



# BACK TO THE ALTAR: AN **INSIDE-OUT** REVOLUTION

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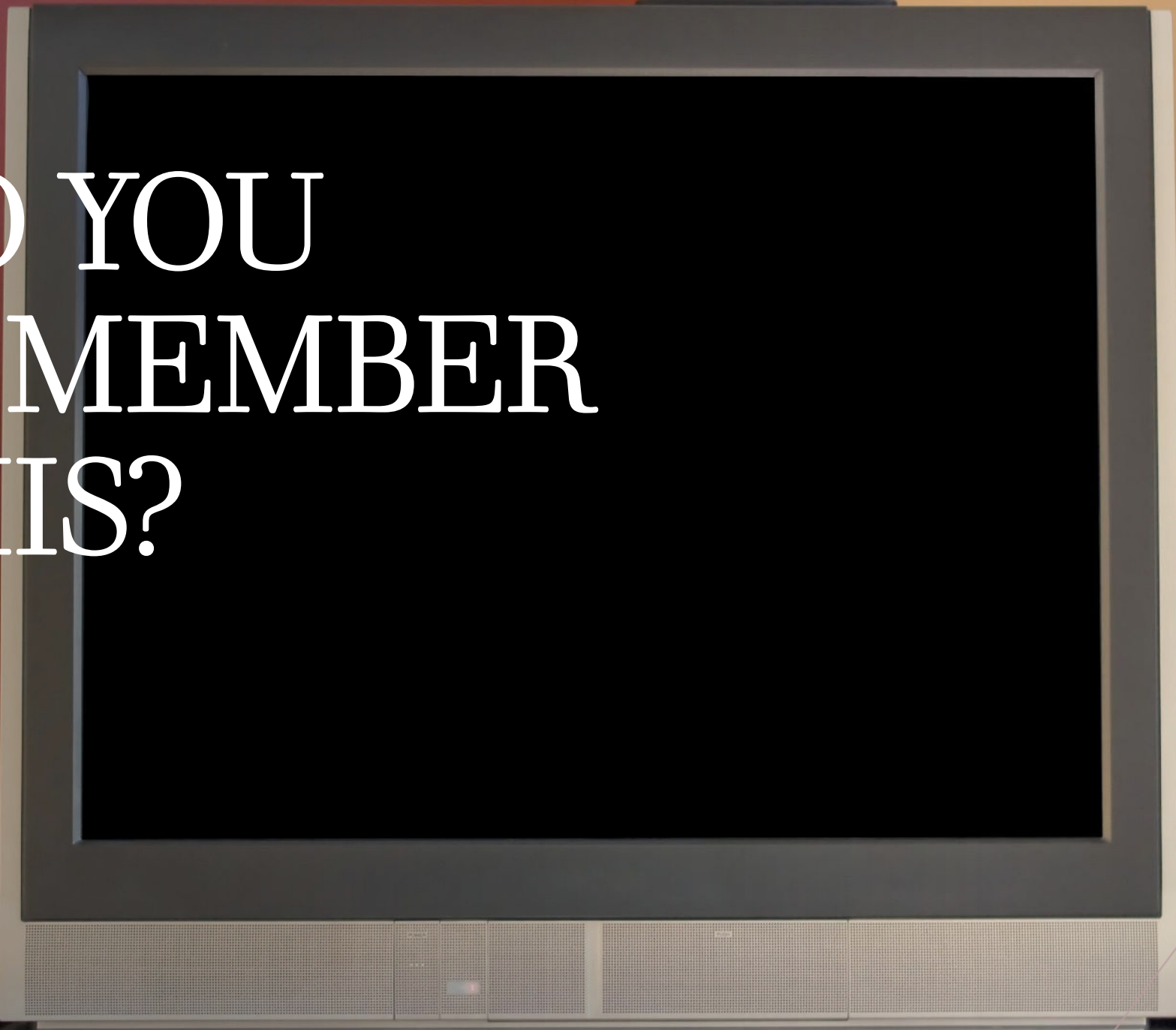




## WOULD YOU RATHER **BREAK A BONE** OR **BREAK YOUR PHONE**?

"If you had to break a bone or break your phone which would you prefer? **46 percent** of people would prefer to have a broken bone than a broken phone. But even for the **54 percent** of people who say they'd prefer to have a broken phone, it wasn't a snap decision. They agonized over it."

DO YOU  
REMEMBER  
THIS?

