

TECH-KNOWLEDGE-4 PART 2



CROSSROADS
COMMUNITY CHURCH

JAN-FEB
2018

WELCOME TO
"TECH-KNOWLEDGE-Y"
PART II

Table of Contents

Introduction: Facts on Addictions to Technology 3

Week 5: #Etiquette#MindYourManners..... 4

(Day 1) January 29: Colossians 3:1-17 4

(Day 2) January 30: 1 Timothy 4:6-16 6

(Day 3) January 31: 2 John 2-13 8

(Day 4) February 1: Mark 16:1-20 10

(Day 5) February 2: Ephesians 4:1-16 12

(Day 6) February 3: James 3:13-18 14

Week 6: Hacked..... 16

(Day 1) February 5: Galatians 6:1-10 16

(Day 2) February 6: Proverbs 17:1-28 18

(Day 3) February 7: Psalms 95:1-11 20

(Day 4) February 8: Proverbs 22:1-16 22

(Day 5) February 9: James 4:13-17 24

(Day 6) February 10: Proverbs 4:1-27 26

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 5: #Etiquette#MindYourManners

Memory Verse: Colossians 3:2

Think about the things of heaven, not the things of earth.

(Day 1) January 29: Colossians 3:1-17

I learned from my reading today:

Going Deeper: In verse 5 the Apostle Paul says, "So put to death the sinful, earthly things lurking within you." What are some of the sinful things lurking within you throughout this passage?

Question for Journaling: In verse 10 the Apostle Paul says, "Put on your new nature, and be renewed as you learn to know your Creator and become like Him." If we are not careful using our smart phones, they can remove the opportunities for us to know Him better and can keep us from growing. Given this, what is one way we can control ourselves so that we do not allow our phones to affect our relationship with Jesus. What are some rules you can enforce to limit the use of your phone?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 5: #Etiquette#MindYourManners

Memory Verse: Colossians 3:2

Think about the things of heaven, not the things of earth.

(Day 2) January 30: 1 Timothy 4:6-16

I learned from my reading today:

Going Deeper: In verse 7 the Apostle Paul says, "Do not waste time arguing over godless ideas and old **wives' tales**." In other words, do not get involved into things that have nothing to do with biblical truth. Often times we get caught into wasting our time expressing our thoughts or opinions through social media and or texting. On the other hand, we can be sucked into reading on other people's opinions

KEY CONCEPT:
WIVES TALES

1. MYTHS
2. HAVING NOTHING TO DO WITH TRUE MORALS

as well. How often do you pay attention to the words you say and the conversations you get into on social media and your phone? **(Verses to consider, Matthew 12:36)**

Question for Journaling: In verse 8 the Apostle Paul says, "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." In other words, training ourselves to exercise our body is good. We should be exercising our body every day and maintaining good health. However, Godly training is even better. We should be allowing more time to train our lives to become like Christ. Given this, whether it be your cell phone, tablet, tv, etc., what is keeping you from training yourself into His righteous living?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 5: #Etiquette#MindYourManners

Memory Verse: Colossians 3:2

Think about the things of heaven, not the things of earth.

(Day 3) January 31: 2 John 2-13

I learned from my reading today:

Going Deeper: Per verse 9, who does and who does not have a relationship with Jesus?

Question for Journaling: In verse 12 the Apostle John says, "I have much more to say to you, but I don't want to do it with paper and ink. For I hope to visit you soon and talk with you face to face. Then our joy will be complete." Sometimes we like to express our thoughts, feelings, or even requests, using our cell phones, e-mail, texting, emoji's etc. However, we should not allow our relationships to build only through technology. We should be spending time with one another face to face and growing our relationships. How has your cell phone kept you from furthering your relationships? What can you do you change this?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 5: #Etiquette#MindYourManners

Memory Verse: Colossians 3:2

Think about the things of heaven, not the things of earth.

(Day 4) February 1: Mark 16:1-20

I learned from my reading today:

Going Deeper: Per verse 8, why did Mary Magdalene, Mary the mother of James, and Salome, decide not to share with the anyone that Jesus was not in the tomb? How does this encourage you to share the Gospel despite your feelings?

Question for Journaling: In verse 15 Jesus says, "Go into all the world and preach the Good News to everyone." One of the most amazing things about the technology of smart phones is how they allow us to communicate via text, e-mail, video com, etc. We can use our phones to share the gospel with friends, co-workers, and even family members. Given this, what are some ways you can use your phone to share God with others?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 5: #Etiquette#MindYourManners

Memory Verse: Colossians 3:2

Think about the things of heaven, not the things of earth.

(Day 5) February 2: Ephesians 4:1-16

I learned from my reading today:

Going Deeper: Per verse 11, what are some of the gifts that God gave the church to build and equip His church?

Question for Journaling: In verse 16 the Apostle Paul says, "He makes the whole body **fit** together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love." In other words, it is God who makes the body suitable so that the church may grow spiritually to become like Christ. God will use each person's unique gift and provide whatever we need, including technology, to

KEY CONCEPT:

FITTING:

1. IS RIGHT
2. STAND OUT
3. MADE SUITEABLE

help us function in the body as He designed us to. Given this, what resources has God given to you that you may be able to use to help the church grow?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 5: #Etiquette#MindYourManners

Memory Verse: Colossians 3:2

Think about the things of heaven, not the things of earth.

