

Annoyed by the Phone

Massive cultural change

A frog boiling in a pot

BIG IDEA: *Overreliance on smartphones will inhibit your ability to experience life the way God designed it.*

Smartphones Reduce Happiness

The experts are weighing in

Jean Twenge: In 2010, studies of youth indicated an incredible change.

1. Teens became less likely to go out without parents
2. They were getting together with friends less often
3. More began to say they felt left out
4. More started to say they couldn't do anything right
5. More started to say they didn't feel useful, that they didn't enjoy life
6. 2010-2015 saw a 50% increase in major depressive disorder
7. 2007-2015 saw the suicide rate for teens double
8. Are teens who spend a lot of time online thriving or struggling?

Asad Khan: Studied 577,000 11, 13, and 15-year olds. Says screen time should be replaced by green time for the well being of your kids.

19% of respondents were physically active every day

Average recreational screen time was six hours per day

Lack of physical activity correlated with feeling irritable, nervous, trouble sleeping, stomachaches, backaches, and headaches.

God desires happiness for his people

Psalm 16:8-9 “I have set the Lord always before me..., Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.”

Psalm 16:11 “You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”

Smartphones Seek to Control Your Behavior

The algorithms don't care about you

Dopamine feedback loop. Seth Truitt: it's like alcohol, not chips

God desires freedom for his people

Galatians 5:1 “For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.”

Smartphones Inhibit Relationships

With God

*Instant gratification
Ungodly brain pathways*

With people

Terrible predominance of pornographic exposure (in the UK, 47% of boys use a virtual private network to hide their internet use according to journalist Mike Wright). A Swedish study says that “almost all boys use pornography.”

The Great Commandments

Matthew 22:36-39 “Teacher, which is the great commandment in the Law?”³⁷ And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind.”³⁸ This is the great and first commandment. And a second is like it, love your neighbor as yourself.”

Resources

<https://www.waituntil8th.org/>

<https://www.christianparenting.org/>

Idea - consider a two way watch instead of a phone
The Tech Wise Family – book by Andy Crouch

Questions for Personal Study

1. How has the smartphone affected your life, positively and negatively?
2. How much time do you spend on the smartphone for non-work needs? Is it too much?
3. Are you addicted to your phone? What is keeping you from using it less?
4. Are you setting a good example for your kids, or others, in the way you use it?