

# TECH-KNOWLEDGE-4



CROSSROADS  
COMMUNITY CHURCH

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WELCOME TO  
"TECH-KNOWLEDGE-Y"  
PART 1

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# Introduction: Facts on Addictions to Technology

- Technology addiction is an umbrella term that may include addictive behavior to cybersex and online porn; video gaming; gambling; eBay and other online auctions or shopping; social media; excessive texting; or smartphone overuse as well as information overload.
- One in eight Americans suffers from problematic Internet use, according to a study published in *The International Journal of Neuropsychiatric Medicine*, and rates are even higher in many Asian countries. An estimated 30 percent or more of the Chinese population is classified as highly addicted to the Web.
- Six percent to 10% of smartphone users display signs of Internet addiction, estimates Phil Reed, a professor of psychology at Swansea University, in the U.K. While there's currently no standard for what constitutes smartphone addiction, some experts define it as spending more than seven hours a day using the phone and experiencing withdrawal symptoms when cut off from the device.
- AD may bring on chemical changes in the brain similar to those caused by substance use disorder, according to a study published in the journal *Frontiers in Human Neuroscience*. Children who suffer from Internet addiction have an increased risk of depression, problems at school, obesity and carpal tunnel syndrome.

## Causes:

- **Mental health history:** According to studies at the Center for Internet Addiction, technology addicts are likelier to suffer from anxiety, depression, social phobia and sleep problems. And researchers have found that some of the same traits found in shopping addicts — namely materialism and impulsiveness — are often linked to smartphone addiction, according to a small study published in the *Journal of Behavioral Addictions*.
- **Personality:** There's truth to the cliché of the loner frequenting online chat rooms. Those with low self-esteem may turn to the Web and social media to escape and also to connect with others in an anonymous, non-threatening way.
- **Environment:** Job stress and a lack of support at work have been found to increase the risk of developing an Internet addiction. And there's little doubt that our highly mobile-friendly culture — 58% of American adults have a smartphone, as do 37% of teens, according to the Pew Internet Project — is a big contributor to technology addiction.

**Resourced from:** <https://www.addiction.com/addiction-a-to-z/technology-addiction/technology-addiction-101/>

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life.

## Week 1: Brave New World

**Memory Verse:** 1 Corinthians 10:31

So whether you eat or drink, or whatever you do, do it all for the glory of God.

**(Day 1) January 1: Genesis 11:1-9**

I learned from my reading today:

**Going Deeper:** Per verse 1, what did all the people of the world have in common?

**Question for Journaling:** In this passage we discover that the Hebrew people were on a mission to build a city and a tower for themselves. Their purpose for wanting to build a city and tower was to unite with one another and to reach the heavens (sky), so that they could become famous for their accomplishment. What is interesting is that we find the Lord's concern when He says in verse 5, "After this, nothing they set out to do will be impossible for them." Do you think the Hebrews could have really built a tower that could have reached as high as the heavens? Do you think God was concerned about the tower or the people?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 1: Brave New World

**Memory Verse:** 1 Corinthians 10:31

So whether you eat or drink, or whatever you do, do it all for the glory of God.

**(Day 2) January 2: Daniel 12:1-13**

I learned from my reading today:

**Going Deeper:** Daniel, one of the prophets of the bible, is informing us of some of the upcoming events that will take place when Jesus returns to the earth. The one standing over the river is the Lord Himself, who is telling Him about these events. Per verse 1 and 2, what will happen to those who are written in the book of life and what will happen to those who are not written in the book of life?

**Question for Journaling:** In verse 4 Jesus says, " But you, Daniel, keep this prophecy a secret; seal up the book until the time of the end, when many will rush here and there, and **knowledge** will increase." One of the signs of the end times before Jesus return is the increase in knowledge. Here knowledge is not referring to the physical things of this world, but the spiritual. In other words, the knowledge of the existence of God will increase so that more people can be saved. Given this, what are some ways the knowledge of Gods existence has spread throughout the world and what do you think this says about the times we live in?

### KNOWLEDGE:

1. WISDOM
2. UNDERSTANDING WAY
3. DOCTRINE

## My Prayer



Praise for:



Request for:



Forgiveness for:





## Week 1: Brave New World

**Memory Verse:** 1 Corinthians 10:31

So whether you eat or drink, or whatever you do, do it all for the glory of God.

