

TYLER MCKENZIE
Lead Pastor

Judges 2:8-12

Joshua son of Nun, the servant of the Lord, died at the age of 110 ... After that generation died, another generation grew up who did not acknowledge the Lord or remember the mighty things He had done for Israel. The Israelites did evil in the Lord's sight and served the images of Baal.

The cultural disruption of Canaan was greater than the spiritual formation of their ancestors.

"After that generation died, another generation grew up who did not acknowledge the Lord or remember the mighty things He had done for Israel."

Social Media



Twitter



TikTok



Instagram



WhatsApp



Threads



Facebook



Snapchat



Messenger



Telegram

August 11 - The Biggest Influence on Kids' Lives Today

August 18 - The Best Parenting Style According to the Data

August 25 - A Parenting Book By an Atheist You Should Read

September 1 - Three Strategies I'm Using Right Now

September 8 - Parenting From a Place of Rest

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness



Jonathan Haidt

*Coauthor of *The Coddling of the American Mind**

Two Recent Parenting Shifts:

We have become way-too-protective in the real world.

And not-protective-enough in the digital world.

Communication Technology Adoption

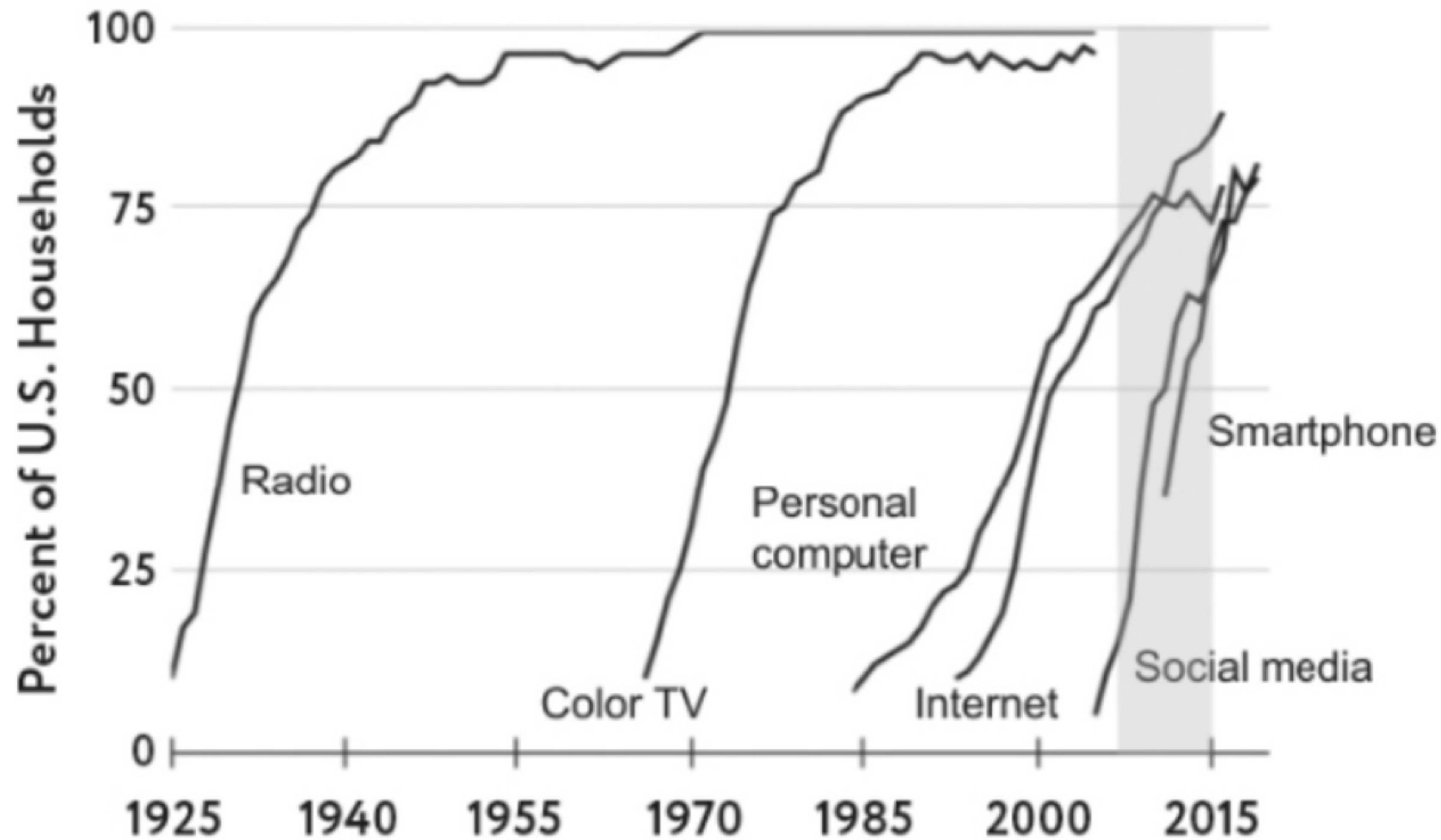


Figure 1.6. The share of U.S. households using specific technologies. The smartphone was adopted faster than any other communication technology in history. (Source: Our World in Data.)[\[25\]](#)

Major Depression Among Teens

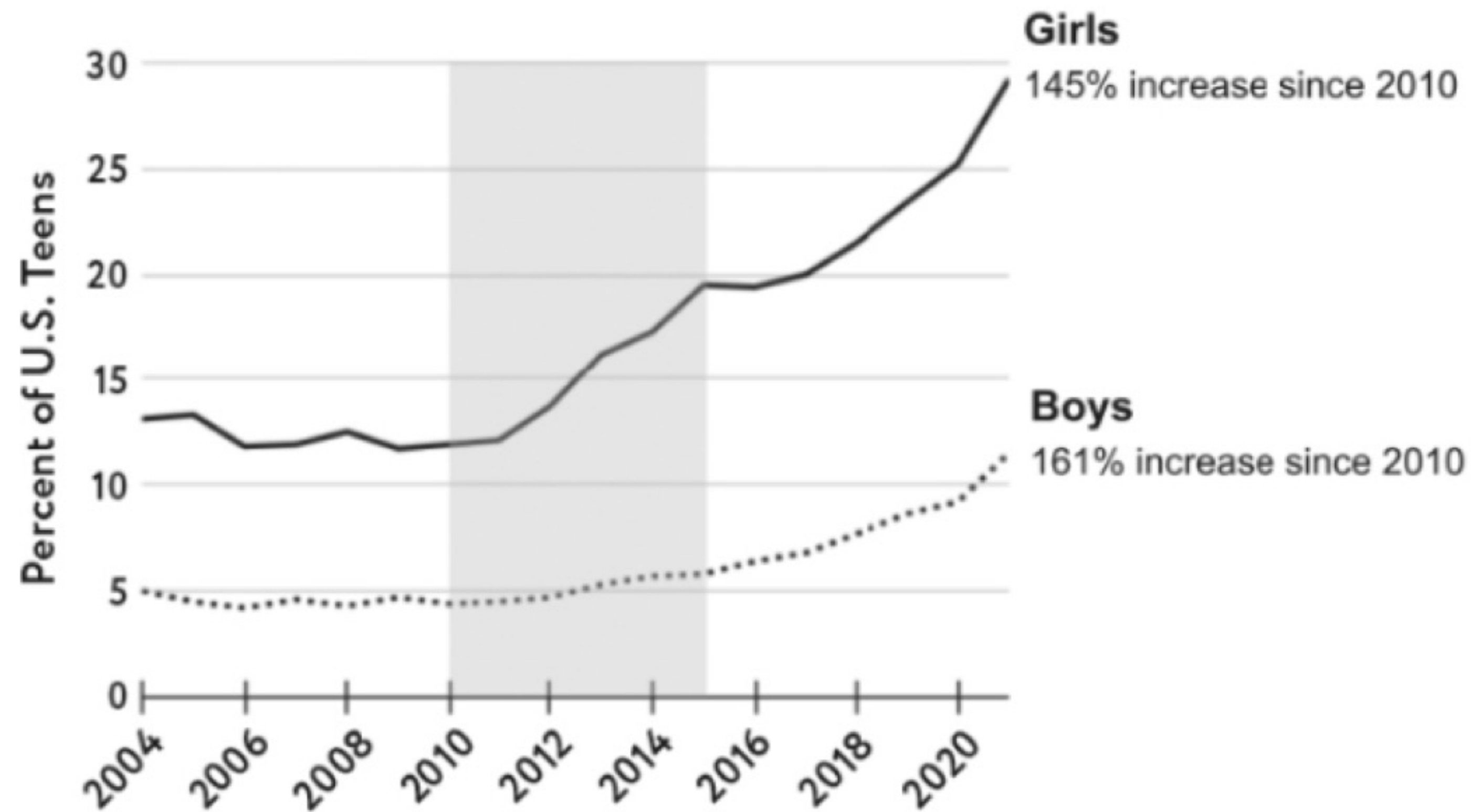


Figure 1.1. Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*,

Mental Illness Among College Students

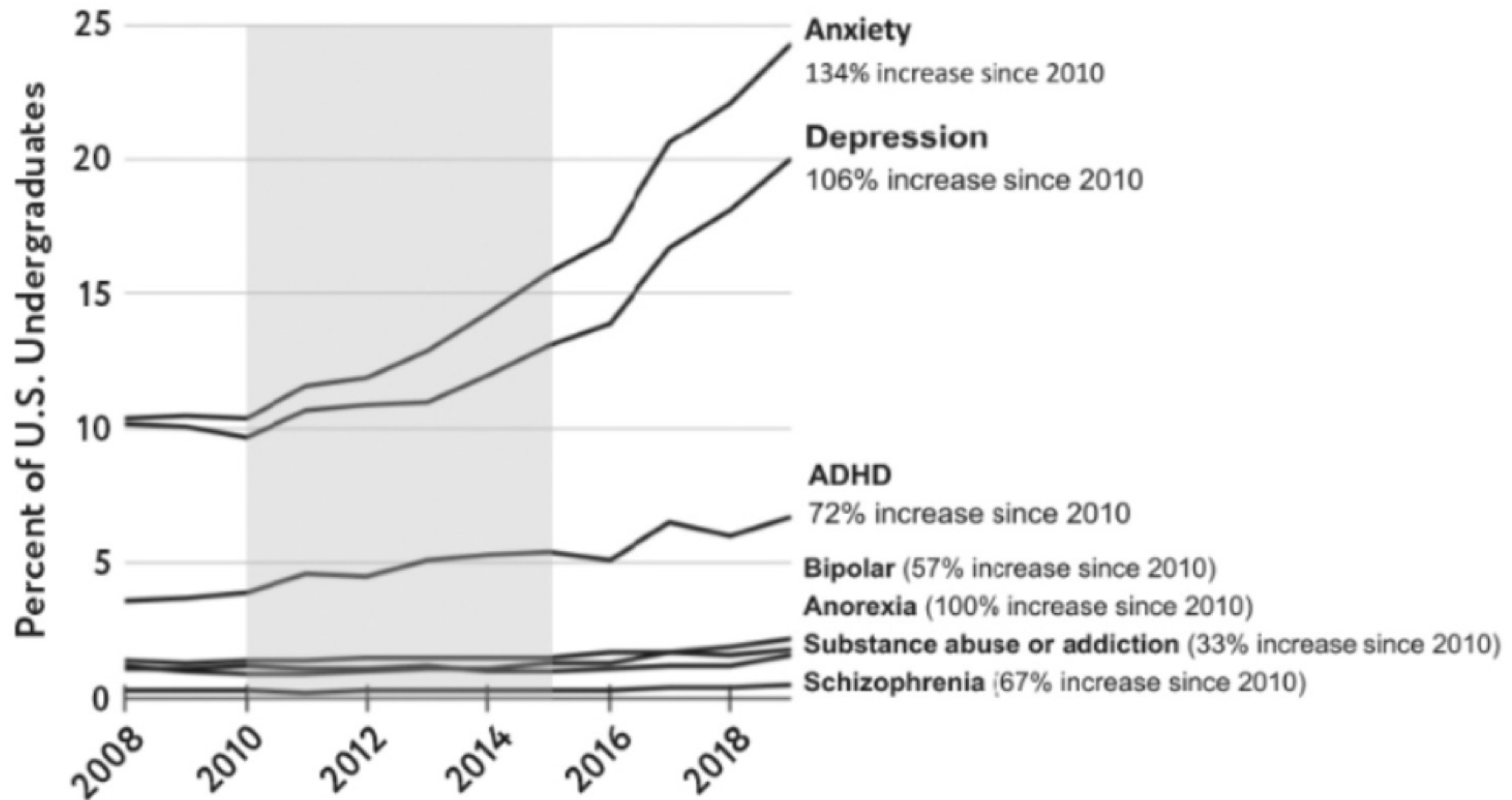


Figure 1.2. Percent of U.S. undergraduates with each of several mental illnesses. Rates of diagnosis of various mental illnesses increased in the 2010s among college students, especially for anxiety and depression. (Source: American College Health Association.)^[9]

