 hours/day

☐ E 8+ hours/day

[Add choice](#)

- 6 → I pick up **my digital device** to check on my social media platforms approximately:*

Description (optional)

☐ A 30x/day

☐ B 40x/day

☐ C 50x/day

☐ D 60x/day

☐ E 70+x/day

[Add choice](#)

7 → I have experienced **emotional symptoms of anxiety** when I am not on my digital device:*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

9 → I am on my **digital device before I go to sleep**.*

Defined as scrolling on your social media feeds and/or gaming two hours BEFORE bedtime.

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

- 8 → I have negatively **compared myself physically** to other people on social media?*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

- 10 → **I am easily distracted by my** social media feeds.*

Distracted by social media from work, key relationships, and/or school.

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

11 → **I feel lonely when I am on my social media feeds.***

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

12 → **The main reasons I am on my social media platforms are for...***

Please choose your top two.

Make between 1 and 2 choices

☐ A Business.

☐ B School.

☐ C Entertainment.

☐ D News.

☐ E Gaming.

[Add choice](#)

13 → **This past week, I have experienced screen fatigue.***

Screen fatigue symptoms include mild forms of eye strain, headaches, and insomnia from computer and/or digital screens.

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

14 → **I am on social media to:***

Choose more than one.

Choose as many as you like

☐ A Connect with friends.

☐ B Connect with family.

☐ C Stay up to date with news.

☐ D Buy and sell.

☐ E Other?

[Add choice](#)

15 → **My online habits have increased since COVID-19.***

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

16 → **When I wake up in the morning,** the first thing I do is pick up my digital device.*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

- 17 → **I have experienced cyber bullying, intimidation, and / or manipulation** on my social media platforms in the past month.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

- 18 → **I have engaged with online activities** as a way to escape from my problems, disappointments, and/or stress in my life.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

19 → **My faith is important** to how I practice my social media activity.*

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

20 → How many selfies do I take in a day?

A selfie is a self-portrait picture with a digital device and shared on social media

☐ A 0

☐ B 1-2

☐ C 3-4

☐ D 5-7

☐ E 8+

[Add choice](#)

21 → **I catch myself mindlessly scrolling** on my social media platforms.

Description (optional)

☐ A Never true about me

☐ B Rarely true about me

☐ C Occasionally true about me

☐ D Often true about me

☐ E Always true about me

[Add choice](#)

22 → **I have shared posts, pictures, and/or updates of my faith** on my social media platforms.*

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

- 23 → **I have private and/or secret social media accounts** to display different aspects of my life.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

- 24 → What I post on my social media platforms are based **on how many likes, hearts, and/or shares I can get from other people.***

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

25 → **My faith is important to what I engage with online.***

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

26 → **I find online community and friends more influential in my life than my family and/or friends at home and/or school.***

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

27 → **I have experienced social anxiety** at school or at home when I am not on my digital device.*

Description (optional)

☐ A Never true about me.

☐ B Rarely true about me.

☐ C Occasionally true about me.

☐ D Often true about me.

☐ E Always true about me.

[Add choice](#)

28 → **I have been confused, distracted, and/or experienced hurt** by others for sharing my faith online.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

29 → **When I engage with online information**, my faith helps me discern what is fake or real information.*

Description (optional)

☐ A Always

☐ B Often

☐ C Sometimes

☐ D Rarely

☐ E Never

[Add choice](#)

30 → **I am less productive in my job and/or at my school work** when I am online.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

31 → **I am easily offended** when people disagree with me on my social media platforms.*

Description (optional)

☐ A Never

☐ B Rarely

☐ C Sometimes

☐ D Often

☐ E Always

[Add choice](#)

32 → **My main purpose for being on social media** is to reveal my faith to others.*

Description (optional)

☐ A Always true about me.

☐ B Often true about me.

☐ C Occasionally true about me.

☐ D Rarely true about me.

☐ E Never true about me.

[Add choice](#)

33 → **I have taught on digital habits** to my ministry or church in the last 12 months?

Either with a class, course, or sermon.

☐ A Never true about me

☐ B Rarely true about me

☐ C Occasionally true about me

☐ D Often true about me

☐ E Always true about me

[Add choice](#)

34 → **I have seen side effects of digital information overload with individuals in my congregation?**

Description (optional)

☐ A Yes

☐ B No

☐ C Maybe

☐ D I dont know

☐ E Other

[Add choice](#)

- 35 → **I have had to set boundaries** for my ministry, students, volunteers, and/or church concerning their digital device usage during services, ministry events, programs or camps?

Description (optional)

☐ A Yes

☐ B No

☐ C Maybe

☐ D I don't know

☐ E Other

[Add choice](#)

- 36 → **To have your results page emailed to you with ongoing resources**, please provide an up-to-date and current email address below.

Description (optional)

[name@example.com](#)

Part Three: *Infobesity* Outcomes Page (reference)

General



Digital Symptoms

You may be experiencing mild forms of digital information overload. Your symptoms may include mild anxiety, job and/or school distraction, and mild social isolationism.

If not addressed, you may experience stress and anxiety in relational conflict, lack of coping skills when dealing with disappointments in life, and/or loss of production in your life, lowered relational skills, and may stunt cognitive reasoning.

Recommended Digital Habits

- Limit your digital usage 2 hours before bed and after you wake up.
- Personalize your digital device settings to mute notifications to decrease distractions throughout the day.


Next Steps

- Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.
- Turn your phone off and/or on mute during meals with your family and/or friends.
- Silent your phone when you are driving, sleeping, and at the dinner table to minimize distractions.
- Plan for 30 minutes of activity / day (walk, run, hike)

Follow Up Resources


- We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)
- College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)

Digital Symptoms




You may be experiencing physical symptoms of digital information overload. Your symptoms can and may include mild sleeping disorders, fatigue, distractions from work or school, a lack of motivation in your life, and physical comparisons. If not addressed, you may experience stress-related diseases such as sleeping disorders, obesity, and/or hypertension. Extreme cases would include turret-like symptoms, brain fog, and/or eye strain causing underdeveloped eyesight (in pre-adolescents).

Recommended Digital Habits




Limit your digital usage 2 hours before bed and after you wake up.




Personalize your digital device settings to mute notifications to decrease distractions throughout the day.

Next Steps




Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.




Turn your phone off and/or on mute during meals with your family and/or friends.




Silent your phone when you are driving, sleeping, and at the dinner table to minimize distractions.



Plan for 30 minutes of activity / day (walk, run, hike)




Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you to regulate your digital habits when dealing with stressful situations.




Take a Digital Sabbath (a break from digital devices 1 day a week).

Follow Up Resources



We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)











College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)

Parent Recommendation

Digital Symptoms

PARENT RECOMMENDATIONS

 <p>Limit digital devices and computers to public and high traffic areas in your home.</p>	 <p>Spend dinners together without devices or distractions. Develop engaging conversations.</p>
 <p>Have a family charging station where digital devices are in one area</p>	 <p>Develop a no-access policy for digital devices at night.</p>
 <p>Set the example with your own digital habits.</p>	 <p>Bond together over a weekly family date.</p>
 <p>Develop meaningful conversations in the car</p>	 <p>Stay current. Read about current culture and technology articles</p>
 <p>Engage your children in activities or sports to disconnect them from their digital devices</p>	 <p>Get a library card for your children to access books</p>

Follow Up Resources

 <p>We check our digital devices over 18500 times/year and increasing (or) equivalent to once every 4.3 minutes (12 Ways Your Phone is Changing You, Tony Reinke)</p>	 <p>College students waste 20% of class time tinkering on a digital device (Digital Distraction in Class Is on the Rise, Leslie Reed)</p>
--	---

"Our phones draw us into unhealthy habits not because we want unlimited information, but because we want to stay relevant and entertained." – Tony Reinke

Pastor

Digital Symptoms



You may be experiencing increased feelings of personal depression, personal and/or social anxiety, loneliness, and/or self-destructive thoughts. If not addressed, you may experience addictive behavior to online usage and may or may not include self-medicated habits, increased practices of online usage, confusion of your purpose and/or identity as a person.

Recommended Digital Habits



Limit your digital usage 2-3 hours before bed and after you wake up.



Personalize your digital device settings to mute notifications to decrease distractions throughout the day.



Turn your phone off and/or on mute during meals with your family and/or friends.

Next Steps



Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.



Align your digital practices to God's Word and Will for your life.



Get involved in a Infobesity cohort, or group at your church, school, or youth group to be connected.



Have a weekly digital detox (1 or 2 days / week).



Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you to regulate your digital habits when dealing with stressful situations.



Spend 10-15 minutes / day reading, responding, and reflecting on God's Word.



50% of digital users check their digital device in the middle of the night. Ages between 25-35 is 75% (How to Break Up With your Phone, Catherine Price)



An internal review of Meta's social media platforms reveal 1-5 men and 1-3 women compare themselves physically on their social media feeds (The Facebook Files, Wall Street Journal, 2021).

Pastoral Recommendations

Pastoral Resources

WAYS TO INFORM YOUR CHURCH OR MINISTRY:

- Educate your congregation by teaching a class or sermon series on the effects of information overload online.
- Use SMS and/or social media as an interactive communication tool during speaking engagements, services, and polls.
- Go through the Information Overload Assessment with your students, parents, congregation, and leaders.
- Offer digital moderation tools for families and/or small groups (such as Covenant Eyes, Digital Usage Apps, parental controls, Disney Circle).
- Learn futuristic trends and themes around technology as a pastor and/or ministry leader. Look for ways to leverage technology for your church (VR campus, online campus, Metaverse campus).
- Share information online (events, topics, websites) that is updated and current. Over 80% of people will go to your social media, your website, or google reviews of your church before they will walk into your church.

