



# RESILIENT

Looking For The  
Good Resilient Life

Hebrews 12:1-2





## More data:

Preschoolers who use screen-based media for more than 1 hour each day have been shown to have significantly less development in core brain regions involved in language and literacy.



## More data:

Brain scans indicate that the more time spent on screens, the lower the child's language skills, and the less structural integrity in key brain areas responsible for language.



## More data:

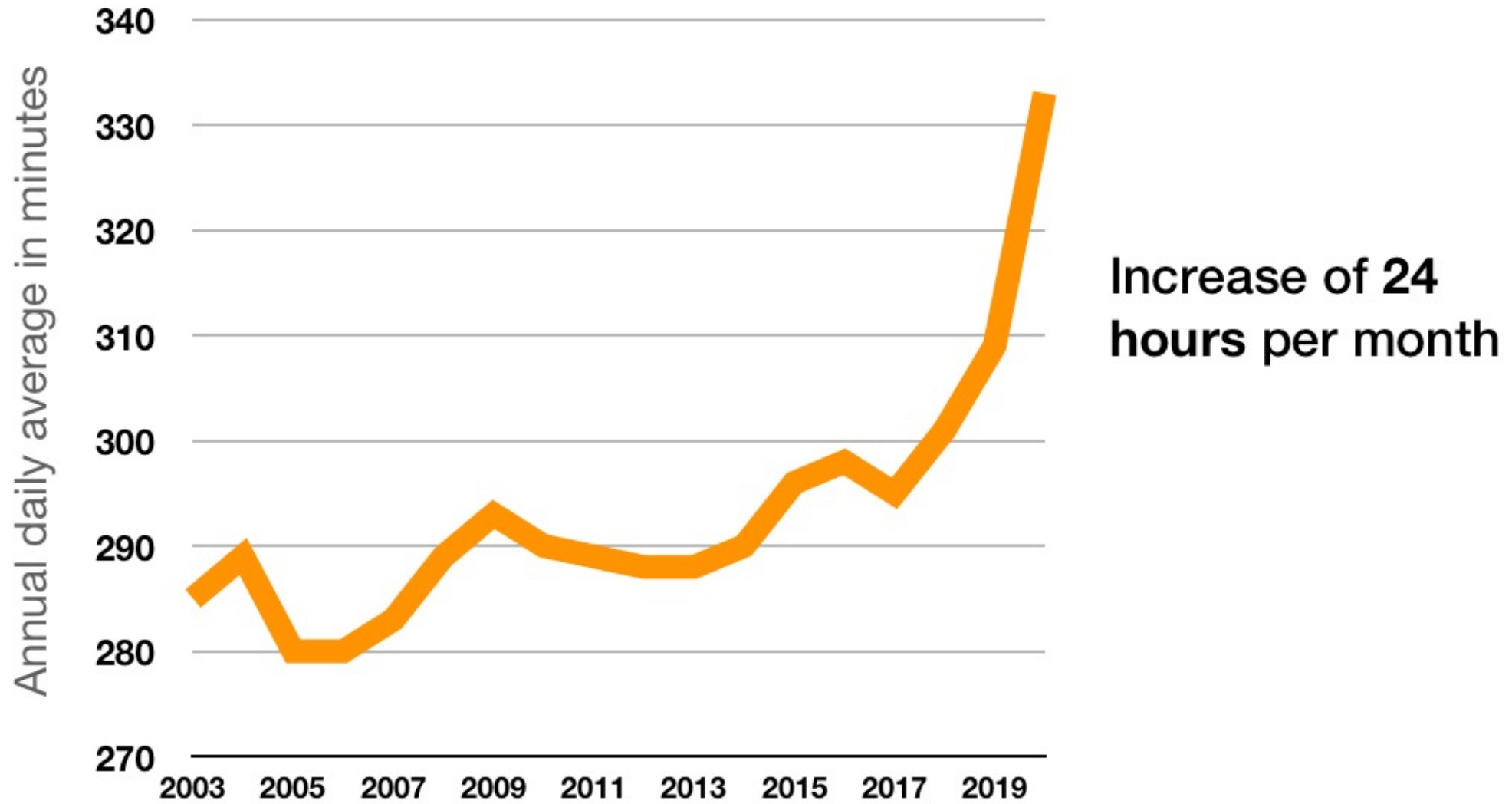
2-5 year olds with higher levels of screen time showed greater delays in development across a range of important measures, including language, problem-solving, and social interaction.



