

Devices and Desires of the Heart

February 26, 2023

Session 1: Technology Inventory

1. How many devices are in your household and to whom do they belong? (e.g., smartphones, iPads, computers, iPods, smart watches, Kindles)
2. How is each device used? Why did you purchase the device?
3. How much time would you estimate that you are on your phone and/or computer in a day? (try to estimate without looking at your screen-time report)
4. What are your technology habits? (e.g., talking on the phone, texting, gaming apps, TV, email)
5. What social platforms do you personally use? (e.g., Facebook, Twitter, Instagram, Snapchat, TikTok, YouTube)
6. Do you use it for leisure or business?
7. Which platform or devices do you find most appealing? What causes you to use or not use it?
8. What device or platform do you dislike the most?
9. What limits do you place on yourself for devices or platforms?
10. What platforms do each of the members of your family use? Which do you perceive to be their favorite and why?
11. Do other members of your household have limits on their devices and platforms?
12. What would be the hardest technological sacrifice?
13. What would be an easy sacrifice?
14. What will you sacrifice for Lent? How can we help you be accountable?

Resources

Carr, Nicholas. *The Shallows: What the Internet is Doing to Our Brains*. New York: W.W. Norton & Company, Inc. 2020. This book was originally published in 2011.

Crawford, Matthew B. *The World Beyond Your Head: On Becoming An Individual in an Age of Distraction*. New York: Farrar, Straus, Giroux, 2015.

Crouch, Andy. *The Life We're Looking For: Reclaiming Relationship in a Technological World*. New York, Penguin Books, 1985.

Lewis, C.S. *That Hideous Strength*. New York: Scribner, 1996. This book was originally published in 1945.

Postman, Neil. *Technopoly: The Surrender of Culture to Technology*. New York: Knopf. 1993.

Postman, Neil. *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*. New York, Penguin Books. 1985.

Sullivan, Andrew. "I Used to Be a Human Being" *New York Magazine*. September 19, 2016.
<https://nymag.com/intelligencer/2016/09/andrew-sullivan-my-distraction-sickness-and-yours.html>
(Accessed February 23, 2023)

The Hillbilly Thomists. "You" Track # 12 *Holy Ghost Power*. Dominican Records, 2022, digital files