WAYS TO INTERACT WITH YOUR CHURCH OR MINISTRY:

- Interact with your ministry and church with the results in the Information Overload Assessment.
- Interact with your ministry and church on how to develop digital habits for your congregation, ministry, and/or youth ministry.
- Create spaces and places for solitude and communion with God for your congregation, ministry, and students (as digital usage creates isolationism and vanity leading to loneliness) to encounter.
- Develop a Small Group themed on Technology and Spirituality for people to address digital addiction in families.
- Offer digital addiction counselling to your church and community.
- Target ministry audiences and/or your community through social media platforms to boost your presence in the digital world.
- Use trends, polls, stories, and questions through social media platforms to interact with the digital world

WAYS TO INSPIRE YOUR CHURCH OR MINISTRY

- Share stories of people who have developed healthy online habits.
- Share ideas of how to develop redemptive practices in digital spaces.
- Develop social media platforms to your stories into the digital world.
- Hire a social media consultant and/or a ministry leader to develop your church online presence.
- Hire a social media consultant to increase online engagement for your church and/or ministry in your community.
- Share experiences in your church or ministry of "how-to's" to connect with God through social media platform
- Share testimonies of people being transformed by God in your social media platforms.

Student

Digital Symptoms



You may be experiencing mild forms of digital information overload. Your symptoms may include mild anxiety, job and/or school distraction, and mild social isolationism.

If not addressed, you may experience stress and anxiety in relational conflict, lack of coping skills when dealing with disappointments in life, and/or loss of production in your life, lowered relational skills, and may stunt cognitive reasoning.

Recommended Digital Habits



Limit your digital usage 2 hours before bed and after you wake up.



Personalize your digital device settings to mute notifications to decrease distractions throughout the day.



Turn your phone off and/or on mute during meals with your family and/or friends.


Next Steps



Limit your digital usage to 2 hours/day for entertainment, social media consumption, and online information.



Mute your phone when you are in a worship service to focus on what God is saying to you.




Silent your phone when you are driving, sleeping, and at the dinner table to minimize distractions.



Plan for 30 minutes of activity / day (walk, run, hike)



Get involved in a small group at your church, school, or youth group.



Spend 10-15 minutes / day reading, responding, and reflecting on God's Word.



Find a spiritual mentor in your life (a parent, pastor, coach, a trusted adult) to walk alongside you to regulate your digital habits when dealing with stressful situations.



Develop a Digital Sabbath per week.

Part Four: Book Proposal Application

*Cascade Books • Pickwick Publications • Wipf & Stock
Resource Publications • Stone Table Books*

New Manuscript Proposal

1. Working Title and Subtitle:

Living In a Digital Age: How to be Followers of Jesus in an Infobesity World

// CONTRIBUTOR DETAILS //

2. Author(s)/Editor(s) name. Please also identify the primary contact:

Name: Andy Gabruch

Role: Multiplication Pastor

Address: 2700 East Broadway, Vancouver, BC, Canada

Phone: 6044544919

Email: duco@andygabruch.com

3. Biographical Note (employment, degrees, credentials, etc.):



Andy Gabruch has been in ministry for 20 years in urban, suburban, and rural contexts. He has worked with high school assemblies across Canada, city-wide youth forums, local governments, churches, national leadership boards, and speaks on culture, leadership, and ministry. He is currently the Pastor of Multiplication at Broadway Church in Vancouver, BC, Canada. He has a Masters Degree in Leadership and Management and is working on his Doctorate with Christ, Culture, and the Church (2023). He is married to Annick and has two teenagers and two pre-teens.

4. Significant previous books/articles published (including bibliographic details):

Overcoming Discouragement: Dealing with Discouragement During Difficult Times (2016, eBook devotional)

Pentecostal Assemblies of Canada (PAOC) Presentations, 2014-2020:

- Recruiting and Retaining Millennial Leaders and Younger
- Sexuality and Identity
- Developing Leaders for Life-Long Ministry
- Developing You: The Most Important Curriculum You Can Give to Youth
- Timeout, Quebec District for the PAOC
- LEAD Seminars, Alberta District for the PAOC
- Youth Ministry and Leadership (Summit Pacific College)
- The Holy Spirit: Everything you Need to Succeed in Life (UCM)

Multiple presentations in many locations around North America and in numerous international settings (USA, UK, Spain, Thailand, Singapore, and through Canada):

- Parents Seminar: Developing Habits in the Home

- Infobesity: Finding Purpose in an Information Overload World
- Naked Truth: Honest Conversations about Sexuality, Christ, and Culture
- Reaching Millennials and Younger
- Same Sex Attraction and Identity
- Recruiting and Retaining Leaders for Life-Long Ministry
- Entering the Teen Jungle: Need-Based Ministry on Your High School Campus
- Developing a Theology of Fun: Moving Students from Entertainment to Purpose
- Self-Leadership: Taking Care of the Most Important Leader in the Room
- Intergenerational Ministry: How to Build a Family Based Youth Ministry
- I AM a Disciple: 10 Ways to Train, Develop, and Evaluate Spiritual Maturity in your Youth Ministry
- Engaging Today's Youth Culture
- Developing Community within Your Youth Group
- Making Your Small Youth Group a Great Youth Ministry
- Nurturing Authentic Adolescent Faith
- Decoding the Postmodern Teenage World
- Developing the Heart of a Youth Worker
- Youth Ministry in the 21st Century
- Crafting Youth Talks that Keep them Listening

5. Have you published with Wipf and Stock before? *If so, please list your book(s) here, including imprint:*

No

6. Please list any secondary contributors in this book (such as translator, foreword, etc.):

N/A

Name:

Email:

7. Is this an edited volume with multiple contributors? Y ☒ N

8. Contributors: If the book is an edited volume please provide a list of contributors:

Name:

Email:

// BOOK DETAILS //

9. Please indicate the genre of your book here with an 'X':

☒ non-fiction

☐ fiction

☐ poetry

☐ memoir

10. Title Description: 100-to-200-word summary of the book

My doctoral research with George Fox University is how infobesity; caused by information overload from digital technologies, affects followers of Jesus based on Mark 12:30-31

regarding our hearts (emotions), mind (cognitive reasoning), strength (physical), soul (purpose and identity), and relationships (with God and others).

The research has led me to develop an Infobesity self-assessment for parents, students, pastors, and the general digital user to understand their digital practices, and how to redeem digital spaces as followers of Jesus.

I have had 600+ participants access the self-assessment. Half of the participants are students between the ages of 12-21. The book describes the digital practices of followers of Jesus and how to respond to infobesity in a redemptive way. Furthermore, followers of Jesus can explore opportunities of how to engage digital spaces redemptively through the infobesity assessment.

11. Table of Contents (please provide brief descriptions):

Introduction

This chapter is to discuss why digital consumption is increasing in our world and how followers of Jesus need to be aware of their digital practices and habits to redeem digital spaces.

Part One: What is Infobesity?

Infobesity is caused by information overload which ultimately paralyzes followers of Jesus people from their purpose.

Chapter One: Me, My selfie, and I

This chapter explains the rise of individualism and loneliness in culture where infobesity thrives.

Chapter Two: The Digital Trinity

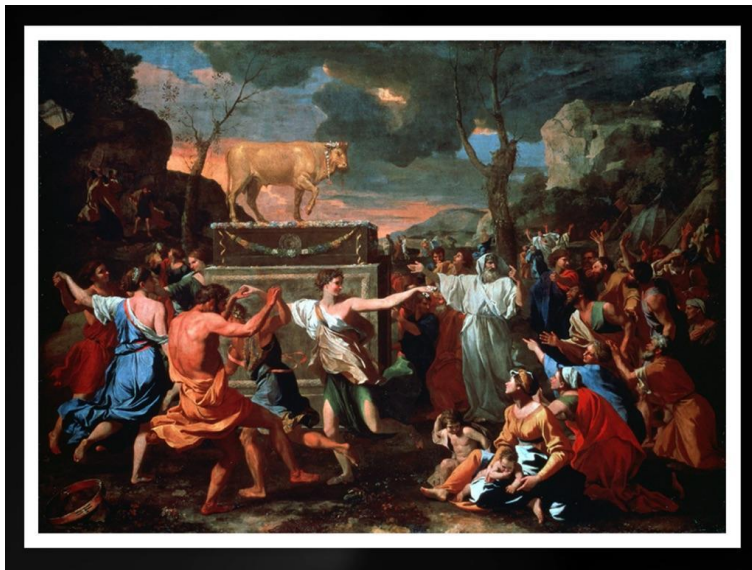
This chapter explores the design of digital spaces through the digital trinity. The digital trinity is designed to be 1) consumed, 2) efficient, and to 3) entertain.

Chapter Three: Infobesity

This chapter is to define infobesity. We will experience infobesity in the context of misinformation, disinformation, hateful information, and discuss the initial symptoms of infobesity.

Chapter Four: The Ancient Selfie

This chapter connects Scripture to the realities of infobesity and the digital trinity through the episode of Exodus 32. I use imagery in this chapter to explain the context and episode through Exodus 32.





Chapter Five: Levels of Infobesity

This chapter ties the Exodus 32 episode to Jesus words in Mark 12:30-31. I explore how infobesity affects every area of our lives based on the latest psychological research in a Biblical paradigm of life from Mark 12:30-31. We discuss the levels of infobesity to the level of digital consumption based on 0-2 hrs, 3-4 hrs, 5-6 hrs, 7-8 hrs, and 8+ hours/day of digital usage to the key five areas of our hearts (emotions), soul (purpose and identity), mind (cognitive reasoning), strength (physical comparison), and others (relationships with others and God).

Part Two: How to respond to Infobesity as Followers of Jesus?

Chapter Six: Infobesity Awareness

This chapter is to explain the infobesity assessment, which is, designed to empower followers of Jesus to understand their digital practices and habits. We created a parent, student, pastor, and general self-assessment for digital users.

Chapter Seven: Jesus in an Infobesity World

This chapter is to explore Jesus as “tekton” (Matthew 13:55). As Jesus is the Ultimate Techie, digital users can filter their digital practices and habits through the “WAY”, the “Truth”, and the “Life” of Jesus.

