

We Have Come A Long Way...



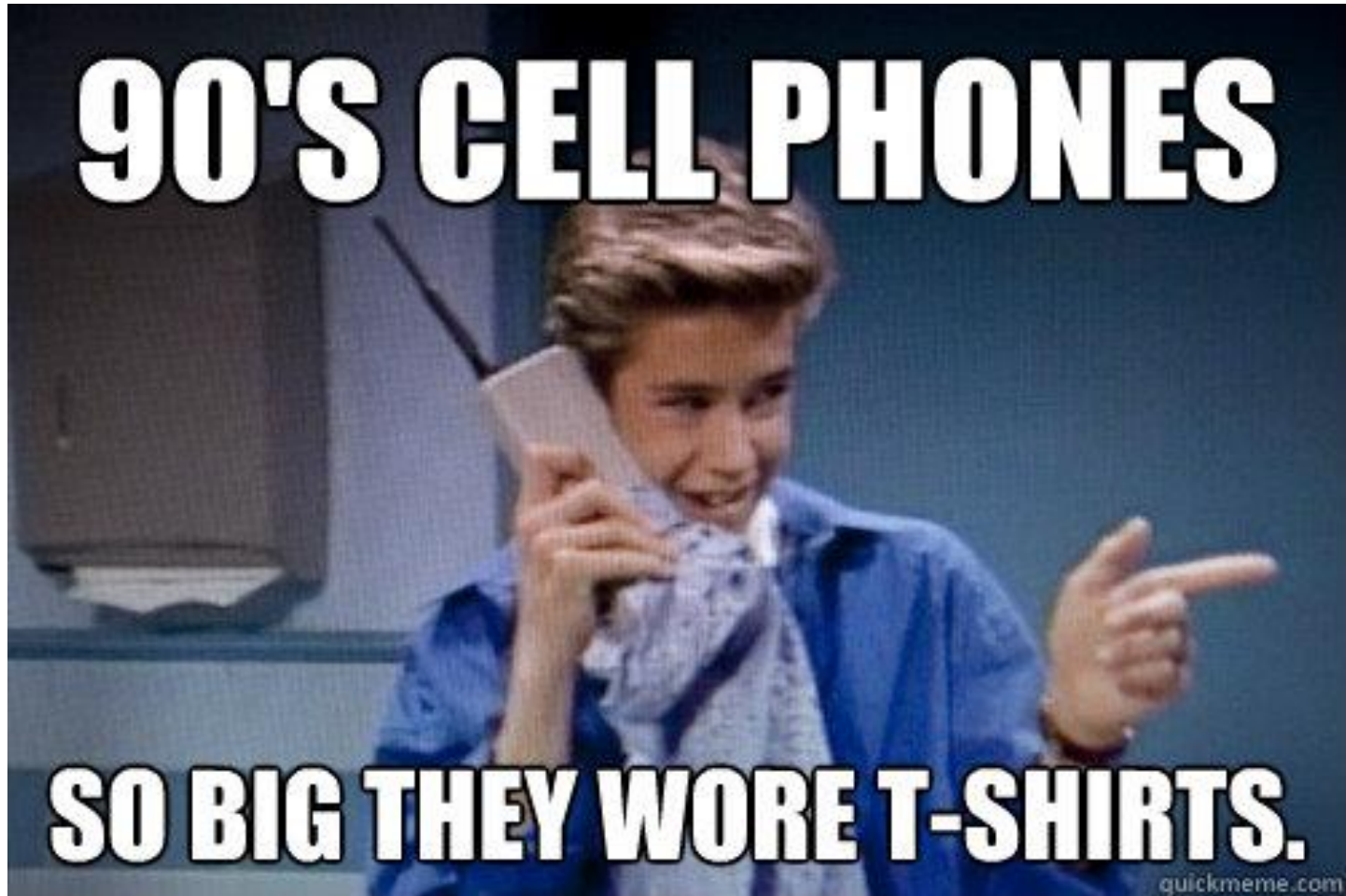
How we blocked people



in the 1980s







**REMEMBER THE TIMES WHEN YOU HAD TO PRESS
NUMBER 7 FOUR TIMES TO GET THE LETTER S?**



THE STRUGGLE WAS REAL BACK THEN!







