

Date:

**Podcast Worksheet**  
**Tyranny of the Screen: 4 Reasons to Limit Screen Time**

**Main Points:**

1. Reason #4: Why should we limit screen time? Our health.
  - ) Screens are damaging to our brains, eyes, and body. They interfere with our adrenal glands and our ability to sleep.
  - ) Great research and sums of money have been spent to discover the best ways to get us addicted to our devices, apps, and websites.
2. Reason #3: Why should we limit screen time? Our time.
  - ) Time spent looking at screens steals time from our family, business, work, chores, assignments, hobbies, leisure, people, exercise, etc.
  - ) Time lost is time lost forever.
3. Reason #2: Why should we limit screen time? Our relationships.
  - ) Relationships are like plants—they need plenty of nourishment to survive.
  - ) Healthy relationships require face-to-face talking, interacting, and time together.
  - ) Even if we are in the presence of others, if we are staring at a device, we are not with them.
4. Reason #1: Why should we limit screen time? Our soul.
  - ) Devices have the potential to suffocate our soul.
  - ) Because our soul determines how we live our life, the content controlling our thoughts and beliefs is critical.
  - ) God and his Word should be our main source of influence, not our electronic devices.
5. Don't be sucked into the lie that we are missing out on something important if we are not constantly absorbing electronic information.

**Questions:**

1. List all the screens you view during the day and the purpose for which you use them.
  
2. Would changes to your screen usage benefit your life? If so, what changes and benefits?
  
3. Does God have access to your heart, mind, and soul? If so, how? Is improvement needed?

**Prayer of Response:**

Lord God, I want to give you the place of priority in my life and not let anything usurp that authority. Forgive me for allowing my devices to take too much control. Help me make adjustments to my screen usage so that this area of my life will glorify you. I pledge to give you time each day. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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