

AT THE MOVIES

The Mitchells vs. The Machines

October 10, 2021 Message Notes

JOHN 1:14-18

Today's feature is "The Mitchells vs. The Machines", a movie about the awkward craziness of family life, about not giving up on each other, about the love between a father and a daughter... and about the robot apocalypse! It provides a great pathway to talk about technology nowadays and we can harness it without being taken over by it.



NOTES

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.”

JOHN 1:1-5

“The Mitchells vs. The Machines” is a movie about the awkward craziness of family life, about not giving up on each other, about the love between a father and a daughter... and about the robot apocalypse!

How do we harness the best of our technology without being taken over by it? How do we embrace the best of our humanity by deeply connecting with others in it?

Social media platforms stimulate dopamine releases (the feeling of pleasure) in our brains. Extended periods of social media use cause ‘dopamine floods’ in the brain, and when this happens our brains shut down receptors to preserve itself, leading to emotional responses like depression, anxiety, and fear. (See Wall Street Journal, “Drowning in Dopamine”)

When we receive dopamine hits from watching screens, then doing life off-screen becomes even harder.

Social media is built on satisfying your cravings. You are the product and your life is the revenue stream.

“We are training them, and they are training us.” – From “Inside TikTok’s Highly Secretive Algorithm,” Wall Street Journal, July, 21, 2021

“Generation Z, which comprises 15-23 year olds, spends on average 2,767 hours per year, the equivalent of 7.5 hours per day, connected to social media.” – David Kinnaman, in Faith for Exiles

“The age-old questions of being human remain unasked, shriveling like neglected seedlings. Deep spiritual longings, which ought to be lovingly tended and skillfully cultivated, are being choked to death by binge television, immersive gaming, and social media scrolling.” – David Kinnaman, in Faith for Exiles

Amazing, life-affirming moments can also happen on social media. The Gospel can be shared and families can stay connected though miles apart.



“Above all else, guard your heart, for everything you do flows from it.”

PROVERBS 4:23

All of us need to “hang up and hang out” from time to time.

In the movie, Katie and her Dad want the same thing, what all of us want. They want to feel needed and known by each other.

“The prayer that precedes all prayers is, may the real me meet the real you.” – C.S. Lewis

If you feel distant and tangled up in social media and need to find relief, then perhaps you need to hang up and hang out. Get close, listen, let yourself be seen. Take a step toward vulnerability.

“He came into the very world he created, but the world didn’t recognize him. He came to his own people, and even they rejected him.”

JOHN 1:10-11

God chose to **redeem** what sin **destroyed**, **recover** the **distance** between Himself and his people, and **reunite** what sin **divided**.

In his vulnerability, God risked rejection for reconnection.

God willingly entered into the fray of human life “to seek and save those who are lost.”

LUKE 19:10

“But to all who believed him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God.”

JOHN 1:12-13

God offers new life for you to experience the best of your humanity, not dictated by habits or algorithms or how people defined you in the past.

“He died for everyone so that those who receive his new life will no longer live for themselves. Instead, they will live for Christ, who died and was raised for them. So, **we have stopped evaluating others** from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now!”

2 CORINTHIANS 5:15-16

How does Christ regard us?



“Anyone who belongs to Christ has become **a new person**. The old life is gone; a new life has begun!”

2 CORINTHIANS 5:17

Jesus regards you as new, pure and holy. Social media companies view you as a commodity based on algorithms that assess you according to the number of likes by your name.

“The Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father’s one and only Son.”

JOHN 1:14

“God showed his great love for us by sending Christ to die for us while we were still sinners.”

ROMANS 5:8

God created you to feel needed and known. God created you for intimacy. **Hang up and hang out.**

How do we harness the best of tech without being taken over by it?

How do we access the best of our humanity by deeply connecting with one another in it?

Technology is not the enemy. As with everything else, it needs to be managed and used in a healthy way.

We need to be more digitally discerning rather than digitally disconnected.

Use technology as a tool for life and relationships, not as a source of life or relationships.

Practical ways to “hang up and hang out”:

- Connect in person about things that you see someone posting online. When you’re in-person, connect that way.
- Create “no-phone zones”. Create the space conducive to things being shared.
- Set limitations and to-do’s that need to happen before going online.
- Try these tools to live more “tech-wise” as individuals and as families:

<https://www.barna.com/techwiselife-3/>

Your family is worth fighting for. Your kids want to know that they’re worth fighting for.

Hang up and hang out with your kids.

Hang up and hang out with your friends.

Hang up and hang out with Jesus.



What's your story? It's not finished yet. Today is a new day, and Jesus is near. Turn to him, and receive His gift of life.



Watch Christ Journey messages at:
ChristJourney.org/Messages