## Genesis 2:18

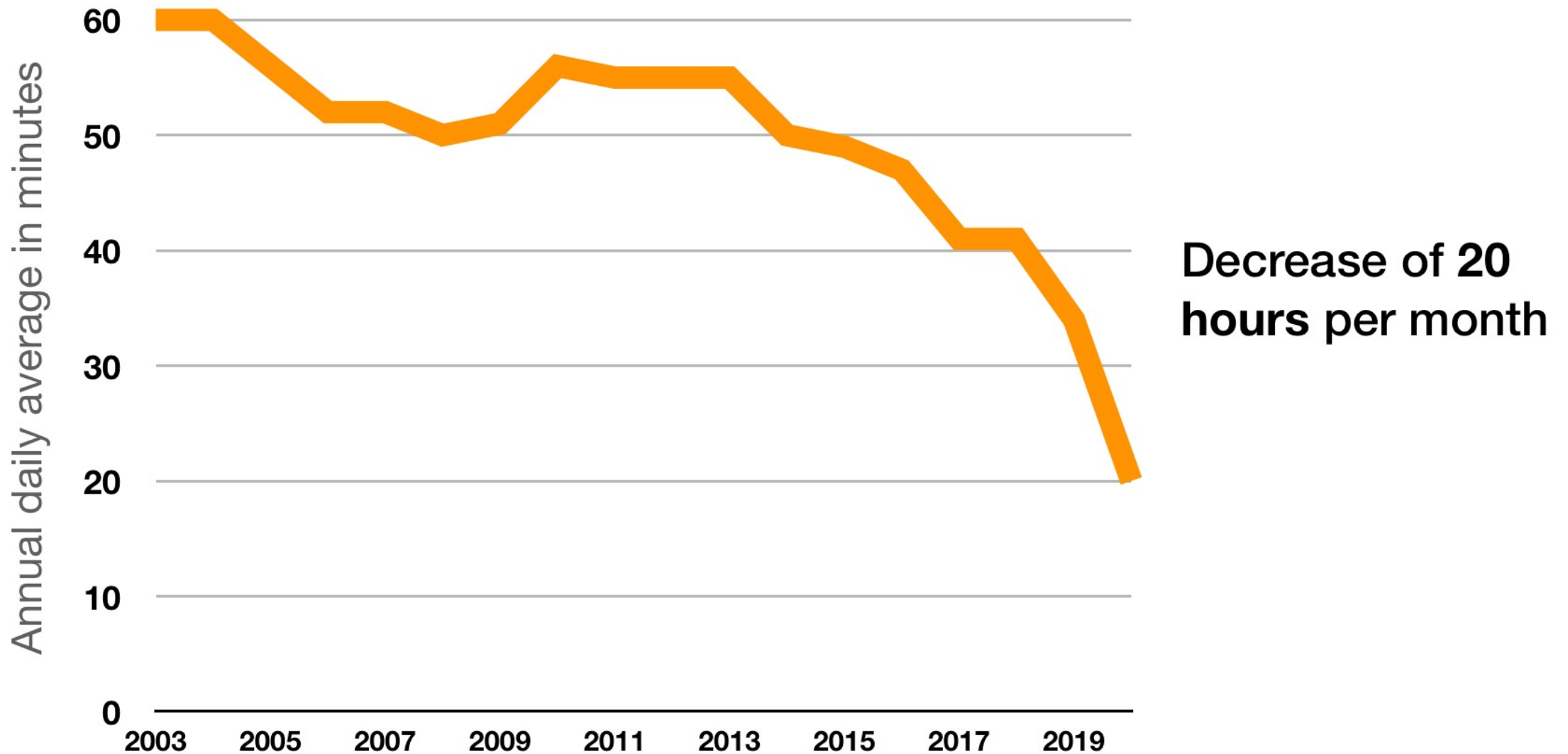
Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.”