Chapter Eight: Truth as a Person in a post-truth world

This chapter is to experience Truth as a person as the ultimate Way to combat fake information in a digital world.

Chapter Nine: Community in an Infobesity World

This chapter is to engage digital followers of Jesus to live transformed lives through Biblical community. This includes the practice of the “one another” commandments in an “selfie” world and how to develop deep covenantal friendships in a world of cheap connections.

Part Three: How to Redeem Digital Spaces? // Redeeming Digital Spaces

Chapter Ten: How to Build a Jesus Brand

This chapter empowers digital users of how to build an engagement strategy in an infobesity world through the practices of Jesus. This includes how to inform, invite, interact, and inspire digital spaces redemptively.

Conclusion

The conclusion is to inspire readers to be Christ-centered in an infobesity (selfie)-centered world by displaying Jesus with truth, grace, and redemptive spaces online.

12. Estimated word count (*not* page extent)

Word Count (Chapters): 4500

Word Count with Appendices: in progress

Word Count Notes: in progress

Total Word Count: 45000

****For works of Poetry*, please indicate the number of poems in your collection:

13. Will your book project include tables, charts, graphs, illustrations, or photographs? If so, please indicate here the total number:

tables: 0

charts: pending infobesity assessment results

graphs: 0

illustrations: 0

photographs: 2

QR code: 1, link to the infobesity assessment (for readers)

14. Does your book require a unique, non-standard book layout and/or include graphic design elements (ie. glyphs, callout boxes, etc.)?

If so, please include a sample if not already present in your Sample Chapter/Full manuscript.

15. Estimated manuscript delivery date:

My research on Infobesity is being developed with the DMIN program at George Fox University. My graduation date is May, 2023. I will have a full manuscript available by May 2023.

// SERIES DETAILS //

Has this book proposal been accepted by the Series Editors for one of our existing series? If so, please indicate which series here:

*****If you are proposing a new series please download the *New Series Proposal Form* located at www.wipfandstock.com in our Publish With Us section. If you have a book proposal for the first book in your series, please submit both the Proposal Form for the book, and the Series Proposal Form together.*****

// MARKETING DETAILS //

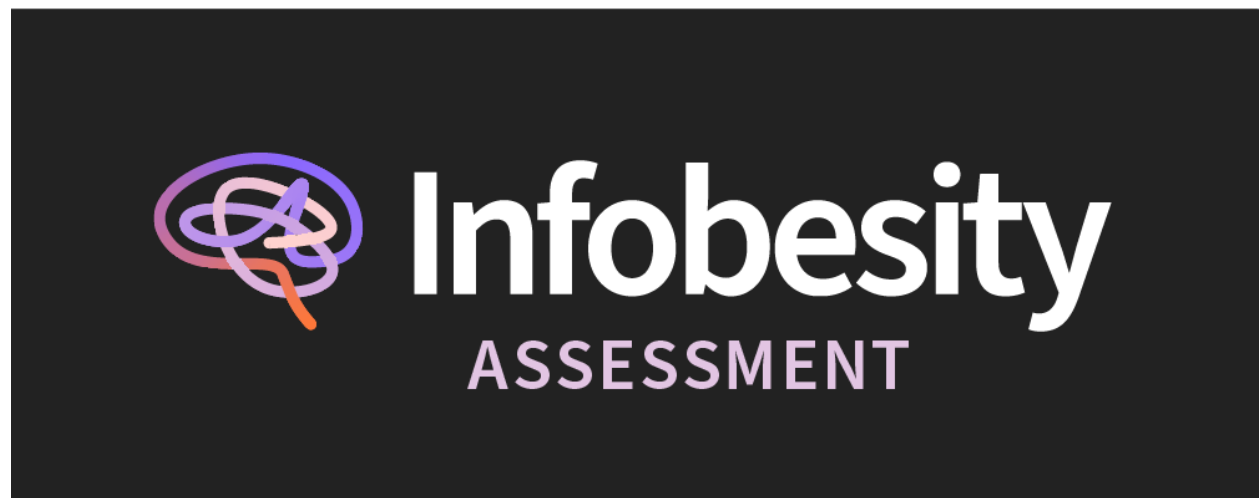
16. Market: Who are the intended readers? ACADEMIC (scholars, college or seminary students, pastors) or GENERAL READERS?

The market for this book would be primarily towards digital users. The *Infobesity Assessment* has specialized assessments for students, parents, pastors / teachers, and the general digital user.

17. Marketing Ideas:

I have a North American trademark on the term Infobesity for business and education purposes. With that said, the marketing strategy would be a social media strategy with

my current book team and branding team with the term Infobesity in the title. To date, we have the following branding regarding infobesity (as mock examples):





Infobesity
FOR PARENTS



Infobesity
FOR STUDENTS



Infobesity
FOR PASTORS



18. Competing titles: How does it compare to similar books already available on the market?

Based on my research, there are no self-assessment(s) regarding digital habits and spirituality. There are assessments around social media addiction and cell phone usage. With that said, most of the Christian books regarding this area of technology and spirituality has focused on philosophy, and/or regulation and moderation of digital usage. My angle is to build practical self-awareness for digital users with their digital habits and how to redeem digital spaces as followers of Jesus.

19. Unique Features: If your book is intended for an academic audience, how does it make a new contribution to the current scholarship on this subject?

20. Individuals who may be prepared to endorse your book:

Jeff Bethke (social media influencer)

Jason Ballard (Alpha Canada, Pastor of The Way, Vancouver)

David Kinnaman (Barna Group)

Leonard Sweet (George Fox University)

Dr. Sunngu Yang (George Fox University)

David Wells (Pentecostal Assemblies of Canada Superintendent)

Marv Penner (Youth Specialities Canada)

Sid Koop (Canadian Youth Workers Conference and Truth Matters)

Rick Hiemstra (Evangelical Fellowship of Canada Director of Research)

// ADDITIONAL ITEMS //

Along with the proposal form, attach the following items and send them to proposals@wipfandstock.com:

1. Your CV

2. A *minimum* of one Sample Chapter (or your complete manuscript if available.)

Attached is a drafted sample manuscript. The full and completed manuscript will be available after the final research process in May 2023 doctoral defence.

3. FOR DISSERTATIONS ONLY: Two letters recommending your work for publication from either your dissertation advisor (preferred) and/or examiners.

The recommendation letters must include:

- a. an evaluation of the quality of the research
- b. the importance of the work's conclusions for contemporary research
- c. and the quality of the writing

Note: the recommendation does not need to include a summary of the dissertation.

The recommendation should be submitted directly to us by the person offering the evaluation and *not* the author of the book. The evaluation should be sent to the following email address: proposal@wipfandstock.com. Please ask them to include in the subject line of their email:

RECOMMENDATION: *Your Author Name*

CURRICULUM VITAE

Andy Gabruch, CPT, MA, Rev, Doctorate Candidate (2023)

I. PERSONAL INFORMATION

Full Name: Andrew James Gabruch

Date of Birth: March 3, 1980

Family: Married to Annick Gabruch (Trepanier) October 26, 1980

Children: Isabelle Denise Gabruch, born July 4, 2006
Joseph Andrew Gabruch, born August 23, 2007
Benjamin Charles Gabruch, born January 8, 2011
Samuel James Gabruch, born September 16, 2012

Permanent Address: 13-18868 69th Avenue. Surrey, BC V4N5K7

Email: duco@andygabruch.com

II. EDUCATION

Doctor of Ministry (2023), George Fox University

Major: Semiotic Studies in Church and Culture

Lead Mentor: Leonard Sweet

Dissertation: *Infobesity: Developing a Biblical framework to process, discern, and apply information for digital discipleship.*

Graduation date, May 2023

Master of Arts, 2016, Briercrest College and Seminary

Major: Leadership and Management (with honors)

Major Project: *Next Generation Ministries: How to reach, engage, and empower the 1.2 million people representing the next generation in British Columbia and the Yukon.*

Received the Briercrest Excellence in Leadership Award (2016)

Arrow Leadership, 2010, Arrow Leadership Ministries

Major: Emerging Program

Lead Mentor: Dr. Carson Pue

Bachelor of Pastoral Studies, 2003, Summit Pacific College

Major: Pastoral Theology

Faculty Professor: Fred Fulford

III. PROFESSIONAL EXPERIENCE

Currently- Multiplication Pastor – Broadway Church, Vancouver, BC

DUCO Leadership – www.andygabruch.com

DUCO Leadership Intentional Mentorship Journey

DUCO Leadership Coaching and Consulting

2014-2019 Next Generation and Historymaker Director

www.historymaker.ca

www.bc.paoc.org

PAOC BC/Yukon District

Langley, BC

2008-2014 Next Generation Pastor

Emmanuel Church

West Kelowna, BC

2004-2008 Youth Pastor

Richmond Pentecostal Church

Richmond, BC

2003 Momedia High School Assemblies Presenter

Momedia Canada

Calgary, Alberta

IV. MEMBERSHIPS AND AFFILIATIONS

- Strategic Vision Committee Co-chair with the Pentecostal Assemblies of Canada – 2018-present

- Certified Personal Trainer with the North American Sports Medicine – 2018 – present
- Ordained Minister with the Pentecostal Assemblies of Canada – 2006-present
- General Executive Committee Member with the Pentecostal Assemblies of Canada – 2016-2019
- PAOC Youth Guiding Group – 2014-2019
- PAOC Youth Guiding Group Chair – 2018-2020
- Evangelical Fellowship of Canada Board Member – 2015-2018
- Next Generation Executive Member for the World Assemblies of God – 2016-2019
- Canadian Youth Workers Conference Round Table Member – 2014-2016
- District Leadership Team with the BC/Yukon District for the Pentecostal Assemblies of Canada – 2008-2014
- Next Generation Ministries Lower Mainland Cluster Leader – 2004-2008
- Historymaker Lead Team – 2008-2014
- Christian Life Assembly Lead Team Member (Board Member) – 2016-2019
- Next Generation Ministries Okanagan Cluster Leader – 2008-2014