Anxiety Prevalence by Age

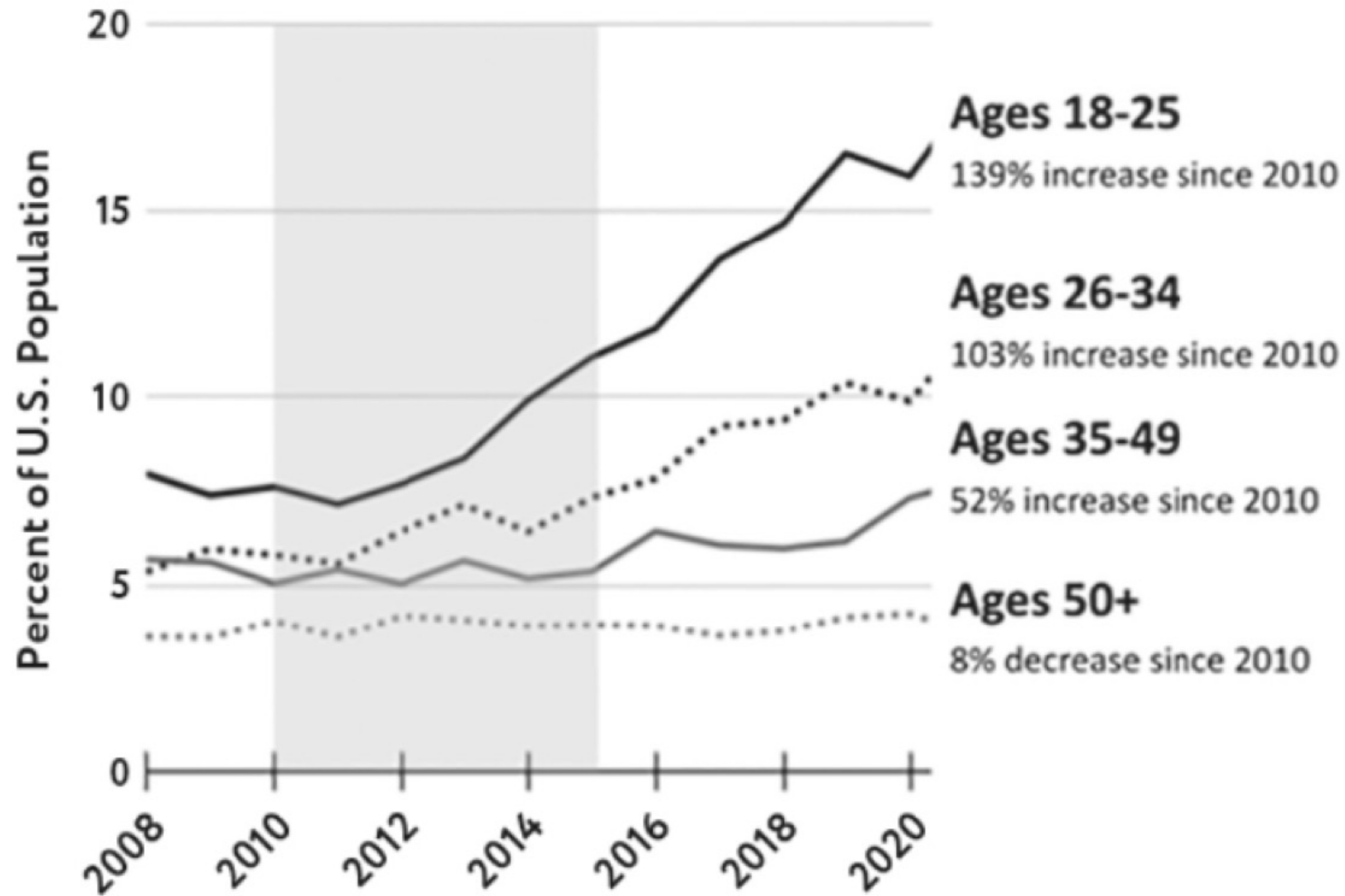


Figure 1.3. Percent of U.S. adults reporting high levels of anxiety by age group. (Source: U.S. National Survey on Drug Use and Health.)[\[11\]](#)

