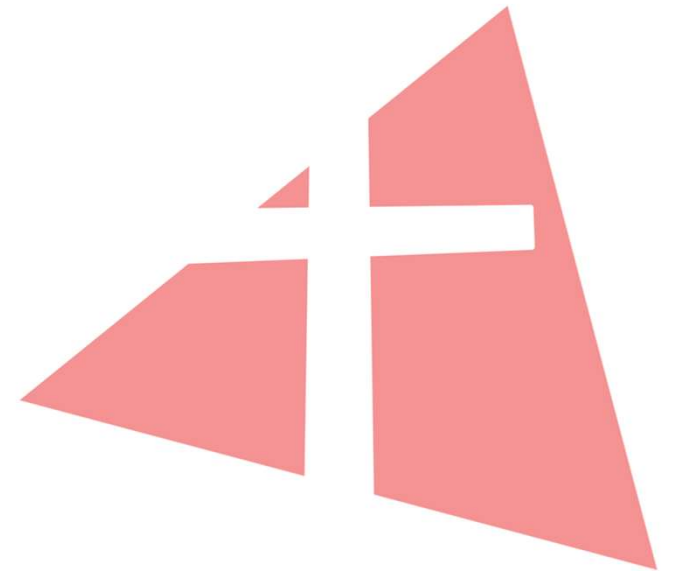


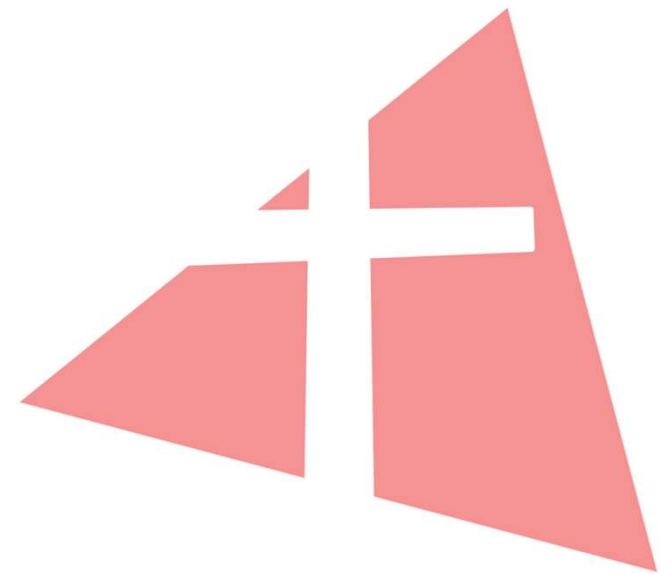
Jesus, Satan and our Smart Phones

October 08th 2023



Our Series

- **Spiritual Warfare**
 - Jesus and satan have different plans for our lives
 - We support one or the other (whether we know it or not)
- **Satan's Tactics in the Garden of Eden**
- **Satan's (Lack of) Power**
- **Satan is trying to steal our time**



Key Verse

- Jesus, Satan and our phone

Psalm 90:12 So teach us to number our days, that we may apply our hearts unto wisdom.



Observations

- **We have all seen the terrible consequences of smart phones**



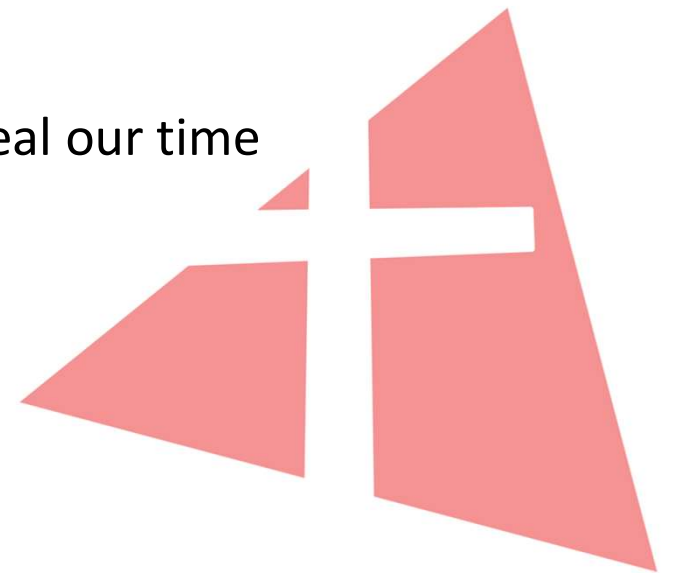
Just to be clear

- **Smart phones can be a great blessing**
 - I am not against using smart phones



