

## Homebuilder's

### Making Marriage Work in a Broken World

#### Lesson 15: Part 2 Technology and the Christian Life

**Text:** Genesis 1:26-28 | 1 Corinthians 6:12 | 1 Corinthians 16:13

#### Review:

- Is technology good or bad or neutral?
  - The answer to all three questions is “no”.
  - Technology is not neutral because we are not neutral beings
- Technology can never satisfy you.
- Technology cannot replace in-person relationships.
- Technology is designed to addict you.
  - 50% of Americans admit to spending 5-6 hours a day on their smart phones.
  - Algorithms are designed to keep you coming back for more.
- Once hooked, technology disrupts healthy living.
  - How much of my media is for escape? And what am I escaping?
  - Does my screen time leave me more recharged or more depleted?
  - Is my media diet enriching my time with Christ or eroding it?
  - How consistent is my personal devotional life?
  - What does my prayer life look like?
  - Is my communion with God drab and boring? Or is it alive?
  - How do Christ-centered sermons and songs affect me? And what does this say about how I protect my heart for Sunday worship?
  - Are my digital desires serving my God-given duties, or are they distracting me from them?

- I. Signs you are addicted to your smart phone.
  - A. Lying about smartphone use.
    1. We lie to ourselves:
      - a. It isn't that bad.
      - b. I am not harming anyone.
      - c. I will take care of that later.
  - B. Loved ones expressing concern.
    1. “Hey, you are using your phone a lot”.
  - C. Neglect or trouble completing duties at work, school, or home.
    1. Playing games, scrolling social media, endlessly refreshing your news feed etc.
  - D. More and more time using a phone.
    1. How is your “screen-time report”?
    2. If you use your phone 6 hours a day you will have used your phone for 10 out of the next 40 years.
    3. The average American touches their phone 2,617 times a day.
  - E. Checking peoples' profiles repeatedly due to anxiety.
    1. Will they like my post?
    2. Will they respond to my comment?
  - F. Accidents or injury due to phone use.
    1. Texting and driving.

- 2. In 2022, 12% of fatal car accidents involved a driver who was distracted by a cell phone.
  - G. Working later to complete tasks.
    - 1. Procrastination.
  - H. Weak or non-existent social life.
    - 1. Cell phone addiction makes one not “feel” like doing anything.
  - I. Fear of missing out.
    - 1. Fomo drives us to use our phones at inopportune times.
    - 2. If we allow fomo to drive us, we will make poor decisions.
  - J. Isolation from loved ones.
    - 1. What’s most important begins to be neglected.
  - K. A feeling of lack of connection.
  - L. Angry or irritated if phone use is interrupted.
  - M. Getting up at night to check a phone.
  - N. Reaching for the phone the moment they are alone or bored.
  - O. Phantom vibrations (thinking the phone buzzes when it doesn’t).
  - P. Limiting phone use is difficult.
  - Q. Craving access to a smartphone or another
- II. Where does phone addiction lead?
- A. Sleep deficit
    - 1. Almost all the symptoms of depression can also be a symptom of sleep deprivation.
  - B. Lower concentration
  - C. Creativity blocks
  - D. Aggravated ADD
  - E. Anxiety
  - F. Reduced cognition
  - G. Stress
  - H. Loneliness
  - I. Insecurity
  - J. Impaired relationships
  - K. Poor grades
  - L. Psychological disorders
- III. What can I do about it?
- A. Recognize that it is a problem.
  - B. Set time limits on distracting apps.
    - 1. This can easily be set up in your phone’s settings.
    - 2. Your spouse can even set up a password to keep you accountable.
  - C. Delete apps that are a complete waste.
    - 1. There are numerous apps I will not keep on my phone.
  - D. Take a smart phone “fast”.
  - E. Put your phone away.
    - 1. Make a designated spot for phones in your house.
    - 2. Don’t sleep with your phone in your room or at least not next to your bed.
  - F. Reduce notifications.
  - G. Set aside one day a week as phone free.
  - H. Grayscale your phone.