(Day 6) February 3: James 3:13-18

I learned from my reading today:

Going Deeper: Per verse 17, how does James describe Godly wisdom?

Question for Journaling: In verse 13 James says, "If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom." One way we can prove to the world that we know God personally, is by obeying the commands He has already established in our lives. In other words, Godly wisdom can only come from obeying Jesus Christ. However, another way that James mentions we can prove that we know God is by doing good works for Him. Given this, list ways we can do good works using our cell phone and/or computer?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 6: Hacked

Memory Verse: Proverbs 4:23

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

(Day 1) February 5: Galatians 6:1-10

I learned from my reading today:

Going Deeper: Per verse 1, if you see another believer turn to sin in their lives, what should you do?

Question for Journaling: In verse 4 the Apostle Paul says, "Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else." In other words, we are to pay very close attention to how we live our lives. We should be always examining our life and comparing it to Gods word. For example, am I living to the way God commands me to or not? Given this, how often would you say you examine yourself against His word?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 6: Hacked

Memory Verse: Proverbs 4:23

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

(Day 2) February 6: Proverbs 17:1-28

I learned from my reading today:

Going Deeper: Per verse 9, when does love prosper? How does this remind you of the true meaning of real love?

Question for Journaling: In verse 24 King Solomon says, "**Sensible** people keep their eyes glued on wisdom, but a fool's eyes wander to the ends of the earth. It is so easy for our eyes to wander on things that we know we should not be viewing or looking at, whether it be through a movie, television show, magazine, a news article, Facebook, etc. In order to protect our eyes from the world, we need to set guards up to keep our eyes focused on Jesus. Given this, what are some guards you can set up to keep your eyes from wandering?"

KEY CONCEPT:
SENSIBLE:
1. SELF CONTROL
2. SOUND MIND

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 6: Hacked

Memory Verse: Proverbs 4:23

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

(Day 3) February 7: Psalms 95:1-11

I learned from my reading today:

Going Deeper: In verse 4 King David says, "He holds in his hands the depths of the earth and the mightiest mountains." Have you ever thought if God can hold the very earth and mightiest mountains surrounding the entire world in His very hands, that He can also hold onto your heart? How does this verse encourage you to let Him help you with the things that you struggle with in this life?

Question for Journaling: In verse 1-2 King David says, "Come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation." Music was provided by God to allow us to worship Him. Music has never been about us, but always about Him. He desires and wants us to worship Him, and one way we can do this is through music. However, sadly, we have taken the gift of music, and used it to mock Him, slander others, express violence and hatred, encourage sexual obscenity, etc. How does knowing the purpose of Music, encourage you to re-evaluate what kind of music you are listening to?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 6: Hacked

Memory Verse: Proverbs 4:23

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

(Day 4) February 8: Proverbs 22:1-16

I learned from my reading today:

Going Deeper: In verse 13 King Solomon says, "The lazy person claims, "There's a lion out there! If I go outside, I might be killed!" Often time we get to be lazy Christians and we stop fighting. Remember Satan prowls around like a lion looking for someone to devour. Sometimes in life we will get knocked out because we put our hands down, but we must continue to stay strong and fight back. Given this, what are somethings you can do to be an active Christian and not fall into being a lazy Christian?

Question for Journaling: In verse 6 King Solomon says, "Direct your children onto the right path, and when they are older, they will not leave it." In other words, as parents, grandparents, friends, and mentors, we are to guide and lead children into the ways of the Lord. We are also to watch over their lives and protect them from anything that can hurt them. No matter what role you are in, what are somethings you can do to guard a child's life from sin and the world, and help them to remain in Gods words?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 6: Hacked

Memory Verse: Proverbs 4:23

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

(Day 5) February 9: James 4:13-17

I learned from my reading today:

Going Deeper: In verse 15 James says, "If the Lord wants us to, we will live and do this or that." In other words, we should never be focused on living life on the outside of God's will but always the inside of God's will. When we are unsure what we should do, we should always go back to the Bible and see what His will is for our lives. Given this, how does this encourage you to seek before you act?

Question for Journaling: In verse 17 James says, "Remember, it is sin to know what you ought to do and then not do it." Here James challenges us with the opposite of verse 15. Here James makes it clear that if we know what God's will for our life is, and we still make the choice to disobey his commands, then we are choosing to sin. How does this verse encourage you to not compromise your life with sin?

My Prayer



Praise for:



Request for:



Forgiveness for:

Week 6: Hacked

Memory Verse: Proverbs 4:23

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

(Day 6) February 10: Proverbs 4:1-27

I learned from my reading today:

Going Deeper: What are some of things that King Solomon mentions that Godly wisdom can do for our lives if we chose to use it?

Question for Journaling: In verse 23 King Solomon says, "Guard your heart above all else, for it determines the course of your life." Is there something in your life that you need to change direction from? What can you do to begin the process of guarding your heart?

My Prayer



Praise for:



Request for:



Forgiveness for:

