



Anxious Generation:

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



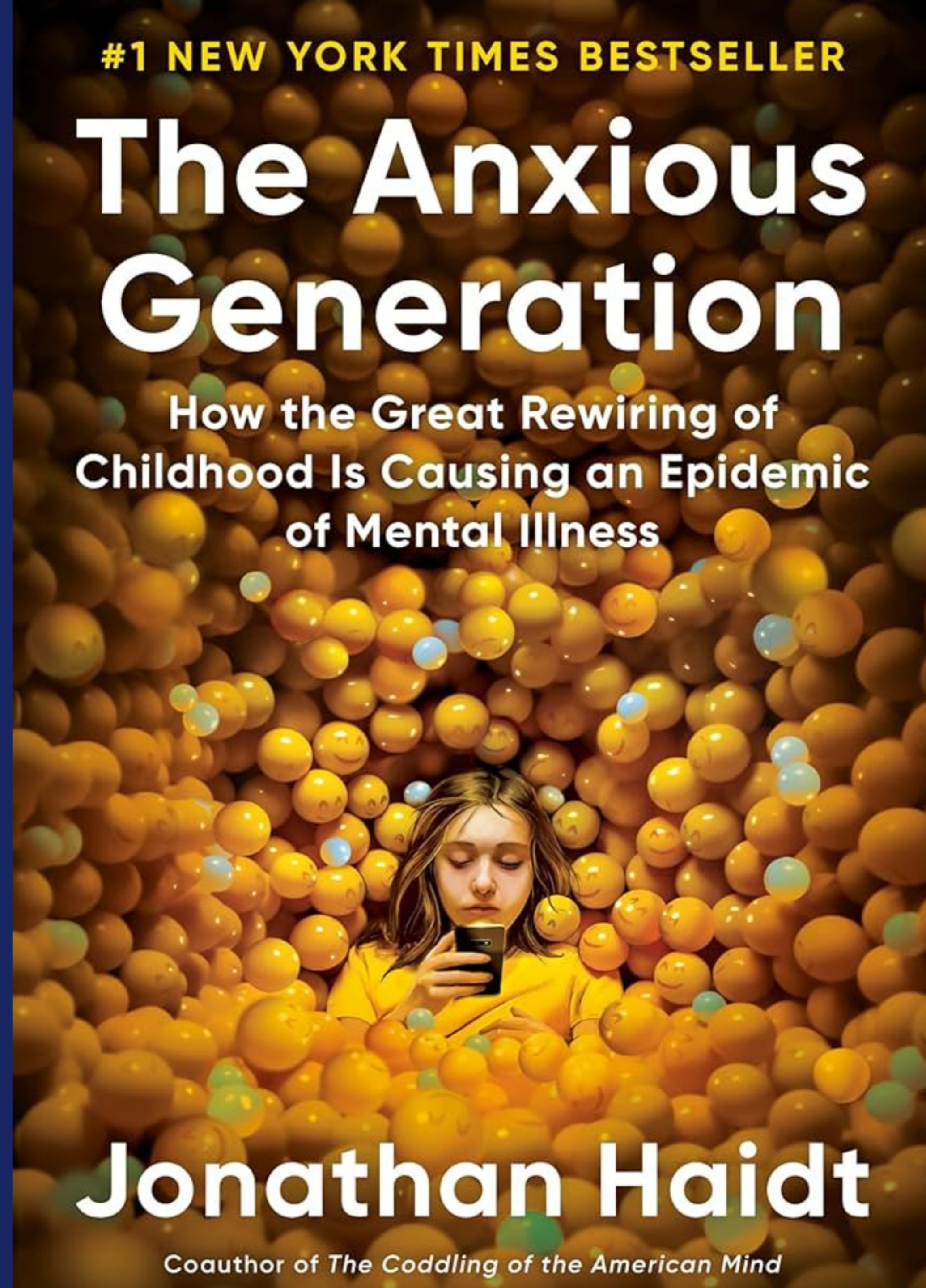
#1 NEW YORK TIMES BESTSELLER

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*



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1. Exegeting Culture
2. Being Present
3. Being Focused
4. Being Rested

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4. BIBLICAL RESPONSE
Being Rested

Jonathan Haidt:

- Until 18 months of age, limit screen use to video chatting along with an adult (for example, with a parent who is out of town).
- Between 18 and 24 months, screen time should be limited to watching educational programming with a caregiver.
- For children 2–5, limit noneducational screen time to about one hour per weekday and 3 hours on the weekend days.

- For ages 6 and older, encourage healthy habits and limit activities that include screens.
- Turn off all screens during family meals and outings.
- Learn about and use parental controls.
- Avoid using screens as pacifiers, babysitters, or to stop tantrums.
- Turn off screens and remove them from bedrooms 30–60 minutes before bedtime.

Collective Action Problems

THE TEN COMMANDMENTS

- * You shall have no other gods before me
- * You shall not make a carved image
- * You shall not take the name of the LORD in vain
- * **Keep the Sabbath day holy**
- * Honour your father and mother
- * You shall not murder
- * You shall not commit adultery
- * You shall not steal
- * You shall not bear false witness
- * You shall not covet



Exodus 20:8-11

Remember the Sabbath day, to keep it holy. Six days you shall labour, and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.

For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Deuteronomy 5:12-15

Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.

You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

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4. BIBLICAL RESPONSE
Being Rested

Captain Chelsea Sullenberger:

“One way of looking at this might be that for 42 years, I've been making small, regular deposits in this bank of experience, education, and training. And on January 15, the balance was sufficient so that I could make a very large withdrawal.”

Mark 6:30-32

The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves.

How Do You Sabbath?

~~AMERICA~~



Jonathan Haidt:

“Self-transcendence is among the central features of spiritual experience, and it turns out that the loss of self has a neural signature. There is a set of linked structures in the brain that are more active whenever we are processing events from an egocentric point of view—thinking about what I want, what I need to do next, or what other people think of me. These brain structures are so often active together that they are collectively called the default mode network (DMN), meaning it is what the brain is usually doing, except in the special times when it is not.

When the DMN is quieter, we are better able to deeply connect to something beyond ourselves. What does social media do to the DMN? A social media 'platform' is, almost by definition, a place that is all about you. You stand on the platform and post content to influence how others perceive you. It is almost perfectly designed to crank up the DMN to maximum and pin it there. That's not healthy for any of us, and it's even worse for adolescents.”

Jonathan Haidt:

“In my 35 years of studying moral psychology, I have come to see this as one of humanity’s greatest problems: We are too quick to anger and too slow to forgive.”

Jonathan Haidt:

“Social media trains us to do the opposite [of what Jesus teaches about judging others]. It encourages us to make rapid public judgments with little concern for the humanity of those we criticize, no knowledge of the context in which they acted, and no awareness that we have often done the very thing for which we are publicly shaming them.”

Jonathan Haidt:

“Religious injunctions to be slower to judge and quicker to forgive are good for maintaining relationships and improving mental health. Social media trains people to do the opposite: Judge quickly and publicly, lest ye be judged for not judging whoever it is that we are all condemning today. Don’t forgive, or your team will attack you as a traitor. From a spiritual perspective, social media is a disease of the mind. Spiritual practices and virtues, such as forgiveness, grace, and love, are a cure.”

FOMO
Perfectionism
Insecurity

John 3:16

“For God so loved the world, that he gave his only Son, that whoever believes in him should have eternal life.”

Thank you



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