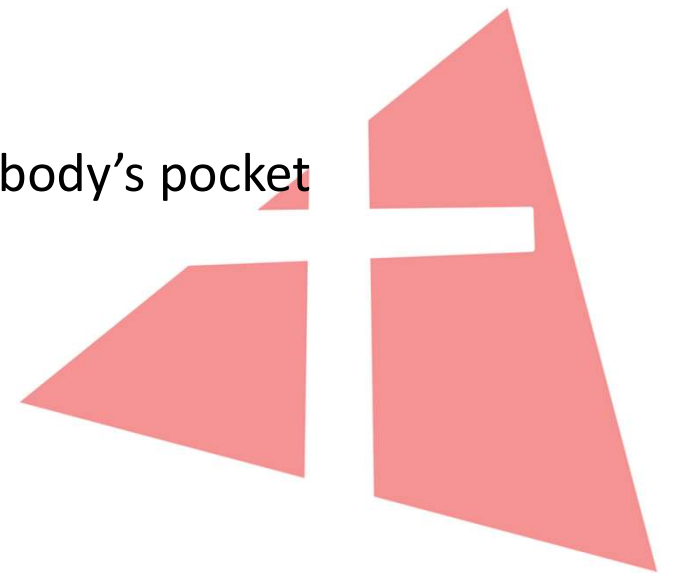
The Challenge

- **But we have to be aware of the dangers of smart phones**
 - Satan purposely puts lots of distractions in our phones to steal our time



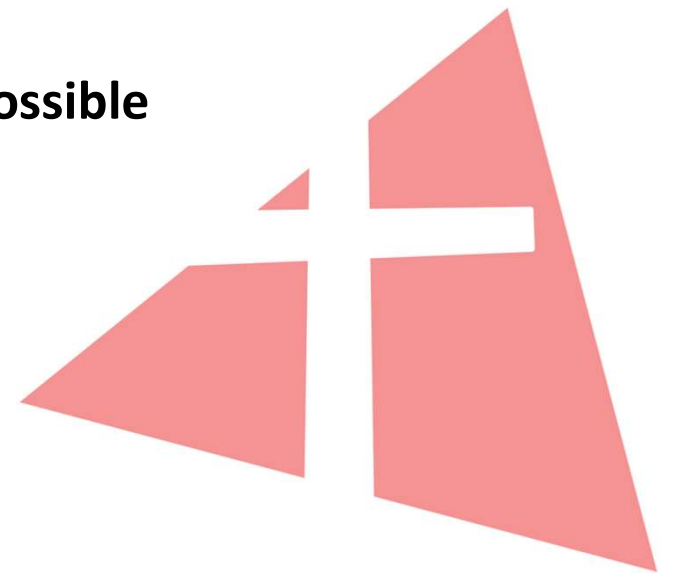
Things we should know

- **We are the product, not the purpose**
 - The purpose of our phones is money
 - Every moment we spend on our phones, we are filling somebody's pocket



Things we should know

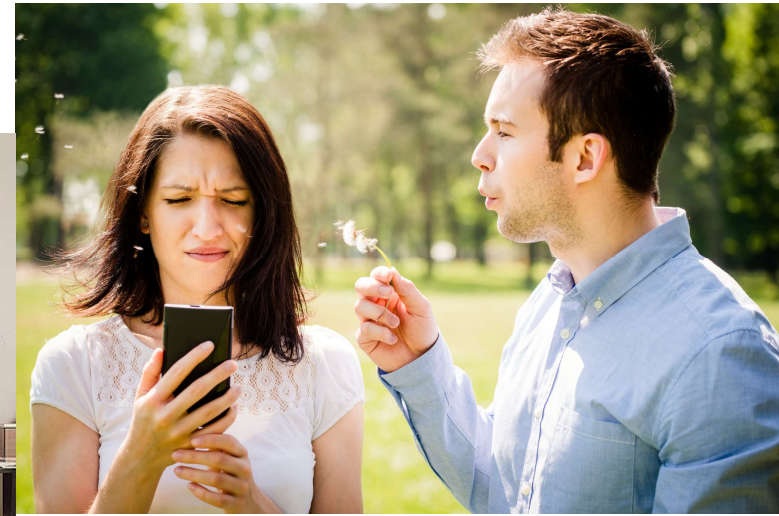
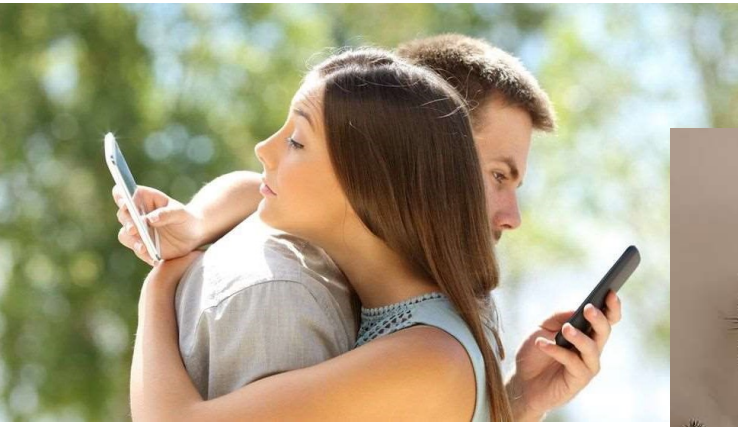
- **Cellphones are designed to keep us on the screen as long as possible**



Consequences

- **“Real” Relationships suffer**
- **Health suffers**
- **Attention spans get shorter and shorter**
- **We don’t have time for “what really matters” any longer**





What can we do?

- Be aware of the dangers and temptations

John 16:33 These things I have spoken unto you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world.

2 Peter 1:3 According as his divine power has given unto us all things that pertain unto life and godliness, through the knowledge of him who has called us to glory and virtue:

2 Timothy 1:7 For God has not given us the spirit of fear; but of power, and of love, and of a sound mind.

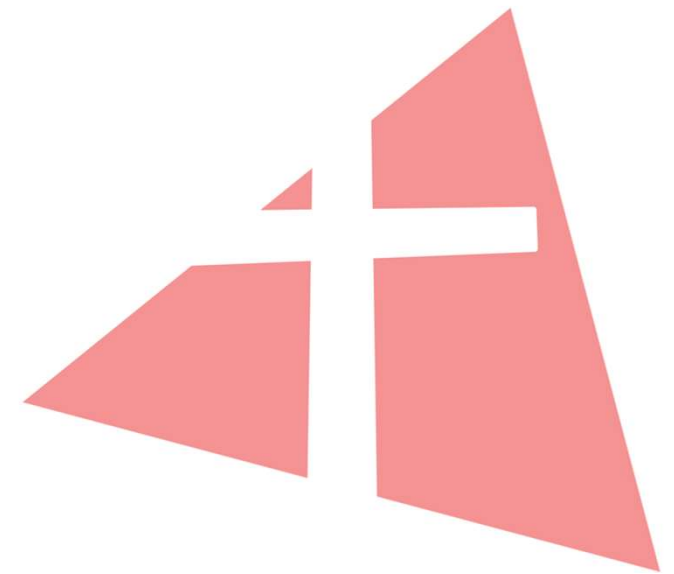
Practical steps we can take

- **Set boundaries**
 - Time
 - Location



Practical steps we can take

- **Make your smart phone dumb**
 - Convenience
 - Distraction



Practical steps we can take

- **Push the distractions of your phone into your desktop**



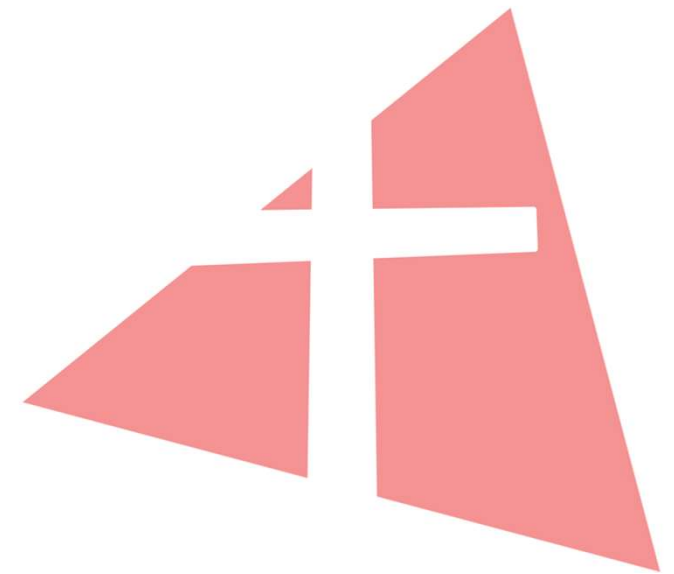
Practical steps we can take

- **Ask others what they observe in us**



What I have done

- **We turn off internet for our phones at 7pm**
 - Internet goes completely off at 10pm
- **I uninstalled everything that took away my time**
 - Incl. my emails
- **No phones at the dining table**



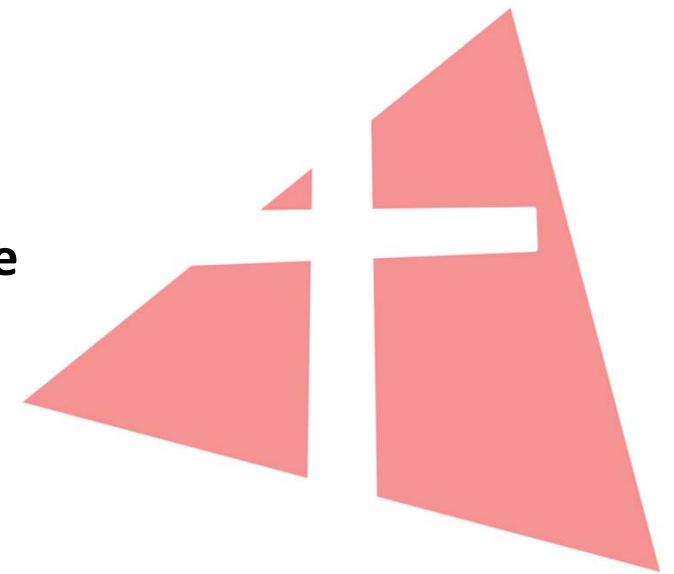
Results

- **Easier to have a meaningful time with God**
- **More time and focus with the family**
- **Better rest**
- **Freedom**



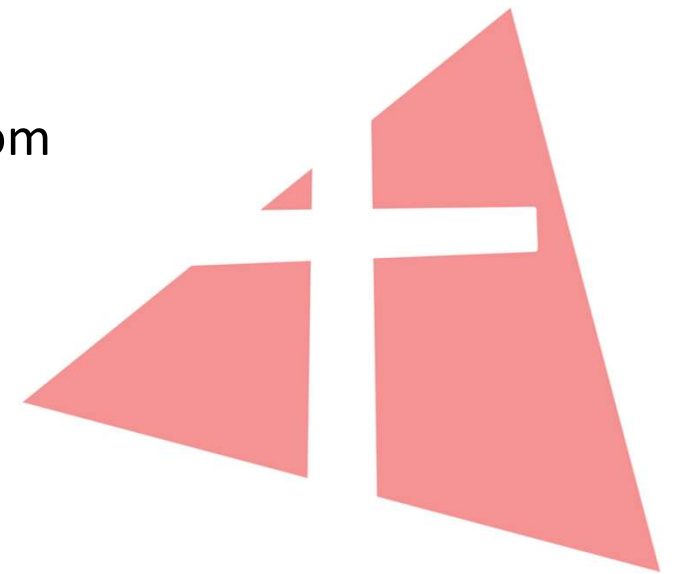
A Challenge to all of us

- **Let's give our phone a break for a while**
 - Uninstall stuff
 - Set boundaries (time/locations)
 - ...
- **Let's experience again what a "life with less phone" can be like**



One Warning

- **Don't expect instant results**
 - We will experience withdrawal before we experience freedom



In Conclusion

- **The fight will get harder and harder**
- **But God can equip us to win the battle over our time**

