

Smartphone and Your Soul

Matthew 16:26

Gen 1:27-28 So God created man in his own image, in the image of God he created him; male and female he created them. ²⁸ And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and **subdue it, and have dominion** over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

Gen 2:15 The Lord God took the man and put him in the garden of Eden to work it and keep it.

Gen 4:17-20 Cain knew his wife, and she conceived and bore Enoch. When **he built a city**, he called the name of the city after the name of his son, Enoch. ¹⁸ To Enoch was born Irad, and Irad fathered Mehujael, and Mehujael fathered Methushael, and Methushael fathered Lamech. ¹⁹ **And Lamech took two wives**. The name of the one was Adah, and the name of the other Zillah. ²⁰ Adah bore Jabal; he was the father of those who dwell in tents and have livestock.

Gen 4:21-24 His brother's name was Jubal; he was the father of all those who play the lyre and pipe. ²² Zillah also bore Tubal-cain; he was the forger of all instruments of bronze and iron. The sister of Tubal-cain was Naamah. ²³ Lamech said to his wives: “Adah and Zillah, hear my voice; you wives of Lamech, listen to what I say: I have killed a man for wounding me, a young man for striking me. ²⁴ If Cain's revenge is sevenfold, then Lamech's is seventy-sevenfold.”

Gen 11:3-4 ³ And they said to one another, “Come, let us make bricks, and burn them thoroughly.” And they had brick for stone, and bitumen for mortar. ⁴ Then they said, “Come, let us build ourselves a city and a tower with its top in the heavens, and **let us make a name for ourselves**, lest we be dispersed over the face of the whole earth.”

According to Pew Research Center:¹

% of U.S. adults who own the following devices

	Any cellphone	Smartphone	Cellphone, but not smartphone
Total	95%	77%	17%
Men	95%	80%	16%
Women	94%	75%	19%
Ages 18-29	100%	94%	6%
30-49	98%	89%	9%
50-64	94%	73%	21%
65+	85%	46%	40%

¹ <http://www.pewinternet.org/fact-sheet/mobile/>

Too often what my phone exposes in me is not the holy desires of what I know I should want, not even what I think I want, and especially not what I want you to think I want. My phone screen divulges in razor-sharp pixels what my heart really wants².

Mat 16:26 For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?

I. In what is the value of the soul?

Mat 16:26 For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?

A. The soul is the essence of who we are

Gen 2:7 then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and **the man became a living creature.**

B. The soul is the center of the experience of life

Psalm 42:5 **Why are you cast down, O my soul,** and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation

Psalm 33:50 **Our soul waits for the Lord;** he is our help and our shield.

Psalm 35:9 Then **my soul will rejoice in the Lord,** exulting in his salvation.

Job 10:1 **"I loathe my life;** I will give free utterance to my complaint; I will speak **in the bitterness of my soul.**

Mark 14:33-34 And he took with him Peter and James and John, and began to be greatly distressed and troubled. ³⁴ And he said to them, **"My soul is very sorrowful, even to death.** Remain here and watch."

C. The soul is the point of contact with the spiritual world

Psalm 25:1-2 **To you, O Lord, I lift up my soul.** ² O my God, in you I trust; let me not be put to shame; let not my enemies exult over me.

Psalm 42:1-2 As a deer pants for flowing streams, **so pants my soul for you,** O God. ² My soul thirsts for God, for the living God. When shall I come and appear before God?

Psalm 54:4 Behold, God is my helper; **the Lord is the upholder of my life.**

² Reinke, Tony. 12 Ways Your Phone Is Changing You (pp. 26-28). Crossway. Kindle Edition.

D. The soul is what will live forever

Ecclesiastes 12:7 and the dust returns to the earth as it was, and the spirit returns to God who gave it.

Proverbs 4:23 Keep your heart with all vigilance, for from it flow the springs of life.

II. What threatens the soul?

Mat 16:26 For what will it profit a man if he gains the whole world and **forfeits his soul**? Or what shall a man give in return for his soul?

Acts 17:28 for “In him we live and move and have our being”;

Psalms 36:9 For with you is the fountain of life; in your light do we see light.

1 Peter 5:8-9 Be sober-minded; be watchful. **Your adversary the devil prowls around like a roaring lion, seeking someone to devour.**⁹ Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

2 Cor 2:11 so that we would not be outwitted by Satan; for we are not ignorant of **his designs**.

Col 2:8-10 See to it that **no one takes you captive** by philosophy and empty deceit, according to human tradition, according to the elemental spirits^[a] of the world, and not according to Christ.⁹ For in him the whole fullness of deity dwells bodily,¹⁰ and you have been filled in him, who is the head of all rule and authority.

James 1:14-15 But each person is tempted when he is **lured and enticed by his own desire**.¹⁵ Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

Psalms 32:3-4 For when I kept silent, my bones wasted away through my groaning all day long.⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

III. How can a smartphone be dangerous to the soul?

A. They steal our attention

*Behavioral scientists and psychologists offer statistical proof in study after study: the more addicted you become to your phone, the more prone you are to depression and anxiety, and the less able you are to concentrate at work and sleep at night.*³

*“I have discovered that all the unhappiness of men arises from one single fact, that they cannot stay quietly in their own chamber...Hence it comes that men so much love noise and stir; hence it comes that the pleasure of solitude is a thing incomprehensible.”*⁴

³ Reinke, Tony. 12 Ways Your Phone Is Changing You (p. 43). Crossway. Kindle Edition.

