



Reach out
take a step

find hope

Care to change

Counseling to help you move forward.

AI, Social Media, and Technology: Forming Faith in a Digital Age

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Today's Goals:

- Understand the impact of digital culture
- Learn how discipleship has changed with the rise of new technology
- Learn how to guide our youth toward healthy, faith-centered engagement with technology



What does the Bible say about AI?

Joshua 8:28

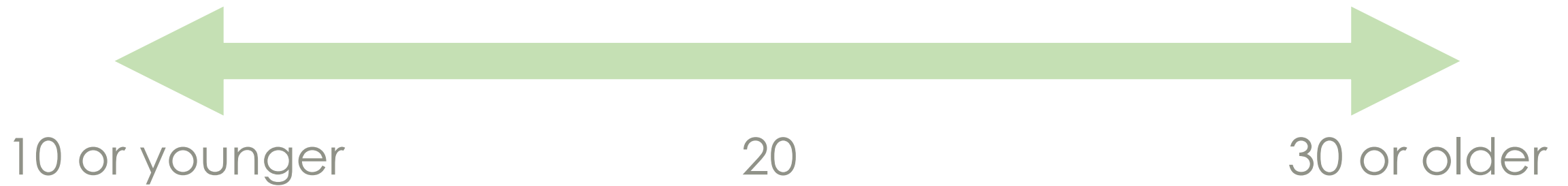
“So Joshua burned Ai and made it a refuse heap forever, a desolation until this day.” (NASB)



Let's hear from you...

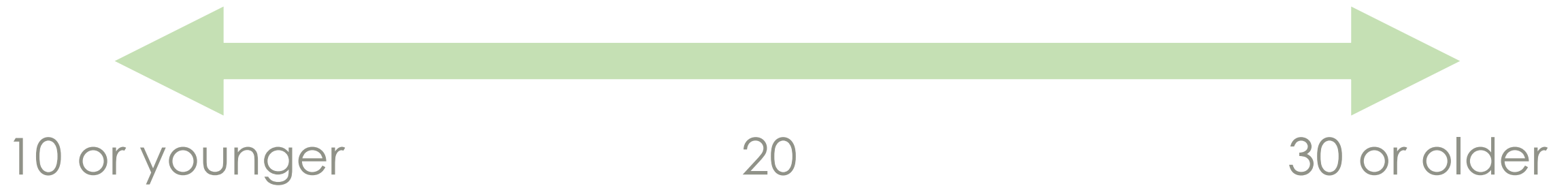
Let's hear from you...

At what age did you first
obtain social media?



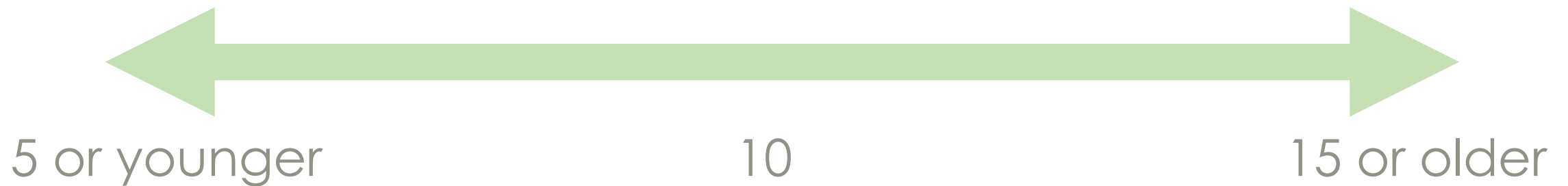
Let's hear from you...

At what age did you first obtain a smart phone?



Let's hear from you...

At what age were you first allowed to leave the house/yard by yourself for multiple hours?



Let's hear from you...

“AI concerns me.”

“AI excites me.”



Let's hear from you...

“AI mostly threatens spiritual formation.”

“AI mostly increases ministry efficiency.”



Let's hear from you...

“AI should never touch pastoral care for individuals.”

“AI can be helpful in pastoral care contexts for individuals.”