Emergency Room Visits for Self-Harm

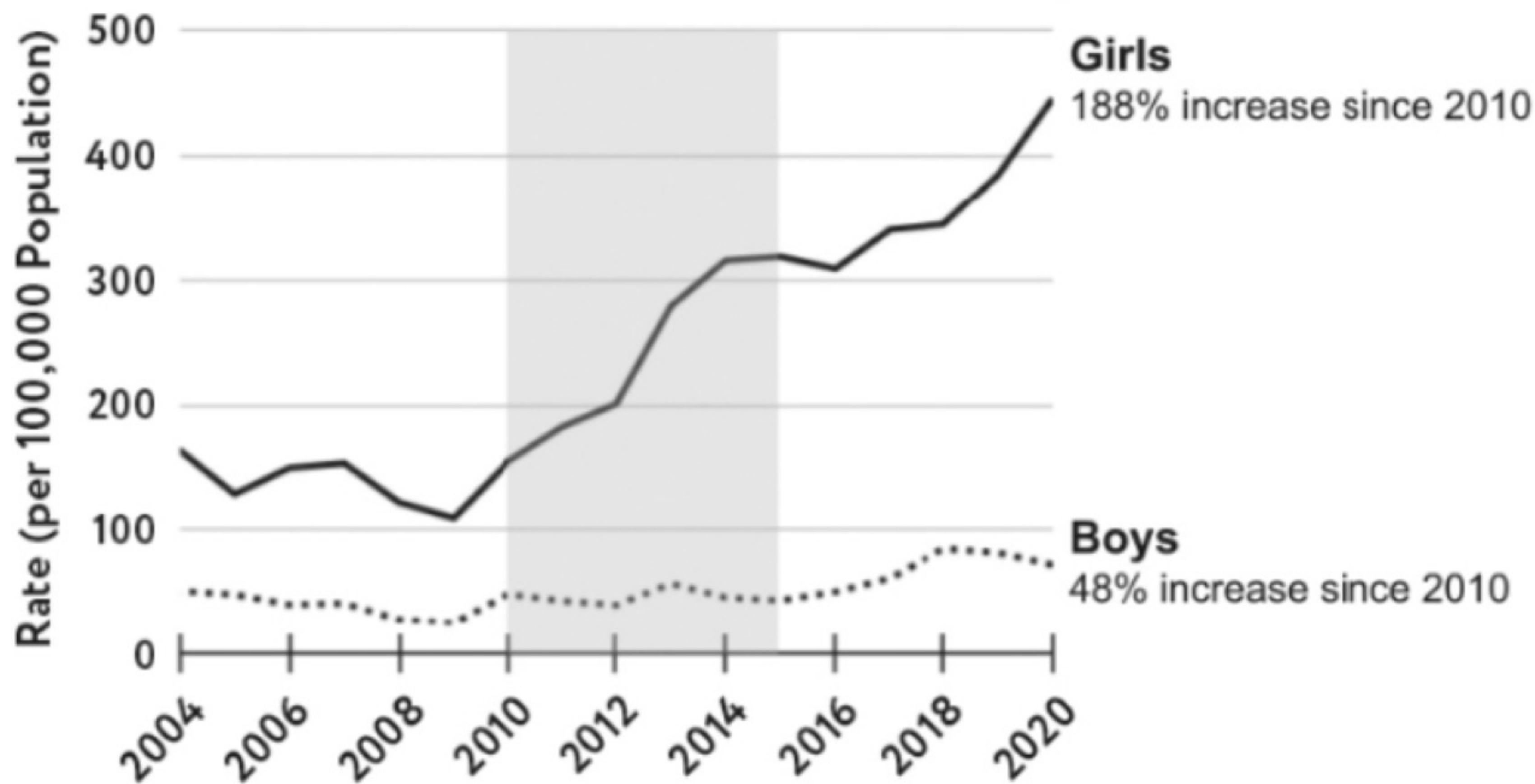


Figure 1.4. The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)[\[20\]](#)

Suicide Rates for Younger Adolescents

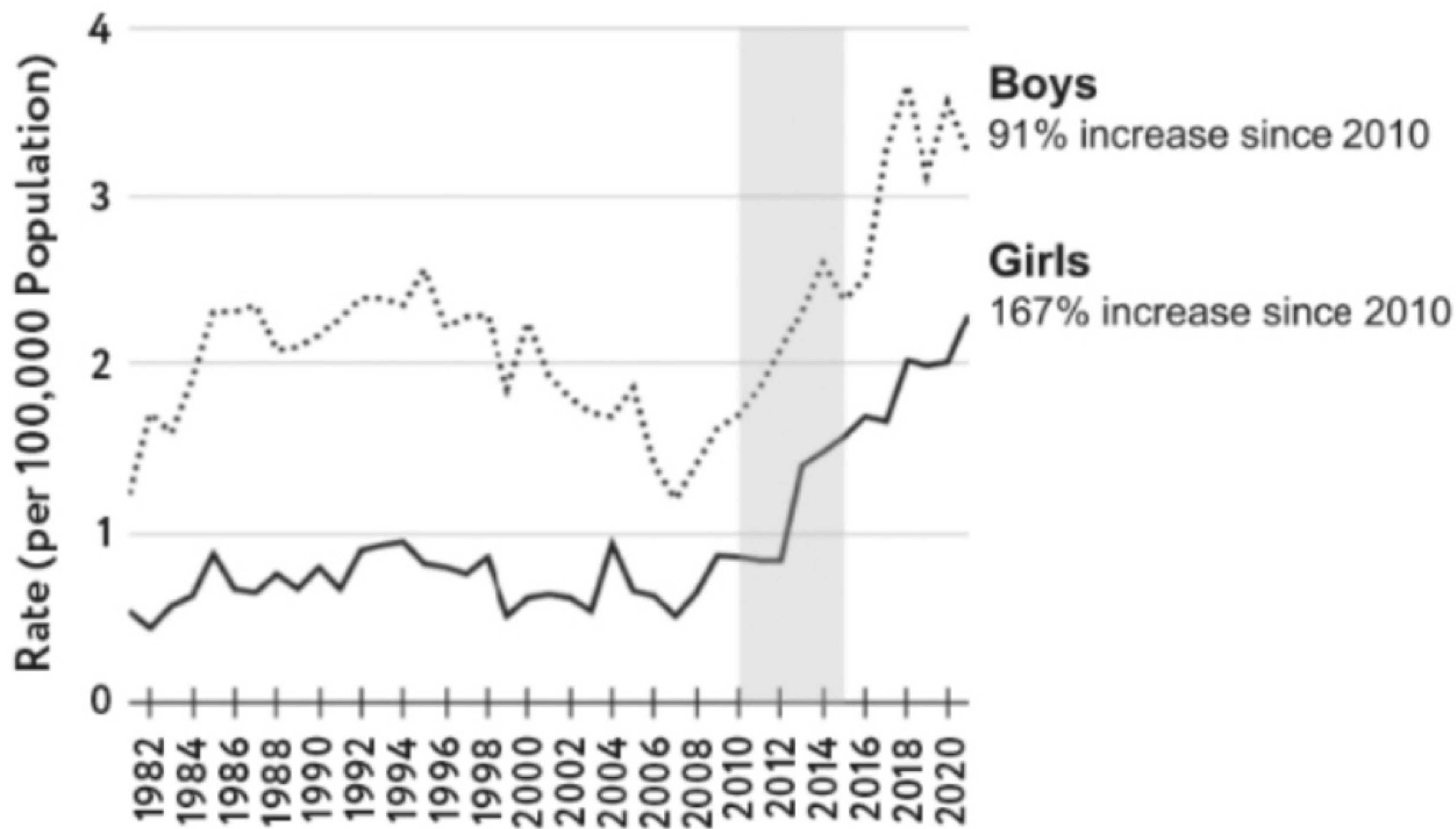


Figure 1.5. Suicide rates for U.S. adolescents, ages 10–14. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)[\[22\]](#)

Excellent or Very Good Mental Health, Canadian Women

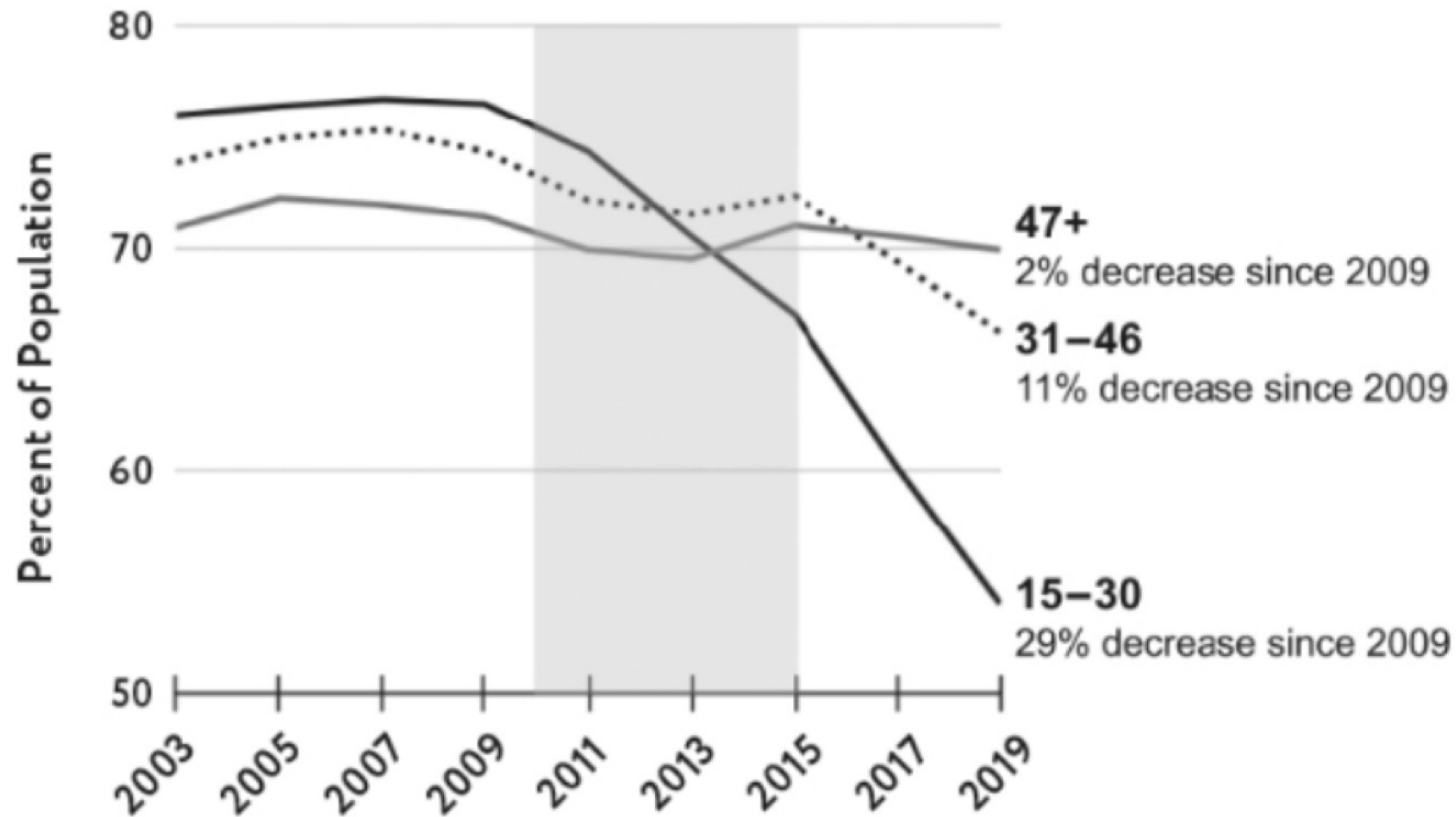


Figure 1.8. Percent of girls and women in Ontario, Canada, who reported that their mental health was either “excellent” or “very good.” (Source: D. Garriguet [2021], Portrait of youth in Canada: Data report.)[\[47\]](#)

