



Too much of a good thing?



We are seeing a huge cultural (global) shift!





Is there a problem here?

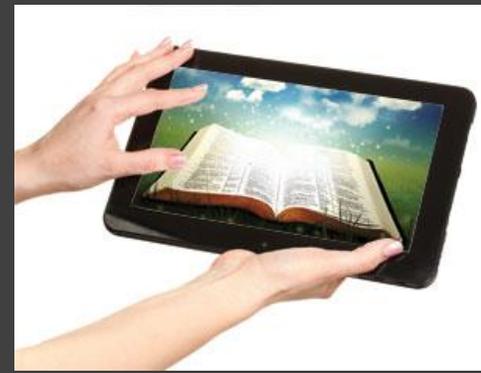
Anything for a few more of these?



Like



Technology, advancement and the Bible



We witness man's advancement and progress:

- Sadly: *“they worship the work of their own hands”* (Is. 2:8)
 - Music (Gen. 4:21)
 - Metal work (Gen. 4:22)
 - Building and craftsmanship (Ex. 35:31-35)
 - Iron chariots (Judges 1:19-20; 4:13-16)
 - Devices “Machines” (2 Chron. 26:15)

Our devices: Notable statistics

- Average cell phone usage per day: 2 hrs. 51 min and 46 “checks” per day
- Monthly: 86 hours
- 18-24 average 4 hrs. a day and 74 “checks” per day (Deloitte)
- Largest % of time is social media/entertainment
- Across all age groups most check phone within 5 min. of waking
- 1/3 of waking hours are spent looking at a device/screen
- Half of all young people actively connected to internet at least 10 hrs. day

At these rates the average person will spend easily more than 5 complete years of their lives looking at screens/mobile devices!

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Helpful guidelines for screen use

Age 0-18 months: none

18 months-3years: 30 minutes

3 years-5 years: 1 hour

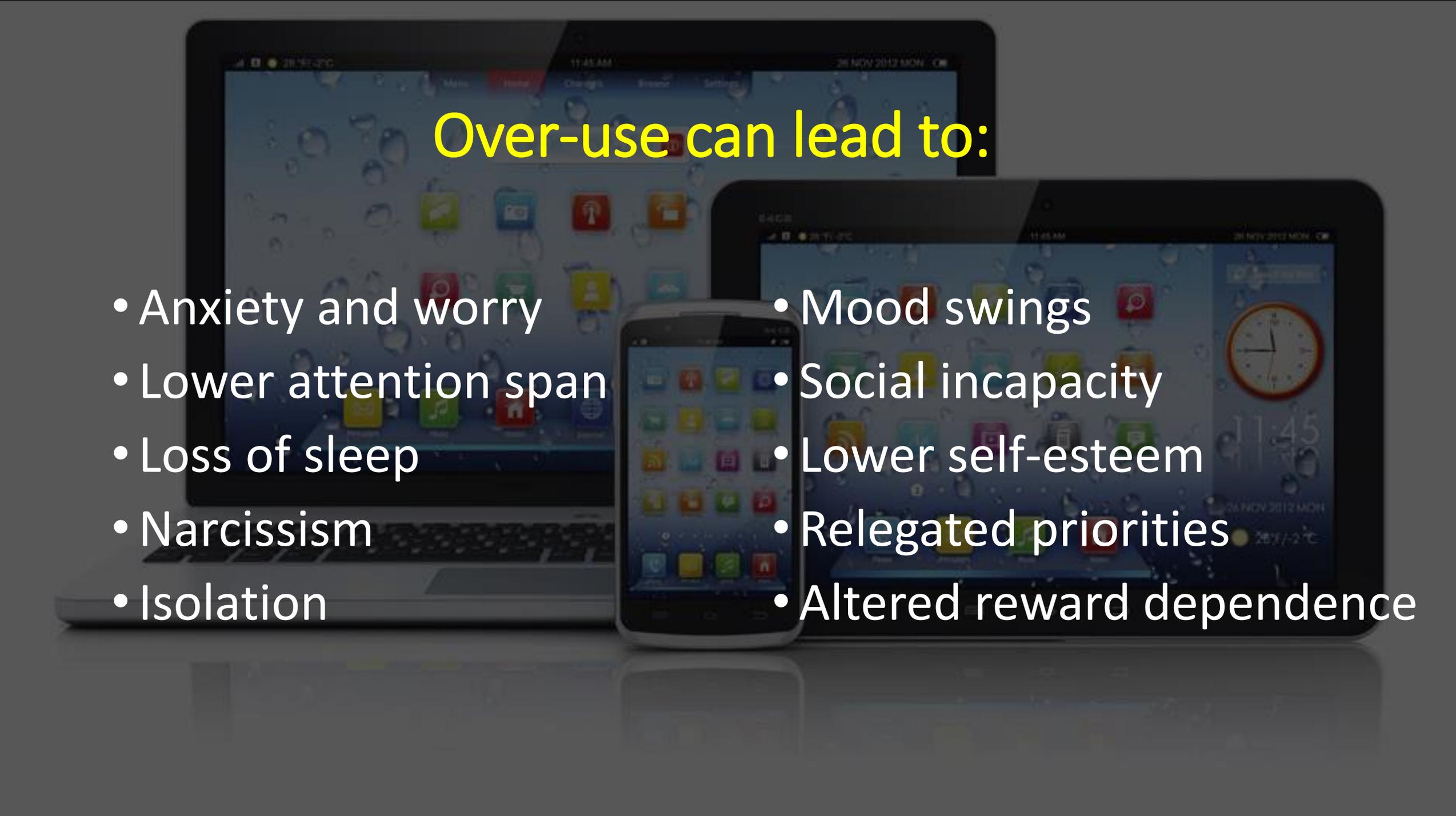
6 years up: Limited

- **Sleep** Studies show children get fewer minutes of sleep at night if there is a television or mobile device in their bedroom
- **Parents' Use of Media** Parent use of mobile devices causes fewer verbal and nonverbal interactions between parents and children -- they can be associated with more parent-child conflict and distracts from parent-child interactions. Further, a parent's screen time is a strong predictor of a child's media habits in the future.
- **Meals/Bedtime:** No screen time during meals and 1 hour before bedtime

Signs we may have a problem

- Panic when without it
- Text neck (ask a chiropractor)
- Texting while driving
- Checking during the night
- “Phantom pulses”
- Someone has brought it to your attention





Over-use can lead to:

- Anxiety and worry
- Lower attention span
- Loss of sleep
- Narcissism
- Isolation
- Mood swings
- Social incapacity
- Lower self-esteem
- Relegated priorities
- Altered reward dependence

...you will find that anything or nothing is sufficient to **attract his wandering attention**. You no longer need a good book, which he really likes, to keep him from his prayers or his work or his sleep; a column of advertisements in yesterday's paper will do. **You can make him waste his time** not only in conversation he enjoys with people whom he likes, but **in conversations with those he cares nothing about** on subjects that bore him. You can make him **do nothing at all for long periods**. You can **keep him up late at night**, not roistering, but **staring** at a dead fire in a cold room. All the healthy and outgoing activities which we want him to avoid can be inhibited and nothing given in return, so that at last he may say, as one of my own patients said on his arrival down here, "I now see that I spent most of my life in doing neither what I ought nor what I liked".

C.S. Lewis "The Screwtape Letters"

Noise, the grand dynamism, the audible expression of all that is exultant, ruthless, and virile--Noise which alone defends us from silly qualms, despairing scruples, and impossible desires. **We will make the whole universe a noise** in the end. We have already made great strides in this direction as regards the Earth. The melodies and silences of Heaven will be shouted down in the end. But I admit we are not yet loud enough, or anything like it. Research is in progress.

C.S. Lewis *The Screwtape Letters*

- ✓ *“Turn away my eyes from looking at worthless things, and revive me in Your way” (Ps. 119:37)*
- ✓ *“I will behave wisely in a perfect way...I will walk within my house with a perfect heart. I will set nothing wicked before my eyes...” (Ps. 101-2-4)*
- ✓ *“Keep your heart with all diligence, for out of it spring the issues of life” (Pr. 4:23)*
- ✓ *“Be still and know that I am God” (Ps. 46:10)*

Concerning towers...

- Man's capacity does not always lead him closer to God
- Man's capacity man keep Him from doing what God desires
- Connectivity is not always a good thing





...lest Satan should take advantage of us; for we are not ignorant of his devices.

2 Cor. 2:11

Some suggestions

- Start with accountability
- Go on a “digital fast”
- Start the day with a prayer
- Leave electronics outside the room
- Have purposeful “face to face” encounters
- Have a family discussion or personal inventory check

Let a man examine himself...

- Am I a lover of pleasure or a lover of God? (2 Tim. 3:1-4)
- Whatever we do, do all to the glory of God (1 Cor. 10:31)
- Whatever things are true, noble, just, pure, lovely, of good report-if there is any virtue and if there is anything praiseworthy-meditate on these things (Phil. 4:8)
- Sin lies at the door and it's desire is for you, but you should rule over it (Gen. 4:7)

"I thought about my ways, and turned my feet..." (Ps. 119:59)