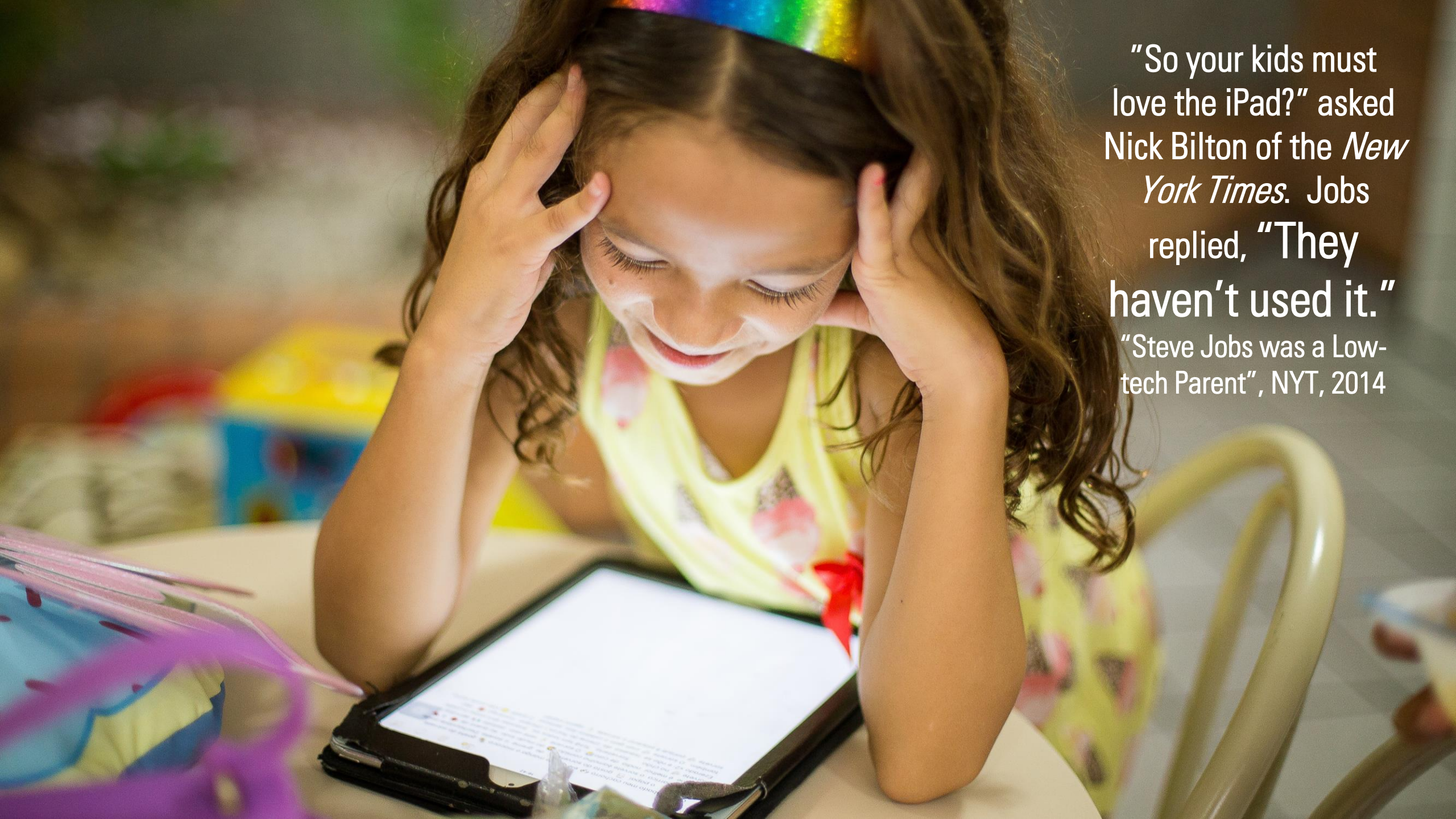




DO YOU  
REMEMBER  
THIS?







"So your kids must love the iPad?" asked Nick Bilton of the *New York Times*. Jobs replied, "They haven't used it."  
"Steve Jobs was a Low-tech Parent", NYT, 2014



# MAYBE JOBS KNEW **THIS**:



**Increased Screen Time** in children is a significant problem:

- Negatively affects child psychology
- Deteriorating memory function
- Reduces sleep cycles
- Limits creativity
- Diminishes communication between parent and child
- Shortens attention spans
- Potentially encourages violent and aggressive behavior
- Premature thinning of Cortex (7 Hrs. or more per day)
- 2 Hrs. or more per day—score lower on thinking and language tests

# IS MEDIA POWERFUL?

“According to the Texas police, Mr. Leach was an attentive television and film watcher whose arrangement of the crime scene was inspired by episodes of the cop show *CSI: Crime Scene Investigation*” (*The Independent*). Leach confessed after seeing *The Passion of the Christ* movie, 15 months after his crime.”



# FRANCES HAUGEN



- Former Data Scientist, Facebook
- FB **harms children, sows division, undermines democracy** in pursuit of breakneck growth and "astronomical profits."
- FB hid from Congress the harms of its products
- "The result has been **more division, more harm, more lies, more threats** and **more combat**. In some cases, this dangerous online talk has led to actual violence that harms and even kills people"



# FRANCES HAUGEN



- 13.5% UK teen girls had **higher suicide ideation** after spending time on Instagram
- 17% of teen girls said their **eating disorders** got worse after using Instagram
- **32%** felt bad about their bodies after using Instagram
- FB executives, including CEO Mark Zuckerberg, **misstated and omitted key details** about what was known about FB and IG's ability to cause harm.



# FB FUELS REFUGEE ATTACKS IN GERMANY

- Carlo Schwarz and Karsten Müller examined **all 3,335 anti-refugee attacks** in Germany
- The Study showed that “in towns **where social media usage was higher than average, there were commensurately more attacks on refugees**. That pattern held in **virtually any type of community**, whether it was a big city or small town.



# ROHYNGYA GENOCIDE, MYANMAR



- 1 Million Refugees displaced
- Myanmar Military kills thousands
- “Facebook’s negligence facilitated the genocide of Rohingya Muslims in Myanmar after the social media network’s algorithms amplified hate speech and the platform failed to take down inflammatory posts, according to legal action launched in the US and the UK.” — *The Guardian*



# ALGORITHMS RULE

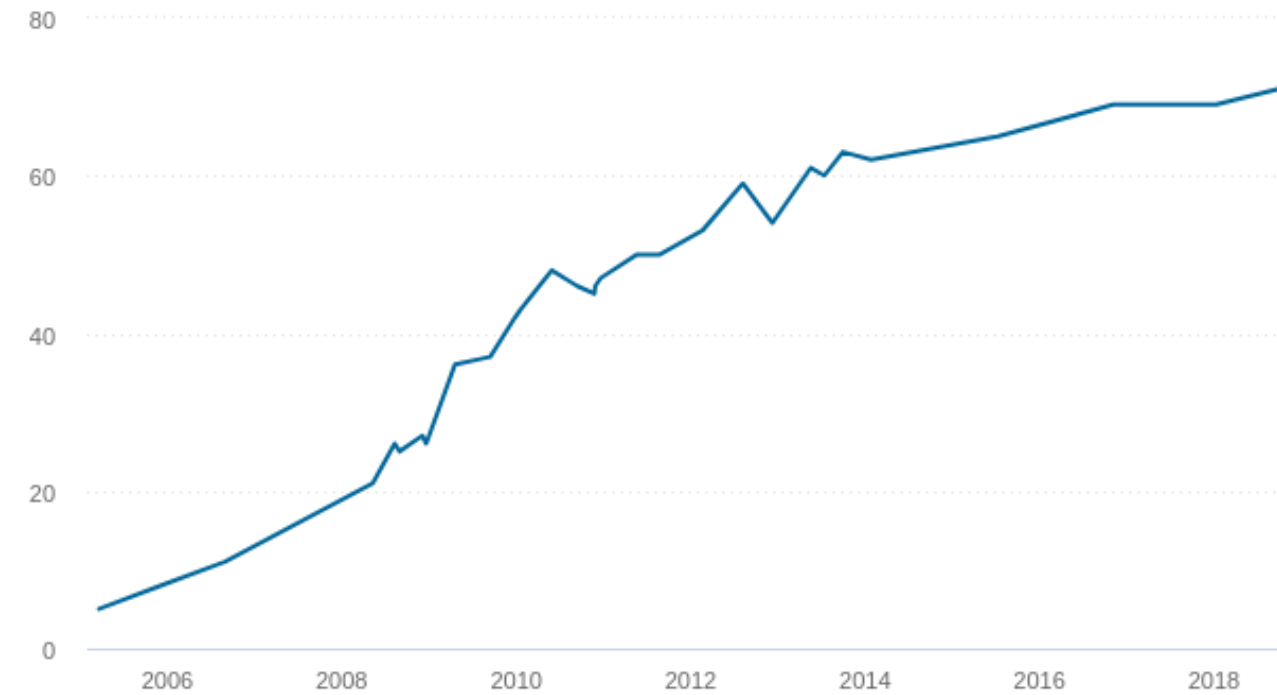
- Whether you can eat out during the pandemic
- Whether you get into college or not
- Student Grades
- Apartment Rental (background algos. profile us)
- Determining your mortgage
- Pricing your insurance
- Getting Hired
- Your Work Schedule
- Whether you are going to quit your job or not (“turnover shocks”  
“Job-embeddness”)
- Whether you are a crime risk
- Whom you will date
- **WHAT WE SEE ON OUR DEVICES/SOCIAL MEDIA**

• *\*Source: <https://mashable.com/article/how-algorithms-control-your-life>*

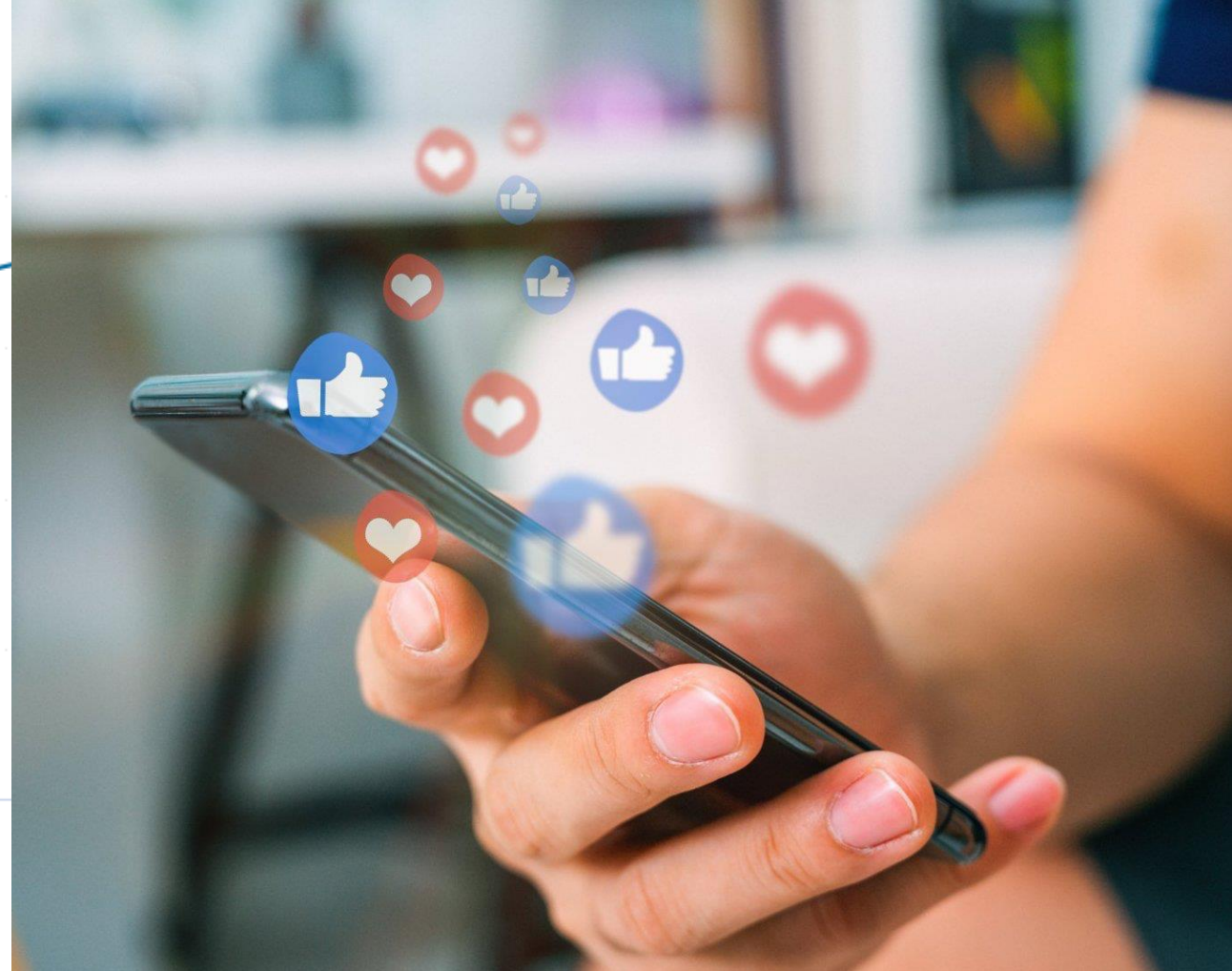


# Social media use

*% of U.S. adults who use at least one social media site*

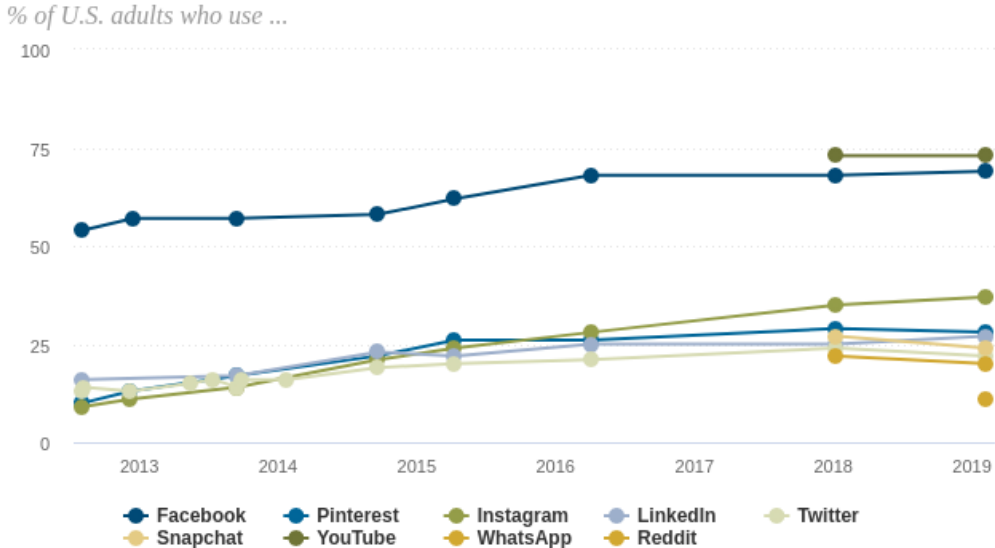


Source: Surveys conducted 2005-2019.



## **SOCIAL MEDIA** USE OVER TIME

# Which social media platforms are most popular

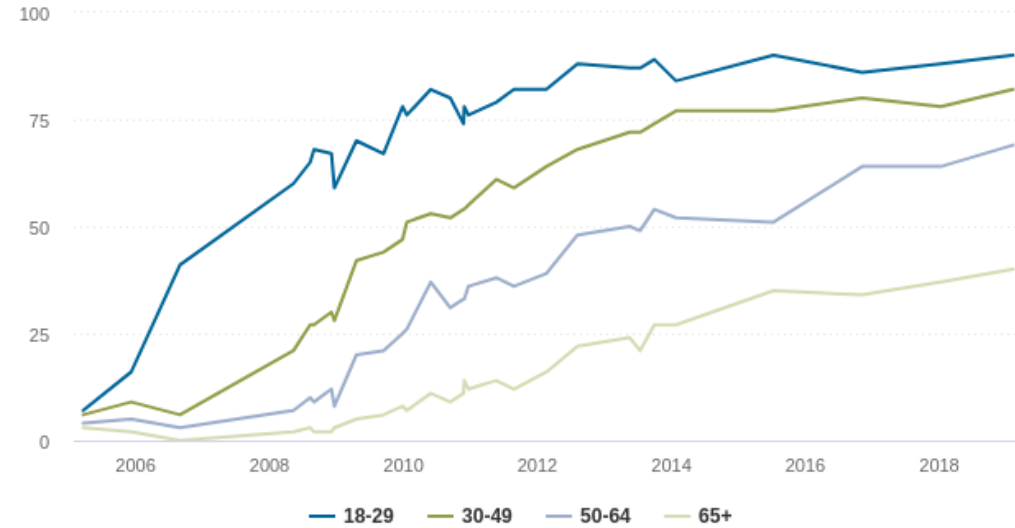


# SOCIAL MEDIA PLATFORMS



# Social media use by age

% of U.S. adults who use at least one social media site, by age



Source: Surveys conducted 2005-2019.