# Social Isolation



Source: Viji Diane Kannan, Peter J. Veazie, US Trends in Social Isolation

# Social Engagement With Friends

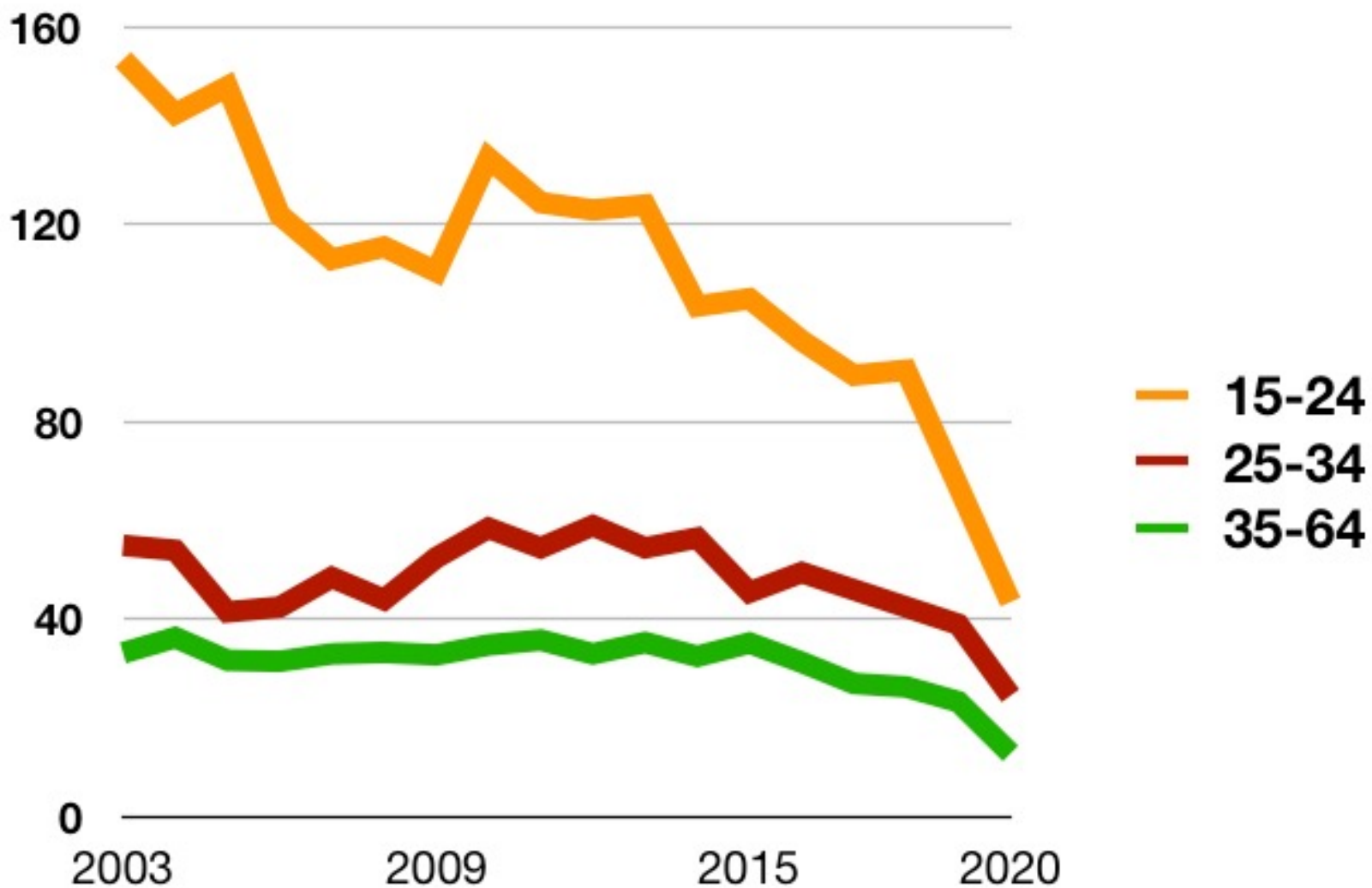


Source: Viji Diane Kannan, Peter J. Veazie, US Trends in Social Isolation



