

## **Wisdom for a Smartphone Age**

### **Ch. 7: We Get Lonely**

**Rom. 12:1-2**

**Eccl. 1:9**

**1 Cor. 10:13**

“The Loneliness Epidemic”

- Technology and Isolation
  - o Social Media and Artificial Intelligence
    - What we already know has been observed... “Social Media is not a replacement for face-to-face relationships” – Tom Pennington

#### **The Dangers of Isolation**

“There has never been a time in human history when it was good for man to be alone, even before the fall.” – Mark Sanders, *Abiding in Christ in Isolation*

- Proverbs
  - o The Way of Wisdom (Abundance of Counselors)
    - Prov. 27:17; 11:14
  - o The Way of Folly (Isolation)
    - Prov. 18:1; 12:15

#### **The Blessing of Genuine Friendship**

- o Genuine Friendship
  - Prov. 27:6, 17; John 13:35 (“One Another’s”)
  - Prov. 18:24
- o Physical Presence
  - Ex. 33:11
  - Rom. 1:10; Phil. 4:1
  - Hebrews 10:24-25
  - 2 John 12

#### **The Need for Silence and Solitude**

- The Example of Jesus
  - o Mk. 1:35; Lk. 4:42-43; Lk. 5:15-16
- The Testimony of Scripture
  - o Ps. 46:10; Matt. 6:6