What Am I Holding & How Is It Changing Me?

Ephesians 5:15-17

What This Lesson Is Not...

- All media or cell phones are bad!!!!!!!!!!
- All media or cell phones are good!!!!!!!!!!
- A time to look at your neighbor or someone else
- Just for “Young People”



What This Sermon Is About...

Ephesians 5:15-17

¹⁵ Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is.

What Am I Holding & How Is It Changing Me?



What Am I Holding & How Is It Changing Me?

1. A **supercomputer** with
unlimited information.





**YOUR MOBILE PHONE HAS
MORE COMPUTING POWER
THAN THE COMPUTERS USED
FOR THE APOLLO 11 MOON
LANDING.**

An iPhone 5 with 16 gigabytes of memory has about 240,000 times the memory of a Voyager spacecraft.

https://www.nasa.gov/mission_pages/voyager/multimedia/vgrmemory.html#.XKZg2ShKg_4

It Can Change Me By...

- **Teaching me to multi-task when I need to do one thing well.**









John 17:3

And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.



Philippians 3:10

⁸ Yet indeed I also count all things loss for the excellence of the **knowledge** of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ...¹⁰ that I may **know** Him and the power of His resurrection, and the fellowship of His sufferings, being **conformed** to His death





How Much Are We Missing?

Are We Multitasking When We Should Be Singularly Focused?

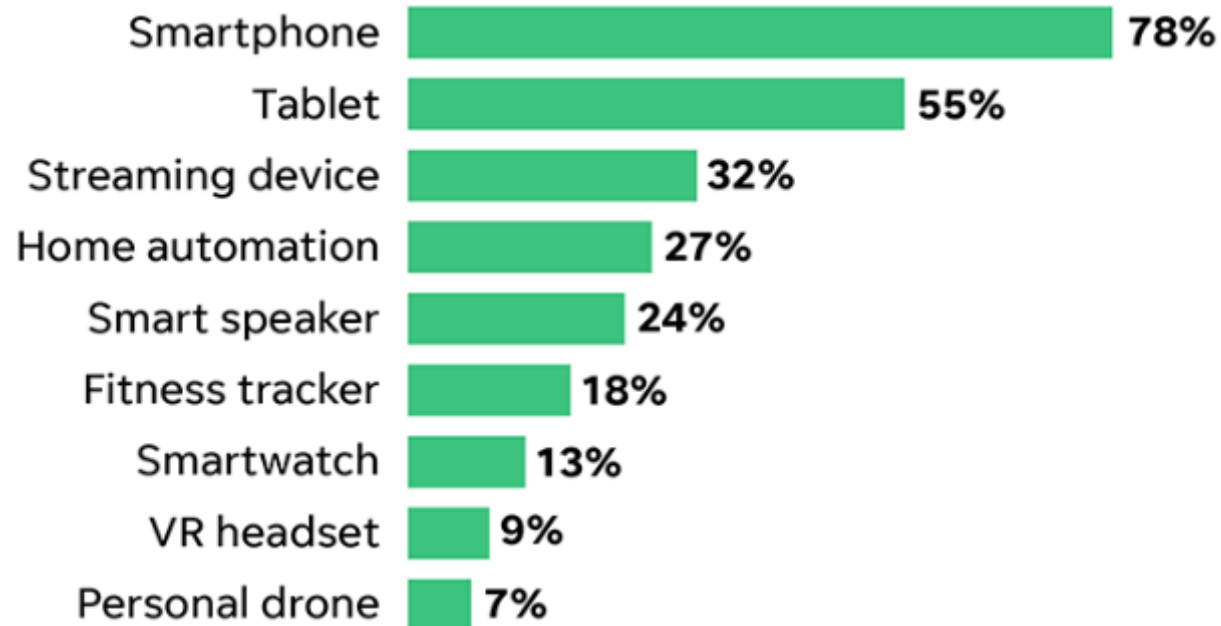
Are We Using Our Technology To Find Our Identity In Christ?