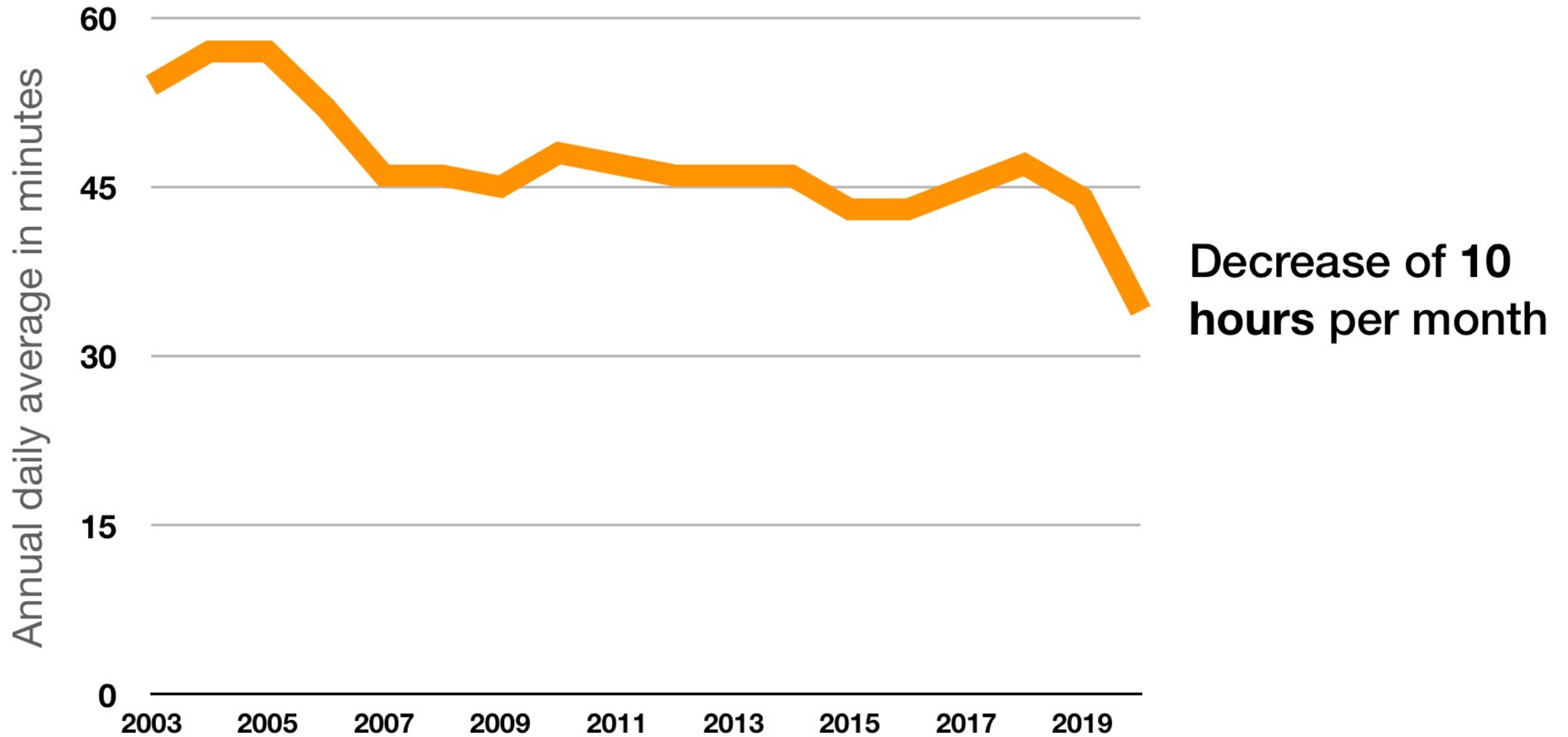
# Daily Time With Friends

Minutes per day



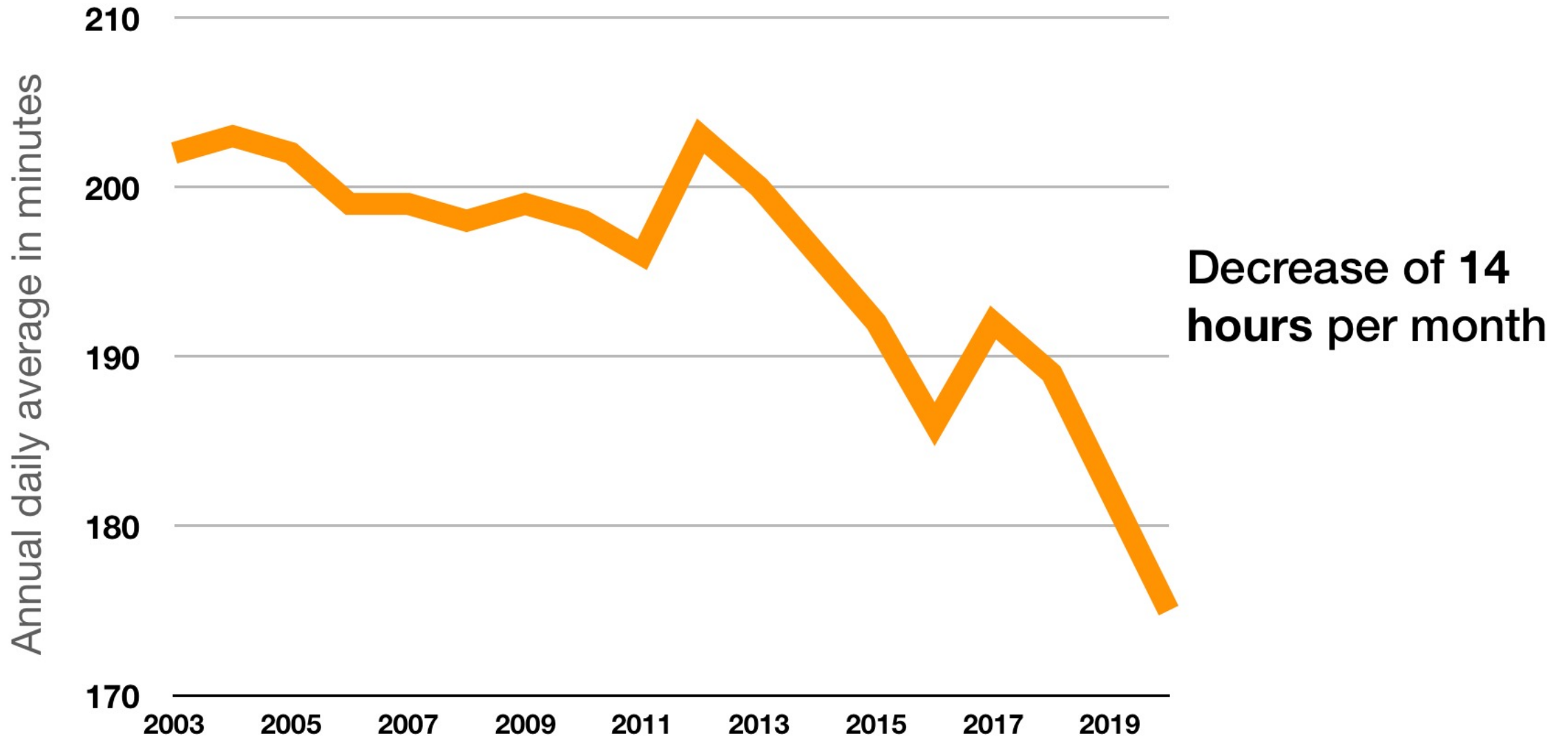
Source: American Time Use Study

# Social Engagement With Others



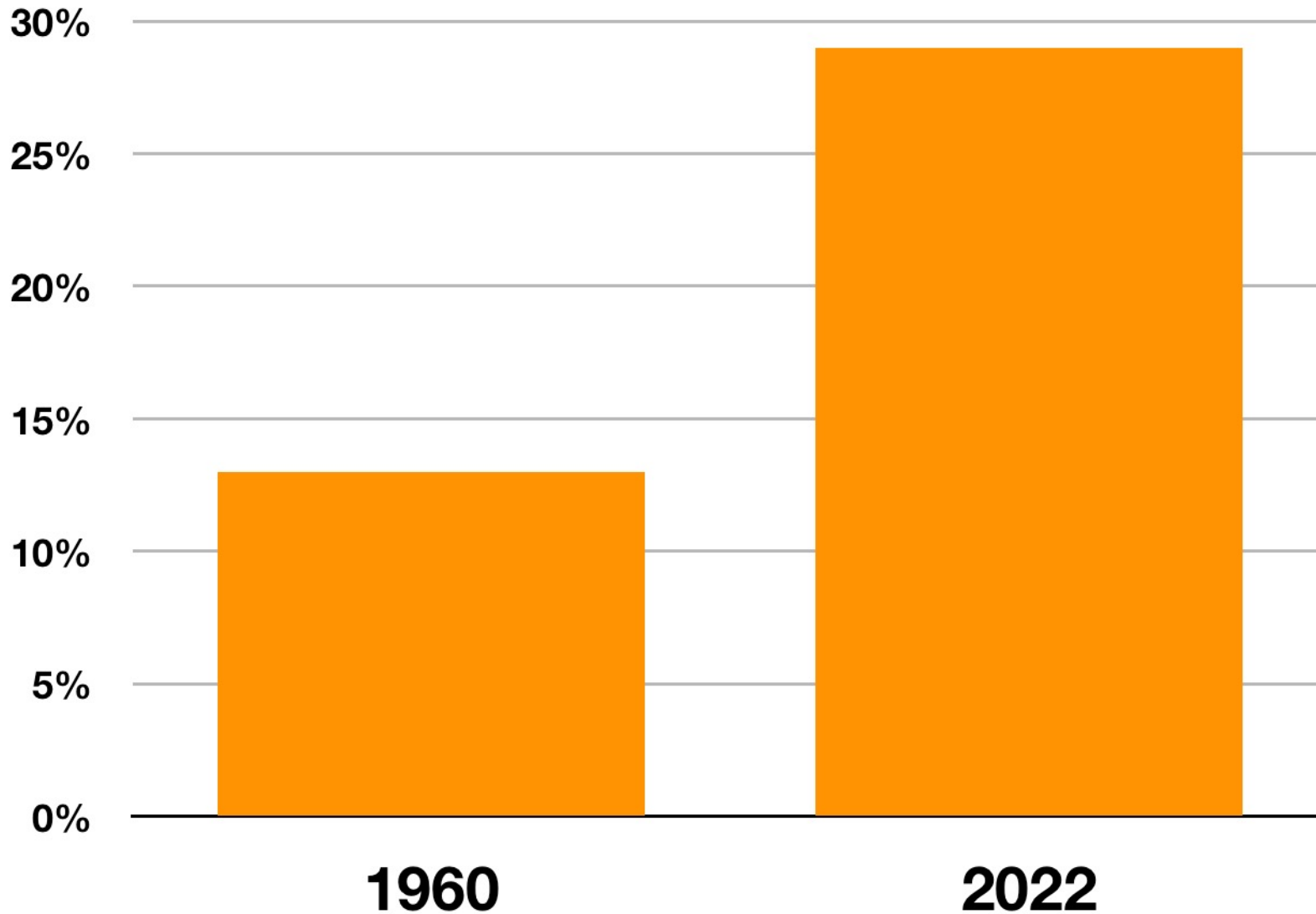