**(Day 3) January 3: Exodus 31:1-11**

I learned from my reading today:

**Going Deeper:** What specific skills did God give Bezalel and what specific skills did He give Oholiab?

**Question for Journaling:** In verse 3 the Lord says, "I have filled him with the Spirit of God, giving him great **wisdom**, ability, and expertise in all kinds of crafts." God always provides the wisdom needed so that we can serve Him in the church and with our lives. Without

**WISDOM:**

1. WISDOM
2. SKILL (HUMAN OR DIVINE)
3. INTELLIGENCE

His wisdom we would be clueless as what we are to do. What are some specific talents that God has provided to you? What are you doing with that wisdom? (**Verses to consider, James 1:5**)

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 1: Brave New World

**Memory Verse:** 1 Corinthians 10:31

So whether you eat or drink, or whatever you do, do it all for the glory of God.

**(Day 4) January 4: Romans 6:1-23**

I learned from my reading today:

**Going Deeper:** Per verse 13 what is the instruction the Apostle Paul gives us?

**Question for Journaling:** In verse 16 the Apostle Paul says, "Don't you realize that you become the slave of whatever you choose to obey?" If we are not careful, we can choose to be enslaved by the things of this world, such as your job, money, electronic devices, etc. Given this, is there something in your life, that often takes you away from God? What can you do to get this under control?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 1: Brave New World

**Memory Verse:** 1 Corinthians 10:31

So whether you eat or drink, or whatever you do, do it all for the glory of God.

**(Day 5) January 5: Ephesians 2:1-10**

I learned from my reading today:

**Going Deeper:** Per verse 2, who is in the hearts of those who disobey the Lord?

**Question for Journaling:** In verse 10 the Apostle Paul says, "For we are God's masterpiece. He has **created** us anew in Christ Jesus, so we can do the good things he planned for us long ago." God created us so that we can live out and do the good plans He has prepared for us. He has amazing plans for each one of us, if we choose to walk in them. In other words, we have been given the ability to follow His plans or not. How does this verse encourage you to seek out the plans God has for you?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 1: Brave New World

**Memory Verse:** 1 Corinthians 10:31

So whether you eat or drink, or whatever you do, do it all for the glory of God.

**(Day 6) January 6: 2 Chronicles 26:1-15**

I learned from my reading today:

**Going Deeper:** Per verse 5 why was Uzziah so successful in the wars against his enemies?

**Question for Journaling:** Verse 14-15 says, "Uzziah provided the entire army with shields, spears, helmets, coats of mail, bows, and sling stones. And he built structures on the walls of Jerusalem, designed by **experts** to protect those who shot arrows and hurled large stones from the towers and the corners of the wall."

EXPERT:

1. SPECIALIST
2. SKILLED AT DOING SOMETHING

Notice that the scripture says that the walls were designed by experts. These walls were designed not by ordinary individuals, but those who shared their expertise. Given this, would you be willing to seek help from someone who was not expert? Why or why not?

### My Prayer



Praise for:



Request for:



Forgiveness for:





## Week 2: Dividing Us

**Memory Verse:** Genesis 1:27

So God created human beings in His own image. In the image of God He created them; male and female He created them.

**(Day 1) January 8: Colossians 1:15-23**

I learned from my reading today:

**Going Deeper:** Per verse 21, what separates us from God?

**Question for Journaling:** In verse 16 the Apostle Paul says, “for through Him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can’t see—such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through Him and for Him.” In other words, God is the creator of all things and everything was created for Him, including us. Given this, how does knowing that God created you for His plan and His purpose, challenge the way you live your life?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 2: Dividing Us

**Memory Verse:** Genesis 1:27

So God created human beings in His own image. In the image of God He created them; male and female He created them.

**(Day 2) January 9: Ecclesiastics 12:8-14**

I learned from my reading today:

**Going Deeper:** Per verse 13 what is the duty of man?

**Question for Journaling:** Verse 8 is the complete opposite of verse 13. In verse 8 King Solomon says, "Everything is **meaningless**," says the Teacher, "completely meaningless." Do you ever feel like when God is not the center of your life that everything does feel meaningless?

MEANINGLESS:  
1. NONMEANINGFUL

Why or why not?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 2: Dividing Us

**Memory Verse:** Genesis 1:27

So God created human beings in His own image. In the image of God He created them; male and female He created them.

**(Day 3) January 10: Acts 17:16-34**

I learned from my reading today:

**NATIONS:**  
1. PEOPLE  
2. RACE

**Going Deeper:** Per verse 27, what is God's purpose for the nations?

**Question for Journaling:** In verse 24 the Apostle Paul says, "He is the God who made the world and everything in it. Since He is Lord of heaven and earth, He doesn't live in man-made temples, and human hands can't serve His needs—for He has no needs. He himself gives life and breath to everything, and He satisfies every need." The truth is that God does not need us, but He wants us, because He loves us. Further, it is only God who can satisfy our deepest needs. No one and nothing can satisfy us like He can. How does knowing that God wants you, encourage you to want Him?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 2: Dividing Us

**Memory Verse:** Genesis 1:27

So God created human beings in His own image. In the image of God He created them; male and female He created them.