# SOCIAL MEDIA PLATFORMS



# TIME SPENT ON SOCIAL MEDIA

- An average user spent **2 hours and 27 minutes** per day on social media in 2022.
- **50.1% of the time spent on mobile** was done using social media apps in 2020.
- **Facebook is the most popular**, costing people an average of **2 hrs and 24 min.** each day. (2.91 Billion active users, 2021)
- **YouTube** takes an average of **40 minutes per day.**
- Users spend an average of **30 minutes per day on Snapchat.**
- **Instagram** users spend an average of **28 minutes** on the platform daily
- **Pinterest** users scroll through ideas for only **14.2 minutes every day.**



# TIME—THE VALUES PREDICTOR

Is there a better predictor of our values than how we choose to spend our time?

- “For **where your treasure is**, there your heart will be also” (Matt. 6:21).
- “**Our time belongs to God**. Every moment is His, and we are under the most solemn obligation to improve it to His glory. **Of no talent He has given will He require a more strict account than of our time**” (COL p. 302)





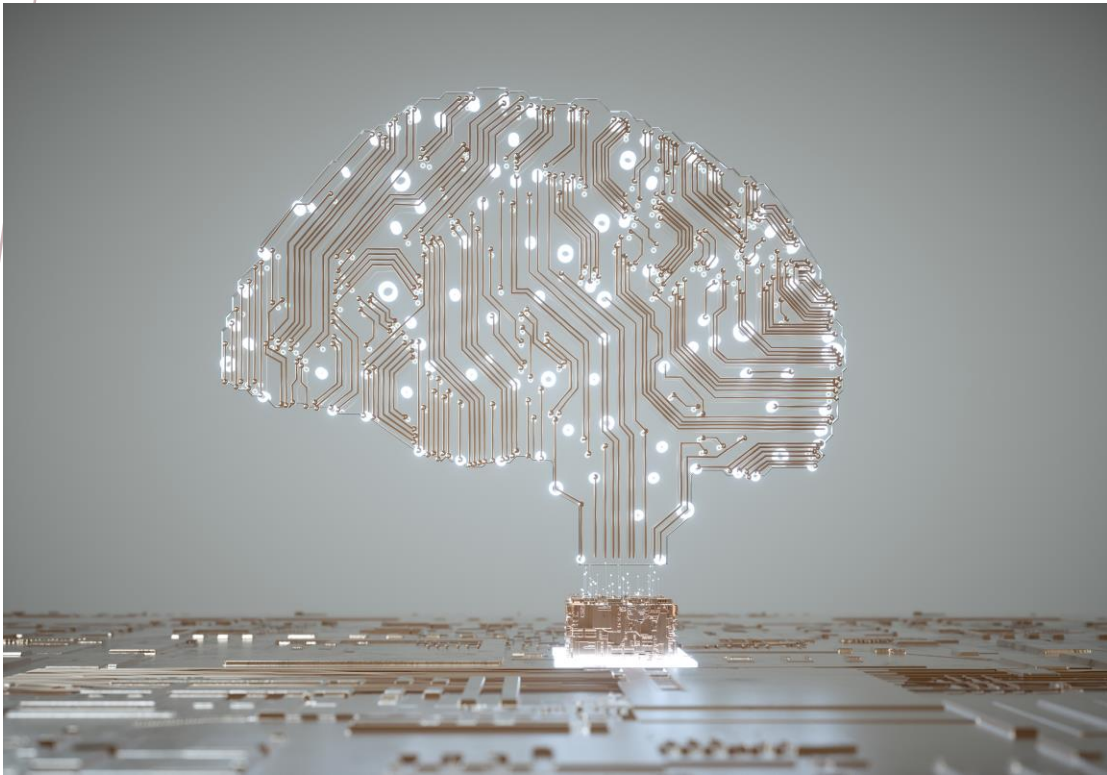
# BY BEHOLDING WE BECOME...REWIRED

## UNHEALTHY, Unbalanced Social Media Usage:

- Damages our ability to concentrate and focus
- Makes us feel lonely
- Raises our stress levels
- Increases Depression & Anxiety
- Tends to Negative Body Image
- Encourages Unhealthy Sleep Patterns
- General Addiction (dopamine cycle)
- Cyberbullying
- FOMO
- Unrealistic Expectations
- Memory Deficits



# A COMMAND TO KEEP:



- “Keep your heart with all diligence, for out of it spring the issues of life” —Prov. 4:23
- “The Brain Heart, the Desire Producer”
- “I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me” (Ps. 103:3)

