

# Re:Connecting 4: Over Exposure

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Oconomowoc, Wisconsin

The 4th Sunday in Lent  
11 March, A.D. 2018  
Nu 21.4-9; Eph 2.1-10; Jn 3.14-21

## Introduction

John 3:16

John 3:17

The "proper work" of Christ is to \_\_\_\_\_.

John 3:14

Genesis 3:15 (NIV84)

<sup>15</sup> And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."

How does Jesus teaching help us understand the "snake on the pole" (Num 21) incident?

Romans 6:3-4 (ESV)

<sup>3</sup> Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup> We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

Why is Christ on the cross nothing to be ashamed of?

Galatians 2:20 (ESV)

<sup>20</sup> I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Ephesians 2:4–9

Ephesians 2:10

## **The Problem of Over-Exposure**

### **A. Research by Dr. Jean Twenge**

The Monitoring the Future survey, funded by the National Institute on Drug Abuse and designed to be nationally representative, has asked 12th-graders more than 1,000 questions every year since 1975 and queried eighth- and 10th-graders since 1991. The survey asks teens how happy they are and also how much of their leisure time they spend on various activities, including nonscreen activities such as in-person social interaction and exercise, and, in recent years, screen activities such as using social media, texting, and browsing the web. The results could not be clearer: Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on nonscreen activities are more likely to be happy.

There's not a single exception. All screen activities are linked to less happiness, and all nonscreen activities are linked to more happiness. Eighth-graders who spend 10 or more hours a week on social media are 56 percent more likely to say they're unhappy than those who devote less time to social media. Admittedly, 10 hours a week is a lot. But those who spend six to nine hours a week on social media are still 47 percent more likely to say they are unhappy than those who use social media even less. The opposite is true of in-person interactions. Those who spend an above-average amount of time with their friends in person are 20 percent less likely to say they're unhappy than those who hang out for a below-average amount of time.

Jean Twenge, "Have Smartphones Destroyed a Generation?" (*The Atlantic*, Sept 2017). URL: <https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>. Adapted from Dr. Twenge's book, *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood—and What That Means for the Rest of Us*.

# ST. PAUL'S LUTHERAN SCHOOL

## HERO CRUSADE

Registration for the Hero Crusade is officially open! Join us on Saturday, April 21 at the Oconomowoc Lake Club, for an evening of delicious food, great fun and wonderful friends. Through our silent and live auctions, raffles and games we will raise money for our technology initiative and Fund-A-Family. Festivities also include a photo booth, wine pull, and more! We recommend that you RSVP early to take advantage of the discount.



### **RSVP deadlines:**

March 28 - \$55/person

April 10 - \$65/person

For more information on the Hero Crusade including the menu, sponsorship opportunities, become an event donor and register to attend, please visit our website at <http://www.splco.org/church-3/hero-crusade/> Extra invitations are also located in the church office.

**Attention business owners:** If you would like to make a donation please contact Amy Hackbarth at [amy@splco.org](mailto:amy@splco.org).

Special thanks to everyone who is involved to help make this evening extra special! Your hard work, dedication, and talent are a blessing and appreciated!

## Hero Crusade RSVP

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, ST, Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Guest Name: \_\_\_\_\_

### DINNER SELECTION:

(\$55/person)

You

Guest

Duet Entrée: Beef Tenderloin & Almond Chicken

Vegetarian Entrée: Cheese Ravioli  
w/ spinach & button mushrooms

### DONOR LEVELS:

Superman

(\$1,500)

Batman

(\$1,000)

Wonder Woman

(\$500)

Spiderman

(\$250)

### AVAILABLE SPONSORSHIP OPPORTUNITIES:

Hosting Sponsor

(\$7,500)

Table Sponsor

(\$500)

TOTAL PAYMENT: \$ \_\_\_\_\_

### PAYMENT INFORMATION:

Visa

MC

Check (payable to St. Paul's Lutheran School)

Card Number: \_\_\_\_\_

Exp. Date: (mm/yy) \_\_\_\_\_

CVC#: \_\_\_\_\_

Name on card: \_\_\_\_\_

In other words, what's OK and what's not?

Deeper danger...

The more time teens spend looking at screens, the more likely they are to report symptoms of depression. Eighth-graders who are heavy users of social media [i.e., FB, Twitter, Instagram, Snapchat, etc.] increase their risk of depression by 27 percent, while those who play sports, go to religious services, or even do homework more than the average teen cut their risk significantly. (Dr. Jean Twenge)

Teens who spend three hours a day or more on electronic devices are 35 percent more likely to have a risk factor for suicide. (Dr. Jean Twenge)

## **B. Our Inner Narcissus**

What are the good and bad aspects of us that social media taps into?

Diagnosing social media danger

1. How much time are you on social media?  
More than 45 min day (esp. if a pre-teen or teenager) = \_\_\_\_\_

2. Do a "Selfie-Survey"  
Do an honest assessment of your social media posting (including the stuff that "disappears."  
If most of your pictures and posts are of yourself or about yourself then that is a signal that you're \_\_\_\_\_-focused.

What's the Biblical word for self-focus? Why is that a problem?

## **Conclusion**

Narcissus in Greek mythology...

What's the truth about us?

Christ calls us to "look up" to what?

What is the "epitome of love"?

What is the family of God (the Church) called to?

What do we do if our technology helps our communion and conversation? What if it does not?

CCT: In Christ God calls us out of narcissism and into the Way of \_\_\_\_\_.