

PARTICIPANT WORKBOOK

Digital Transformation & The AI Vending Machine

Thriving Through the Digital Transformation
Without Surrendering What Makes Us Human

DIVINE INTELLIGENCE → HUMAN INTELLIGENCE → ARTIFICIAL INTELLIGENCE
SOURCE · STEWARDSHIP · TOOL

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Welcome.

This workbook walks alongside the workshop. Use it as you go. Write in it. Wrestle with it. Take it home and finish what we start together.

There are five sections — fill-in anchors, key concepts, reflection prompts, an AI exercise you'll do live, and your personal action plan. Don't worry about catching every word from the talk. The point is what you decide to do differently on Monday.

|"A word to the wise is sufficient."

— my father

1. Anchor Phrases · Fill in as we go

These are the lines that will repeat through the workshop. Fill in the missing word so it sticks.

THE FRAMEWORK

_____ Intelligence (Source) → _____ Intelligence (Stewardship) →
_____ Intelligence (Tool)

THE METAPHOR

Some are treating AI like a _____ for life.

THE ANALOGY

Calculators perform arithmetic. They do not truly do _____.

THE NON-NEGOTIABLE

Remain the _____ in the loop.

THE ATTENTION CRISIS

Connected _____. Present _____.

THE FINAL CHALLENGE

Be drivers of _____ and _____ — not passengers in systems shaping you.

2. Key Concepts · Quick reference

Digital Transformation

A re-wiring of how we live, work, decide, and relate. Three layers: infrastructure (data, IoT, the digital canopy), intelligence (generative AI, ambient AI, agents), and influence (neuro-nudges, behavioral shaping).

Generative AI

AI that creates new content — text, images, audio, video — based on patterns learned from large datasets. ChatGPT, Claude, Gemini, Nano Banana.

Ambient AI

AI woven invisibly into devices and environments — listening, suggesting, predicting. Voice assistants, smart cameras, contextual recommendations.

AI Agents

AI systems that take actions on your behalf — scheduling, researching, executing multi-step tasks. The shift from "AI answers" to "AI does."

LLM Hallucinations

When AI generates confident-sounding but false information. Always verify facts, sources, and quotes before publishing or preaching.

Continuous Partial Attention (Linda Stone)

A constant, low-grade state of scanning — never fully present anywhere. The cost of being permanently reachable.

Neuro-nudges

Small, designed prompts that shape behavior over time — notifications, recommendation feeds, autoplay. Often invisible. Always intentional.

Productive Struggle

The wrestling that builds capacity. Skip the struggle and you skip the formation.

Contextual Intelligence

The ability to read the moment honestly, adapt strategy wisely, and act with grounded conviction.

3. Reflection · Honest answers, just for you

Three prompts. No one will see these but you. Write honestly.

REFLECT

Where am I already using AI like a vending machine — instant output, minimal effort, passive consumption?

REFLECT

What is one place AI is genuinely helping my ministry, my work, or my family right now?

REFLECT

Where do I most need to stay the human in the loop — and what would that actually look like this week?

4. Tools & Prompting · Practical AI literacy

The Tool Landscape

You don't need all of them. Pick one or two. Learn them well.

TOOL	MAKER	BEST FOR
ChatGPT	OpenAI	All-purpose drafting, brainstorming, reasoning
Claude	Anthropic	Long-form writing, nuance, careful reasoning
Gemini	Google	Real-time search, images, multimodal tasks
NotebookLM	Google	Grounded research from YOUR own documents
Nano Banana	Google	Fast image generation & edits inside Gemini
Perplexity	Perplexity	Cited answers for current events & research

The Prompting Formula: R · T · C · F · G

Garbage in, garbage out. Context in, gold out.

- **ROLE** — Tell the AI who to be. "You are a communications director for a multi-cultural church..."
- **TASK** — What you want done. "Write a 200-word announcement for..."
- **CONTEXT** — Give it the world. "Audience is bilingual, ages 25–70, recovering from COVID-era disconnection..."
- **FORMAT** — How it should look. "Three short paragraphs, warm tone, clear call to action, no emojis."
- **GUARD** — What to avoid. "Avoid clichés. Do not invent statistics. Flag anything you are unsure of."

Live Exercise · Try this prompt today

Open your AI tool of choice. Paste a version of this prompt. Adapt it to your real ministry need. Notice how specificity changes the result.

You are a thoughtful communications director for a Seventh-day Adventist congregation. Write a 150-word invitation to our upcoming community health fair. Audience: bilingual neighbors (English/Spanish), ages 30–65, many unchurched, value family and wellness. Format: warm two-paragraph tone, one clear date/time line, one call to action. Avoid religious jargon, do not invent statistics, and flag anything you are uncertain about.

Notes from your run:

5. Your Action Plan · Monday morning

Don't leave today with abstractions. Leave with a plan.

THE FIVE GUARDRAILS — CIRCLE THE ONE YOU MOST NEED

- Pray first. Prompt second.
- Verify before you publish.
- Disclose AI use when it matters.
- Protect private data — yours and theirs.
- Keep a human signature on what you sign.

One tool I'll learn well this month:

One ministry task I'll let AI assist with:

One ministry task I will NEVER hand over to AI:

One relationship that needs my full presence this week:

One "vending machine" habit I'll interrupt:

A CLOSING WORD TO CARRY WITH YOU

▮ "The future will not only be shaped by what AI can do, but by what humanity chooses to become."

May you be inspired by Divine Intelligence,
grounded in Human Intelligence,
and using Artificial Intelligence as a tool —
never as a master.