**(Day 4) January 11: John 17:1-26**

I learned from my reading today:



**Going Deeper:** What are some of the things that Jesus prays for us Christians? Which one speaks to you the most and why?

**Question for Journaling:** In verse 3 Jesus says, “And this is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth.” Eternal life has never been about a place, but always about a person. Jesus whole desire is for us to know Him personally. What are some of things you can do to know Him better? **(Verses to consider, Psalms 100:3)**

### My Prayer



Praise for:



Request for:



Forgiveness for:









## Week 2: Dividing Us

**Memory Verse:** Genesis 1:27

So God created human beings in His own image. In the image of God He created them; male and female He created them.

**(Day 6) January 13: Hebrews 12:1-13**

I learned from my reading today:

**Going Deeper:** In verse 1 the Apostle Paul says, "Therefore, since we

are surrounded by such a huge crowd of witnesses to the life of faith, let us **strip** off every **weight** that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us." What burden(s) are you currently facing and how can you move away from it?

STRIP:

1. RENOUNCE
2. GO DOWN/AWAY FROM

WEIGHT:

1. BURDEN

**Question for Journaling:** In verse 2 the Apostle Paul says, "We do this by keeping our eyes on Jesus." In other words, we are to handle the burdens of our life, by keeping our eyes on Jesus as our Helper. Often times we get caught into things that distract us from Him. Given this, what are some things you can do to train your eyes to stay focused on Him?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 3: For Good

**Memory Verse:** Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

**(Day 1) January 15: Mark 16:1-20**

I learned from my reading today:

**Deeper:** Per verse 9, who was the first person who saw Jesus after He had been risen from the dead?

**Question for Journaling:** In verse 15 Jesus says, "And then he told them, "Go into all the world and preach the Good News to everyone." What are some ways you can use technology to spread the Gospel to other people?"

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 3: For Good

**Memory Verse:** Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

**(Day 2) January 16: John 15:1-17**

I learned from my reading today:

FRUIT:

1. DEED
2. RESULT
3. ACTION

**Going Deeper:** Per verse 5, whom produces much **fruit** in Jesus Christ?

**Question for Journaling:** What are some type of tech devices or bible study tools you can use to ensure that you are growing in Jesus Christ?

### My Prayer



Praise for:



Request for:



Forgiveness for:





## Week 3: For Good

**Memory Verse:** Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

**(Day 3) January 17: 1 Thessalonians 5:12-22**

I learned from my reading today:

**Going Deeper:** Per verse 16, what are we to always be full of and what are we to never stop doing?

**Question for Journaling:** In verse 20-22 the Apostle Paul says, "Do not scoff at prophecies, but test everything that is said. Hold on to what is good. Stay away from every kind of evil." One of the biggest things we see in our time is how technology is constantly used to spread lies and deceive people from the truth of Jesus Christ. Given this, what are some things you can do to test things said, before choosing to believe in them or walk in them?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 3: For Good

**Memory Verse:** Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

**(Day 4) January 18: Nehemiah 12:27-43**

I learned from my reading today:

**Going Deeper:** Per verse 43, who had given the people of Jerusalem a cause for great joy? Do you think God pours out His blessings so that we will praise Him? Why or why not?

**Question for Journaling:** To celebrate the new wall of Jerusalem, the people sang and played music. Per verse 27, some of the instruments that were used to bring praise to God, were the cymbals, harps, and lyres. These instruments are still used today. Music is one way we can express worship to God through our love for Him. Given this, how has music played a part in your relationship with Jesus? What are some ways you can worship Him through the music you listen to or even play to?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 3: For Good

**Memory Verse:** Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

**(Day 5) January 19: James 4:11-12**

I learned from my reading today:

**Going Deeper:** Per verse 11 what is the job of a Christian?

**Question for Journaling:** In verse 11 James says, "Don't speak evil against each other, dear brothers and sisters. If you criticize and judge each other, then you are criticizing and judging God's law." What are some ways you can ensure that you do not use social media to judge other people?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 3: For Good

**Memory Verse:** Matthew 6:33

Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

**(Day 6) January 20: Psalms 20:1-9**

I learned from my reading today:

**Going Deeper:** One thing we learn about King David, the writer of Psalms, is that he was a praying man and always praying for Gods people. With this said, through David's prayer of Psalms 20, what are some things we learn about how God responds to us in our darkest trials or troubles of life if we chose to trust Him?

**Question for Journaling:** In verse 7 King David says, " Some nations boast of their chariots and horses, but we boast in the name of the Lord our God." No matter how much we rely on the strength of technology to provide and give us victories, such as that of a war, technology can never replace the strength and victories in our lives that only God can provide. Given this, what are some of the victories that God has given you in your life, that you may boast in Him only?