The Impact of Digital Culture

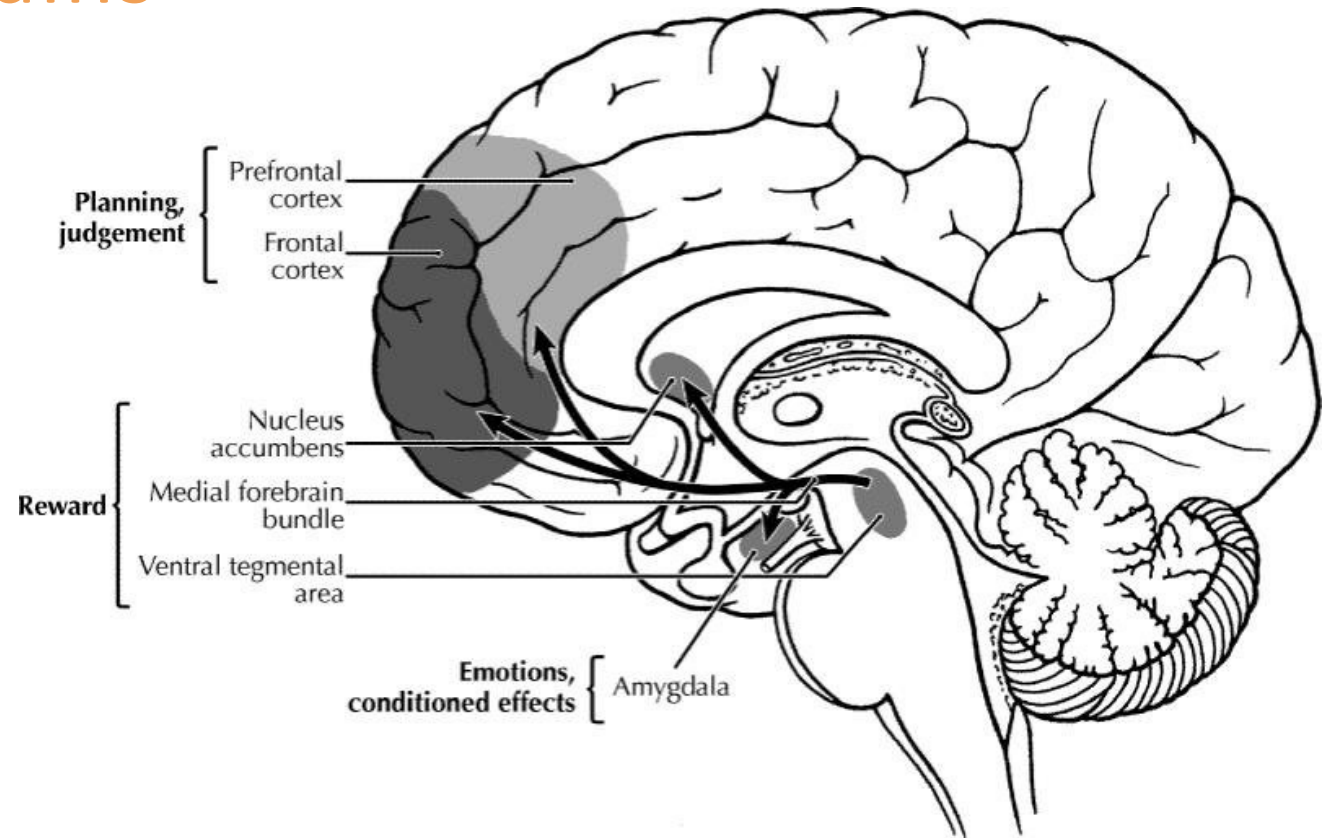


The Impact of Screens

How Tech Hijacks Our Brains

Dopamine stimulators:

- Blue light
- Interactive touch
- Instant rewards
- Frequent cues



(NIH National Center for Biotechnology, 2001)

The Impact of Screens

How Tech Hijacks Our Brains

- Easy tool for parents to distract their kids
- Cell phones/tablets changed childhood
- Screen viewing became monetized

Outcome: reduced attention, easier to be distracted, and poor social/emotional development



The Impact of Screens

Major Depressive Episodes in the Last Year (U.S. Teens)