Source: Viji Diane Kannan, Peter J. Veazie, US Trends in Social Isolation

# Shared Leisure/Companionship



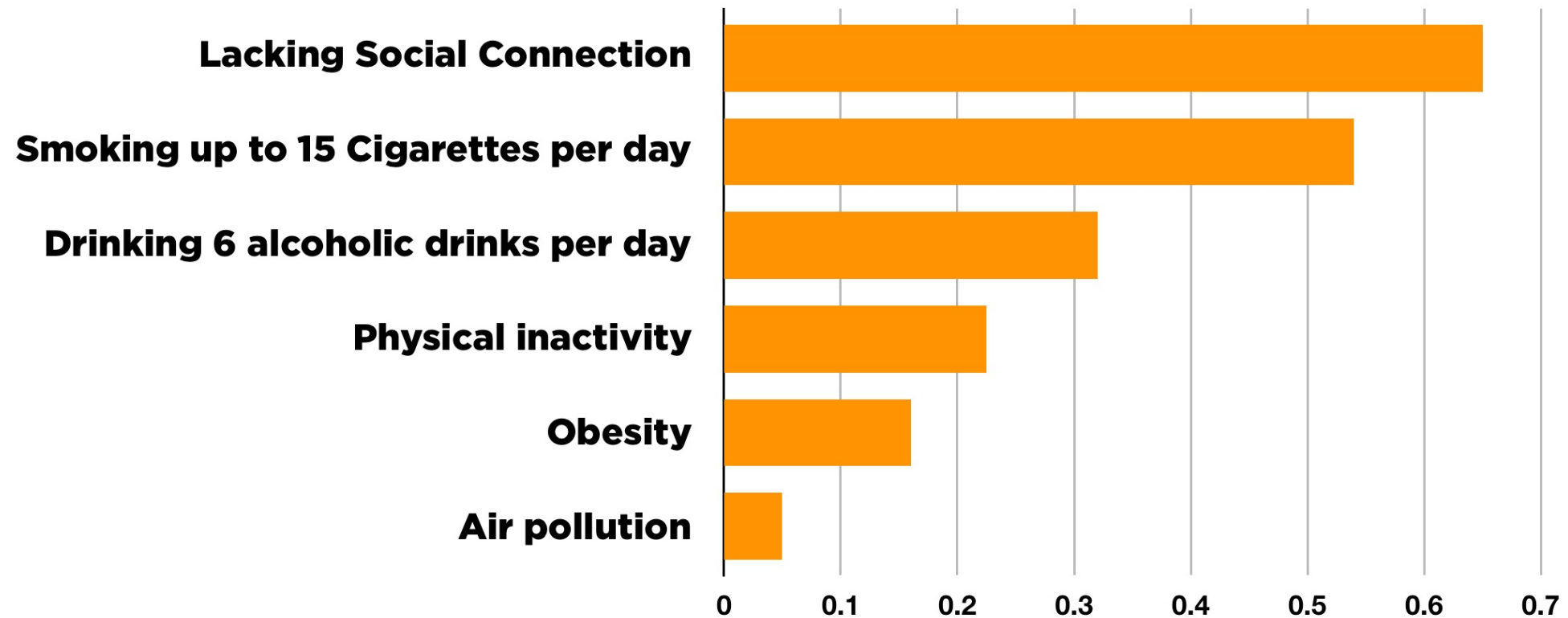
Source: Viji Diane Kannan, Peter J. Veazie, US Trends in Social Isolation