Self-Harm Episodes, U.K. Teens

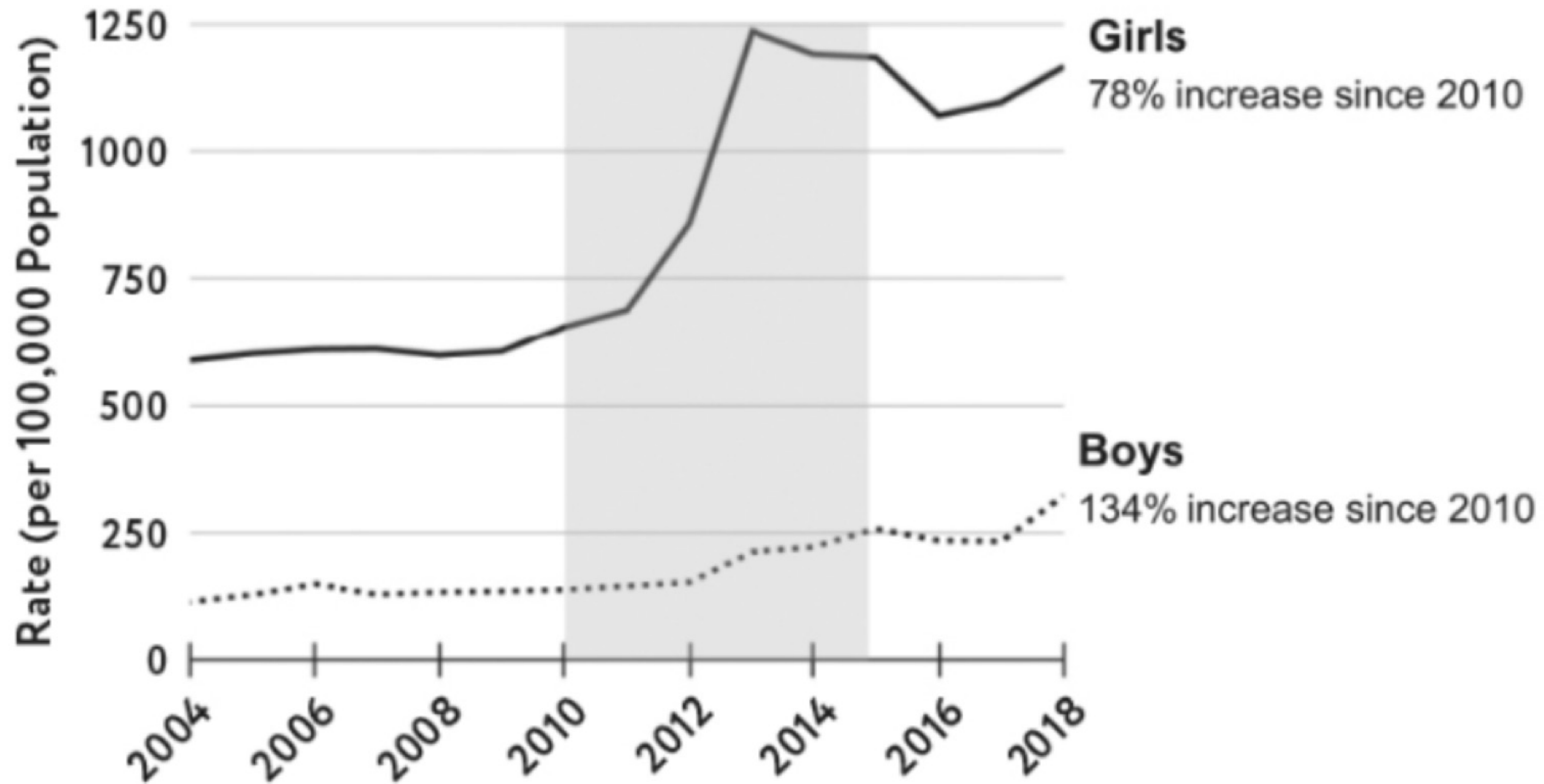


Figure 1.9. U.K. teens' (ages 13–16) self-harm episodes. (Source: Cybulski et al., 2021, drawing from two databases of anonymized British medical records.)[\[51\]](#)

Mental Health Hospitalizations, Australia

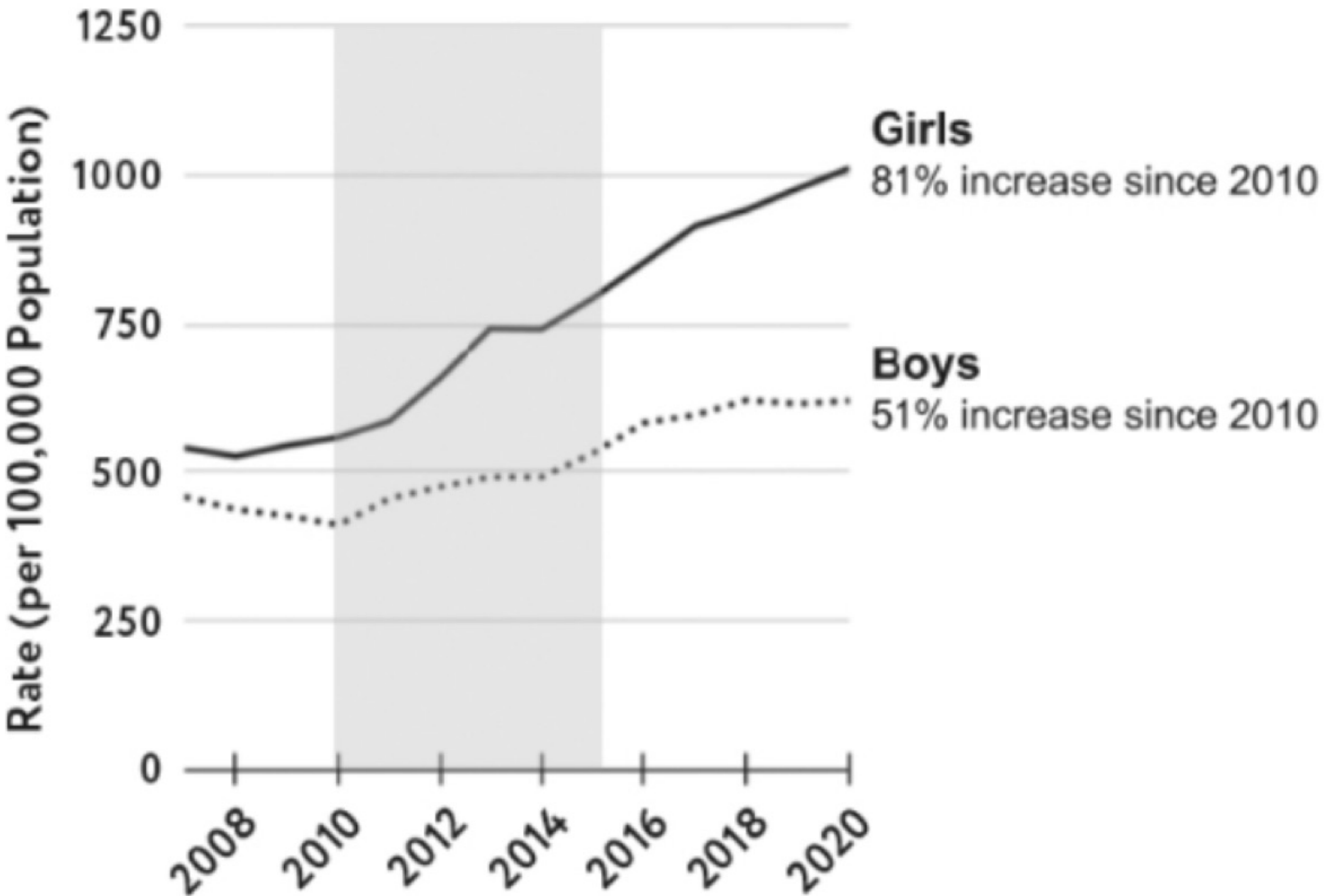


Figure 1.10. Rate at which Australian teens (ages 12–24) were kept in hospitals overnight for mental health reasons. (Source: Australia’s Health 2022 Data Insights.)[\[53\]](#)