Percent of 12-17-Year-Olds

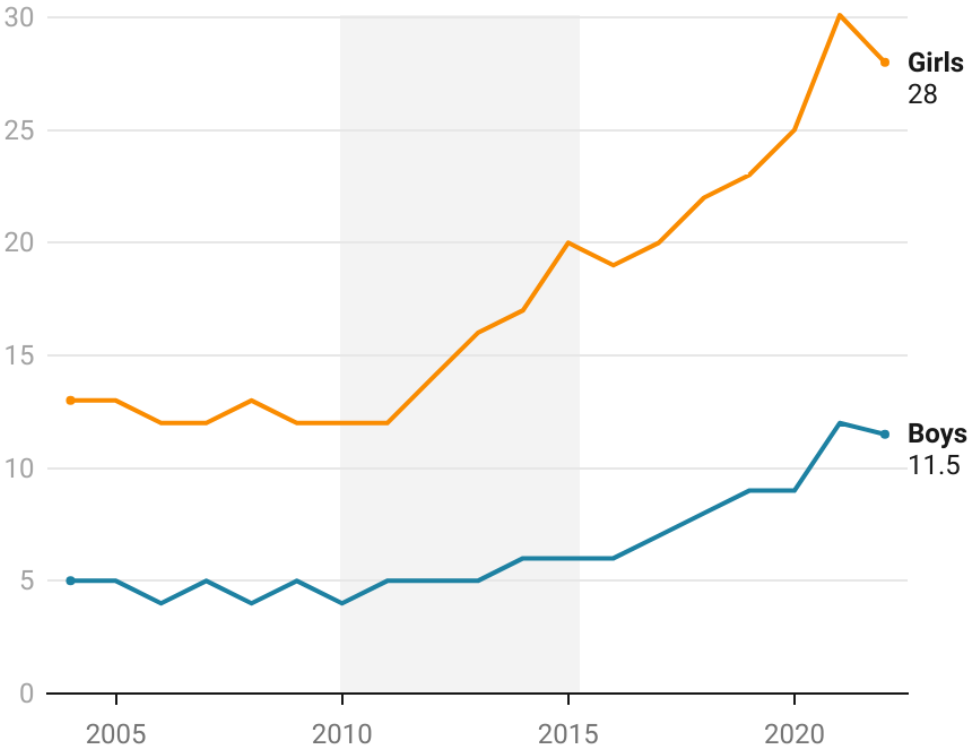


Chart: Zach Rausch • Source: National Survey on Drug Use and Health • Created with Datawrapper



The Impact of Screens

Percent U.S. Anxiety Prevalence

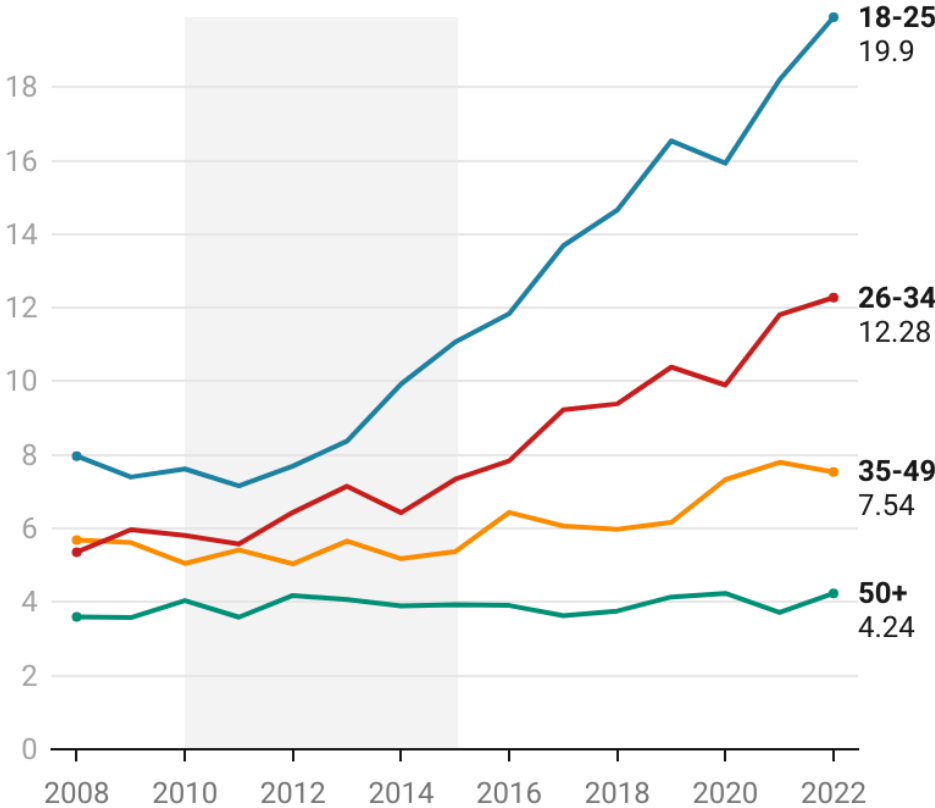


Chart: Zach Rausch • Source: National Survey on Drug Use and Health • Created with Datawrapper