# WE ARE IN A BATTLE FOR THE MIND



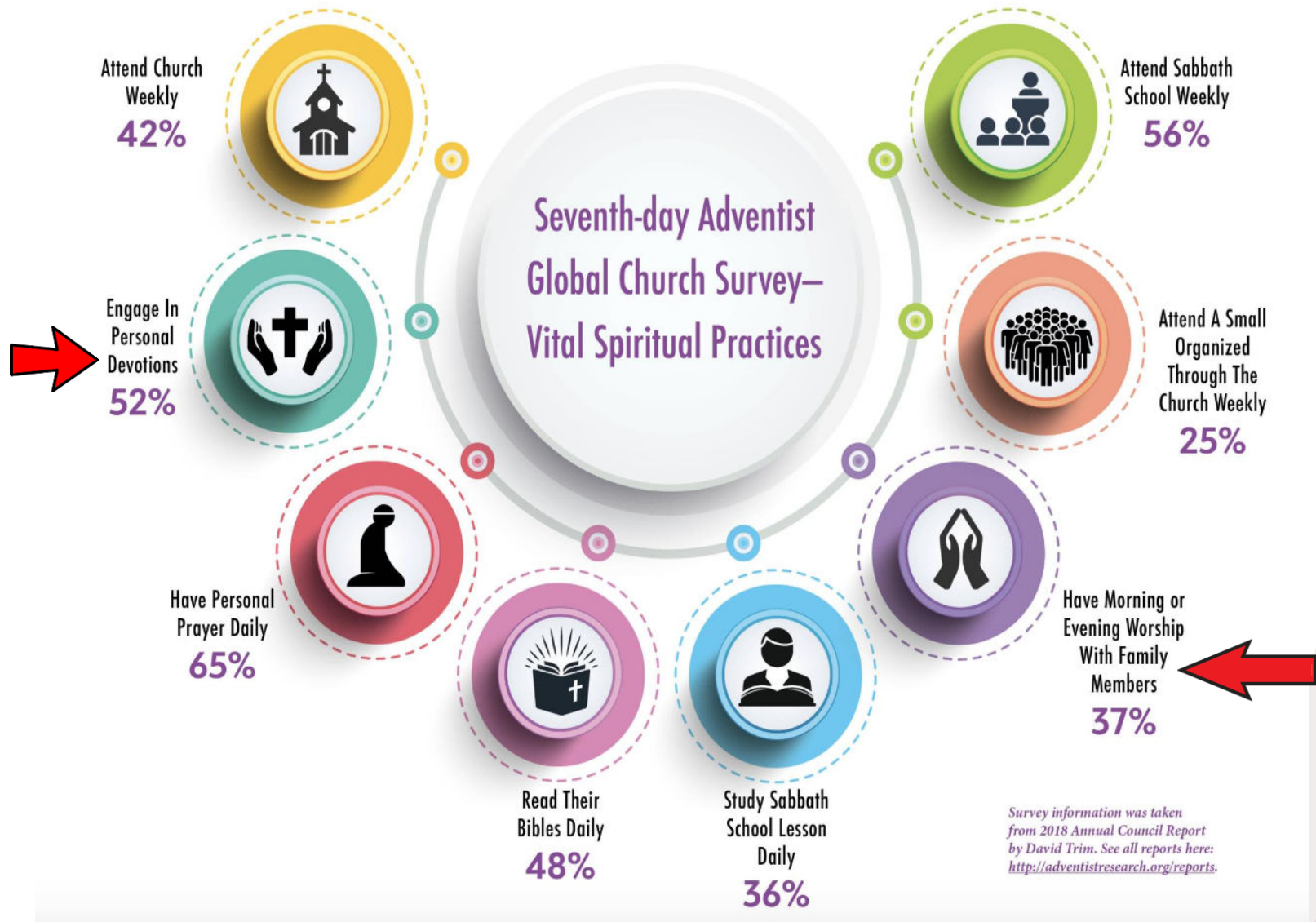
“Every organ of the body was made to be servant to the mind. The mind is the **capital of the body**.

“The mind controls the whole man. All our actions, good or bad, have their source in the mind. **It is the mind that worships God and allies us to heavenly beings.** Yet many spend all their lives **without becoming intelligent in regard to the casket [jewel case] that contains this treasure**” —*Mind, Character, and Personality*, vol. 1, p. 72.





CAN SUCH A MIND **WORSHIP** GOD?

