

*The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.*

## CELL PHONES

More people own a cell phone than a toothbrush<sup>51</sup>. On average per day, we have them 16 hours, check them 150 times<sup>53</sup>, touch them 2,617 times and spend 5 hours browsing<sup>54</sup>. 68% of us have them next to us while we sleep<sup>53</sup>. 50% of young people admit cell phone addiction<sup>54</sup>. Negative effects of cell phone use include anxiety, stress, loneliness, depression, distraction from work and relationships, lack of sleep, car crashes and more.

The Bible mentions a story where people's hearts were in the wrong place because of idols they put "before their faces." God commanded them to turn away and focus back on Him (Ezek. 14:3-6). We're told to be careful with what our eyes see (Ps .101:3 & Matt. 6:22), and never let anything distract us from our relationship with God (Mark 9:43-47), especially things made by humans (Ps. 115:4). For those who may struggle with their cell phone use, the Bible encourages face to face relationship (2 John 12) and tells us to live wisely, making the most of our time (Eph. 5:15-16). We're not to copy what everyone else does (Rom. 12:2) but glorify God in all we do (1 Cor. 10:31) and put Him first (Deut. 6:5).

## BIBLE VERSES TO CONSIDER

Ezekiel 14:3-6 ““Son of man, these men have set up idols in their hearts and put wicked stumbling blocks before their faces. Should I let them inquire of me at all? Therefore speak to them and tell them, ‘This is what the Sovereign Lord says: When any of the Israelites set up idols in their hearts and put a wicked stumbling block before their faces and then go to a prophet, I the Lord will answer them myself in keeping with their great idolatry. I will do this to recapture the hearts of the people of Israel, who have all deserted me for their idols.’ “Therefore, say to the people of Israel, ‘This is what the Sovereign Lord says: Repent! Turn from your idols and renounce all your detestable practices!”

Psalms 101:3 “I will not look with approval on anything that is vile.”

Matthew 6:21-23 (Jesus) "For where your treasure is, there your heart will be also. The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness..."

Deuteronomy 6:5 "Love the Lord your God with all your heart and with all your soul and with all your strength."

Mark 9:43-47 "If your hand causes you to stumble, cut it off. It is better for you to enter life maimed than with two hands to go into hell, where the fire never goes out. And if your foot causes you to stumble, cut it off. It is better for you to enter life crippled than to have two feet and be thrown into hell. And if your eye causes you to stumble, pluck it out. It is better for you to enter the kingdom of God with one eye than to have two eyes and be thrown into hell..."

Psalms 115:4 "But their idols are silver and gold, made by human hands."

Ephesians 5:15 -16 "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."

2 John 12 "I have much to write to you, but I do not want to use paper and ink. Instead, I hope to visit you and talk with you face to face, so that our joy may be complete."

3 John 14 "I hope to see you soon, and we will talk face to face."

Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things"

1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."

Romans 12:2 "Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

## STATS & QUOTES TO CONSIDER

More people own a cell phone than a toothbrush.

Most teens are on their phones all the time.

One in four teens don't have license by graduation now.

They aren't working jobs as much.

"18-year olds are acting more like 15-year olds used to, and 15-year olds more like 13-year olds. Childhood now stretches well into high school."

In an information economy that rewards higher education more than early work history, parents may be inclined to encourage their kids to stay home and study rather than to get a part-time job." Teens are cool with this because their social life is lived on their phone. "They don't need to leave home to spend time with their friends."

"The results cannot be clearer, teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on non-screen activities are more likely to be happy. There's not a single exception. All screen activities are linked to less happiness, and all non-screen activities are linked to more happiness."

Spending so much time on the phones leads to loneliness and depression.

Less hanging out without parents, less dating, less sex, less licensed, less sleep.

9 out of 10 people have a cell phone on them

We have them with us for roughly 16 hours a day

On average, we check them 150 times per day.

68% of us have them next to us while we sleep

We send over 6 million text messages every day.

56% of Americans own smartphones

People Touch Their Phones an Average of 2,617 Times Per Day

Americans Spend an Average of 5 Hours Per Day Browsing

50 Percent of Young People Admit Cell Phone Addiction

This huge culture shift in personal technology delivers an endless river of information that negatively impacts us psychologically – being linked to fueling anxiety, stress, concentration, sleep and much more.

85% of smart phone users will check their device while speaking with friends and family

67% of surveyed teachers observed students being negatively distracted by mobile devices.

90% of surveyed teachers stated the number of students with emotional challenges increased.

Teens that spend 5 hours a day on electronic devices are 51% more likely to get under 7 hours sleep when compared to 1 hours use. (Long-term issues linking to high blood pressure and weight gain)

92 percent of teens go online daily, and 24 percent say they are online "almost constantly."

Studies have repeatedly shown that excessive television usage and screen time is associated with early childhood delays in cognition, language, and social and emotional skills

In one study with 250 college students from Stanford University, researchers found that social media and online activity was directly linked to the students being distracted, less able to filter out distractions, and more likely to be distracted by irrelevant information.

In another study, television and video game use was linked to a diminished ability to pay attention in class, memory deficits and poor sleep, along with a lack of creative imagination.

The results spanned from middle school kids to young adults and were consistent with either television or video game use.

Nearly one in three 16- or 17-year-olds said they have texted while driving.

A study of pedestrians in midtown Manhattan found that 42% of those who entered traffic during a "Don't Walk" signal were talking on a cell phone, wearing headphones or looking down at an electronic device.