V. RESEARCH AND WRITING

Research (ongoing)

“Infobesity” – with George Fox University and the Evangelical Fellowship of Canada

Books Published

Overcoming Discouragement: Dealing with Discouragement During Difficult Times
(2016, eBook devotional)

“Infobesity: Developing a Biblical Framework to process, discern, and apply information as digital disciples.” (projected, 2023)

Articles

Numerous articles in magazines and journals related to Next Generation Ministry; including Faith Today, Enrich, PAOC Testimony, Canadian Youth Workers with Truth Matters, Richmond News, BC Christian News, EFC Love Magazine, LEAD Forward, BCYD Fellowship News

VI. PRESENTATIONS

Multiple presentations in many locations around North America and in numerous international settings (USA, UK, Spain, Thailand, Singapore, and through Canada):

- Parents Seminar: Developing Habits in the Home
- Infobesity: Finding Purpose in an Information Overload World
- Naked Truth: Honest Conversations about Sexuality, Christ, and Culture
- Reaching Millennials and Younger
- Same Sex Attraction and Identity
- Recruiting and Retaining Leaders for Life-Long Ministry
- Entering the Teen Jungle: Need-Based Ministry on Your High School Campus
- Developing a Theology of Fun: Moving Students from Entertainment to Purpose
- Self-Leadership: Taking Care of the Most Important Leader in the Room
- Intergenerational Ministry: How to Build a Family Based Youth Ministry
- I AM a Disciple: 10 Ways to Train, Develop, and Evaluate Spiritual Maturity in your Youth Ministry
- Engaging Today's Youth Culture
- Developing Community within Your Youth Group
- Making Your Small Youth Group a Great Youth Ministry
- Nurturing Authentic Adolescent Faith
- Decoding the Postmodern Teenage World
- Developing the Heart of a Youth Worker
- Youth Ministry in the 21st Century
- Crafting Youth Talks that Keep them Listening
- The Holy Spirit: Everything You Need to Succeed in Life (University Christian Ministries)
- Youth Ministry and Leadership (Summit Pacific College)

VII. HIGHER EDUCATION TEACHING EXPERIENCE

1) Summit Pacific College Presentations, 2014-2019

- Youth Ministry and Self Leadership
- Event Management Skills and Planning

2) Pentecostal Assemblies of Canada Presentations, 2014-2020

- Recruiting and Retaining Millennial Leaders and Younger
- Sexuality and Identity
- Developing Leaders for Life-Long Ministry
- Developing You: The Most Important Curriculum You Can Give to Youth

- Timeout, Quebec District for the PAOC
- LEAD Seminars, Alberta District for the PAOC

Teaching/Preaching Experience

Numerous teaching and preaching assignments with the next generation and family camps throughout British Columbia, Alberta, Ontario, and Quebec. Including teaching and preaching assignments in the US, Singapore, UK, and Spain.

Living In a Digital Age:
How to be Followers of Jesus in an Infobesity World

By Dr. Andy J. Gabruch

Outline:

Introduction

Part One: What is Infobesity?

Chapter One: Me, My selfie, and I

Chapter Two: The Digital Trinity

Connect

Consume

Click

Chapter Three: Infobesity

Information Overload

Fake Information

Fake Relationships

Chapter Four: The Ancient Selfie

Moment

Mountain

Meme

Chapter Five: Levels of Infobesity

Heart

Soul

Mind

Strength

Relationships

Part Two: How to respond to Infobesity as Followers of Jesus?

Chapter Six: Infobesity Awareness

Responding to the Levels of Infobesity

Infobesity Self-Assessment

Chapter Seven: Jesus in an Infobesity World

Jesus as the Ultimate Techie

Tablets of the Heart

“I AM the WAY”

“I AM the TRUTH”

“I AM the LIFE”

Chapter Eight: Truth as a Person in a Infobesity World

Information

Inspiration

Relational

Chapter Nine: Community in an Infobesity World

Connect

Transform

One Another Commandments

Levels of Friendships

Acquaintances

Colleagues

Covenant

Part Three: How to Redeem Digital Spaces?

Chapter Nine: How to Build a Jesus Brand in an Infobesity World

Inform

Invite

Interact

Inspire

Conclusion

Resources

Introduction

“Buy the Truth and do not sell it.” (Proverbs 23:23)

“Don’t become so well-adjust to your culture that you fit into it without even thinking. Instead, fix your attention on God.” (Romans 12:2, The Message)

When was the last time you asked yourself, “How many hours do I spend online?”

What am I watching?

Who am I following?

What are my digital habits?

Am I distracted from key relationships? Or from my work? Or in my education?

Have you ever asked yourself these questions?

Whether you are a teacher, construction worker, pastor, student, or a stay-at-home parent, we have all experienced being distracted living in a digital world.

Even as I am writing this, I am surrounded by people who are stuck on their digital devices. Scrolling. Gaming. Entertained by digital content.

Whether we are at work or school or with key friends and family, the digital connection calls out to us. And based on our digital practices and habits, the digital age is shaping us more than you know.

A COVID Culture

From the world shutting down because of COVID to schools suddenly becoming digital, the entire world has experienced the impact of being online like never before.

Terms like “brain-fog” and “screen fatigue” and “death scrolls” have become the norm.

Our social media practices increased, our work suddenly went online, and communicating with loved ones moved from face-to-face to *FaceTime*.

We had to become a digitalized culture in the span of days, thanks to COVID.

Have you experienced this phenomenon? Have your digital practices changed because of COVID?

A COVID Generation

In my household, the takeover of the digital world started in March 2020. This is when my part of the world shut down as COVID swept across the nation. Schools, recreational centers, movie theaters, and churches all became digitized in the matter of moments.

I will never forget the day when my wife and I had to set up our four children with school stations with four different digital devices to help our children shift from onsite education to online.

To be honest, it was organized chaos. Four different stations, four different digital devices, four classrooms happening in one home.

We became homeschool digital teachers overnight.

Brain fog and screen fatigue became real.

Working alongside our children to help them engage in their online learning was a challenge. We were teachers, parents, chefs, and employees all at the same time.

And to add to all this, there were no places to go - no gym, no community, no church.

You can feel with me, right?!?

So, naturally, our home became digital. We added digital devices, increased our network speed, and we worked, played, learnt, and communicated online from our home. And, to some extent, I am thankful for this.

And yet, I am not.

My wife and I call this the COVID generation – a generation beyond demographics and ages but *generations* shaped from the online world.

Fast forward to a post-COVID world, and we are more distracted (and perhaps addicted) to our digital devices like never before.

No joke! My kids have forgotten their lunches, chore lists, and the most important meal of the day (breakfast) because they are scrolling on their digital devices. School assignments have been late or rushed or extended because of gaming, communicating, or being entertained online for too long.

For consequences with our children, the number one power grab for us as parents is to take their digital devices away. And even though we continually moderate their digital consumption, it is an ongoing struggle to keep them from becoming digital zombies.

Maybe your household has experienced the same thing.

According to the latest research, our digital consumption has doubled since Covid.¹⁸⁶ Before Covid, our digital consumption was approximately 3-4 hours/day.

¹⁸⁶ <https://www.forbes.com/sites/johnbbrandon/2020/11/17/new-survey-says-were-spending-7-hours-per-day-consuming-online-media/?sh=13ba27dc6b46>

That means, the average person was scrolling, snapping, gaming, or texting 3-4 hours/day.¹⁸⁷

Since Covid, the average digital consumption is between 5-6 hours/day.¹⁸⁸ And what is amazing is digital consumption is increasing, not decreasing.

Why is that?

Well, as you will find out throughout this book, the digital world is designed to keep you engaged at all times.

Social media feeds, apps, and the largest tech companies are designed to keep you coming back to the digital space.

How?

Well, some stay plugged in online because of FOMO – fear of missing out. People are anxious they will miss out on the latest news or when something goes viral. In our research, the average person experience FOMO because they don't want to miss out what their friends or families are doing. And consequently, people who fear of missing out become anxious when they are not online.

Another reality is the increased issues around mental health. According to the ongoing research, young people continue to wrestle with mental health issues linked to their digital habits.

In fact, as digital spaces are not governmental regulated or internally moderated by any sorts of ethics, the largest social media companies are enabled to prey on the vulnerabilities of young people through their digital practices.

¹⁸⁷ Digital consumption, as I define it, is digital usage of social media, gaming, or entertainment. This does not include education and/or work from online platforms.

¹⁸⁸ <https://www.forbes.com/sites/johnbbrandon/2020/11/17/new-survey-says-were-spending-7-hours-per-day-consuming-online-media/?sh=13ba27dc6b46>

According to one giant tech company, their digital creators confessed their information creating “peer pressure generated by the visually focused app led to mental-health and body-image problems, and in some cases, eating disorders and suicidal thoughts.”¹⁸⁹

How heartbreaking!?

How can digital companies be able to take advantage and exploit young digital users for its own profit and gain?

And why?

Simply put, digital companies are motivated by profit. These companies release information designed to sell products or platforms or people. Based on your digital habits and practices, algorithms are personally designed to grab your attention and buy a product with a quick click.

It is ironic, since the invention of the smartphone, mental health issues has risen 30%.¹⁹⁰ Since COVID, mental health issues have doubled.¹⁹¹

But this is not just the reality with students. We see the damaging consequences in adults as well.

Political polarization, personalized modes of truth, secret social media platforms, and constant distractions from always being “on” continues to reveal the growing gaps of mistrust, skepticism, and fear in our world in the digital world.

¹⁸⁹ The META Hearings (2021-) <https://www.cbc.ca/news/world/facebook-instagram-harms-teens-senate-hearings-1.6195604>

¹⁹⁰ Price, Catherine. *Break Up with Your Phone* (Penguin Random House, New York, 2018), 6.

¹⁹¹ Rideout, V., Fox, S., Peebles, A., & Robb, M. B. (2021). *Coping with COVID-19: How young people use digital media to manage their mental health*. San Francisco, CA: Common Sense and Hopelab.

We call this digital phenomenon infobesity. In short, infobesity are the symptoms of experiencing information overload from digital devices. And since our digital devices is only an arm-length away from us,¹⁹² we have all experienced some level of infobesity.

You might be skeptical reading this and say to yourself, “so what?” or “I don’t care about my digital practices or habits” or “yeah, you’re right. I might be addicted but I am godly.”

Whatever your reaction, this book is about how to redeem digital practices.

As followers of Jesus, we should be aware of our digital practices so that we can redeem digital spaces.

The first section of this book is to help you be aware of your digital practices and habits. As you may know or not, or like or not, your digital practices and habits are shaping you. Whether you are online one hour a day or ten hours a day, your digital consumption reveals something deeper about you. And if you are not aware of your digital practices and habits, you will intentionally or unintentionally allow the digital world to shape you.

The second section of this book is to empower you how to respond to your digital practices and habits as a follower of Jesus. As digital disciples, how does Jesus impact our digital consumption, if any? Would Jesus care about what or why or where or when we are online? Is there any merit what it means to be a disciple of Jesus in a digital age?

As you read this book, we have developed an infobesity assessment for you. It will allow to you be aware of your digital practices and habits.

¹⁹² <https://healthcaresuccess.com/blog/healthcare-marketing/247-dependence-ill-bet-your-smartphone-is-within-arms-reach-right-now.html>

The last section of this book is how to redeem digital spaces you connect with. As followers of Jesus, He calls us to bring glory to God in every area of life; including our digital spaces.

The Apostle Paul, an early church leader, wrote to the people of God in the ancient city of Corinth - a secular, over sexualized and individualistic culture – to encourage them in their daily practices. He puts it this way, “So whether you eat or drink or whatever you do, do it *all* for the glory of God.”¹⁹³

The same encouragement remains for us today. In a digital – a secular, over-sexualized, and individualistic – world, this book is designed to empower you to bring glory to God in *all* your digital practices.

As you would know, the digital age is here to stay. The question – and the challenge, really – is to be aware of our digital practices, be empowered by Jesus to respond to our digital habits, and to how to redeem digital spaces as disciples of Jesus.

Whether you are a teacher, construction worker, pastor, student, or a stay-at-home parent, I would encourage you to engage in this book. Because, as a parent, teacher, pastor, student, and a stay-at-home dad during COVID, this book is designed to empower you as a follower Jesus in an infobesity world.

¹⁹³ 1 Corinthians 10:31, NIV, italics mine.

CHAPTER ONE: Me, My Selfie, and I

“Whoever tells the best story wins.” – Arnette Simmons

“Protect your heart for it is the wellspring of life.” – King Solomon

We live in a selfie world, don’t we?

Interesting enough, 2.4 billion pictures are taken with our digital devices each day (and growing). Out of the 2.4 billion pictures taken every day, ninety-two million of those are selfies. A selfie is simply a self-portrayed photo.¹⁹⁴ As you are reading this, the average person snaps seven selfies per day.¹⁹⁵

If we are honest with ourselves, we take photos of our everyday life. We take photos of our breakfast. We take selfies with the sunset. We take photos with our friends. We share experiences with our selfies. We share a sunrise, a moment with family or friends, or inspiring quotes. Typically, we take multiple selfies a day for the digital world to see.

Why is that? Why would we want the world to see our selfies?

Well, simply put, we want to be seen, celebrated, or affirmed.

One night, after a speaking engagement, a 14-year-old girl confided in me why she takes selfies. For her, her selfies gave her a sense of identity. In her own words, her selfies validated her confidence in her looks, creative pictures, and inspiring quotes from the amount of likes and comments she would receive. In retrospect, she was making her online habits based on her digital community were commenting on.

¹⁹⁴ <https://en.wikipedia.org/wiki/Selfie>

¹⁹⁵ <https://photutorial.com/selfie-statistics/>

For this young lady, her decision-making was based on her faith or those closest to her, she was processing her life through her digital likes.

Or think of the local musicians, actors, and influencers who find their success through social media. But it isn't just musicians or actors or influencers who want to be seen, we all do!

The likes, the pings, and the dings on our digital devices increase our engagements to be affirmed, seen, and validated.

We share selfies because we want to celebrate ourselves.

In fact, the United States even has a national selfie day.¹⁹⁶

According to studies, generation Z and younger spend 7.3 hours/day online.¹⁹⁷ The access to unlimited information, abundance of digital platforms, and personalization of the digital age (based on our digital habits and practices) is increasing our digital consumption in a selfie culture.

Why is this?

We all want to be connected.

Well, according to our initial research, digital consumption is increasing because digital users *always* want to be connected.

We are more connected to each other than ever before. In the matter of moments, we can text, snap, messenger, chat, *FaceTime*, *Zoom*, email, emoji each other anything, anyplace at any time.

And even though we want to be always connected, we are connected to celebrate ourselves.

¹⁹⁶ <https://www.internationaldays.co/item-detail/international-selfie-day-2022/r/recu7KeLyHOxZfDaH>

¹⁹⁷ Adamson, Dave. *MetaChurch: How to Use Digital Ministry to Reach People and Make Disciples* (Orange Publishing, Atlanta Georgia, 2022)

Interesting enough, even though we are connected to each other like no other time in human history, we are deeply disconnected.

The rise of modern-day loneliness is increasing.

According to experts on psychology and the digital age, the rise of the selfie stunts the ability for meaningful relationships to thrive.¹⁹⁸ When we put the focus of relationships based on our own needs and wants in cheap forms of connection, we lose the ability to form meaningful relationships found in intentional forms of community. Hence, the rise of modern-day loneliness.¹⁹⁹

We want to know what is going on.

But not only does the digital world keep you connected; the digital age keeps you informed.

We want to know what is going on in our world. And digital companies know this.

In fact, it is the same digital companies who designed algorithms to purchase products based on your digital practices or enables FOMO to keep you and I engaged in are the same businesses who invented the “like” on your socials and “pings” from your phone or the “hearts” on your posts as ways to keep you informed in the digital world.²⁰⁰

But not only is our digital consumption increasing because of the plethora of connections or fostering FOMO or exploiting the likes and pings, but because the digital age engages in what is going on in you.

The digital age engages YOU!

¹⁹⁸ <https://twitter.com/DrHenryCloud/status/1610654944238993412?s=20&t= QOBUXqSYDqz0-fUDu-VTA>

¹⁹⁹ We will go into depth on the concept of modern-day loneliness in chapter five.

²⁰⁰ <https://nypost.com/2017/11/09/sean-parker-on-facebook-we-created-a-monster/>

Whether you know it or not or like it or not, the digital age is shaping you. It shapes how you communicate, build relationships, work, and how you see the world. The digital age is designed to personalize YOUR digital habits.

I am thankful for this to be honest.

I am thankful for the ability to fix my car, connect with family around the world, engage with friends, bank, buy and sell used stuff, and so much more because of the digital age.

You and I can access any information in the matter of seconds from our fingertips.

And yet, with all the positives the digital world grants us, the digital age overwhelms us with information.

For example, scientists at *Temple University* have indicated when digital users are presented with too much information at one time, pre-frontal cortex simply shuts down.²⁰¹

Due to this, symptoms of irritability, anger, and frustration wants to rise in us.²⁰² The inability to develop healthy coping skills or self-awareness techniques towards common sense simply shuts down. We are shaped by our feelings rather than the facts.

Psychologist Malcom Gladwell echoes this modern-day phenomenon as channel capacity.²⁰³ It is the area of the brain which processes information; and as human beings, we can only handle so much information at once.

²⁰¹ <https://www.entrepreneur.com/living/know-your-limits-your-brain-can-only-take-so-much/230925>

²⁰² Odell, Jenny. *How to do Nothing: Resisting the Attention Economy* (Melville House Publishing, Brooklyn, New York, 2019), 81.

²⁰³ <https://www.sciencedirect.com/topics/physics-and-astronomy/channel-capacity>

Unchecked, information overload causes us to be irritated, delusional, experiencing “brain-fatigue” when online. If not addressed, information overload can build increasing fits of anger, rage, hate, and polarization over screens.

I call the affects from information overload *Infobesity*.

Infobesity is the symptoms of information overload experienced from the digital world, and yet, as you will find out in this book, the level of *infobesity* you are experiencing is uniquely tied to your purpose in this world.

Everyone wrestles with *Infobesity*.

Whether you are a student, construction worker, Wall Street investor, pastor, stay-at-home parent, grandparent, or a professional football player, we all struggle with *Infobesity*.

Truth to told, one of the best athletes in the world confesses his experience with *Infobesity*.

He was invited to compete at one of the most prestigious tournaments in the world.

Considered one of the best players in the world, he admits his social media practices during the tournament caused him to be distracted from being his best.

His digital habits and practices fuelled frustration, underperformance; and consequently, his team lost.²⁰⁴

The following year: however, as the captain of the team, he encouraged his teammates to stay off social media during the tournament.

²⁰⁴ The team came in second place at the tournament (even though they were the favorites to win).

Why?

So, they can focus on winning.

Interesting enough, as the team moderated their digital practices and habits, the team increased their engagement in the tournament, adjusted their play when needed, and was able to give their very best.

And guess what! They came on top of the tournament and won gold.²⁰⁵

Now, if you ask Connor McDavid if limiting his social media usage during the World Juniors was the deciding factor to winning gold in 2015, he would not be able to give a defining answer.

With that said, though, it does point out what can happen when we understand our digital habits and regulate digital consumption to be at our best.

Fast forward six years later, Connor McDavid, who is one of the best hockey players in the NHL (National Hockey League), advised Connor Bedard as an upcoming hockey star for Team Canada at the World Juniors to, “stay off of social media.”²⁰⁶

Why would McDavid give that advice to Bedard?

