

Digital Drugs Series Theme Verse: Psalm 106:29, 39; Romans 1:30

Lesson 2: The Demand of your Time - Eph. 5:16 - "Redeeming the time, because the days are evil."

82% of households in America have an internet connection. You can be plugged in for the entire day.

1. Evaluate the Problem

Addiction - Something that has power over you. Col. 3:5. Inordinate affection - irregular, disorderly, excessive, immoderate. It isn't wrong to play video games, but if you play them for 4 hours straight every single day, that is an inordinate affection. One of the signs of addiction, or an inordinate affection, is that it becomes priority over all other matters. Based upon a study done in 2009, children ages 8-18 spend an average of 7 hours and 38 minutes per day with an electronic device. It all begins with honesty. Ask yourselves this question: How much of the digital world has invaded your life, and how much of it has been spiritually productive? Here is a list of questions that may be enlightening:

- A. Do you text and drive even though it isn't safe and is illegal?
- B. Do you get the urge to use your smartphone when someone else is talking to you?
- C. Do you ever feel that something hasn't really happened until you post it on Facebook?
- D. Do you ever stay on the internet longer than you intended to when you began?
- E. Do you check your Social Media accounts compulsively?
- F. Does your family sit in the same room but not interact because you're all busy on your digital gadgets?
- G. Do you find a ringing or vibrating cell phone interrupts or trumps everything else, and you automatically make it the number one priority no matter what you're doing at the time?
- H. Are you experiencing a loss of interest in other activities you used to enjoy?
- I. Do you neglect yourself eating or sleeping because of time spent in the digital world?
- J. Do you ever neglect chores or work because of time spent on the internet?
- K. Do you find that when you're sad, down, anxious, or moody, that going to the internet lifts your mood?
- L. Do you have more friends online than you do in real life?
- M. Do you consider how you could focus better in real life without all these other gadgets invading your space?

2. Emphasize the Priority

Psalm 90:12; James 4:14; Eph. 5:16. Social Media is a time waster. You've retained ZERO VALUE OF YOUR TIME! The average person spends 116 minutes (just short of 2 hours) a day checking Social Media sites, which amounts to a time period of 5 years a 7 months in a 70-year lifetime. The focus of these lessons may be on Social Media, but it also applies to video games, or anything that is a time waster in your life. I watched two specials last year on ABC's 20/20 concerning video game addictions, one by a teenager, and one by a husband and father. Luke 10:38-42. What we need and don't have many of today are intimate disciples of the Lord Jesus Christ. To have a close relationship with the Lord Jesus Christ, you must take time to sit at Jesus' feet and hear His Word.

3. Establish some Principles

Here are some suggestions for you:

- A. Do not check your e-mail or Social Media accounts in the morning until you have had your devotions.
- B. Set a time in the evening to end your digital day, and not as you are drifting off to sleep.
- C. Take a digital fast at least one day a week (I recommend Sunday).
- D. Do not answer your phone when you are talking/visiting with someone!