The Impact of Screens

Percent of U.S. Undergraduates with a Mental Illness

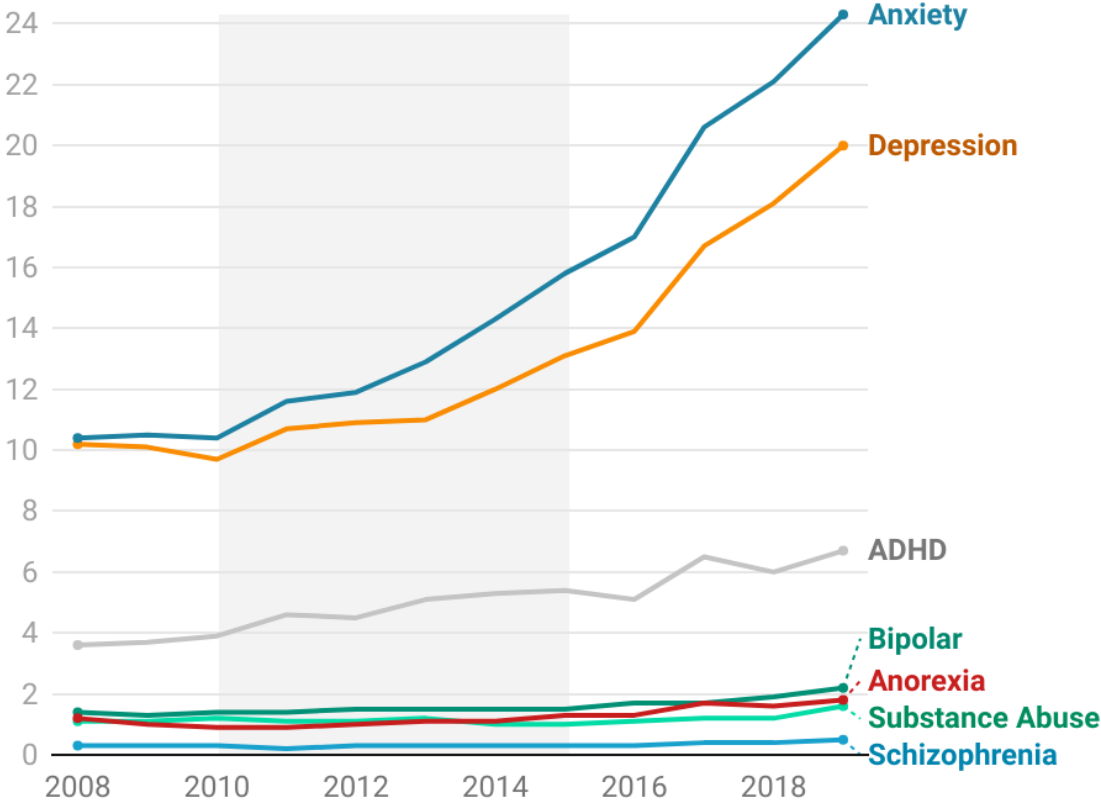


Chart: Zach Rausch • Source: American College Health Association (ACHA-NCHA II) • Created with Datawrapper



The Impact of Screens

U.S. Emergency Department Visits for Self-Harm (Ages 10-14)

