



## THE NEED FOR CHRISTIAN COMMUNITY

There is an ache in every human heart to love and be loved. We are wired for community, and there isn't a moment in our lives when we aren't forming and deepening relationships. We have the bonds within our families, the friendships we've developed with others, and the cultivation of our love for God in prayer, which is the fulfillment of our desire. As St. Augustine states, **"Our hearts are restless until they rest in thee."**

Technology has brought many good things to the world, especially in the form of communication. We can talk with family and friends from all over the world. We can even care for and support communities in other countries with just a click of a button. While technology is a tool that can deepen our relationship with God and others, too often, it has the opposite effect.



## THE DEVIL DOESN'T HAVE HIS OWN CLAY

**"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help."**

Ecclesiastes 4: 9-10

We have an enemy who twists the good things God has created for our destruction. Our desire for companionship is good, and technology can be a tool to help achieve that good. Yet, as Genesis 3:1 reminds us, the enemy "is most cunning." What better way to pull us toward isolation than through the very tool designed to help us build community. At all times and in every moment, we are available to and have access to the whole wide world. **We aren't just connected—we are overconnected.** We are never bored, and that is not a good thing.

We have endless streams of content at our fingertips, constantly filling our dopamine reserves. Anything we desire can be delivered to your doorstep with the push of a button. It's convenient. It's entertaining. But here lies the deceit: this convenience comes at the cost of our soul, our mental health, and our relationships, driving us further into isolation.

Meta cannot cure the ache and longing for friendship. TikTok and YouTube cannot fulfill our desire to love and be loved. We need each other—not a pixelated representation, but the real, incarnate other. We need friendships that go beyond Snap Streaks and place value on quality over quantity. **We need a community that challenges and supports us to become the saints God has called us to be, as Proverbs 27:17 reminds us, "Iron sharpens iron, and one person sharpens the wits of another."**

**Prioritize Family and values.  
Delay Social Media.**

**Delay the Smartphone.  
No Phones Used in Schools.**



# THE SOLUTION TO HUMAN LONELINESS

Despite all the conveniences and endless streams of content, people are still alone. They are carrying wounds and guilt without a solution from the world. Not all friendships are good; some “friends” have led us to make poor decisions in our lives. People are yearning for that community, especially one that will love them when they fall and be there to help lift them up.

The Church offers the solution for this deep longing for community. From the very beginning, the Church “devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers.” (Acts 2:42)



It is a place where we come to know God personally and gather with individuals who are also striving in virtue. **It is the place that should reflect the love of God in its members, being the light of the world and the city on a hill** that Jesus speaks of in Matthew 5:14, so that those lost in the darkness of sin and isolation may be reconciled with God and man.

However, we may look around at our individual church and not experience the community we all seek. Paul writes in Romans 3:23, “all have sinned and fall short of the glory of God,” and it is very disheartening when our church community ends up like the communities in Revelation 3:1 and 3:16—once having a reputation for being alive, but now dead, or even becoming lukewarm in their love for God. Yet, we shouldn’t lose hope.

As St. Catherine of Siena said, “Be who God meant you to be, and you will set the world on fire.” We may need to be the spark that brings back the light in our community. **With the help of the Holy Spirit, we can become more like Christ and help transform our church community into a beacon for the rest of the world.**

## LET US PRAY

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and **lead us not into temptation**, but deliver us from evil.

“Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God.”

Colossians 3:16

Smart Families is partnered with your church and/or school to educate, encourage and empower your community about the importance of delaying smartphones.

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