



# *Unfriended*

## Finding TRUE Community in a DISCONNECTED CULTURE

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By: Joe Battaglia

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We live in a hyperconnected world, and yet we're more disconnected than ever. We spend more time scrolling through Instagram than we do talking with our families. We've never had more "friends," but we have no one to meet for coffee.

Joe Battaglia understands that we are wired to have community, and that smartphones cannot meet our needs for love, acceptance, touch, and connection. In *Unfriended*, Battaglia uses research, personal insight, and biblical truths to help you:

- leave behind the anonymity of the Internet and get face-to-face with people.
- go beyond the "like" button and establish meaningful relationships.
- get out from behind your screen and enjoy God's creation.
- avoid toxic social media debates and become a vehicle of change.

*Unfriended* will help you shake off your digital fatigue and get back to real-life, real-world relationships with real people.

### **My Synopsis:**

This book tackles the reality of what we probably all know...we're spending too much time on our devices. What it goes deeper into is the reality of the spiritual damage this addiction to technology has caused. And if we're now aware of the damaging effects of our devices, both physically and spiritually, yet we don't do anything about it, how will be we able to build a real-life community that we need and honors God?

## Unfriended

### Finding True Community in a Disconnected Culture

- p. xiii The social networks that were meant to bring us together have in fact made us less sociable.
- p. 1 **“One from Many”: The Motto of Community**
- p. 2 ...our strength lies in our differences – and our ability to see beyond differences for the greater good.
- p. 4 America was founded upon the realization that we *must* have differences to be more fully one.
- p. 4 Sameness and similarity do not enhance people’s ability to come together.
- p. 5 Community fulfills the longing in our hearts and souls for differences that will complete us.
- p. 6 Unfriend the mind-set of sameness, as well as the mistaken notion that you’ll find security in being with people just like you.
- p. 7 **Roots: The Foundation of Community**
- p. 7 A strong foundation with connections to others enhances the overall strength of a community...
- p. 10 Knowing your purpose in life is the ultimate freedom.
- p. 11 If you feel that serving the greater good is about you, think again. It’s never about you; it’s beyond you.
- p. 12 Fleshed Out: The Model of Community
- p. 14 (Jesus) demonstrated that community does not work without communion – others intersecting with each other in loving, giving, sacrificial relationships.
- p. 14 Strip away the opportunity to intersect, and you have less of how the universe operates.
- p. 14 We can easily dismiss someone when we remain separated by a firewall of emotional detachment.
- p. 15 The struggle between two people is often the determining factor in bringing them together, not separating them.
- p. 17 **Shared Life: The Character of Community**
- p. 19 Community is designed to live beyond itself...Community must have some long-range vision for continuity.
- p. 20 So according to Jesus, a true community is best characterized by people who model oneness, love, joy, and friendship among themselves...
- p. 21 **The Embedded Life: The Intersection of Community**
- p. 21 Being embedded is more accurate than speaking from a distance or from the sideline.
- p. 22 ...getting outside yourself is the foundation of true learning.
- p. 23 People who have lost hope have lost way more than the ability to look for a job.
- p. 25 Trying to understand the world through social media without intersection is nothing but misinformed opinion.
- p. 26 God refuels us not to stay in the garage but to become His vehicles of change.
- p. 27 **Enriching Agents: The Salt and Light of Community**
- p. 28 A kind word spoken spontaneously and with sincerity reverberates endlessly in the heart of the one who receives it.
- p. 29 God’s presence in the world is three-dimensional. You can’t get that while remaining in the world of two-dimensional internet life.
- p. 30 Ideally, we should be known by the way we enrich the world by our presence.
- p. 31 **God’s Silent Language: The Community in Creation**
- p. 33 Why did God choose to plant Adam and Eve in a garden and not in a city?