It is simple. digital habits distract us.

Psychologists and counsellors alike, have contributed digital practices around social media has increasing negative effects on users.

²⁰⁵ World Juniors Championship, 2015.

²⁰⁶ TSN pre-competitive game between Canada vs. Russia, Dec 23, 2021 (7:54 in the 3rd period).

Just like selfies, more people have died trying to take extreme photos than by sharks.²⁰⁷ Think about it for a moment, people have physically died from *Infobesity*.

Since COVID, extreme selfie-related deaths have risen from 259 to 379 from 2018 to 2021.²⁰⁸

This is sad, really?!?

Unmoderated and unregulated digital habits and practices are literally killing people from their purpose.

Whether it is being distracted from our best like Connor McDavid or searching for the next extreme selfie for the world to adore, we are shaped by the digital world.

In the early 2000s, tech engineers came up with a brilliant idea to handle *infobesity* by developing algorithms.²⁰⁹

What are algorithms, you may ask?

Well, simply put, algorithms filter through masses amounts of information personalized to a digital user fixed on their online habits, location, and practices. There are enormous amounts of artificial intelligent computers filtering through your online habits to design information to your preferences, wants, and desires.

Furthermore, algorithms are designed by big tech companies to share, like, and consume information which is sponsored or advertised to your online engagements.²¹⁰

²⁰⁷ <https://www.ctvnews.ca/world/selfies-kill-more-people-than-shark-attacks-study-finds-1.4484691?cache=pawumraq>

²⁰⁸ <https://english.elpais.com/usa/2021-10-29/rise-of-selfie-deaths-leads-experts-to-talk-about-a-public-health-problem.html>

²⁰⁹ https://en.wikipedia.org/wiki/History_of_Google

²¹⁰ Jones, Nona, *From Social Media to Social Ministry* (Zondervan, Grand Rapids Michigan, 2020), 54.

But the problem of *infobesity* remains. Algorithms are designed around your online consumption and selfies rather than truth.

In fact, large amounts of *infobesity* simply feed into our own selfishness.

When technology controls your online information, digital information is based on what you are entertaining with, engaging in, or interacting with.

I call this algorithm authority.

Now, authority is not as much about *who* or *what* controls your life but *who* or *what* you allow to control your life.

In a world shifting from truth to experiences through selfies, we must realize who is the authority of our lives are.

Len Sweet, a mentor of mine once said, “the authority of our lives is the one who is the author of our lives.”²¹¹ In short, whoever or whatever we allow in our lives control our lives. And in a world of images found in constant selfies, we are creating our own authorities.

The question (or more like the challenge) is, “who is the author of your life?”

You can write your story...

Socials can write your story...

Your past can write your story...

Google can write your story...

²¹¹ Len Sweet, GFU asynchronous discussion, 2021.

OR...

God can write your story...

The question is, who is the author of your story?

Is it the latest selfie or the whispers of the Savior?

Are socials shaping you more than Scripture?

Are likes, pings, and dings distracted you from your purpose?

The question is, "Is Jesus the author of your life?"

If He is, then He has the ultimate authority in your life.

Not you.

Not your selfie.

Not your feelings.

Not your political outlook.

Not your social follower count or likes or comments.

It is Jesus.

The Early Church wrestled with this too.

The followers of Jesus in the ancient city of Colossae were facing pressures of culture and religion alike. Culture was encouraging multiple gods to be experienced, not just One who is Jesus.

Furthermore, the early Christians in Colossae were being pressed by local religious leaders to conform to religious practices rather than having a mature relationship with Jesus.

Similarly, we experience the pressures of culture and religion alike.

Culture bombards digital users to chase after experiences of “self” rather than the truth found in Scripture.

This is how the Apostle Paul, an early church leader, puts it,

*“Don’t let anyone capture you with empty philosophies and high-sounding nonsense that come from human thinking and from the spiritual powers of this world, rather than from Christ. For in Christ lives all the fullness of God in a human body. So you also are complete through your union with Christ, who is the head over every ruler and authority.”*²¹²

Let’s unpack this...

“Don’t let anyone...”

“Anyone” includes anyone – including yourself and your selfie. In the digital age which tracks every digital practice you engage in, your digital consumption includes “anyone”. Remember, the authority of your life is WHO or WHAT you allow in your life. Authority is WHO or WHAT is shaping your life. And in a digital age, where online consumption is increasing, your selfies MAY be shaping your life more than you know.

“... capture you with empty philosophies and high-sounding nonsense...”

²¹² Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Col 2:8–10). Carol Stream, IL: Tyndale House Publishers, italics mine.

There is an enormous amount of information online. According to researchers at the *University of California at Berkeley's School of Information*, there is more information being produced in the last 30 years than the last 5000 years combined.²¹³ Furthermore, experts believe the next one hundred years will create one hundred thousand years' worth of content.²¹⁴ This is truly a phenomenon; an information transfiguration²¹⁵ or an information reformation since the printing press.

But not all information is the same.

As digital companies spent billions of dollars to understand your digital practices, they design digital strategies to “capture” you with information.

The term Paul is using the term “capture” to the Colossians in the same as being “captive” or to be “imprisoned” or “enticed” to be “controlled”²¹⁶ by empty philosophies and high-sounding nonsense.

In the digital world, these empty philosophies and high-sounding nonsense sounds about right, doesn't it?

The internet is full of fake information. It isn't real or has any peer-based reviews. Fake information is designed to grab your attention and all of us can think of the ongoing examples of fake information coming at us.

One of my favorites was from 2017 where a shark was swimming in Houston, Texas after a severe storm. It didn't take much to go viral with hundreds of

²¹³ <https://www.ucg.org/the-good-news/how-can-you-deal-with-information-overload>

²¹⁴ Global Leadership Summit, Session Two: Ben Sherwood, 2019.

²¹⁵ Quentin J. Schultze. *Habits of the High-Tech Heart: Living Virtuously in the Information Age* (Grand Rapids, Michigan: Baker Academic, 2002), 16.

²¹⁶ Συλλαγωγέω, “take captive” meaning to “make captive of, rob” (BDAG), “carry off as booty, lead captive” (LSJ), τρ “control completely, to take control of, to make a captive of.” (Louw-Nida).

thousands of likes and shares, but it was definitely fake.²¹⁷ And yet, it grabs our attention.

The question is, how do we filter through fake information?

Not only is the internet full of fake information, but the digital age is also full of disinformation.

Disinformation is information which is simply a lie. Whether it is political or relational or in our social media networks, disinformation is all around us. We don't have to look too far to hear words like, "alternate facts"²¹⁸ or this is "my truth"²¹⁹ as non-negotiable opinions. And in a selfie world, we tend to put our authority in alternate facts or my truth rather than the Truth.

How do you filter through disinformation?

Not only does the digital age bombard us with fake information or disinformation, but we experience misinformation online.

Misinformation is information unintentionally shared by people we trust.

Interesting enough, a social media study in 2018 revealed information shared from personal social media platforms were 51% more trusted than information shared from standard social media channels.²²⁰ Furthermore, the study revealed an 8x increase in engagement of information from personal social media platforms than traditional brands.

Due to this, we can become trapped with empty philosophies and high-sounding nonsense as the Apostle Paul expresses it.

²¹⁷ <https://www.washingtonpost.com/news/the-intersect/wp/2017/08/28/no-the-shark-picture-isnt-real-a-running-list-of-harveys-viral-hoaxes/>

²¹⁸ https://en.wikipedia.org/wiki/Alternative_facts

²¹⁹ <https://www.urbandictionary.com/define.php?term=My%20Truth>

²²⁰ Steve Nash Fitness World Trainers Conference, June 8, 2018

In addition to this, it's estimated that fifteen to sixty percent of social media accounts (depending on the platform) are fake.²²¹ In short, anonymous people or computers acting like real people are sharing misinformation on our social media sites. These fake accounts are called bots.

Think about this for a second. Let's ponder for how much misinformation is being shared on your personal social media platforms from bots. Have you ever thought your social media sites could be littered with followers, likes, and comments from fake social media accounts?

But let me share one more way the digital age wants to keep you "captive" with empty words and continuous babble.²²² It is hateful information.

Hateful information is information being shared as a method to shock you.

In fact, one giant tech company uses hateful information techniques as a strategy to increase sales.

According to *The Washington Post* in a series called the *Facebook Files*²²³, an internal investigation into the digital company reveals the damaging effects of body comparison with "deepfakes"²²⁴, computer generated images or videos.

Obviously, younger generations are deeply affected by this (and you and me as well).

The evidence reveals one in five young men and one in three young women have compared themselves physically to deepfakes. This has intentionally caused an increase in mental illness, anxiety, depression, and personal hate in younger

²²¹ Murphy, Kate. *You're not listening: What you're missing and why it matters* (Celadon Books, New York New York), 8, brackets and content mine.

²²² As Eugene Peterson puts it in *The Message*, Colossians 2:8

²²³ <https://www.washingtonpost.com/technology/2021/10/25/what-are-the-facebook-papers/>

²²⁴ <https://en.wikipedia.org/wiki/Deepfake>

generations. Yet, the digital company defends their practices with a five-billion-dollar surplus in the quarter.

This reveals the overwhelming evidence, in a digital world full of empty words and babble, to self-regulate and moderate digital information.

Friend, these are just some examples of why we need to understand our digital practices and habits as followers of Jesus in a digital age. As Christians – like the Christians in Colossae – we need to be aware of the empty words and babble of how fake information, disinformation, misinformation, and hateful information are shaping our souls.

As you can see, we need to “protect our hearts as it is the wellspring of life.”²²⁵

But how?

CHAPTER FOUR: The Ancient Selfie

You are what you worship.

²²⁵ Proverbs 4:23, NIV

“Technology is a useful servant but a dangerous master.”
(Christian Lous Lange, historian)

In 2005, for the first time in history, someone physically died from *infobesity*.