### My Prayer



Praise for:



Request for:



Forgiveness for:





## Week 4: Danger Zone

**Memory Verse:** Romans 12:21

Don't let evil conquer you, but conquer evil by doing good.

**(Day 1) January 22: Matthew 5:27-30**

I learned from my reading today:

**Going Deeper:** Per verse 28, what does Jesus consider adultery to be?

**Question for Journaling:** In verse 29-30 Jesus says, "So if your eye—even your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your hand—even your stronger hand—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell." This verse does not only apply to lust, but anything that is causing us to sin against God. Technology has made things so easily available through the internet, tablets, iPods, computers, movies, etc., that we must guard our hearts from what we see. Given this, what are some ways you can protect your heart from giving sin the opportunity? **(Verses to consider, Proverbs 4:23)**

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 4: Danger Zone

**Memory Verse:** Romans 12:21

Don't let evil conquer you, but conquer evil by doing good.

**(Day 2) January 23: Daniel 4:28-33**

I learned from my reading today:

**Going Deeper:** Per verse 31-32 what was going to happen to Nebuchadnezzar and his kingdom?

**Question for Journaling:** In verse 30 Nebuchadnezzar says, "Look at this great city of Babylon! By my own mighty power, I have built this beautiful city as my royal residence to display my majestic splendor." God has given each person that He has created specific gifts to serve, honor, and glorify Him. However, as seen in this story, we can use the gifts God has given us to do evil and to glorify ourselves. Given this, what gifts has God given you? How might you use your gifts to bring Him honor?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 4: Danger Zone

**Memory Verse:** Romans 12:21

Don't let evil conquer you, but conquer evil by doing good.

**(Day 3) January 24: Hebrews 13:1-25**

I learned from my reading today:

**Going Deeper:** Per verse 16, what sacrifices can we give to God that will please Him?

**Question for Journaling:** In verse 5 the writer of Hebrews says, "Don't love money; be satisfied with what you have. For God has said, I will never fail you. I will never abandon you." Technology has made it so easy to encourage what is needed to be satisfied. Often times we will hear through television or the internet, that satisfaction can only come from being having much. However, here God reminds us to be content with the things we have and that He will provided everything we need according to our lives. Given this, how does this verse encourage you to reevaluate the way you spend and save your money?

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 4: Danger Zone

**Memory Verse:** Romans 12:21

Don't let evil conquer you, but conquer evil by doing good.

**(Day 4) January 25: 2 Timothy 3:1-9**

I learned from my reading today:

**Going Deeper:** What are some of the descriptions the Apostle Paul uses to describe the end days to be like?

**Question for Journaling:** In verse 3 the Apostle Paul says, "They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good." One of the ways we have seen this happen across the world is through social media. Social media, such as Facebook, twitter, etc., has been widely used by individuals to protest, slander, hate, etc. Even as Christians if we are not careful we can enter into the chaos by expressing our opinion, whether we use social media or not. What are some ways that social media has affected the way you view people? What are some things you can do to guard yourself from judging others?

### My Prayer



Praise for:



Request for:



Forgiveness for:





## Week 4: Danger Zone

**Memory Verse:** Romans 12:21

Don't let evil conquer you, but conquer evil by doing good.

**(Day 5) January 26: 1 Samuel 17:32-51**

I learned from my reading today:

**Going Deeper:** Per verse 38 why kind of weapons did King Saul give David? What was his reason for not wanting to use these weapons?

**Question for Journaling:** In verse 45 David says, "You come to me with sword, spear, and javelin, but I come to you in the name of the LORD of Heaven's Armies—the God of the armies of Israel, whom you have defied." Weapons can be used for our protection but they can also be used to hurt someone intentionally. Here we see Goliath's using his weapons to take innocent lives. God gave us weapons to use for Him, and fight against those who are trying to take innocent lives, which is seen throughout the bible. Take a few minutes to pray for the men and women in uniform who are at war fighting for our freedom.

### My Prayer



Praise for:



Request for:



Forgiveness for:



## Week 4: Danger Zone

**Memory Verse:** Romans 12:21

Don't let evil conquer you, but conquer evil by doing good.

**(Day 6) January 27: 1 John 2:15-17**

I learned from my reading today:

**Going Deeper:** Per verse 16, what does the world offer us?

**Question for Journaling:** In verse 15 the Apostle John say, "Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you." Let's be honest with ourselves, even Christians love things from this world. What things do you enjoy from this world? Is there anything that is effecting your relationship with Papa?

### My Prayer



Praise for:



Request for:



Forgiveness for:

