



Anxious Generation:

*Cultural Exegesis of an Anxious Generation And a
Biblically Informed Response to an Anxiety Filled World*

October 28
November 4
November 18
November 25

www.southdelta.org/classes



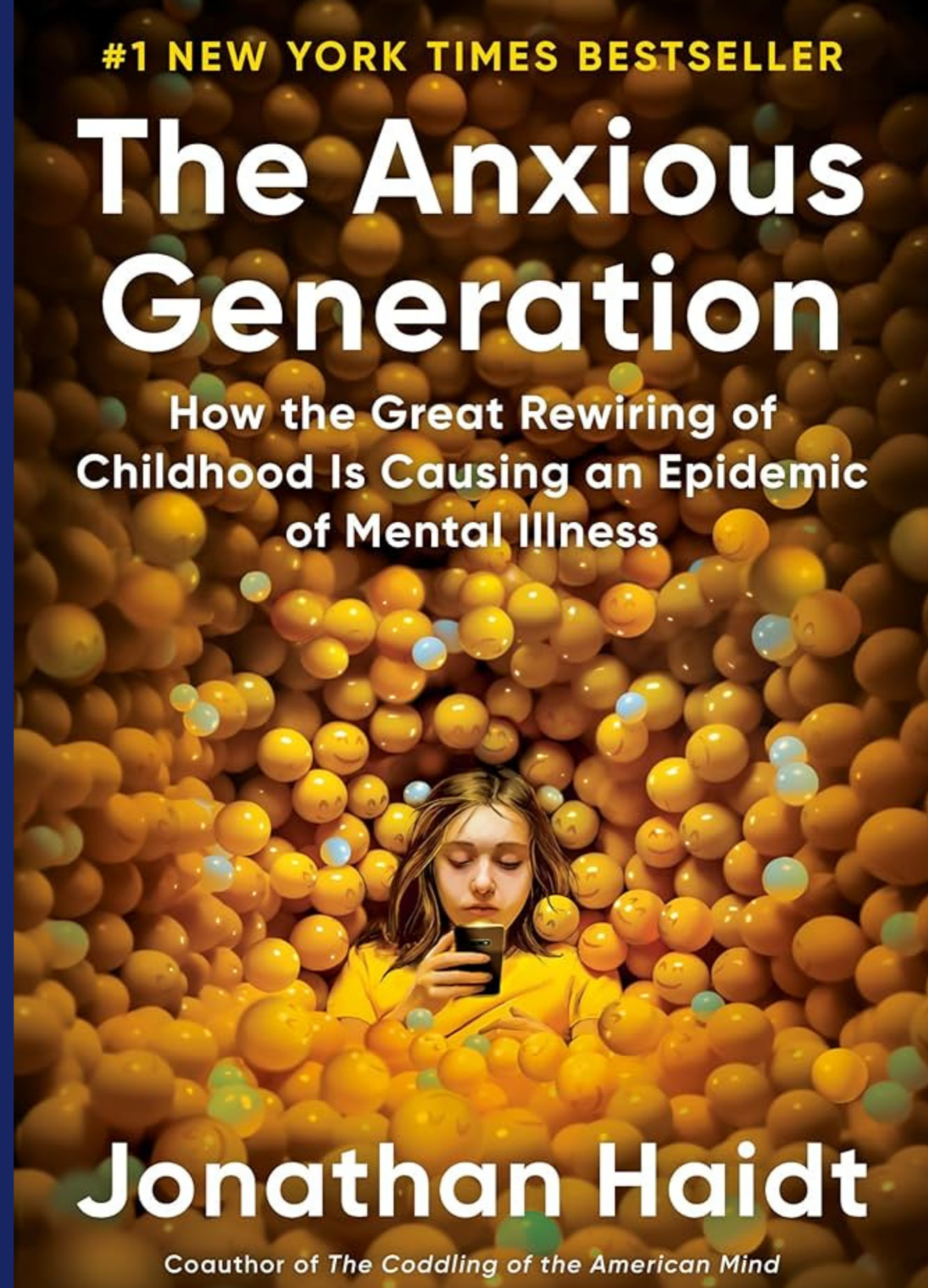
#1 NEW YORK TIMES BESTSELLER

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*



**Being present,
focused, and rested
Christ followers**

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3. BIBLICAL RESPONSE
Being Focused

Off-ramps



Jonathan Haidt:

“The wearing smooth of
pathways in the brain”

- **Messaging apps**
- **Social media apps**
- **News sites**
- **Work related apps**
- **Email**


- **192** alerts per day
- **11** notifications per waking hour*
- **1** every five minutes


Heavy users of smartphones:
1 notification per minute

Jonathan Haidt:


“Thanks to the tech industry and its voracious competition for the limited resource of adolescent attention, many members of Gen Z are now living in Kurt Vonnegut’s dystopia.”

