



The Big Three and Your iPhone

This breakout will cover the stewardship of time by discussing how Comfort Loving, People-Pleasing, and Control idolatry lead to the overuse of technology. It will provide practical steps for change for the individuals in attendance and for our counselees.

Introduction

Statistics (CDC)

Kaiser Family Foundation
Ages 8-18 - 7.5 hours Screen entertainment, 4.5 hours of TV
114 Days per year!
Does not include educational screen time!

Relationships (Forbes)

“Our Brains on Devices”
Adults take in 5 times more information than 50 years ago!
As many as 12 hours per day in front of screens
Our interactions are changing- gratitude and satisfaction levels are plummeting.

A Problem

We all see it
So hard to change it!
Enhanced level of hypocrisy

Scriptures to set a foundation:

Col 4:5
Walk in wisdom toward outsiders, making the best use of the time.

Eph. 5:15-16
Look carefully then how you walk, not as unwise but as wise,
Making the best use of the time, because the days are evil.

Psalm 90:12
So teach us to number our days that we may get a heart of wisdom.

John 17:4
I glorified you on earth, having accomplished the work that you gave me to do.

James 4:14
Yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.



Intentional, whole hearted pursuit of Christ

Philippians 2:12–13

[12] Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, [13] for it is God who works in you, both to will and to work for his good pleasure. (ESV)

How did we use to use our time?

Creativity
Learning
Reading
Hobbies
Conversations

But these things require effort and thought, intention and energy!

Scrolling is pretty easy- and mind numbing!

Social Media...

Meme:

Phones are a tool- they are neither good nor bad-

Priorities
Love
Worship

Idols:

Bigney- An idol is anything that your are willing to sin to get, and willing to sin if you don't

MacArthur - Worship is honor and adoration directed to God (or fill in the blank)

D.L. Moody - Whatever you love more than God is your **idol**



Idolatry and the Abuse of Technology

Control - *Need for personal sovereignty*

- Relational Control
- Ambition
- FOMO

Comfort - *Seeking refuge somewhere other than in Christ*

- escapism
- avoidance
- pornography

People Pleasing - *Prioritizing the approval of people over the approval of God*

- Availability
- Top of Mind
- Being Needed

People fall into a cycle between these and others

The obsession with a device is a fruit- our hearts; our counselee's hearts are the problem.

Three Circles for Counseling

Intro
Instructions for Using in Sessions/ as Homework

Answers

Keep in mind:

Things that change:

- Culture
- Outlets for temptation

Things that do not:

- The human heart
- The Gospel!

Physical changes

- Radical Amputation just may be necessary
 - Time away from social media
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Recognize

- Find out what your counselee is living for (root)
- Help him to understand the nature of his sin

Repent

- Share hope in Christ
 - 1 John 1:9
 - Romans 8:1

Replace

Love something more
Love JESUS more!
Pray to love Him more
Pursue Him
Spend time, be intentional

Our time is not ours to squander...

2 Corinthians 5:14–15

[14] For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; [15] and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.

Replacement

Galatians 5:16–17

[16] But I say, walk by the Spirit, and you will not gratify the desires of the flesh. [17] For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. (ESV)

Pursue Jesus through the means of Grace!

John 15:5–11

[5] I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. [6] If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. [7] If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. [8] By this my Father is glorified, that you bear much fruit and so prove to be my disciples. [9] As the Father has loved me, so have I loved you. Abide in my love. [10] If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. [11] These things I have spoken to you, that my joy may be in you, and that your joy may be full. (ESV)



Recognize the Idols

Repent of sin before the Lord

Replace the empty pursuits of your heart with the regular means of grace!