



# NOTES

## INTRODUCTION

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3. Maeve Duggan and Aaron Smith, “Social Media Update 2013,” Pew Research Center, December 30, 2013, [www.pewresearch.org/internet/2013/12/30/social-media-update-2013/](http://www.pewresearch.org/internet/2013/12/30/social-media-update-2013/).
4. I use *social media* and *the social internet* interchangeably throughout this book, but they are technically a bit different. The social internet is

the broader architecture and technology of the internet—the frame of the house, if you will. Social media is the culture that we create using the social internet, the decorations and contents of the house. Or to compare it to television: the social internet is the actual television and social media would be the shows you watch on television. The social internet is the technology; the social media is the culture created through that technology.

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8. See Daniel Silliman, “Decline of Christianity Shows No Signs of Stopping,” *Christianity Today*, September 13, 2022, [www.christianitytoday.com/news/2022/september/christian-decline-inexorable-nones-rise-pew-study.html](http://www.christianitytoday.com/news/2022/september/christian-decline-inexorable-nones-rise-pew-study.html).

## CHAPTER 1: DETHRONE ENTERTAINMENT

1. Neil Postman, *Amusing Ourselves to Death* (New York: Penguin Books, 2005), 87.
2. *Ibid.*, 92.
3. *Ibid.*, 87.
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5. John Piper, *Brothers, We Are Not Professionals* (Nashville: B&H Publishing, 2013), 268.
6. Postman, *Amusing Ourselves*, 121.

## CHAPTER 2: RECOVER PURPOSE

1. John Piper, “Our Grand Obligation: Glorifying God by Enjoying Him Forever,” sermon preached at Congresso Missione, Montesilvano, Italy, June 3, 2016, [www.desiringgod.org/messages/our-grand-obligation](http://www.desiringgod.org/messages/our-grand-obligation). Piper frequently makes this statement, given that it is the heart of his ministry.
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3. See Eric Berger, “American Kids Would Much Rather Be YouTubers Than Astronauts,” *Ars Technica*, July 16, 2019, [www.arstechnica.com/science/2019/07/american-kids-would-much-rather-be-youtubers-than-astronauts](http://www.arstechnica.com/science/2019/07/american-kids-would-much-rather-be-youtubers-than-astronauts).
4. “The Influencer Report: Engaging Gen Z and Millennials,” *Morning Consult*, 2019, [www.morningconsult.com/wp-content/uploads/2019/11/The-Influencer-Report-Engaging-Gen-Z-and-Millennials.pdf](http://www.morningconsult.com/wp-content/uploads/2019/11/The-Influencer-Report-Engaging-Gen-Z-and-Millennials.pdf).
5. Rick Warren, *The Purpose Driven Life* (Grand Rapids, MI: Zondervan, 2002), 151.

## CHAPTER 3: BUILD FRIENDSHIPS

1. The author of the book of Ecclesiastes is technically unknown, but rabbinic and Christian tradition, as well as some textual clues, make Solomon the most likely author.

## CHAPTER 4: REORDER PRIORITIES

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3. Jaron Lanier, *Ten Arguments for Deleting Your Social Media Accounts Right Now* (London: Picador, 2018), 11.
4. John Piper, *Don't Waste Your Life* (Wheaton, IL: Crossway Books, 2005), 178.