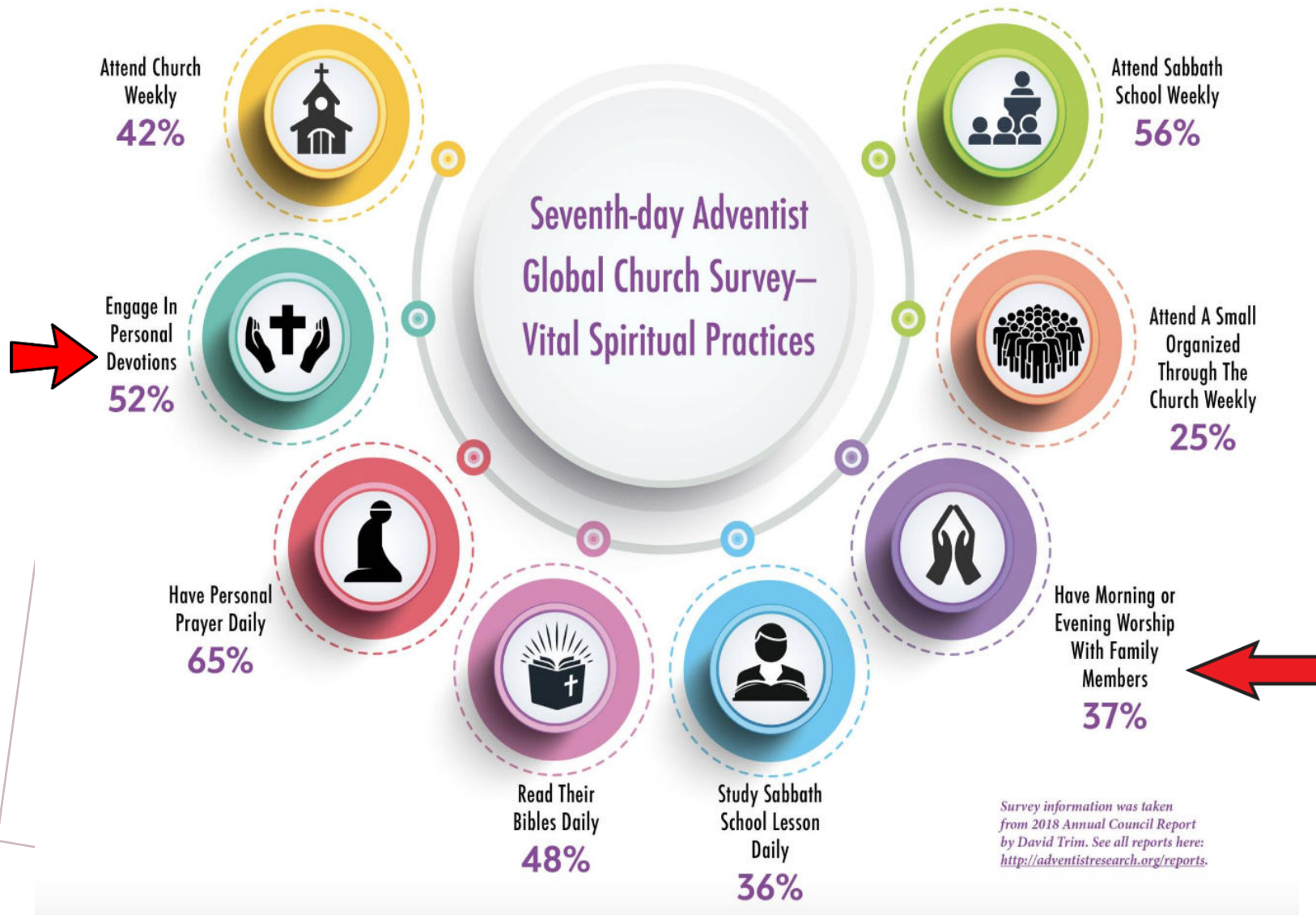


## KPI 6.4

Significant increase in the number of church members **regularly engaging in family worships.**

