

Pastor Mike's Bookshelf

Scrolling Ourselves to Death: Reclaiming Life in a Digital Age

Brett McCracken and Ivan Mesa

Nearly forty years ago, Neil Postman published *Amusing Ourselves to Death*, warning that television was reshaping society—not just how we communicate, but how we think. His concerns have proven remarkably accurate, and today those changes have been dramatically accelerated by digital technology: the internet, smartphones, and social media.

This book, inspired by Postman's seminal work, explores how digital media has transformed our lives. Brett McCracken and Ivan Mesa, along with a diverse group of Christian thinkers, ask probing questions: How has technology changed us? Are we even aware of its influence? What has it done to our spiritual lives, our churches, and our communities?

The contributors offer a thoughtful cultural critique of digital media's impact, but they don't stop there. They also provide practical guidance for living faithfully in a world saturated with screens—helping readers discern what is good, resist what is harmful, and reclaim habits that foster depth, presence, and spiritual growth.

I recommend this book to anyone who feels the pull of constant connectivity and wants to step back and reflect. It's a timely and wise resource for Christians seeking to live intentionally and faithfully in the digital age. Because I "read" this book as an audio book, I don't have a physical copy to place on the bookshelf.

Previous recommendations can be found here: <https://church.stjohnsnapa.org/resources/pastor-mikes-bookshelf>.