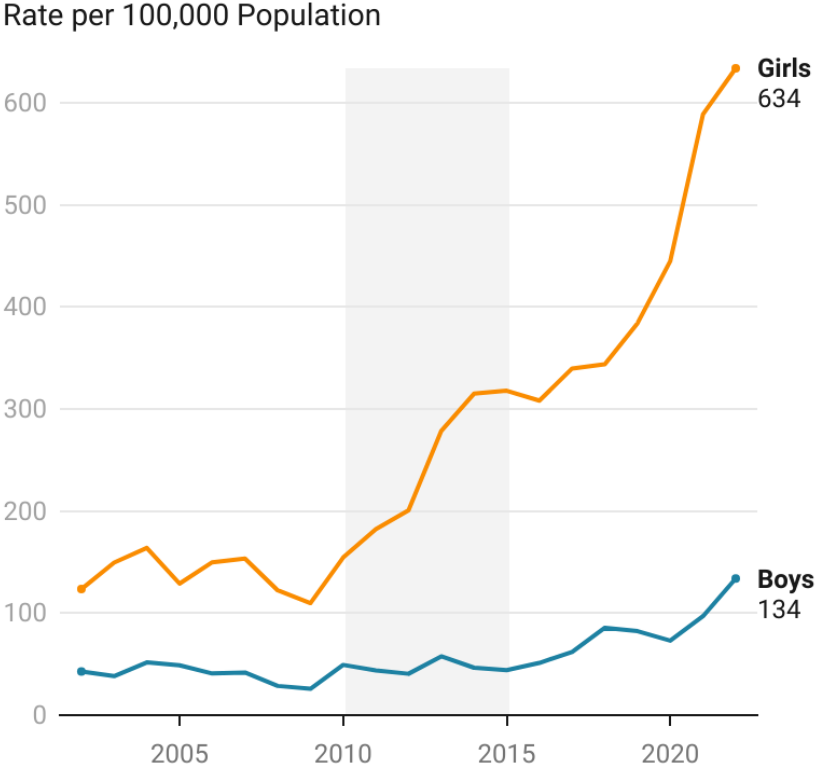


Chart: Zach Rausch • Source: CDC Non-Fatal Injury Reports • Created with Datawrapper



The Impact of Screens

U.S. Teen Suicide Rate (Ages 15-19)

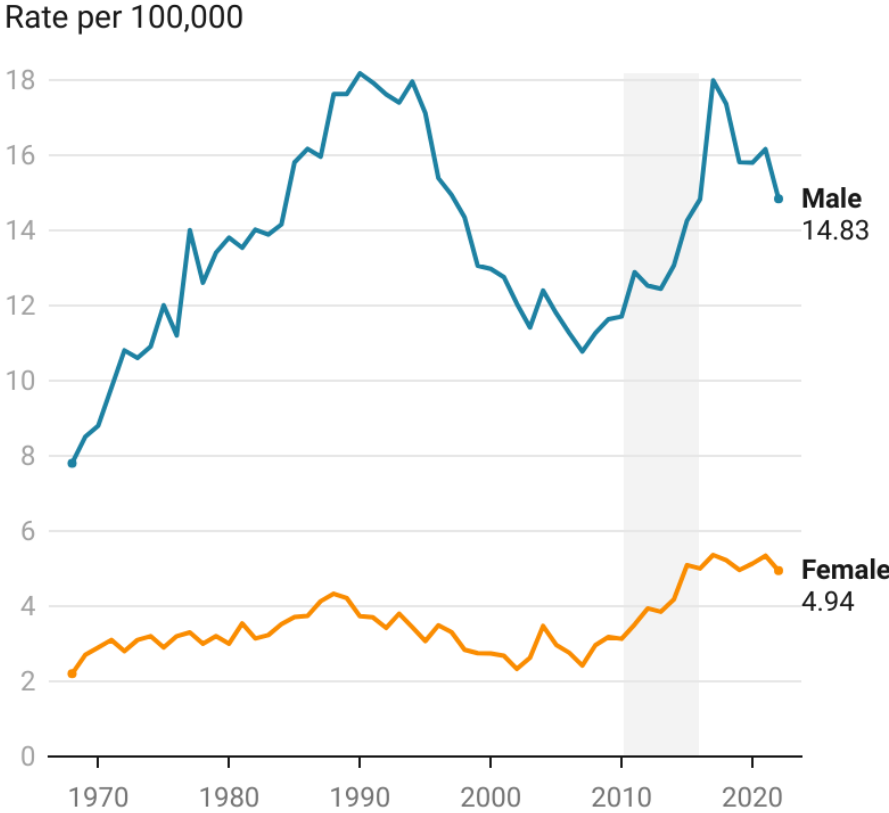


Chart: Zach Rausch • Source: Center for Disease Control Fatal Injury Reports • Created with Datawrapper



Technology & Discipleship

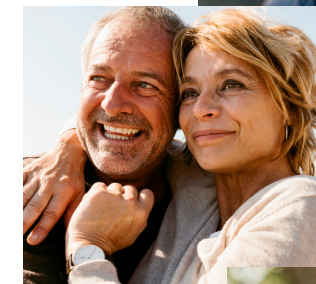


The Impact of Screens

Spiritual Formation

“And you shall love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.” (Mark 12:30)

Screens, social media, phones, and AI are all methods that can be used to conform our minds to the patterns of this world. (Romans 12:2)



The Impact of Screens

Spiritual Formation

HOWEVER:

- More people have access to the Bible than ever.
- Spiritual formation and discipleship can use digital means *appropriately*.
- Younger generations are recognizing and turning away from bad uses of technology.



Concerns with AI

Five Major Areas

1. Oversight
2. Opportunity Cost
3. Relational Atrophy
4. Spiritual De-Formation
5. Not Living an Embodied Life



Concerns with AI Oversight

How are we making sure that the information we're given from our AI is correct?