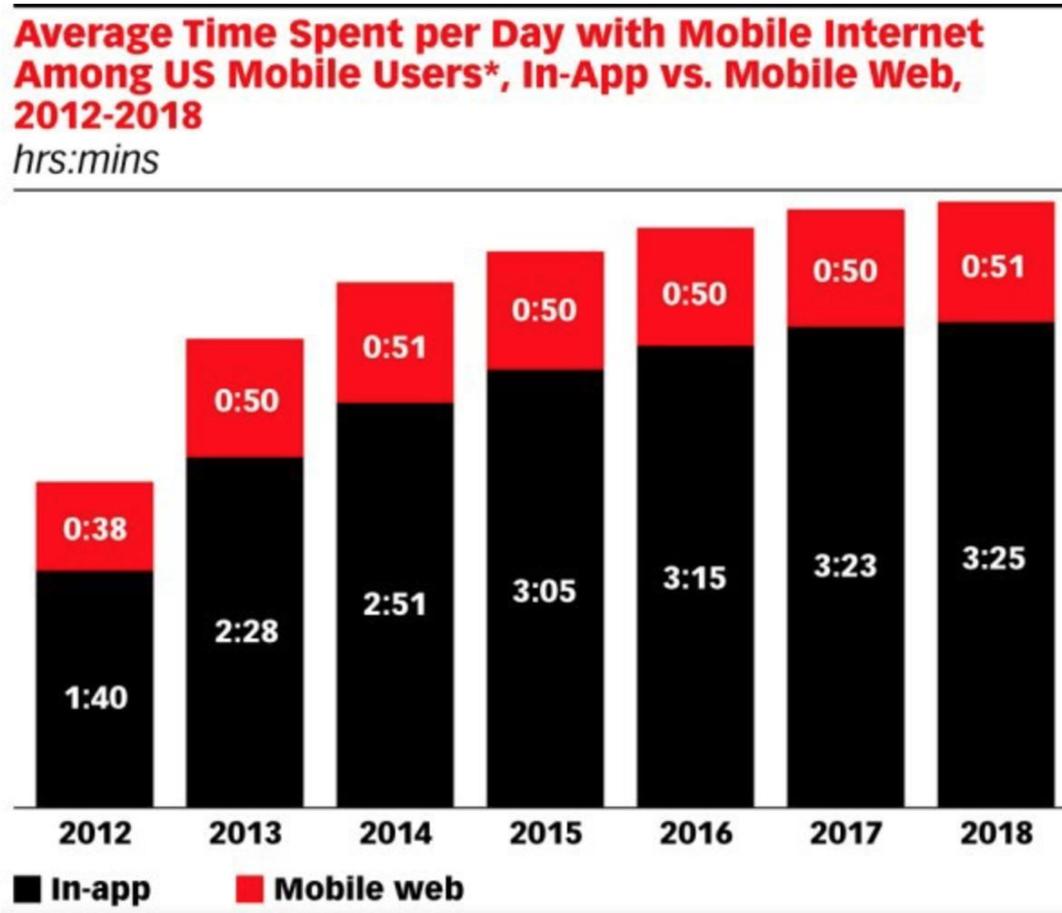
⁴ Blaise Pascal, Thoughts, Letters, and Minor Works, ed. Charles W. Eliot, trans. W. F. Trotter, M. L. Booth, and O. W. Wight (New York: P. F. Collier & Son, 1910), 52-53.

Mat 22:37-38 And he said to him, “You shall love the Lord your God with **all** your heart and with **all** your soul and with **all** your mind. **38** This is the great and first commandment.

1 Cor 7:35 I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure **your undivided devotion to the Lord**.

B. Steals our time

Ephesians 5:15-17 Look carefully then how you walk, not as unwise but as wise, ¹⁶ **making the best use of the time, because the days are evil.** ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is.



C. Makes it easier to be in danger

Proverbs 7:7-11 and I have seen among the simple, I have perceived among the youths, a young man lacking sense, ⁸ passing along the street near her corner, taking the road to her house ⁹ in the twilight, in the evening, at the time of night and darkness. ¹⁰ And behold, the woman meets him, dressed as a prostitute, wily of heart. ¹¹ She is loud and wayward; her feet do not stay at home;

D. Makes is more difficult to grow spiritually

1 Tim 4:7 Have nothing to do with irreverent, silly myths. Rather train yourself for godliness;

E. Makes it difficult to communicate with people

Heb 13:16 Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

IV. How to protect the soul from these dangers?

Mat 16:24-26 Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. **25** For whoever would save his life will lose it, but **whoever loses his life for my sake will find it.** **26** For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?"

A. Give Christ the complete superiority

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B. Devote your time and attention to Christ

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C. Learn to enjoy Christ and fellowship with Him

Rom 14:7 For none of us lives to himself, and none of us dies to himself.

D. Use your smartphone for Christ

Col 3:17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

God's Principles of Using a Smartphone

- Devote it to Christ and Christ's purposes
- Do not let it steal your time and attention by taking you away from Christ
- Do not let it lead you into sin
- Set a time limit for using your apps
- Do not take it to the bedroom
- If you have become addicted to your smartphone or it has become an instrument of sin, get rid of it immediately.

Special Smartphone Rules for Teenagers

- Focus on raising teenager's soul
- Work hard on your relationship with your teenager
- Constantly pray about your teenager's heart
- Do not allow your teenager use a smartphone until it is absolutely necessary
- Set up screen time for your teenager. When and what he (she) can use
- Install special software that would allow you monitor everything that your teenager is doing on smartphone or computer
- Gradually let go this monitoring as you have proof that your teenager becomes more spiritually mature