CHAPTER 5: FOSTER DISCERNMENT

1. Neil Postman, *Amusing Ourselves to Death* (New York: Penguin Books, 2005), 68.
2. *Ibid.*, 102.
3. Jennifer Neda John, “Why Generation Z Falls for Online Misinformation,” *MIT Technology Review*, June 30, 2021, [www.technologyreview.com/2021/06/30/1026338/gen-z-online-misinformation/](http://www.technologyreview.com/2021/06/30/1026338/gen-z-online-misinformation/).
4. Peter Dizikes, “Study: On Twitter, False News Travels Faster Than True Stories,” *MIT News*, March 8, 2018, [news.mit.edu/2018/study-twitter-false-news-travels-faster-true-stories-0308](http://news.mit.edu/2018/study-twitter-false-news-travels-faster-true-stories-0308).
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6. Dizikes, “Study: On Twitter,” (emphasis added).
7. Patrick Miller, “I Lost My Mom to Facebook,” The Gospel Coalition, August 24, 2022, [www.thegospelcoalition.org/article/lost-mom-facebook-shepherd-algorithms/](http://www.thegospelcoalition.org/article/lost-mom-facebook-shepherd-algorithms/).
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CHAPTER 6: SEEK HUMILITY

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3. Kyle Chayka, “We All Have ‘Main-Character Energy’ Now,” *New Yorker*, June 23, 2021, [www.newyorker.com/culture/infinite-scroll/we-all-have-main-character-energy-now](http://www.newyorker.com/culture/infinite-scroll/we-all-have-main-character-energy-now).
4. Jaron Lanier, *Ten Arguments for Deleting Your Social Media Accounts Right Now* (London: Picador, 2018), 48.
5. Murray, *Humility*, 23.
6. Eugene Peterson, *A Long Obedience in the Same Direction* (Downers Grove, IL: InterVarsity Press, 2000), 153.
7. *Ibid.*, 26.

## CHAPTER 7: LIVE PEACEABLY

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2. “Statement of Frances Haugen,” United States Senate Sub-Committee on Consumer Protection, Product Safety, and Data Security within United States Senate Committee on Commerce, Science, and Transportation, October 4, 2021, [www.commerce.senate.gov/services/files/FC8A558E-824E-4914-BEDB-3A7B1190BD49](http://www.commerce.senate.gov/services/files/FC8A558E-824E-4914-BEDB-3A7B1190BD49).
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6. David Roach, “Platt’s McLean Bible Church Hit With Attempted Takeover, Lawsuit from Opposition,” *Christianity Today*, July 22, 2021, [www.christianitytoday.com/news/2021/july/david-platt-mclean-bible-church-elder-race-politics-critics.html](http://www.christianitytoday.com/news/2021/july/david-platt-mclean-bible-church-elder-race-politics-critics.html).
7. Chris Martin, “Pastors: What Happened to David Platt Could Happen to You,” Terms of Service (blog), July 22, 2021, [www.termsofservice.social/p/pastors-what-happened-to-david-platt](http://www.termsofservice.social/p/pastors-what-happened-to-david-platt).
8. Ibid.
9. Sande, *The Peacemaker*, 48.

## CHAPTER 8: KILL CYNICISM

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2. Sam Crabtree, *Practicing Affirmation* (Wheaton, IL: Crossway Books, 2011), 72–75.

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3. Carl Trueman, *The Rise and Triumph of the Modern Self* (Wheaton, IL: Crossway Books, 2020), 300.
4. *Ibid.*, 205.
5. *Ibid.*, 379.

CHAPTER 11: GRAPPLE WITH ANXIETY

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2. “Anxiety Disorders—Facts & Statistics,” Anxiety & Depression Association of America, [www.adaa.org/understanding-anxiety/facts-statistics](http://www.adaa.org/understanding-anxiety/facts-statistics).
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8. David Foster Wallace, *This Is Water* (New York: Little, Brown and Company, 2009), 36–39.

#### CHAPTER 12: REJECT CONSPIRACY THEORIES

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#### CHAPTER 13: REDIRECT WORSHIP

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2. James K. A. Smith, *You Are What You Love* (Ada, MI: Brazos Press, 2016), 10.
3. David Foster Wallace, *This Is Water* (New York: Little, Brown and Company, 2009), 36–42.

#### EPILOGUE: OUR WEAKNESS, GOD'S STRENGTH

1. Eugene Peterson, *A Long Obedience in the Same Direction* (Downers Grove, IL: InterVarsity Press, 2000), 201.
2. *Ibid.*, 202.
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