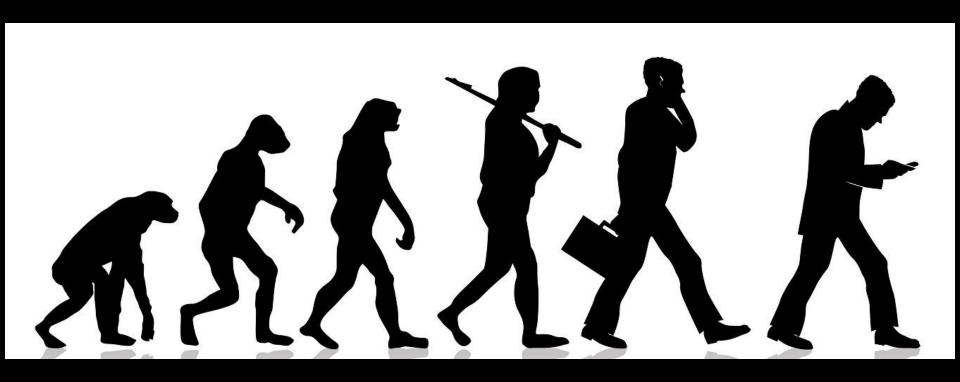


THE EVOLUTION OF SOCIAL MEDIA





Crunching The Numbers

Daily Phone Usage

- 2 hours and 51 minutes
- 86 hours a month
- 4 hours 5 minutes (College Students)
- 90% is social media/entertainment

At this rate the average person will spend more than 5 years of their life on their phones and/or mobile devices





DESIGNED ADDICTION

Newsfeeds and videos never end
Notices appeal to our need for approval
Numerous choices per page or window
Push notifications constantly remind us
The appeal to outrage is constant

JAMES 1:27 (p 1386)



DISCONNECT TO RECONNECT

- 1. Log your family usage.

 Battery usage check; kids data usage

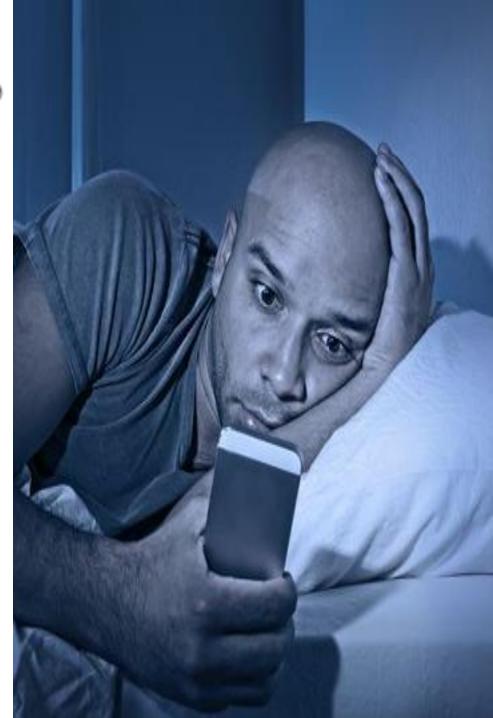
 Ephesians 5:15-16 (p 1346))
- 2. Recognize the signs of ADDICTION.



Are You an Addict?

- ✓ Panic without it
- ✓ Phantom pulses
- ✓ Checking it late at night
- ✓ You're on it while eating with others
- ✓ Text neck
- ✓ Texting/surfing while driving
- ✓ Someone has talked to you about it

2 Timothy 3:1-3 (p 1367)





DISCONNECT TO RECONNECT

3. Actively avoid what is worthless Psalm 101:1-3 (p 689)



YOU CAN MAKE HIM WASTE HIS TIME NOT ONLY IN CONVERSATION HE ENJOYS WITH PEOPLE WHOM HE LIKES, BUT IN CONVERSATIONS WITH THOSE HE CARES NOTHING ABOUT ON SUBJECTS THAT BORE HIM. YOU CAN MAKE HIM DO **NOTHING AT ALL FOR LONG PERIODS. YOU CAN** KEEP HIM UP LATE AT NIGHT, NOT [PARTYING], BUT STARING AT A DEAD FIRE IN A COLD ROOM.

"I NOW SEE THAT I SPENT MOST OF MY LIFE IN DOING NEITHER WHAT I OUGHT NOR WHAT I LIKED"

THE SCREWTAPE LETTERS BY C. S. LEWIS; PAGES 63-64



DISCONNECT TO RECONNECT

- 3. Actively avoid what is worthless Psalm 101:1-3
- 4. Seek true communication

 2 John 12; 3 John 14 (pp 1403-1404)



1 Corinthians 6:12 (p 1314) Matthew 5:29-30 (p 1115)



