

Screen Addiction



Deuteronomy 6:6-9 New American Standard Bible 1995

These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. You shall bind them as a sign on your hand and they shall be as frontals on your forehead. You shall write them on the doorposts of your house and on your gates.

Romans 12:2 New American Standard Bible

And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Matthew 7:24-27 New American Standard Bible

"Therefore, everyone who hears these words of Mine, and acts on them, will be like a wise man who built his house on the rock. And the rain fell and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock. And everyone who hears these words of Mine, and does not act on them, will be like a foolish man who built his house on the sand. And the rain fell and the floods came, and the winds blew and slammed against that house; and it fell—and its collapse was great."

Matthew 7:13-14 New American Standard Bible

"Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. For the gate is narrow and the way is constricted that leads to life, and there are few who find it."

Psalm 24:1 New American Standard Bible

The earth is the Lord's, and all it contains,
The world, and those who live in it.

1 Corinthians 6:19-20 New American Standard Bible

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been bought for a price: therefore glorify God in your body.

Biblical Practices to Freedom

1. Surrender to Christ as King and Lord (Psalm 24:1)
2. Ask God to show where to repent and what to remove (Revelation 3:19)
3. Be transformed by renewing your mind (Romans 12:2)
4. Replace bad habits with good habits (Hebrews 5:14)
5. Pursue your God-given purpose (Ephesians 2:10)

Links

- <http://unintentionalbook.com> (book, e-book, audiobook)
- doug@thatdougsmith.com (contact Doug, book group interest, questions)
- <http://thatdougsmith.com> (blog, email list)

Questions

1. What surprised you about today's tsunami of screens? Statistics? True addiction? The predatory and manipulative tech industry? Something else?
2. Do you think that screen time might be hurting you or your family? In what way(s)?
3. What next step do you feel led to take based on what you've learned so far?