Responsible for Implementation:  
**FM, WM, YOU, CHM**



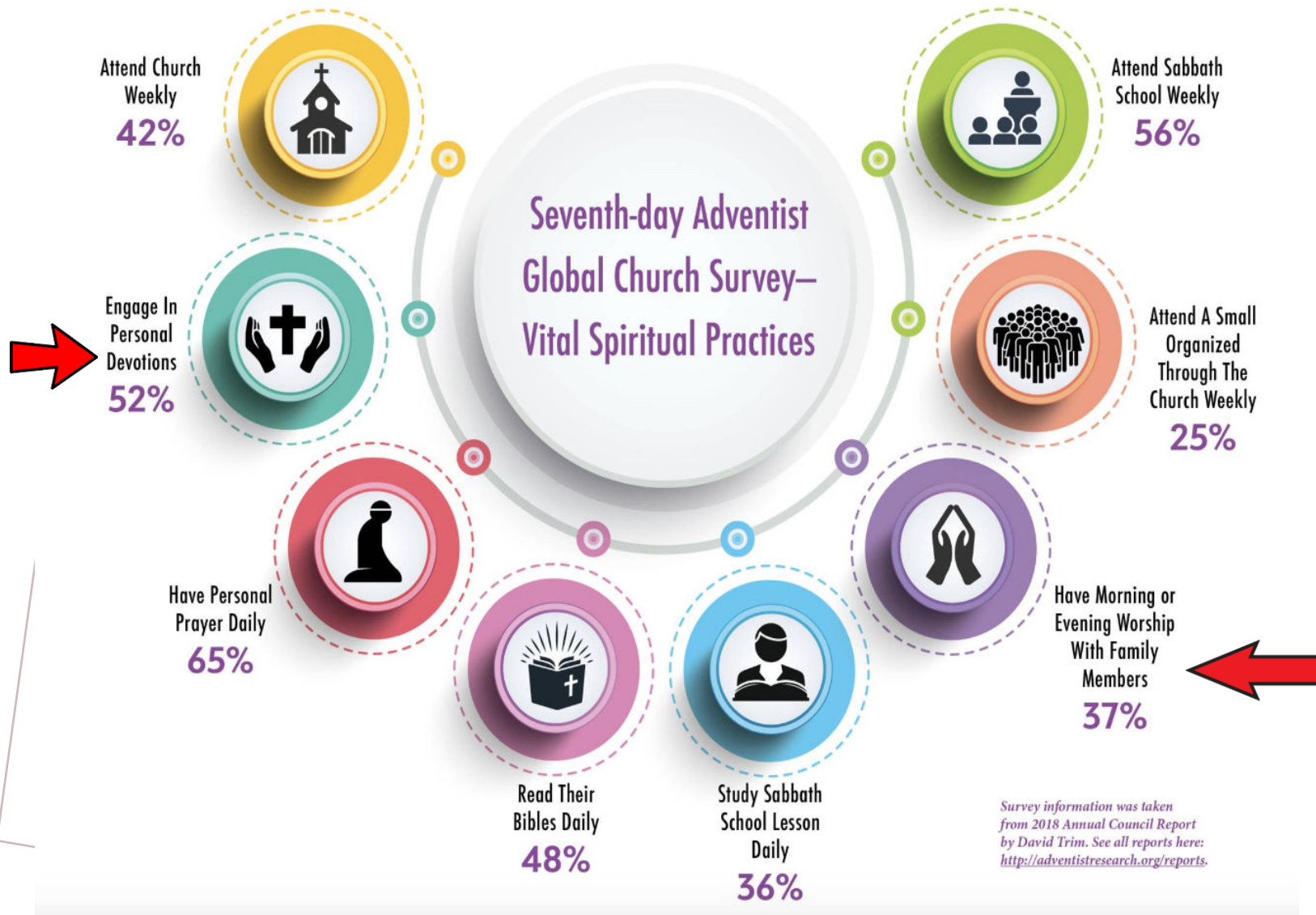


## KPI 5.1

Significant increase in the number of church members regularly praying, studying the Bible, reading the writings of Ellen White, and engaging in other personal devotions.

Responsible for Implementation:

ABSG, ASTR, WHT, FM, GCMA, GCSS/PM



## KPI 7.3

Increased ethical and responsible use of media platforms by students..

Responsible for Implementation:  
GCCM, GCCC, GCED, FM, GCFM, GCYM





## GLOBAL ADV. SURVEY: READING SPIRIT OF PROPHECY

- 16% daily or more than once per day
- 21% more than once per week
- 19% about once per week
- 25% less than once per month
- 19% never

*2018 Global Adventist Survey*

# IMPORTANCE OF THE PERSONAL ALTAR:

- "But the hour is coming and now is when the **true worshippers shall worship the Father: for the Father seeketh such to worship Him in spirit and in truth**" (Jn. 4:23).
- "There is **nothing more needed** in the work than the **practical results of communion with God**"—9T143
- "The evil of formal worship cannot be too strongly depicted, but **no words can properly set forth the deep blessedness of genuine worship.**"—9T143







# IMPORTANCE OF THE **FAMILY ALTAR**:

“Like the patriarchs of old, those who profess to love God **should erect an altar to the Lord** wherever they pitch their tent....**Fathers and mothers should often lift up their hearts to God in humble supplication for themselves and their children.** Let the father, as priest of the household, lay upon the altar of God the morning and evening sacrifice, while the wife and children unite in prayer and praise. **In such a household Jesus will love to tarry.**” --CG518

# IMPORTANCE OF THE ALTAR:



“Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth—to every nation, tribe, tongue, and people— saying with a loud voice, ‘Fear God and give glory to Him, for the hour of His judgment has come; **and worship Him** who made heaven and earth, the sea and springs of water.’ ”—Rev. 14:6-7



# THE ALTAR ANTIDOTE

## Negative Effects of Social Media Misuse

- It damages our ability to concentrate and focus
- It makes us feel lonely
- It stresses us out
- Depression & Anxiety
- Negative Body Image
- Unhealthy Sleep Patterns
- General Addiction
- Cyberbullying
- FOMO
- Unrealistic Expectations

## Healing Effects of Social Media Misuse

- Calms the mind and trains it to focus
- Decreases loneliness, increases intimacy w/God
- Reduces and removes stress and worry
- Reminds us that God is in control/God lifts us up
- Body made by God, inhabited by God, precious to God
- Worship calms to heart and leads to better rest
- God fills the emotional needs that lead to addiction
- Unconditional love and acceptance from God
- Living in God's will means I am always in the right place. I'm missing what I should miss
- Godliness and contentment, great gain

# BACK TO THE ALTAR: THE RESOURCE SUITE

**GOAL: 70% of Adventists Engaging in Daily Worship by 2027**

- **A Coordinated Church-wide Emphasis on Family Worship** at all levels of the Church. A Revival and Reformation, TMI, 3AM-level emphasis
- **2 Back to the Altar books:** Worship ideas for families, Worship ideas for individuals
- **Whole Family Worship Curriculum**—The family studies the same material, age-appropriately so that they have a **shared spiritual experience** from day to day and week to week for 1 year.
- **13 15-minute videos on *The Adventist Home***, updated and retooled for the 21<sup>st</sup> Century Adventist Family.



# BACK TO THE ALTAR: THE RESOURCE SUITE

**GOAL:** 70% of Seventh-day Adventists Engaged in Daily Worship by 2027

- **13 15-minute videos on *Child Guidance***, updated and retooled for all families. Viral 1-minute vids
- **Adventist Media Resource:** Healthy media tips/recommendations for youth, young adults, adults, and families
- Resources **specifically created for those with Special Needs** (APM)
- Resources specifically created for Students at all levels of **Adventist Education and beyond**
- **A Hope Channel Back to the Altar weekly worship series**
- **Back to the Altar Worship Night:** 1 night a year, the entire church celebrates a joint family worship experience, streamed worldwide (GCFMTWOP)







# BACK TO THE ALTAR: AN **INSIDE-OUT** REVOLUTION

- The **Church on the Outside** is a reflection of the **Church on the Inside**!
- It's power to do God's will in the world is **directly proportional to the time spent at the altar** with God
- **Seclusion** before success in ministry (Mark 1)
- **Effectiveness** in evangelism is tied to **Private Power from God**!





I WILL GO—AFTER I GO TO GOD!



DWAIN N. ESMOND

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ESTATE, INC.

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AN **INSIDE-  
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