

A person's hands are holding a smartphone. The phone's screen is glowing with a blue light. Overlaid on the image is a network of white dots connected by thin lines, resembling a social media or data network. Several red circular icons with white hearts and thumbs-up symbols are scattered around the phone, some with numbers like 38, 11, 5, 19, and 9. The background is dark and out of focus.

# WHAT THE TECH?!

The Promise and Perils of Our Digital Age

Bring your friends and family as together we focus on having a healthy relationship with technology. We'll also study this theme in age-appropriate ways in Sunday School with our children and students.

Join us in person at our six Kansas City area locations, at [cor.org/live](https://cor.org/live) and on television!

# WHAT THE TECH?!

Did you know the average American spends at least 4 hours using screens each day? They check their phone 58 times. That's staggering.

We know technology holds the promise of enormous good, but misused, it can cause untold pain, leaving us feeling isolated, anxious, depressed or addicted. Technology can have a tremendous positive impact on society, but it can also be used to spread misinformation and sow the seeds of hate.

Join us for five weeks starting Jan. 7 & 8 as we explore how we can avoid the perils and unleash the promise of technology in our lives, our families, and our communities.

**January 7/8:**

Addicted to Our Screens and the Social Dilemma

**January 14/15:**

What Dr. King Would Have Done with Social Media

**January 21/22:**

A Byte from an Apple and the Seven Deadly Sins

**January 28/29:**

Separating Truth from Fiction in the Information Age

**February 4/5:**

If Jesus Had an iPhone...

**COR.ORG/TECH**

## SCREEN SANITY STUDY

Scan here for an excerpt from Screen Sanity's most popular resource, including videos, tips, and more.



**Resurrection**

A UNITED METHODIST CHURCH

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