That’s right!?!

Someone died from information overload in the digital world.

His name was Lee Sueng Seop.

Lee subsequently died as a young adult who was playing an online interactive video game for fifty-eight hours straight. He didn’t eat. He didn’t sleep. He didn’t take a break to hydrate. He didn’t stop!

In fact, the only reason he got up from his seat was to go to the washroom. For two and a half days, this young man was being entertained online with a video game. Amazing, right!?! I didn’t even know it was even possible.

Until the front desk clerk realized Lee slumped over his computer. As the front desk clerk went to check on Lee, he noticed Lee was non-responsive and phoned the paramedics. Tragically, a few hours later, Lee passed away. The subsequent investigation into the cause of his death was heart failure caused by exhaustion and dehydration. He was only twenty-eight years old.²²⁶

Terrible, right!?! And, in fact, the number of people dying from information overload from digital technologies is increasing every year.²²⁷

²²⁶ Meurisse, Thibaut, *Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage your Emotions*, Thibaut Meurisse 2018, 15.

²²⁷ <https://www.thegamer.com/15-people-who-have-died-playing-video-games/>

How is it possible for online information to become so dangerous?

Is it because of the unchecked consequences of modern, unmoderated, unregulated digital information online?

Is it, perhaps, the natural pull to digital technology?

Do pings, dings, bells, and whistles from our personal devices distract us from our created purpose?

Is entertainment, literally, killing us?

If we are honest with ourselves, the answers may be all the above.

And this leads me to an ancient story. A story that still rings true today. A story of how we all are, at some points of our lives, distracted with entertainment, even if it is killing us. It is a story of when God is put on the sidelines because His people are wanting to be entertained rather than have relationship with him.

It is a story we can learn from, if we are aware of the design of modern-day entertainment found in *infobesity*, and how to redeem our digital habits. A story that will help guide you and I in a world who is wrestling with *infobesity*.

In Exodus 32, we see the same consequences at work with Lee who experienced the extreme effects of information overload. And instead of telling you the story, I'd rather show it to you. This painting is an ancient meme, if I can call it that, of a painter displaying to his audience what is happening in Exodus 32.

Take a look:²²⁸

²²⁸ Nicolas Poussin's 'The Adoration of the Golden Calf', painted 1633-4; <https://www.nationalgallery.org.uk/paintings/nicolas-poussin-the-adoration-of-the-golden-calf>. (PERMISSION has not been authorized.)



Now, before you scan over this painting and keep reading, take a moment to reflect what jumps out to you. Take some mental notes.

What jumps out to you about God? Do you notice how God is not present in this painting? Or, if He is, He is in the distant dark cloud. And do you see Moses in the top left-hand corner coming down the mountain? He doesn't seem too pleasant seeing what is happening at the bottom of Mount Sinai. In fact, you can observe he is only holding one of the tablets from God, who, as Scripture puts it, is written from the very "finger of God."²²⁹

Or, how about the people of God? Do you see how much activity is going on around the golden calf? They are dancing, celebrating, spectating, inviting each other to participate, and, simply put, being entertained. And, interestingly enough, the people of God are not worshiping the active, living God who

²²⁹ Exodus 31:18; c.f. 8:19, the same activity God did in the land of Egypt is referenced to what God did to the Tablets on Mount Sinai. It is important to note how God's work was to re-establish God's people's identity and reliance on YHWH; and yet, God's people are compared to Pharaoh's hard heart with the worship of the Golden Calf.

delivered them from Egypt just days before but to a lifeless, shiny, larger-than-life golden calf.²³⁰

But we must ask ourselves, “what does this golden calf represent?” And, as equally important, “what golden calfs do we create?”

Some historians believe the golden calf represents the Canaanite gods around them. Canaan was the area the people of God were surrounded by, and because of Moses’ delay on the mountain, the people of God searched for other expressions of worship.

Others suggest the golden calf represents Israel’s own expression to worship God in their own ways. Rather than trusting God in patient endurance for the new covenant to be found in the Ten Commandments, they decide to worship God in their own ways.

In addition to this, theologians believe the golden calf represents the gods of Egypt. As the people of God experienced four hundred years of slavery in Egypt, their identity was present as slaves and therefore, decided to worship their past rather than experiencing the freedom found in God’s presence.

In any case, it could be all three.

The golden calf episode in Exodus 32 continues to be a part of Israel’s history right up to the birth of Jesus.

We see in the days of Isaiah, seven hundred years after Exodus 32, the people of God did “as Egypt did...”²³¹ and worshiped other gods. The people of God created idols. They used their created skills to create other gods rather than be creative

²³⁰ Approximately 47 days from the shores of the Red Sea to Mount Sinai (Exodus 17:1a; <https://www.bible.ca/archeology/bible-archeology-exodus-route-travel-times-distances-days.htm>).

²³¹ Isaiah 10:24; 11:16; see Isaiah 54:15a-b.

for God. I am increasingly convinced every generation wrestle with worship; struggling to create idols rather than the One who created us to be creative.

Maybe, perhaps, the golden calf represents more of who we are and what we are about as humans more than what the calf represents? In Exodus 32:4, we see Aaron “made [gold] into an idol cast in the shape of a calf...”

We see how, when the people of God became impatient with Moses delayed on the mountain, they put their own motivations to work. Instead of trusting God, they trusted in Egypt. Instead of walking in the ways God created the people of God with the Tablets, they created their own creative images from Egypt. Instead of walking in purpose, they rebelled for entertainment.

Is it possible for you and me to do the same? Is it possible we exchange relationship with God to be entertained by things we create? Is it possible we create shiny trinkets like the golden calf rather than follow the One who created all things?

I would suggest we do.

Just like the people of God in Exodus 32, we see the DNA of the golden calf in the days of the Israelite kings. For example, King Solomon - who was considered the wisest man alive and yet did not live up to his own wisdom - worshiped a golden calf which consequently divided the kingdom.²³²

Unfortunately, the worship of golden trinkets didn't end there. King Jeroboam erected two golden calves to be worshiped at separate temples.²³³ Sometime later, we see King Jehu allowing idol worship even ignoring the prophets and warning signs from their history.²³⁴

²³² 1 Kings 11:1-8

²³³ 1 Kings 12:28-29

²³⁴ 2 Kings 10:28-31

Why would the kings allow such worship? Was this an act of rebellion from God? Or is it simply being entertained by the things of this world? Or was it to be like the nation of Egypt?

In fact, we see from the debacle in Exodus 32, the lingering effects of the golden calf in Israel's painful history of rebellion, apostasy, and cheap entertainment throughout human history.

But what does this painting reveal about us? Is it possible Nicolas Poussin is trying to get our attention with this painting? In our modern-day selfie world, we want to create our own image rather than live in the image of God,²³⁵ don't we?

In a world where we create our own branding, we brand ourselves to be digital entertainers rather than live in purpose with Jesus.²³⁶

Is it possible for us to be like the people of God in this ancient selfie? If we are honest with ourselves, this story is about the reality of how you and I want to be entertained. And if unchecked, entertainment can lead to some serious consequences, even to death.

One way to check ourselves in this modern digital world is to be aware of our focus. Is it the Moment? The Mountain? Or Modern-Day Memes?

Moment

As we see in the opening verses of Exodus 32, Moses goes to the mountain to hear from God. Moses is God's representative to start a new covenant with His people after 400 years of slavery in Egypt. And instead of waiting for Moses to come down from the mountain, they shift their focus for a moment. A moment focused on impatience and entertainment.

²³⁵ Genesis 1:27

²³⁶ John 10:10

Perhaps, this is not too far off from the human condition in a digital world. We demand efficiency, unlimited consumption of information, and access to be entertained. Social reels are designed to keep our attention.²³⁷ Algorithms determine how to keep us engaged online based on our digital habits and practices.²³⁸ Big Tech companies design misinformation to keep us distracted and shocked.²³⁹ Why? Simply put, to keep us entertained. To keep us in a moment. To reduce digital users to impersonal economic consumers.

Now, entertainment is not negative or shameful unless it distracts us from what matters most - the Mountain.

Mountain

In Exodus 32, the Mountain represented where God resided. It represented the activity of God. It represented the power and authority of YHWH with a pillar of smoke by day and fire at night.²⁴⁰ The mountain represented what God did in Egypt forty-seven days earlier. The Mountain represented God.

We need to be aware of the Mountain in our lives. It is when God is active and living *in* us, not modern technology *around* us. It is the Mountain working miracles, signs, and wonders, not the blinking screens of high-pressure glass and plastic. It is the Mountain who brings purpose in our lives, not online consumption from the digital age.

So how do we do this? How do we focus on the Mountain in the bombardment of moments? To be aware of the Mountain is to seek out the Mountain. To focus on the Mountain is to be aware of the distractions of modern-day moments found in

²³⁷ Hibbs, Shane. *The Hidden Power of Electronic Culture: How Media Shapes Faith, the Gospel, and Church* (Grand Rapids, Michigan: Zondervan Publishing, 2005), 160.

²³⁸ Hamilton, Plato and Walter. *Phaedrus and the Seventh and Eighth Letters* (New York: Penguin, 1973), 96.

²³⁹ Campbell, Heidi and Garner, Stephen: *Networked Theology (Engaging Culture): Negotiating Faith in Digital Culture*. Grand Rapids, Michigan: Baker Books Publishing, 32.

²⁴⁰ See Exodus 19:18

technology. We go back to the fingerprints of God. We focus on the Tablets of God rather than the tablets of digital connections.

We look to the Mountain.

A practical example to look to the Mountain is to practice a digital sabbath. To take a 24-hour period of time to shut down the screen and to turn off the phone. To get silent. To let God, speak in His whispers through a sea of modern-day distractions.

