



## EXPLORE THE BIBLE.

Session 7: Our Faith

Suggested Week of Use: April 13, 2025

Core Passage: 1 Peter 4:1-11

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### News Story Summary

Researchers have developed what they call a Digital Maturity Index to quantify the impact of technology on children today. The influence of digital media on children continues to grow, as many preschoolers speak “digital” before they even learn a language. So, the Index seeks to identify both positive and negative impacts on children. Positive impacts include grasping mathematical concepts and learning languages earlier than their millennial counterparts. Negative effects may include depression and cyberbullying.

The Digital Maturity Index offers a holistic view of a child’s level of maturity when it comes to interacting with technology. This measures both children’s level of technical skills (knowing how to use digital devices) and their level of “digital citizenship” (knowing how to regulate and control their digital behavior in a positive way). It also considers a child’s ability to use digital media for personal learning and growth, while avoiding negative or hurtful “digital contexts.”

For more about this story, search “children’s digital maturity.”

### Engage

To supplement the Engage activities, ask: *Would you say children today are more proficient with technology than you were at their age? Why?* Discuss responses. Make a list of things that help individuals become proficient with technology. Share information about the Digital Maturity Index. Explain that interaction with technology leads to proficiency which leads to “digital maturity.” Ask: *If we created a “Spiritual Maturity Index,” what kinds of things would it measure?* Discuss responses. Share that this session examines how our interactions with Jesus help us live out our faith in meaningful ways. Encourage adults to consider how they can become more spiritually mature in their faith as they study this week’s verses.

### Challenge

To supplement the Challenge activities, remind adults about the Digital Maturity Index. Note that this study on children’s digital maturity focused on how comfortable they were in using varieties of technologies. Explain that the study showed that as children learned how to use certain aspects of technology, they were able to transfer that learning to other uses of technology. Ask: *How have you experienced God growing your spiritual maturity as you have discovered and used your spiritual gifts? How can an understanding of your spiritual gifts lead to greater spiritual maturity?* Challenge adults to spend time talking with God about their own spiritual maturity and to act on the things He reveals to them.