

Digital - Physical - Spiritual

Lecturer: Geoff Westlake

Text: *1Co6:12. 10:23.*
Rom12:2. Mat6:33. 22:37-39.

Resources: Brad Huddleston: *Digital Cocaine* bradhuddleston.com
Dr Archibald Hart, *Thrilled to Death.*
Mark Fairley, *The M-Word.*

How does **digital** tech effect the **physical**?

Hyper-stimulation. [Sugar hit... Thrilled to death.
Healthy stimulants vs unhealthy

What digital activity acts like **cocaine**?

Hyper-stimulation - Dopamine = Cocaine Brain

What digital activity acts like **heroin**?

Porn - mixture... +Adrenaline = Heroin brain

How does this cause addiction?

Resistance
Spiral of diminishing returns...

How do these reactions interfere with our **spiritual** life?

1. **Desensitvity** to joy of learning, loving living, experiencing the presence,
2. **Idolatry**: What do you love most? Who are you worshipping?

What can be done?

Trench: (The M-Word, Mark Fairley
FACE: Truth: (digital, physical, spiritual) is hard.
ERASE, [Detox...
REPLACE, [healthy dopamine & adrenaline inducing activities
ie. Real World: (eg. Study-discovery & Evangelism!)
= then free to encounter love & understanding.
- Person: forgiveness, keep coming back, beloved
- Seek first God's Kingdom (submit to His Love, forgiveness,
acceptance) and all these things **will** follow in His time,
when He taps you about them. **Mt 6:33**
- (tap tap.) What is He tapping you about?

A lifeline for digital overload - Brad Huddleston

<https://www.youtube.com/watch?v=PJ7Ysd5vULM>

Trench / War on Truth - Mark Fairley (*The Fuel Project*)

Soft virtues + Hard Virtues

Love + Truth

Forgive + Do Right, good

Healing + Prevent Harm

The M-Word

The Social Dilemma

geoffwestlake.com/articles

<https://www.renewanation.org/post/when-your-child-is-addicted-to-screens-a-parent-s-journey>