# U.S. Single-Person Households



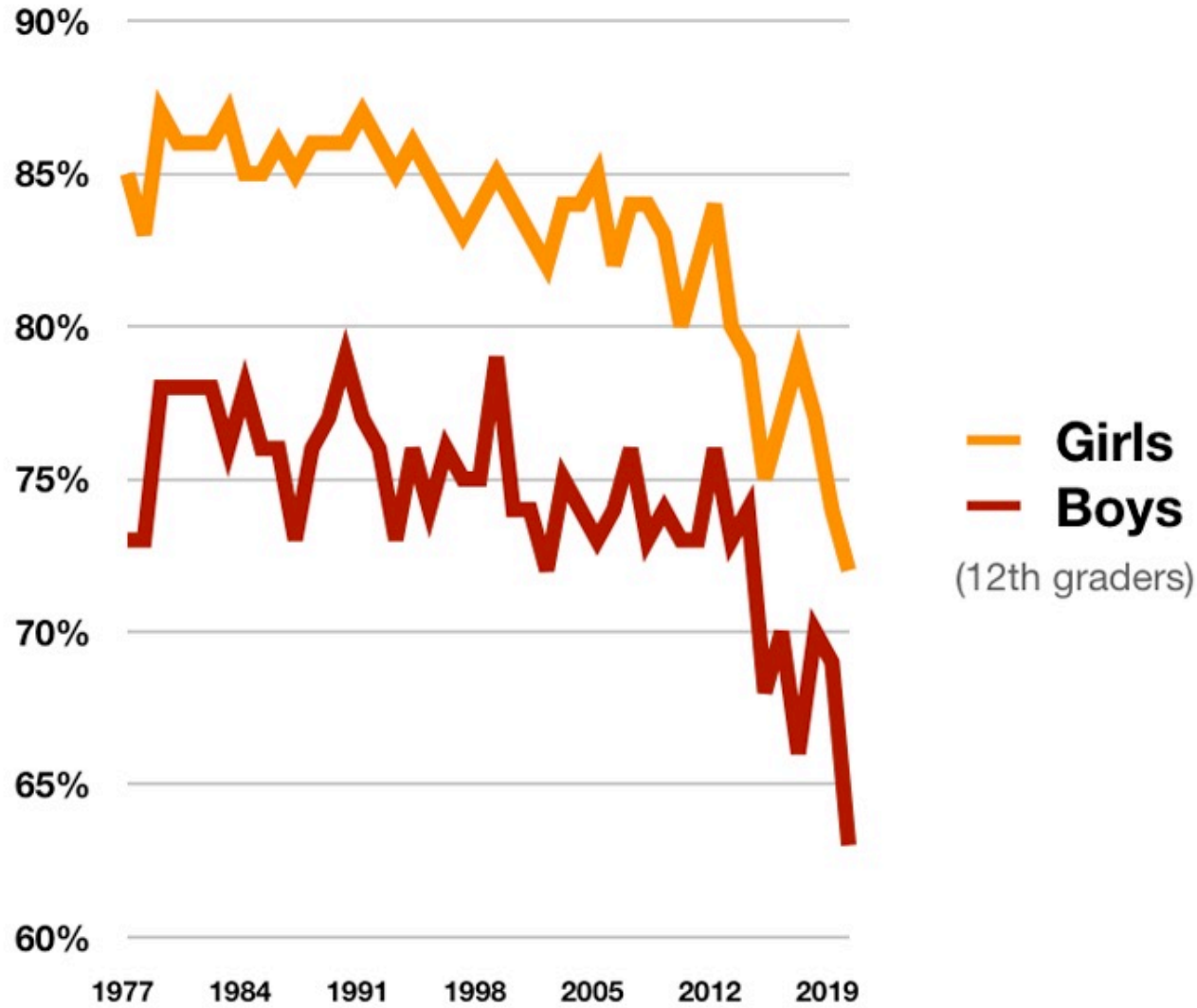
Source: U.S. Census Bureau

# Mortality Comparison: Lacking social connection is as dangerous as smoking up to 15 cigarettes a day



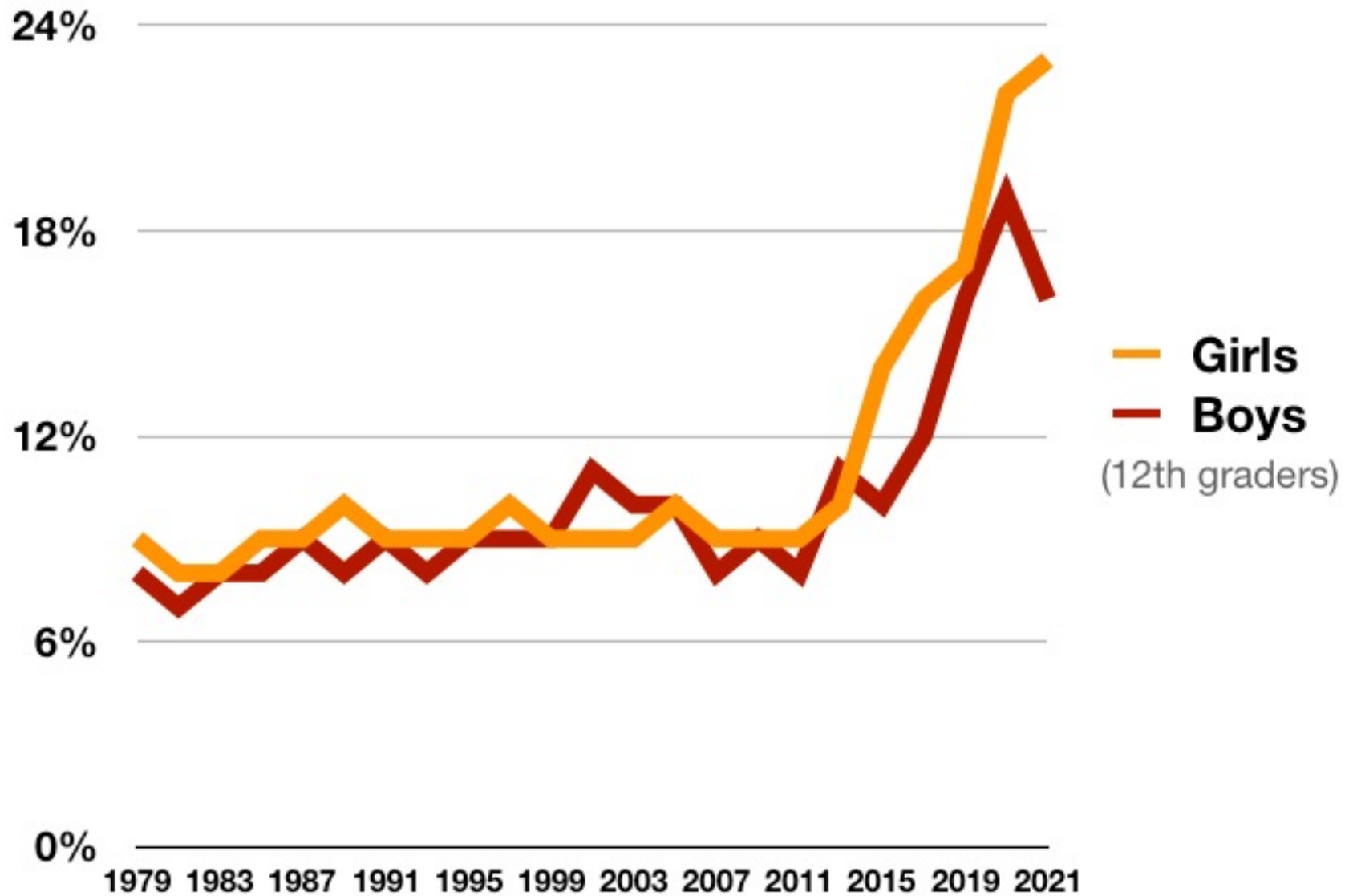
Source: Holt-Lunstad J, Robles TF, Sbarra DA, American Psychology 2017

# “There is usually someone I can talk to if I need to”



Source: Monitoring The Future

# “My life isn’t useful”



Source: Monitoring The Future



# Three exhortations from 2019:

Delight in God

Be okay with being different

Support one another





# Resist the enemies of your soul

Delight in God



# Resist the enemies of your soul

Delight in God

The Devil



# Resist the enemies of your soul

Delight in God

The Devil

Be okay with being different



# Resist the enemies of your soul

Delight in God

The Devil

Be okay with being different

The Flesh



# Resist the enemies of your soul

Delight in God

The Devil

Be okay with being different

The Flesh

Support one another



# Resist the enemies of your soul

Delight in God

Be okay with being different

Support one another

The Devil

The Flesh

The World



## Matthew 16:26

What good will it be for someone to gain the whole world, yet forfeit their soul?



## John 15:18-19

If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you.





## John 15:20a

Remember the word that I said to you: 'A servant is not greater than his master.' If they persecuted me, they will also persecute you.



## Matthew 16:18b

...and on this rock I will build my church, and the gates of hell shall not prevail against it.



“We can no longer deny a link between complementarianism and abuse”

-The Making of Biblical Womanhood



“At its core, complementarian theology is one of inequality and hierarchy. And inequality breeds abuse.”

-Huffington Post



Conservative Protestant gender ideology “can clearly lead to abuse, both physical and emotional.”

-TV news journalist Cokie Roberts



Complementarian theology is “a breeding ground for abusive marriages.” The problem is not just an occasional “rotten apple” but a “rotten theological tree” giving rise to sexism and misogyny.

