
Unplug from Addictive Technology and Plug Into Your Creator's Gifts

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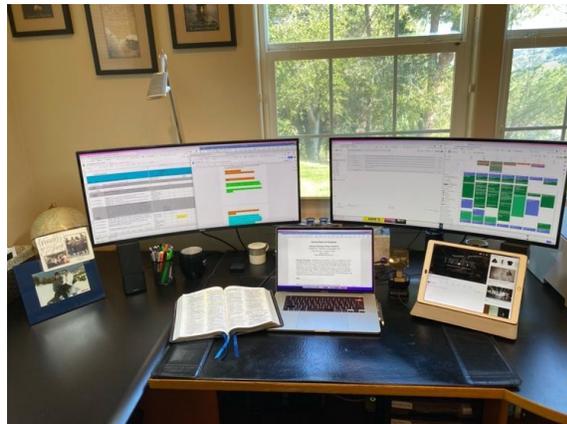
Extra Resources:

1. [Family of Fones \(Kids Edition\)](#)
2. [Family of Fones \(Teen Edition\)](#)
3. [Technological Responsibility](#)
4. [Social Media: What Parents Should Know](#)
5. [Unplug: Parent Resources/Social Media](#)
6. [Parenting in a Technologically Driven World](#)
7. [Conversation Starters](#)
8. [8-Step Digital Detox Process](#)

This message is not a pastoral diatribe against technology



Pastor Kevin's Church Office



Home Office

Your time is **precious**, use it **well**

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is.- Ephesians 5:15-17

Your [mind](#) matters and [purity](#) honors God

1 Peter 1:13-16

Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy."

What steps can I take to [unplug](#) from [addictive technology](#)?

- Limit my options
- Limit my time (and the time of family members)
- Make choices that edify and lead to holiness in mind and body
- Create accountability
- Plug into other things that bring more joy, peace, and life

Plugging into your [Creator's good gifts](#)

Psalm 8

Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens. Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger. When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them? You have made them a little lower than the angels and crowned them with glory and honor. You made them rulers over the works of your hands; you put everything under their feet: all flocks and herds, and the animals of the wild, the birds in the sky, and the fish in the sea, all that swim the paths of the seas. Lord, our Lord, how majestic is your name in all the earth!

Plug into the beauty of Creation and the artwork of your Creator

Psalm 19:1-6

The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge. They have no speech, they use no words; no sound is heard from them. Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun. It is like a bridegroom coming out of his chamber, like a champion rejoicing to run his course. It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth.

What are some of the gifts God has given us (that we can miss when we are locked into technology)?

Plugging into creation

Plugging into the [pinnacle](#) of [creation](#)

Our God offers peace, but we need to accept the offer