Another way to focus on the Mountain is to enjoy Creation. Let God speak through Creation. Allow God to reveal Himself through the beauty of nature around us. In the quietness of Sabbath and Creation, the Holy Spirit has permission to speak and remind us of all truth in a land of lies; to heal us; to realign us; to restore us.²⁴¹ To allow the Mountain to be the focus is to create digital habits which redeems digital practices from moments to the Mountain.

Memes

And yet, we all need to be aware of the meme culture around us. The personal branding we create, if unchecked, become modern-day golden calves.

²⁴¹ John 16:13-15



We become the shiny objects.

We build stories to entertain, engage, to sell ourselves rather than reveal the One who created us. As we see in the ancient meme of Exodus 32, if our digital practices and habits remain unchecked, the digital world will consume us. We will forget the Mountain. We will be distracted by digital trinkets. We will believe our own reels rather than be real with God. We will build our own digital brands in the hope to be famous or influential rather than build a Jesus brand. Unfiltered, we use digital filters to make ourselves look better than we truly are. Unchecked, we become the author of our own stories rather than live for His glory. We need to ask ourselves, “who is our brand?”

The Jesus Brand

The Jesus Brand is to focus on making Jesus famous, instead. The Jesus brand is where we ask ourselves how the ancient meme of Exodus 32 can affect our emotions, our minds, our bodies, our relationships, and our own soul. The Jesus brand is to move from the Tablets of old or the modern-day glass and plastic tablets to the Tablets written “on human hearts.”²⁴² It is to understand how

²⁴² See 2 Corinthians 3:3

digital information has affected our emotions, our minds, our bodies, our relationships, and souls, and allow Jesus to transform and redeem our digital practices.

As McLuhan prophetically wrote in his famous book, *Understanding Media: The Extensions of Man* we need to be aware of the golden calves we create because, ultimately, what we create reveals our human condition.²⁴³ In other words, what we create, we become. If unchecked, we allow technology to become the idol rather than Jesus as tekton.²⁴⁴

The Jesus brand is what will bring hope to the world, not the modern-day calf of technicism.²⁴⁵

²⁴³ See Marshall McLuhan, *Understanding Media: The Extensions of Man*, 1964.

²⁴⁴ Jesus as a carpenter is the Greek word, "tekton", which means builder, masonry worker, creator.

²⁴⁵ Technicism has been considered as the religion of the secular. It is the belief system which technology - applied science - is the hope for humanity's problems.

PART TWO: How to Respond to Infobesity as Followers of Jesus?

CHAPTER SIX: Infobesity Awareness

“We cannot solve our problems with the same thinking we used when we created them.” – Albert Einstein

“He is faithful and just to forgive...” (1 John 1:9)

In part of our research on infobesity, we found levels of information overload in each of our digital users. From young professionals to pastors to young adults; to non-believers to adolescents to parents, levels of information overload were present in their digital habits.

And with that said, it is difficult to determine the level of infobesity unless digital users are aware of it.

So, we designed an infobesity self-assessment. Based on the latest scientific research on the effects of infobesity with Jesus’ model of life in Mark 12:30-31,

this assessment is to empower the digital users to understand their level of information overload.

In one particular study group, participants expressed infobesity didn't have any merit or effect or concern towards their digital practices or in their relationship with Jesus or with each other or themselves.

In short, they just didn't care.

On the other hand, we found another group of participants react to infobesity by shutting out all digital technologies and connections.

In Mark 12:30-31, Jesus goes back to the Exodus 32 debacle and quotes what it means to encounter a full life. For Jesus, he moves 10 commandments to 2. For Jesus, He came to fulfill what human hands could not.

Based on the research *for* the infobesity assessment, we asked the questions of how infobesity affects our minds, souls, emotions, relationships, and our physical bodies.

Therefore, the infobesity assessment provides a quantitative approach to the five important areas of our lives Jesus relates to in the Gospel of Mark.

In fact, before we go any further, I would encourage you to go through the assessment. It will take you less than five minutes.

Feel free to use the QR code below or access it in the footnote section:²⁴⁶

²⁴⁶ You can access the assessment at www.andygabruch.com/redeemdigitalspaces. The complimentary code is: BWAY2700.



Ok, now that you are back, what level of infobesity can you relate with? Anything surprise you about the symptoms you are experiencing?

What digital habits do you need to apply as a follower of Jesus?

What redemptive practices should you start today?

In our initial round of research with 600 digital users, we concluded parents consumed an average of 2-4 hours of digital entertainment per day.²⁴⁷ With pastors and leaders, 1-2 hours per day. In contrast, students between the ages of 12-21, consumed 5-7 hours of digital entertainment daily.²⁴⁸

As we can see in the research, the higher the consumption of online entertainment the higher effects of infobesity occurs.

According to a 17-year-old digital user with average symptoms of infobesity, which includes social anxiety in groups, lack of focus at work and school, confessed her digital practices did not contribute to her effects of infobesity. To

²⁴⁷ Typeform platform to conclude results towards the *infobesity assessment* concluding my doctoral project.

²⁴⁸ This does not include education and/or work-related digital usage. For the purpose of our research, we focused on entertainment consumption of social media engagement, video gaming, and/or other forms of online entertainment.

her, her effects of infobesity was not based on her social media practices but to her diagnosis of mental health issues.

As this may be true to her, mental health issues are uniquely tied to digital practices. Based on the latest psychological studies of higher levels of digital consumption, mental health issues are evident, not separate.

In addition to this, lower levels of infobesity in students were directly linked to higher levels of relational engagement. For example, one grade 12 student responded to the infobesity assessment as already knowing his digital practices because his mom regulated his digital habits.

Due to this, he was able to filter, shift, and determine the level of information overload he was facing.

Moreover, we had dozens of others commend the infobesity assessment as a real-time resource. As participants experienced in the assessment, the online resource allowed people to understand their digital habits and build awareness towards their digital practices. Due to this, digital users were able to redemptively respond to their digital consumption.

(This section is to explain further the findings from the assessment)

CHAPTER TEN: Building a Jesus Brand

Jesus is the Story of all stories.

“In the beginning was the Word...” (John 1:1)

Everything Jesus did was a response to the human heart. His words, His actions, His miracles, His conversations were all about the human heart.

In a world bombarded by insta-stories, short stories prying for your attention, the story of all stories is Jesus because it is all about *you*.

Jesus engages in our sin, our brokenness, our fears and failures. Jesus calls out to our hearts – our life story – to redeem our stories to His.

In fact, Jesus engaged in all different types of stories. He intrigued the religious. He invited the sinners. He interacted with the searching. He dialogued with the disgruntled. He was able to converse with every type of human condition, human heart, and human achievement.

Everything Jesus did was to respond to you and me.

And in a digital world bombarded by misinformation, cheap entertainment, non-stop efficiency, and connection, Jesus is the best story.

So often, rather than share His story online we share our own. Rather than build a Jesus brand, we are more interested in building our own brands instead.

A keen college student admitted sharing Jesus online was just too hard for her. In fact, her digital practices and habits were not remotely interested in sharing or showing Jesus to her online platforms. Truth be told, Jesus didn't need to be

influencing her online habits. For her, her digital world was about her and her followers, not about Jesus.

In our initial round of research with 600 participants, her perspective was not too far off. With the infobesity assessment, the question, “my main purpose for being on social media is to reveal my faith to others” was responded to “never true about me” or “rarely true about me”.

53% of parents responded to the statement of rarely or never sharing their faith online. For pastors and teachers, the average was 42.8%. And 56.3% of students don’t share their faith online at all.

Digging deeper into this, we found increasingly amounts of digital users not wanting to share their faith online because of the decreased levels of engagement on their socials or the increased amounts of negative comments they received.

For many digital users, sharing faith online was a negative and hurtful experience rather than a redemptive one.

But, as any storyteller would share, the best story wins. And may I propose to you, Jesus is the Story of *all* stories!

His Story is one of redemption, healing, and wholeness. And it is in this narrative where followers of Jesus *can* engage the online world with the story of all Stories. Jesus can help us build a digital brand that goes beyond our own selfies.

But how?

Part Six: Book Offer

Tuesday, February 14, 2023 at 20:59:44 Pacific Standard Time

Subject: Offer of Publication: Living In a Digital Age
Date: Friday, February 10, 2023 at 1:12:18 PM Pacific Standard Time
From: Matthew Wimer
To: duco@andygabruch.com
Attachments: CD_CB.doc, DocuSign Signing Instructions.pdf, SAMPLE_Basic_CB.pdf, WS_Author Guide_9.4.pdf

Dear Andy,

We are delighted to inform you that we have accepted your proposal for publication under our CASCADE Books imprint. The editor responsible for managing your project will be Rodney Clapp.

I have enclosed three important documents you need to review: 1) our **Author Guide**, which details our publishing process and your responsibilities as an author; 2) a **Sample Contract** which contains the terms your contract will have; and 3) a **Contracting Document**, which upon completion, provides us with the necessary information to draft a contract for your book.

As you consider moving forward with CASCADE Books, please review the attached documents. Please pay careful attention to our house style and formatting guidelines as you determine the timeline for revising and preparing your manuscript.

We would appreciate hearing back from you with a decision within the next two weeks, but please let us know if you need more time. This must be completed before a contract can be drafted. You can expect to receive a contract from us within two weeks from the date we receive your completed Contracting Document.

When you are ready to proceed with contracting, please complete the attached Contracting Document and email it to contracting@wipfandstock.com.

When the time comes to sign contracts, please note that our contracts are sent and signed electronically via email using the industry standard service provided by DocuSign. To learn more about DocuSign, [click here](#) to see a video on the ease of signing with DocuSign. I have also attached a **DocuSign Signing Instructions** that will guide you through the signing process.

If you have any questions, please feel free to contact me at mwimer@wipfandstock.com. You can also reach your editor by e-mail at: rodney@wipfandstock.com.

We look forward to partnering with you to bring your book into publication.

Blessings,

Matt

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Matt Wimer / Managing Editor
mwimer@wipfandstock.com

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