-Religion Dispatches



## Two groups of men:

1. Devout Christians who attend church 3x+/month
2. Nominal Christians who rarely if ever attend church



# Two groups of men:

Devout

Nominal





# Two groups of men:

Devout

35% LESS likely to divorce than secular men



## Two groups of men:

Devout

35% LESS likely to divorce than secular men

Nominal

20% MORE likely to divorce than secular men



# Two groups of men:

Devout

LOWEST domestic violence rate of any group (2.8%)



# Two groups of men:

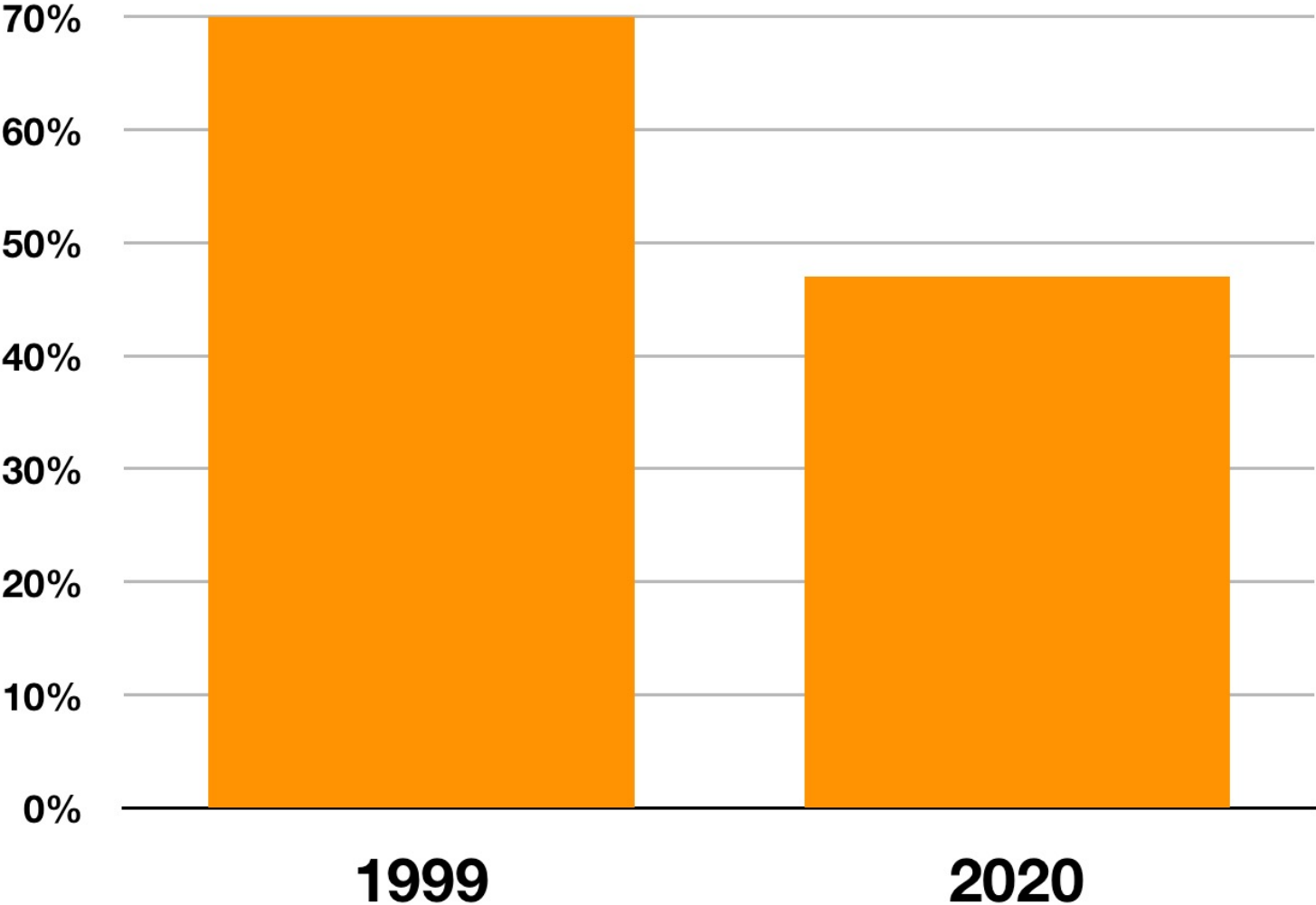
## Devout

LOWEST domestic violence rate of any group (2.8%)

## Nominal

HIGHEST rate of any group (7.2%), even higher than secular men

# Percent of Americans Who Belong To A Church



Source: Gallup News 2021



## More data:

Children under age 14 spend nearly twice as long with tech devices (3 hours and 18 minutes per day) as they do in conversation with their families (1 hour and 43 minutes per day).



## More data:

1 in 4 children have had online sexual encounters with adults via social media.



## More data:

1 in 3 girls have been approached online by adults asking for nudes.





## More data:

1 in 6 girls age 9-12 have interacted sexually with an adult on these platforms.



## More data:

40% of 13-17 year olds reported it was “normal for people my age to share nudes with each other.”



## More data:

94% of children do not report to a trusted adult when they receive unsolicited nudes.



## More data:

55% of perpetrators find children again on the same or another platform even after being blocked.



## More data:

27% of boys aged 9-12 use adult dating apps, exposing themselves to sexual predators.



## Matthew 9:36

When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.



## Matthew 9:37-38

Then he said to his disciples, “The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.”



## Hebrews 12:1

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us . . .





## Hebrews 12:2

...looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.