High Psychological Distress, Nordic Nations

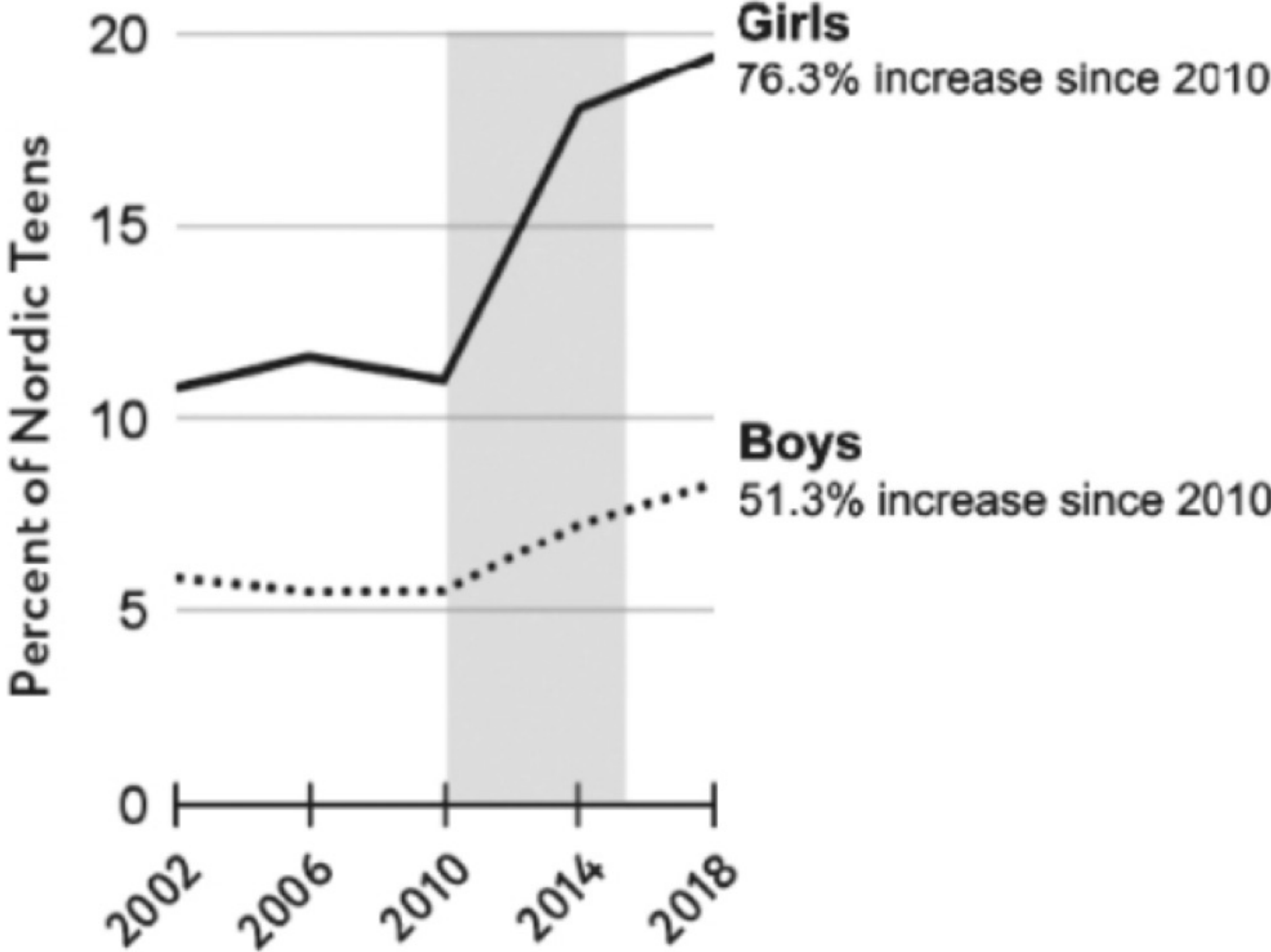


Figure 1.11. Percent of Nordic teens with high psychological distress (ages 11–15). (Source: Data from the Health Behavior in School Age Children Survey.)[\[56\]](#)

Smart phones + social media create emotional devastation + spiritual deformation among kids.

1. Social deprivation
2. Sleep deprivation
3. Attention fragmentation
4. Addiction








Figure 5.3. The Hooked model. From Nir Eyal's 2014 book, *Hooked: How to Build Habit-Forming Products*. In the book, Eyal warned about the ethical implications of misusing the model in a section titled "The Morality of Manipulation."[\[55\]](#)



the facebook files 

Facebook's Documents About Instagram and Teens, Published

The Senate holds a hearing Thursday about the social network's impact,
prompted by The Wall Street Journal's coverage

By Wall Street Journal Staff

Sept. 29, 2021 9:53 pm ET

I told him that before our call I had created a fake account for a fictional 13-year-old girl and I encountered no attempt to verify my age claim. He said, “We’re working on that.” While writing this chapter (it’s August 2023), I effortlessly created another fake account.

There is still no age verification, even though age verification techniques have gotten much better in the last four years, nor is there any disincentive for preteens to lie about their age. If Instagram were to make a real effort to block or expel underage users, it would lose those users to TikTok and other platforms.

Younger users are particularly valuable because the habits they form early often stick with them for life, so companies need younger users to ensure robust future usage of their products. They therefore view the loss of market share among younger users as an existential threat.

As a result, companies that make products used by adolescents are trapped in another race to the bottom, a race to get younger and younger users.”

-Jonathan Haidt, *Anxious Generation*

Step One: Three-Week Cold-Turkey Social-Media Family-Detox

For 21 days, get off social media entirely together.