Whose ethical framework is the information coming from and does it match our Biblical worldview?



Concerns with AI Opportunity Cost

What degenerative costs to our brain functioning might be occurring by not forcing ourselves to do the hard work of critical thinking skills and integration of information?



Concerns with AI Relational Atrophy

- 35 million people are currently in a romantic relationship with a chat bot.
- AI is becoming a constant companion for our loneliness epidemic.
- Are we recognizing how this could be further isolating us from each other?



Concerns with AI Spiritual De-Formation

Are we swapping out the leading of the Holy Spirit in our lives, and instead using AI as our first source for truth, ideas and content for our ideas, our writing and our presentations?



Concerns with AI Not Living an Embodied Life

How might we be trading the experience of a beautiful creation that gives glory to its Creator for something that is non-physical?

The more we live our experiences digitally, the more it disconnects us from our bodies – and a full experience of the God who came to us in a body.



Healthy, Faith-Centered Engagement with Tech



How do We Engage?

Biblical wisdom

Mark 10:38

"Love the Lord your God with all your heart, all your soul and all your mind and all your strength."



How do We Engage?

Practical steps

- What communities are you engaging in that aligns with Biblical values and life on mission?
- How are you modeling this as parents?
- How are you building accountability to help your kids learn how to use this responsibly?



How do We Engage?

Practical steps

- Family mission statement for AI and tech use.
- Josh Shipp's *The Teen Cell Phone Agreement*



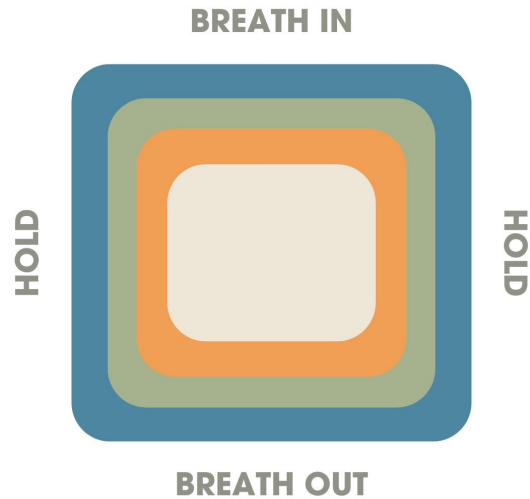
A practical Tool to use

What we'll learn

- Session 1 - 4 square breathing
- Session 2 - 5-4-3-2-1 grounding
- Session 3 - Progressive muscle relaxation
- Session 4 - 60 seconds of focus (15 sec body scan, 15 sec breathing, 15 gratitude, 15 sec prayer)

4 square breathing

Breathe in, hold and
breathe out in 4 times,
and you will feel calm.



Four-square breathing helps calm the nervous system by slowing the breath, which signals the body to shift from a stress response into a state of safety and regulation. ❤️

Resources

- Care to Change Podcast series on “Thriving in a Digital World”
- “The Anxious Generation” Jonathon Haidt
- Teen Phone Agreement –(Josh Shipp)
- “The AI powered Church” Anthony Hunt
- “Against the Machine” Paul Kingsnorth
- “The Tech Wise Family” Andy Crouch
- “Stolen Focus” Johann Hari
- “Answering Your Questions about AI and Christianity”- The Crossway Podcast



References cited today

- NIH National Center for Biotechnology, Copyright 2001 Canadian Medical Association. Photo by Lianne Friesen. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC80880/>
- Rausch, Z., & Haidt, J. (2026, January 27). The Evidence - The Anxious Generation. <https://www.anxiousgeneration.com/research/the-evidence>



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Call to Action

Let's connect!

- Listen to our podcast
- Host a community forum or a lunch & learn for your staff/ small group leaders
- Sponsor families in need
- Email us at help@caretochange.org



Tell Us Your Thoughts on Today's Information



Answer 2 simple questions



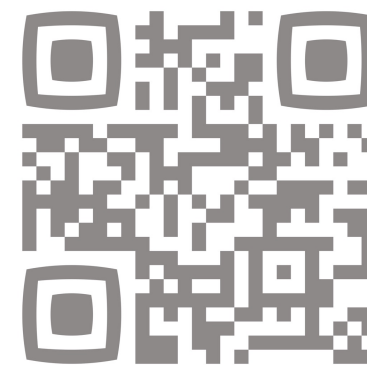
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appointment



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Counseling to help you move forward.