

Help, I've Lost My Teen to a Machine!

How the Gospel Sets Us Free From Enslavement to Our Digital Devices

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- I. The Problem: HABITS AND HYPOCRISY
 - A. Humans young and old are hard-wired for habit formation.

 - B. Younger brains are even more malleable and plastic than adult brains.

 - C. Photo images are particularly powerful.

 - D. Emotional validation comes through a screen if face to face is not available.

 - E. These devices become like the household gods and idols addressed in Scripture.

 - F. Start with your own life dominating habits before coming down hard on your teen's habits.

- II. The Solution: REPLACE TECHNOLOGY WITH MOMENT BY MOMENT
COMMUNICATION WITH CHRIST
 - A. Flee the power of foreign gods.

 - B. Listen to Jesus.

 - C. Allow honest questions about your screen life on a regular basis.

 - D. Design truth statements that address your worst habits of thought and behavior.

 - E. Retrain your brain. Limit screen time.

F. Bring balanced consequences to your teen.

III. Prevention: FOCUS ON THE WHOLE GOSPEL- the glorious promises and the instructive rebukes.

A. Practice limits on the hours consumed, money spent and energy used on devices.

B. Retrain your brain daily. Turn to Jesus Christ's gracious Word before you turn to your to-do list. Grab His Grace before you grab your phone.

C. Talk is better than text.

D. Resist the flattery of the device.

E. Always be identified by union with Christ, not by your productivity or performance.