

## Faith & Reason Group Discussion Prompts – September 19, 2025

HEY SIRI, HOW DO I FIND MYSELF?

*A Conversation on Spirituality and Technology*

**Discussion prompt #1** ([link](#) from 1:14 through 32:51, 1.05x [30:07 runtime])

Key themes:

- Phones produce anxiety, loneliness, erode personhood and human flourishing
- “Sense of self” from inter-dependent (pre-Axial) to independent to “phone-based”
- Play-based childhood (all mammals for millions of years) to “phone-based”
- Technology as magic, fragmentary experience (ancient analogs: writing, money)
- Children most susceptible (also adults: exhaustion, judgment, spiritual crisis)
- Haidt’s spiritual practices: 1) shared sacredness, 2) embodiment/physical ritual, 3) stillness/silence, 4) self-sacrifice, 5) forgiveness/humility, 6) finding awe
- Crouch’s: ditto, plus 1) get outside, 2) lock phone up, 3) play, 4) apprenticeship [re: technology], 5) morning and evening routines [without phones]

**What spiritual practices do you lean into most? Which do you wish you had?**

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**Discussion prompt #2** ([link](#) from 32:54 through 56:08, 1.05x [22:07 runtime])

Key themes:

- Again, magic (technology) as human control (gospel is opposite: God emptying)
- Socioculturally, our loss of community preceded and enabled our loss of play
- Religious and non-religious shared need for morality and sanctity; mental health, marital, and social outcomes further diverged (religious vs. non-) after 2008
- Two commands (God, neighbor, “all-ness”) ... “Does technology help us do that?”
- Haidt flourishing tips: sleep, exercise, light, nutrition, morning/evening routine, habits, regain attention (shut off notices, remove social, denormalize interruption)
- Crouch: Sabbath as anti-idolatry to both discover and escape dependencies
- Phones as portals, tools for adults; trillions of dollars trying to mine kids’ attention

**What disciplines do you and your family use to flourish in a tech-saturated world?**

**Coda** ([link](#) from 1:14:17 through 1:16:19; [link](#) from 1:14:30 through 1:17:51)