Short form videos

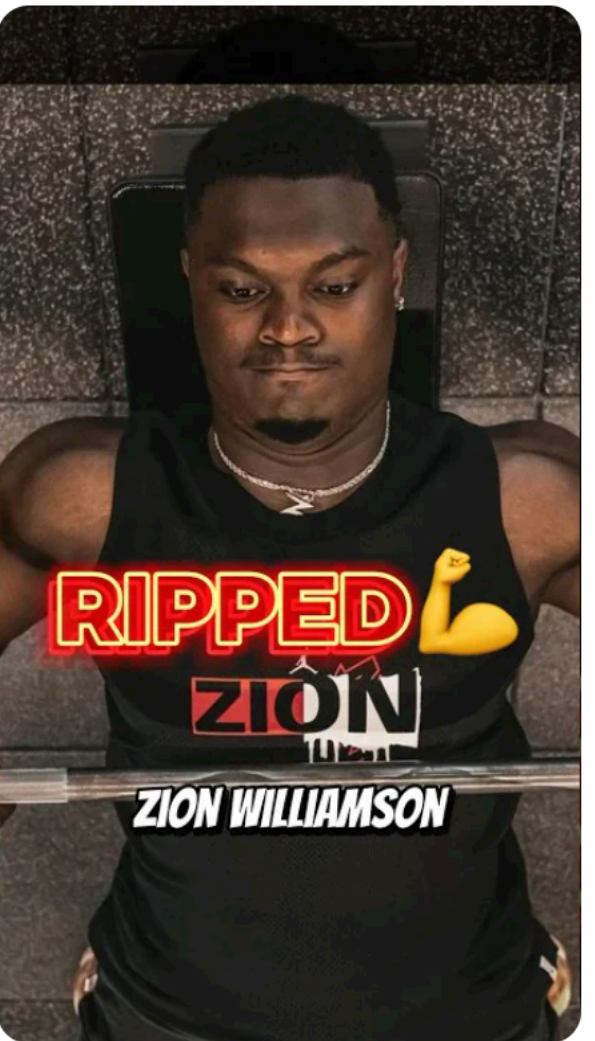
 Shorts ✕




Kevin De Bruyne asked Luka Modric for his shirt ...
2.1M views




How amazing are those trick shots? 🏸️ #trickshot...
31K views




Zion Williamson FINALLY DID IT!! 🏀🏆
4.3M views




This Fujifilm X100VI alternative is WAY...
86K views



Daniel Radcliffe Was BANNED to Ride on...
277K views





De Bruyne Heartbreaking Moments 💔
3.2M views




The PG era in LA is officially over
16K views

Short form videos


 **Shorts** ✕




How Do You Curate the Start of Your Day? ...
19K views




Emma Chamberlain's Dream Kitchen | ...
2.4M views




John Mark Comer on the mixed motivations of ...
4.2K views



Marcello Hernández's mom was a good sport ...
585K views



Star-Designerin Reagiert Auf Alicia Keys Zuhause...
502 views



Renovation of the Heart by Dallas Willard - ...
2.3K views

Jonathan Haidt:

“This is why short-form video platforms like TikTok and Instagram Reels are said to be so addictive: Their algorithms are able to quickly detect whatever it is that makes users pause as they scroll, which means they can pick up on unconscious wishes and interests that the user may not even be aware of, leading a minor to be served inappropriate sexual content, for example.”

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3. BIBLICAL RESPONSE
Being Focused

Questions?

Opportunity Cost

- **Social Deprivation**
- **Attention Fragmentation**
- **Sleep Deprivation**
- **Addiction**

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3. BIBLICAL RESPONSE
Being Focused

Jonathan Haidt:

“Generative AI has already produced virtual girlfriends and boyfriends, such as CarynAI, an AI clone of a real-life 23-year-old Snapchat influencer who used thousands of hours of her YouTube content to create a sexting chatbot. People are already falling madly in love with these bots as they flirt and share intimate secrets with them.”

Jonathan Haidt:

“These young people are called hikikomori, a Japanese term that means ‘pulling inward.’ They live like hermits, emerging from their caves mostly at odd hours when they are less likely to see anyone, including family members. In some families, parents leave food for them by their doors. They calm their anxieties by staying inside, but the longer they stay in, the less competent they become in the outside world, fueling their anxiety about the outside world. They are trapped.”

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4. BIBLICAL RESPONSE
Being Rested

Ephesians 5:15-21

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.

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4. BIBLICAL RESPONSE
Being Rested