What Am I Holding?

1. A supercomputer with unlimited information.
2. Instant communication with the world.



Consumer ownership of connected devices in the U.S.



SOURCE Walker Sands 2017 Future of Retail survey
George Petras/USA TODAY





- In a 2015 survey, one-third of children reported feeling unimportant when their parents looked at their phones during meals or when playing together.
- A 2016 study suggest looking at your digital devices could increase your child's chances of developing mental health problems, like depression.



Matthew 25

37 “Then the righteous will answer Him, saying, ‘Lord, when did we **see You** hungry and feed You, or thirsty and give You drink? 38 When did we **see You** a stranger and take You in, or naked and clothe You? 39 Or when did we **see You** sick, or in prison, and come to You?’ 40 And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.’



Psalm 63

5 My soul shall be satisfied...And my mouth shall praise You with joyful lips. 6 When I remember You on my bed, I meditate on You in the night watches.



It Can Change Me By...

- **Helping Me To Be Absent When I Need To Be Present.**



- Do you find joy in simply being present with others?
- Do you find joy in being alone with God?



What Am I Holding?

1. A supercomputer with unlimited information.
2. Instant communication with the world.
3. **Non-Stop entertainment and media.**



American Academy of Pediatrics Recommendations for Media Use

- Children 18 months and younger - 0 min.
- 18-24 months - less than an hour.
- 2 - 5 years - 1 hour of high-quality
- Older than 6 years - consistent limits

- Designate media free times together.



U.S. adults are now spending almost 6 hours per day on media, on average.

That includes time spent watching both live and time-shifted TV, watching videos in an app or mobile website on a smartphone or tablet, watching video over a TV-connected device like a DVD player, game console or internet device such as Roku, and watching videos on a computer.

<https://www.nielsen.com/us/en/insights/article/2018/time-flies-us-adults-now-spend-nearly-half-a-day-interacting-with-media/>



It Can Change Me By...

- **Becoming my god.**
- **Becoming the god of my children.**



1 Cor 6

12 “All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.



Psalm 119:37

Turn my eyes from looking at worthless things;
and give me life in your ways. ESV



- Can It Be Tempting To Be On Our Phone Every Second? Don't Worship It.
- How Much Danger Are We Putting At Our Fingers Edge And Children's?
- You Become What You Behold.



What Am I Holding?