- p. 33 I do not believe that true community can be achieved via social media interaction simply because it lacks this basic ingredient of God's creation and order.
- p. 34 Nature is God's silent language to us that reveals much about His character.
- p. 35 Without a God to embrace, we create our own gods to fill the vacuum in our souls for which we've been hardwired.
- p. 36 If you're feeling far from God, unfriend the emptiness of the online creation and take a trip to the country.
- p. 37 **Fake News: The Export of Fake Community**
- p. 39 It's always more expedient to give life to a lie than to put your ego to death.
- p. 40 The challenge for each of us is to loosen the grip these communities have on us for more consumption of that which is not real.
- p. 41 **A Refugee's Tale: The Transcendent Community**
- p. 43 ...God understands displaced people
- p. 43 American society may have been more welcoming of its strangers when it was more welcoming of Scripture.
- p. 44 The more we remove the Bible from the marketplace of ideas, the less we will exemplify what it teaches.
- p. 45 A leper running among the lean was the terrorist of his day.
- p. 45 He taught us a new definition of community – simply that everyone who believed in Him would be known by one thing: their love for one another.
- p. 47 **Spiritual Scrutiny: The Transparency of Community**
- p. 47 ...how vital transparency is to realizing true community.
- p. 48 Social media has blurred the lines of the decency, civility, and respect we should have for one another.
- p. 48 We now treat each other with as much open disdain as we would treat anything else we don't like...Everyone and everything is a target.
- p. 49 Ultimately, distance creates indifference. And then detachment. Unfortunately, the outcome of indifference and detachment is an absolute lack of personal accountability.
- p. 50 Knowing more without understanding more leads to confusion.
- p. 50 Intersection also challenges my preconceived notions, my own pettiness, and ultimately helps me understand myself. Community helps me to know *me*, not just the other person.
- p. 51 True community...helps others to see *into* us rather than *through* us.
- p. 52 **Forgiveness: The Heavenly Example of Community**
- p. 53 A spirit of unforgiveness has been unleashed in our land, and it's consuming us.
- p. 53 So when you and I judge, we usurp the role relegated solely to the Father and Jesus.
- p. 55 (Mandela) came to understand the power of forgiveness to release us from ourselves, and to help us resist the temptation to exact revenge.
- p. 56 The more we focus on ourselves, the less we can focus on forgiveness.
- p. 58 **Hands Held High: The Hallmark of the Heavenly Community**
- p. 59 ...understanding our role in the lives of others goes a long way to seeing miracles happen.
- p. 61 Some people believe their role is to be God's defense attorney rather than His ambassador.
- p. 61 Ambassadors aren't sent to fix the country they're in, they're sent to represent the country they're from.
- p. 61 We can either try to win arguments for God or simply model what a godly life looks like.

p. 63 **The Hidden and the Healed: The Disparity of Community**

p. 64 The real problem with a social-media mindset is that it's not really about being social; it's about being safe. We aren't looking for people unlike us. We want people just like us.

p. 64 Jesus teaches us to make contact with those the world deems unclean.

p. 65 Christ calls us to be in the midst of broken people, not safe people.

p. 65 He (Jesus) asks us to live a life of love, but love is only defined when it is given away to the unloved and the unlovely.

p. 65 Choosing to hide in the church is a convenient option for many. It's easier to play church than be the church.

p. 66 Jesus asks us to relinquish our desire to hide.

p. 66 Following Jesus is about a relationship that requires seeing Him in others and being Him to others.

p. 66 The church should be an assembly of the broken who come to be healed, not to hide.

p. 67 When hiding ends, community begins.

p. 68 **When Worlds Collide: The Redemption of Community**

p. 69 Community is more about redemption than it ever is about judgement.

p. 69 ...righteousness without tears is arrogance...I believe that the world has seen too much of the church's righteousness, and too few of our tears...If we would exchange those stones for tears, people might see God's redemption more clearly.

p. 70 Often, the church starts with sinning no more without first showing love, shedding tears, leaving behind accusations, and leading people to the cross to show what love really looks like.

p. 71 Fake news exists plentifully in a fake community.

p. 71 When we feel compelled to judge others, we are assuming something that is not ours to assume.

p. 72 True community will offer redemption, not judgement.

p. 72 ...unfriend the spirit of accusation you find rampant on the internet. Drop your stones and walk away from your self-righteousness.

p. 73 **The Road Less Traveled: The Sacrifice of Community**

p. 74 ...we find our identities when we take the time to stop along the roads of life and sacrifice our time, our wealth, and our lives on behalf of the people we find strewn all around us, those who are broken, beaten, and set upon by life's storms.

p. 74 There is a connection between the use of our resources on behalf of others and the life that Jesus asks us to embody.

p. 75 If we do something based on a desire to be thanked, then it's not about being like Jesus.

p. 76 A community that models what Jesus looks like, and therefore wants us to look like, can't be found on Facebook.

p. 77 **The Radical Encounter: The Intersection of Community**

p. 78 Our culture has become notorious for taking sides, thus creating divisions among people and along political party lines, racial lines, ethnic lines – you name it.

p. 78 ...if you really want to learn about life, hang out with people who are radically different from yourself.

p. 79 Only when we go out of our way to meet people unlike us will the world be surprised and make it a point to tell others about us.

p. 79 Mystery is a great reminder of the adventure of expectation!

p. 81 **The Mary and Martha Syndrome: The Servant Community**

p. 81 If you dig deep enough, you'll find hidden gems of life principles buried throughout the Bible.

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- p. 81 Jesus is telling us that listening may be more important than doing anything because we actually must first hear what He is saying to us in order to do what He asks of us.
- p. 83 Knowing someone's heart is the first step to really knowing them.
- p. 84 Wanting others to do what we do – and not respecting what they're supposed to do – is a perspective we often miss.
- p. 84 True community involves taking time to be with people without an agenda.
- p. 86 **The Bully Pulpit: The Community of Cowardice**
- p. 86 ...the internet may be the worst companion a young person can have.
- p. 87 The internet has elevated cowardice to a national pastime – with tragic consequences.
- p. 90 When your community is broken or non-existent, your self-esteem may be as well.
- p. 92 **The Currency of Heaven: A Community of Tears**
- p. 93 A flood of tears will often wash away walls we build around ourselves to keep out those with whom God directs us to share life.
- p. 94 (Jesus) understood that intersection with another individual in the context of sharing life together is one of the most human things you can do.
- p. 96 **Puppy Love: The Community of God's Creation**
- p. 98 The complexity of God's simplicity still overwhelms me.
- p. 98 ...helping me see what the world needs: a lot more dying to ourselves and a lot less holding on to what we want.
- p. 100 **Sacrifice: The Community of the Cross**
- p. 101 ...sacrifice is an essential part of community
- p. 101 His eyes were on who Jesus was; the other man's were on what Jesus might do for him.
- p. 101 On the cross, Jesus provided us a perspective of what happens when He invites us to become a part of His community. First, He leads us to the cross in order to die with Him.
- p. 102 If we seek to hang alongside Jesus, we have only two choices. We can believe or disbelieve.
- p. 102 There is no redemption or entry into the heavenly community without sacrifice.
- p. 102 You and I are Jesus' representatives to model the heavenly community on earth, as it is in heaven.
- p. 103 Forgiveness forces us emotionally to let go of that which holds us back from being fully human.
- p. 104 He's not there to remove you from your hardship; His community exists to help you through the hardship.
- p. 105 **Families, Communities, and Societies: The Community of Science**
- p. 108 ...the main danger of social-media relationships is not the great distance between people. It's the shallowness of the interactions between them.
- p. 109 I think we have created tools that are ripping apart the social fabric of how society works.  
– Chamath Palihapitiya
- p. 111 Unfriend shallow exchanges and opt in for spending face time with the people who really love and care for you and your future.
- p. 112 **God's Moral Compass: The Community of Education**
- p. 112 Our method of teaching hasn't changed since the Industrial Revolution and has become a dated, inefficient, bureaucratic dinosaur.
- p. 114 A well-run and high-functioning society is comprised of well-run and high-functioning citizens.
- p. 115 America's greatness was a result of the righteousness he saw and heard extolled in the American pulpit.  
– Alexis de Toqueville "Democracy in America"

- p. 115 It was not public education that made America great. It wasn't around to do so.
- p. 118 We have eliminated the highest possible principles of good in society and lowered the ceiling for what is acceptable.
- p. 119 Why must absolute truth exist for everything in the physical realm but not in the spiritual one?
- p. 119 The glaring question we must all ask ourselves is not whether we are better off financially or technologically or educationally, but morally and civilly. Simply, are we better people?
- p. 120 The moral compass found in the Bible...creates a world of redeeming grace that teaches us to serve the greater good by loving others as we love ourselves.
- p. 122 **Of Service and Sacrifice: The Community of Hope**
- p. 112 Never before have we lived in such self-inflicted isolation.
- p. 127 I believe we must save ourselves from the existential crisis we are in today through service to others and the use of our bodies and brains.
- p. 129 **Love and Innocence Lost: The Shadow Community**
- p. 130 The digital world that promised to bring us together in true community, relationship, and acceptance has, in many instances, created greater separation, isolation, depression, lack of empathy, false security, counterfeit sex, anonymous interactions with strangers, and dangerous and even deadly encounters.
- p. 131 Our tendency to replace face-to-face interactions with virtual interactions may be sabotaging our ability to get our love needs met.