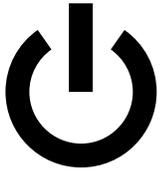


**Title:** Screens and Headphones

**Speaker:** Jonathan McKee

**Key Verses:** Psalm 101; Luke 12:22-26; 2 Cor. 4:5; 1 John 2:15-16; Eph. 5:1-5

**Summary:** Pressing pause on our devices may prevent self-destructive patterns.



**Power Up:** Take a moment to prepare

Jonathan compares entertainment and communication advances since his childhood. What major advances have you seen since your childhood?



**Replay:** Take some time to watch

Note the flow of Jonathan's talk: **1)** entertainment and communication changes since the '80s; **2)** rethinking Pics; **3)** rethinking "Friends" **4)** rethinking Likes; **5)** rethinking Streams



**Comment:** Take some time to talk

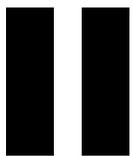
Jonathan describes the cell phone as a popularity barometer. **What does he mean by this? How has this affected self-esteem for teens?**

Jonathan provides some warnings and wisdom about posting pics. **What should teens beware of? What makes a pic worthy of sharing?**

**How do we intentionally and unintentionally connect with the wrong kind of person? What precautions should we observe online?**

**How does social media affect the self-esteem of young people? What does it say about your value? What does God say about your worth?**

**Read 1 John 2:15-16. What does the world value? How do these values show up in popular music today? What effect does this music have on the life of its teenage audience?**



**Pause:** Take a moment to pray

Thank God for the various ways to communicate and connect with friends. Ask God for wisdom in everyday usage of our devices. Ask Him for help to live with integrity and find our identity in His love.



**Take Action:** Take a step forward

Changing our social media, music, and entertainment habits does not come easily. However, it will likely lead to growth in purity, connection, and self-esteem. Consider one of the following changes you can try for a week: no devices in the bedroom; no selfies; telling people in person (rather than on a post) what you like about them; daily reading of Psalm 101.

## Bonus Features | Additional Notes and Quotes from Jonathan McKee

**Youth Worker Lab Summary:** Spotify, Netflix, Fortnite, Instagram... These are fun apps youth go to. But at what point does something recreational become something distracting? This Power Track will help us rethink the entertainment messages we are absorbing.

**About the Speaker:** Jonathan McKee is a husband, father, author, and speaker specializing on resourcing the church about youth culture. Find resources here: <https://thesource4ym.com/>

Technology & Communications in 1980s	Tech. & Comm. since 2007
House phone on wall	Smart phone in pocket
Doran, Doran and Michael Jackson on MTV	Drake and Post Malone on YouTube
Friends played outside	Friends connect online
Passing notes in class	Sending texts in class
VHS player & Walkman	Streamed music

“The average millennial takes 9 selfies a week, spending 7 minutes on perfecting each one.”

“[The smartphone] is a great device for connecting with people outside the room. It’s kind of sad, though, when it interferes with connecting with people inside the room.”

### Pause: Re-thinking Four Facets of Our Phones

- Pics** (see [Psalm 101](#))
  - Basic rule: Don’t post anything you wouldn’t want your mom, teacher, grandma, or future boss ... Jesus seeing!
  - “What if instead of a late night post, we did late-night pause!”
  - Most parents allow young people to have phones in the bedroom, even though all the experts say, “Don’t let young people have devices in bedrooms.”
- “Friends”**
  - Be careful who you connect with. “Stranger Danger!”
  - Giving out your address and tagging locations may expose you to danger.
  - Will Smith: “My grandpa once told me be careful who you surround yourself with.” Who are the five people you spend the most time with? That is who you are.”
- Likes** (see [Luke 12:22-26](#); [2 Corinthians 4:5](#))
  - Young people are growing up learning their self-esteem is based upon how much people think of them, taking great efforts to say, “Look at me.”
  - “Likes” don’t determine our real value.
  - You only have one person you have to please: your Creator. We don’t say, “look at me.” We say him, “Look at Him.”
  - Chris Pratt on MTV awards: “Your value was paid for by someone else’s blood.”
- Streams** (see [Ephesians 5:1-5](#))
  - “Remember who you are before you click.”
  - The world values different things: Do not love the world ([1 John 2:15-16](#))
  - Teens say, “[Degrading lyrics] don’t affect me. I don’t listen to lyrics.” However, there is a correlation between teens listening to degrading music and engaging in sexual activity at younger ages (Journal of Pediatrics).