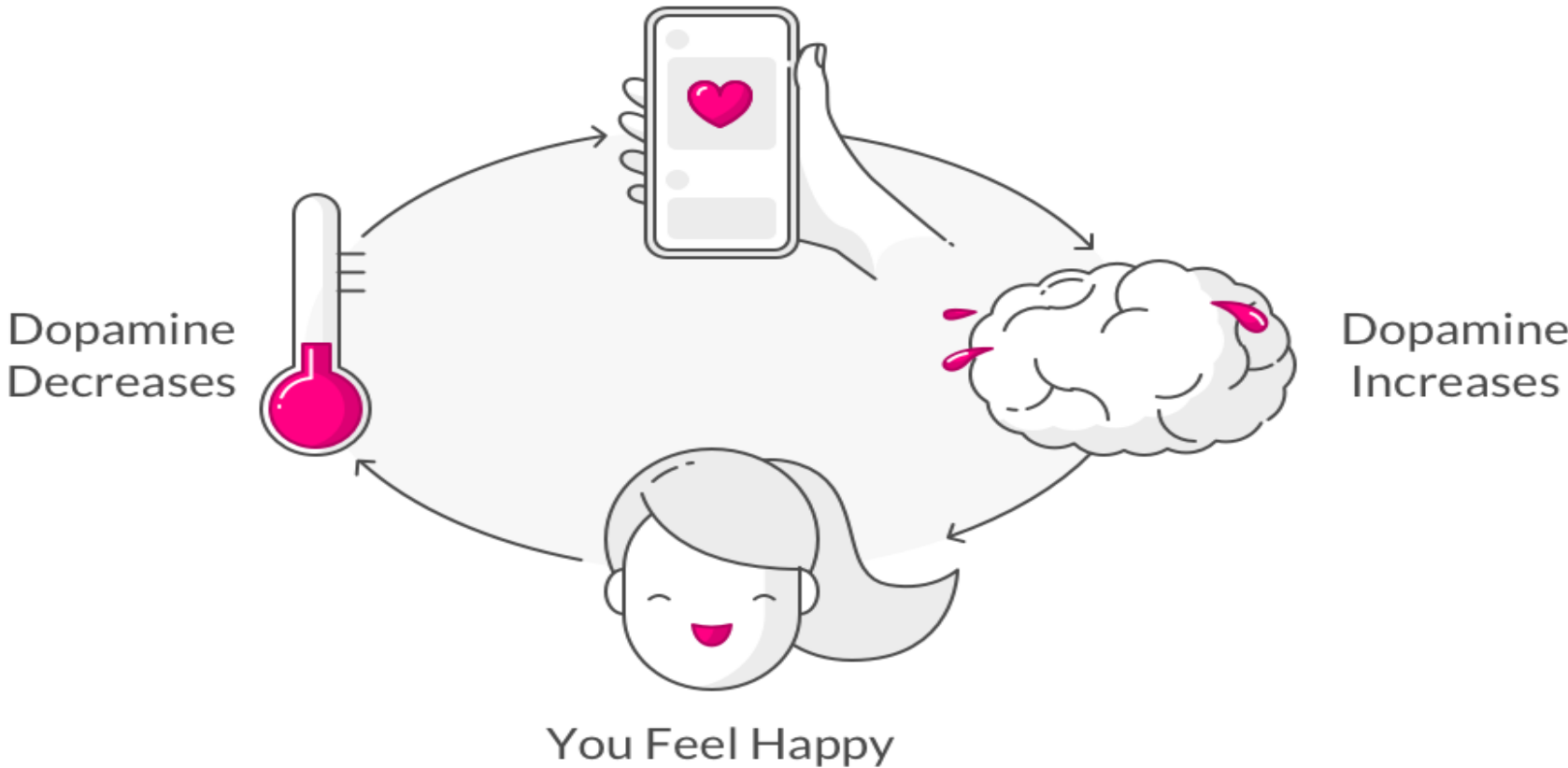
1. A supercomputer with unlimited information.
2. Instant communication with the world.
3. Non-Stop entertainment and media.
4. **Constant reminders and notifications.**





The Dopamine Reward Loop

Pick Up Your Phone



NOMOPHOBIA:

THE FEAR OF BEING WITHOUT OR LOSING YOUR MOBILE PHONE



Photo by Kevin Gebhardt - Creative Commons Attribution-NonCommercial-ShareAlike License <https://www.flickr.com/photos/31543000/> Created with Haku Deck



It Can Change Me By...

- **Blinding my soul to both God and people.**



Husbands And Wives

- Constant phone and social media drops.
- Make quality time with each other a daily priority.
- Remember you will not say on your last day I wish I had spent more time on my phone.
- Your phone will be replaced every few years but your marriage is FOREVER.





Matthew 6

- **21** For where your treasure is, there your heart will be also.
- **24** "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other...."

Families

- Pursue God like you want your child to pursue God.
- Pursue your spouse like you want your child to someday pursue their spouse.
- Limit your screen time the way you want your child to limit theirs.
- You must limit your (grand) children's screen time.



For Those Struggling

- It Can Be Smart To Buy A “Dumb” Phone.
- What Does It Profit A Person If They Gain All Of Facebook And Lose Your _____?
- Track Your Screen Time (Apple)
- Apps- Ourpact; App Detox; Off The Grid
- Covenant Eyes- Emails Your Activity





**Putting God first will
require hard choices
and discipline that
not a lot of people are
choosing for their
phones.**

IT IS WORTH IT!



Don't Make A
Pack Mule Your
Master

Live as people
who are free,
not using your
freedom as a
cover-up for
evil, but living
as servants of
God.

1 Peter 2:16
ESV