

# Exiting The Matrix



- “Matrix” - the place of norm, place of migration, place of passivity, place of safety or comfort, the corner where social bullies back you into, the place you shrink to avoid cultural anger and bigotry, the place trends or peers take you to,
- **Any place that compromises your divine individuality.**

- Wk.1 Facing the Dragon,  
Technology and social media  
Wk.2 Pulling the sword; Getting  
beyond living a lifeless life or a  
preoccupied life.
- Wk.3 Is Jesus just a better set of fig  
leaves?
- Wk.4 Beyond the veil, sacred  
breathing- worship.

- “I am concerned the average believer is more sophisticated when it comes to their coffee or their wine, the theater or their steakhouse, than they are about their faith.” Nikko, Wyoming 2017

- Technology is not evil, but it is bringing significant impact upon us.
- +The American academy of pediatricians state that children between 2 yrs. and 12 spend 4.5 hrs. / day with screen time. In most American homes better than 50% of children under 9 have their own cell phones.

- The Distracted Mind- Adam Gazzaley  
MD, PhD, UCSF
- Amazon Prime movie minutes 14 and  
on.

- “Boredom has become a cultural hot point. With our click culture we at the earliest sensation of boredom tend to start clicking and dumping dopamine in our brain.”  
Thurston calls this **distracted hyper connectedness**.
- Gazzaley, “the same system in your grey matter that keeps you on the lookout for food and water actually rewards you for discovering novel information.”

- “Our brains have become suckers for irrelevancy! Once wired for distraction, you crave it.”
- **2 Significant Concerns:**
- 1.FOMO
- 2. Moral development



- **SO WHAT TO DO:**
- \*If you need to focus on an important project then, close the door, turn off all noise, and leave the cell phone in another room.
- \*Parent must set limits on screen time. Don't expect your kids to bless you for this! You are taking a spoon out of a baby's mouth or a bottle away from a drunk!
- \*When entertaining, capture cell phones into a basket where they will remain for the duration of the evening.
- If you go out to eat with friends, stack all the cell phones on one end of the table and if anyone touches their phone during the dinner, they pay for everyone.

- \* Establish time frame where all electronics are offline, like 6:30 or 7pm
- \* Read a physical book; write a letter or a card.
- \*Email: it is the sender's responsibility to convince the receiver that a reply is worthwhile!
- \*Paul exhorts us to “live a simple and quiet life.” I Thess. 4:1b
- \*Nietzsche, “It is only ideas that are gained from walking that have any worth.”
- \* Get outside! Dr. Michael Terman, Columbia Univ., negative ions effect us at the cellular level the same as meds used to treat depression. Think, the ocean, the mountains, the shower.