Step Two: New Healthier Rhythms

Experiment with new embodied rhythms in the absence of social media

NECC Rule of Life

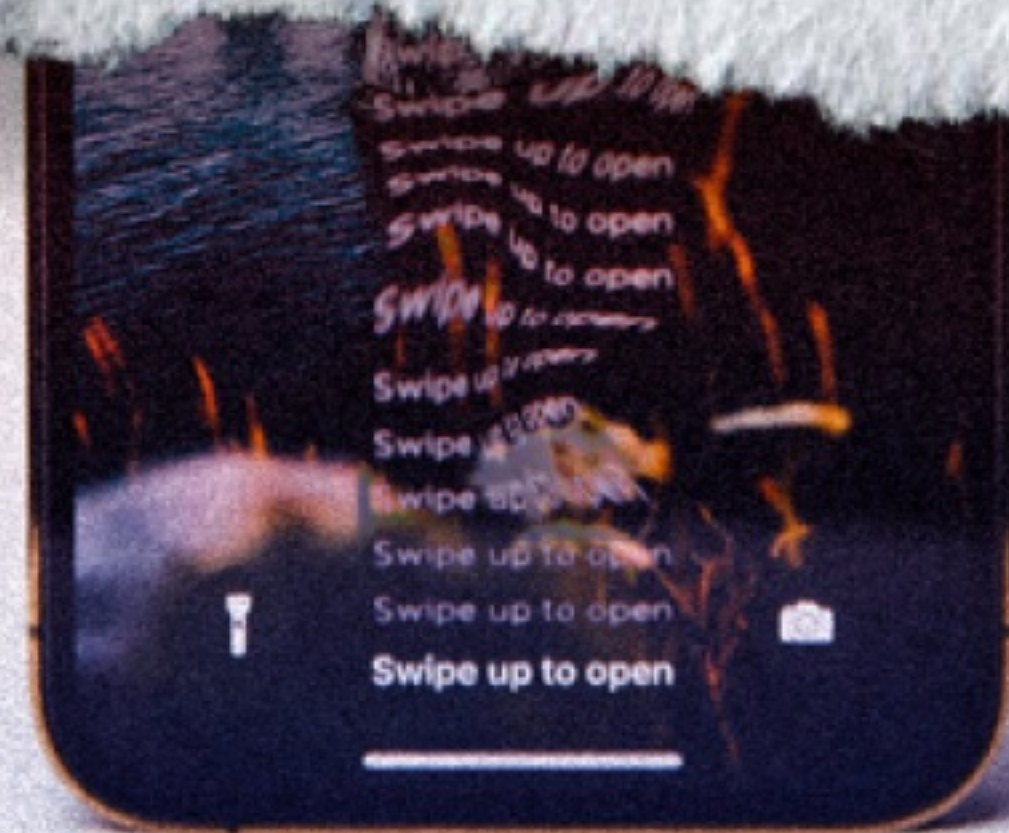
- Rhythm: daily prayerful engagement with God's Word
- Restriction: Limiting the quality and quantity of your screen intake

Bible Before Phone

to join our

daily Bible reading plan

text “Bible” to 833-275-2412



Family Keepsake Journal

Dad, I WANT TO Hear Your Story!

A FATHER'S GUIDED JOURNAL
TO SHARE HIS LIFE & HIS LOVE



50



Dangerous Things

(you should let your children do)

GEVER
TULLEY

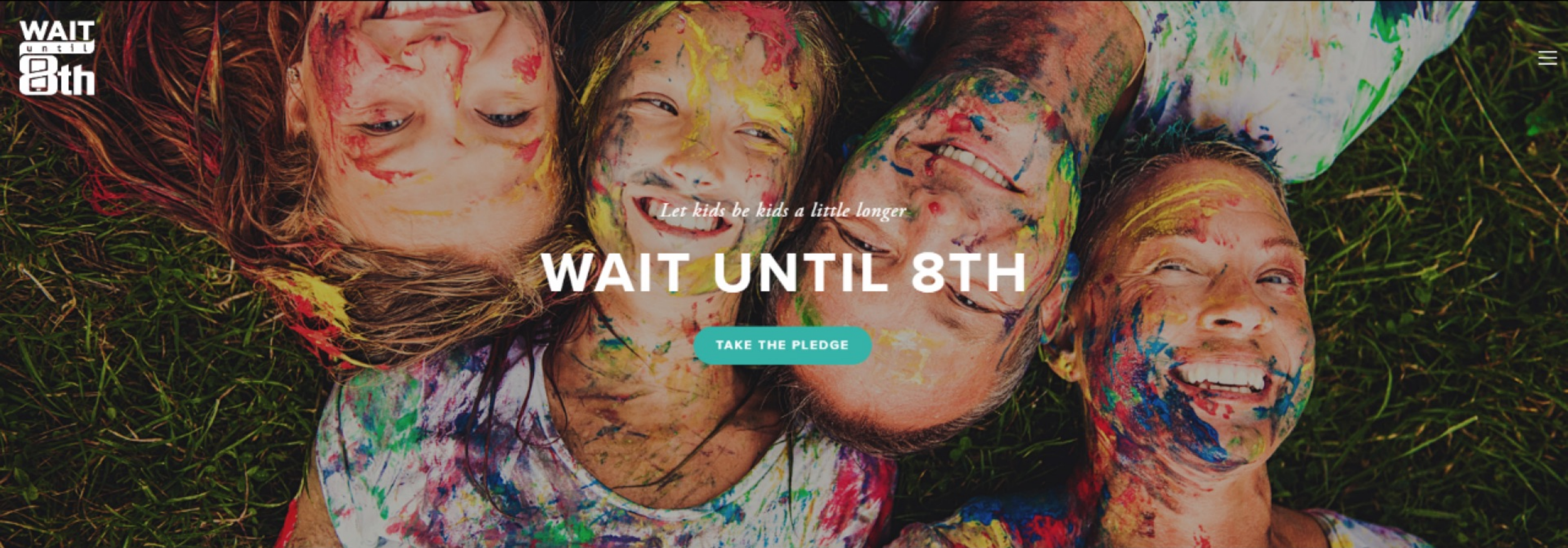
AND JULIE SPIEGLER

"INSPIRED AND INSPIRING."
—DANIEL H. PINK

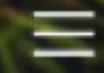


Step Four: Collection Action

Coming together as a community to create meaningful change



WAIT
UNTIL
8th



Let kids be kids a little longer

WAIT UNTIL 8TH

TAKE THE PLEDGE

We empower parents to say yes to waiting for the smartphone.

The Wait Until 8th pledge empowers parents to rally together to delay giving children a smartphone until at least the end of 8th grade. Let's protect the elementary and middle school years from the distractions and the dangers of a smartphone. Banding together helps decrease the pressure to have a phone at an early age. Ten years old is the average age children get their first smartphone. You can change this!

Daniel 3:19-25

But suddenly, Nebuchadnezzar jumped up in amazement and exclaimed to his advisers, “Didn’t we tie up three men and throw them into the furnace?”

“Yes, Your Majesty, we certainly did,” they replied.

“Look!” Nebuchadnezzar shouted.

“I see four men, unbound, walking around in the fire unharmed!

And the fourth looks like a god!”

Daniel 9:21

As I was praying, Gabriel, whom I had seen in the earlier vision, came swiftly to me at the time of the evening sacrifice.

Intentional Parenting Resources



**Social Media
& Smart Phone
Worksheet**