

**David Ax**  
**April 13, 2016**

**“How’s Your Focus”**  
**Ephesians 5:15-19**

**How important is it that we listen to and focus on the Lord in our homes a personal lives? Do we take God’s grace for granted?**

*Not how important do you think it is... how important does your life say it is?*

**The importance of listening to and focusing on God in our homes**

**The Passover lamb in Exodus**

**We are called to be aware of what the will of the Lord is...**

*Is the bride of Christ*

*... So checked out of reality that she no longer can discern or impact eternity?*

**I don’t think we hate God, I think we are just distracted from Him.**

*“Distraction leads to being lukewarm... neither hot nor cold”*

**‘LOOK UP’ VIDEO**

**In talking about technology we must accept that there is nothing new under the sun.**

**Distractions and Divisions**

**Ephesians 5:15-19**

**Senseless or foolish, without reason. To join together in the mind...**

*I used to think we were losing our children to technology, I no longer believe that. I believe that we are giving them away to technology.*

*We seem to have accepted a life of isolation*

*We are teaching our children that we don’t need each other.*

**Waking up at 18, 19, 20 realizing that they have no life skills, can’t hold a conversation and have invested most of their life into a world that does not really exist.**

**Technology is an inanimate object**

**If you want to be a Christian but you don’t want to be different, you are going to have a very difficult life.**

## Handing it off like candy

*New research has found that a staggering 97 percent of US children under the age of four use mobile devices, regardless of family income.*

Study author Dr. Matilde Irigoyen, chair of the Department of Pediatric and Adolescent Medicine at Albert Einstein Medical Center, said she was *“surprised by some of the findings.”*

Studied children in a low-income, minority community.

50% or 1/2 frequently multi-tasked, using more than one device at the same time.

20% of 1-year-olds have their own tablet

28% percent of two-year-olds can navigate a mobile device without help.

luxuries are not limited to financially well-off families. In fact, the parents'

The findings noted an *“almost universal exposure”* to mobile devices, indicating that such technological education and the child's gender and ethnicity did not play a role in whether a child owned a mobile device.

Not a respecter of income, education or race

2013 = 33 million users

2015 = 400 million users (12x the amount in just 2 years)

2014 = 1 Billion active users per month on mobile devices

2015 = 1.59 Billion active users

The amount of children who have their own tablet has *nearly doubled* in the last year.

*Marketingprofs.com*

- In just two years 38% to 72% of kids under 8 using media devices

- 28 percent of parents said they use a mobile device to put their children to sleep.

## Are Electronics really worth it?

### Brain Development

**Dr. Gary Small, director of the Longevity Center at the University of California, Los Angeles,** *But Dr. Small says we do know that the brain is highly sensitive to stimuli, like iPads and smartphone screens, and if people spend too much time with one technology, and less time interacting with people like parents at the dinner table, that could hinder the development of certain communications skills.*

**"Brain Development in a Hyper-Tech World" published in August 2008 by the Dana Foundation uncovers the facts that the brain is still developing its wiring well into your 20s.** As a result, brain development can be impacted by electronic use by children.

*The frontal lobe, which deals with "high-level cognitive skills such as judgment, executive control, and emotional regulation" develops last and, while its developing, can be influenced by its environment*

### Learning to be alone

As **Dr. David Perlmutter** points out in his December 2010 **Huffington Post** article **"Brain Development: How Much TV Should Children Watch?",** *exposure to television also discourages children from reading and increases their desire for material goods. A child's language acquisition can be stunted by too much time in front of the television. Too much time with passive electronics can also make it more difficult for children to develop social skills and understand the consequences of their actions.*

### Attention problems.

Another recent study tracked a group of children across time. The researchers found that *exposure to television at a very young age is associated with attention problems later on.* The children in the study who spent more daily hours viewing television and electronics at ages 1 and 3 years had higher rates of attention problems at age 7 years (Christakis, 2004).

### TV watching by small children.

**The American Academy of Pediatrics** recommends that children watch no TV before age 2. Still, 70 percent of babies do. TV does nothing to help the intellectual or social development of children under age 2, despite the heavy marketing of "educational" programs for them. *Moreover, a half-dozen studies have correlated TV in the early years with attention deficit hyperactivity disorder (ADHD) later in childhood*

### *Be busy about your Father's business*

Investing mass amounts of our lives into a world that does not exist

### Sleep Problems

Although many parents try to use TV as a way to help kids wind down before bed, **allowing children** screen time before bed can actually interfere with their sleep and cause them to stay up later, **the American Academy of Pediatrics.**

Children's sleep disruption is worse with increased time spent watching TV or playing on the computer, finds research in **Biomed Central's open access journal**

*BMC Public Health. The greater the e-media use was at the start of the study, the shorter the sleep duration and the later the bedtime was eighteen months later. The academics suggest that where children are struggling to sleep, or are tired, their media habits should be taken into consideration.*

**Dr King says.**

*- Lack of sleep can have significant health and mental health effects on young people, and can lead to problems with learning and concentration, poor eating habits, and a range of other behaviors that are either unhealthy or undesirable,"*

*"we have found that more than 70% of adolescents are not receiving optimal sleep during weekdays, with use of electronic media delaying the time they go to bed, interrupting them during the night, and leading to longer times to achieve a deep sleep."*

**What about grown ups?**

**Huffington Post**

*David Volpi, M.D.*

*Modern technology is affecting our sleep. The artificial light from TV and computer screens affects melatonin production and throws off circadian rhythms, preventing deep, restorative sleep.*

**Heavy Cell Phone Use**

- increase in sleep disorders
- increase in depressive symptoms

**Increased Aggression**

According to **the Palo Alto Medical Foundation.**

*Teens who spend a significant amount of time playing violent video games or watching violent television shows are more likely to fight with their peers, argue with their teachers and generally engage in more aggressive behaviors. – Including Mario cart*

**Addiction:**

**Gaming Consul**

*there are a number of studies showing that video games can - increase aggressive behavior and*

- increase emotional outbursts
- and decrease inhibitions
- anxiety, fear, aggression, insomnia,

**Definition of addiction**

**Not everyone is addicted**

- Playing for increasing amounts of time
- Thinking about gaming during other activities
- Gaming to escape from real-life problems, **anxiety**, or **depression** - Lying to friends

and family to conceal gaming

- Feeling irritable when trying to cut down on gaming

## Technology Fast

The average American spends 22.4 weeks not including T.V.

And only 8 hours a week with their family

Family time has dropped more than 30% since the advancement of the internet.

*But can a game truly become an addiction? Absolutely says Dr. Keith Bakker. "It's a clinical impulse control disorder," an addiction in the same sense as compulsive gambling.*

1. The person needs more and more of a substance or behavior to keep him going.

2. If the person does not get more of the substance or behavior, he becomes irritable and miserable.

*We would never be an advocate for divorce, yet, we run to division.*

## Digital Trends (Recent)

According to this latest research, people in the U.S. check their Facebook, Twitter, and other social media accounts a staggering 17 times a day, meaning at least once every waking hour, if not more.

**Majority of social media addicts/frequenters are 25-54, NOT TEENAGERS**

## You and Social Media

10 min each hour for 14 hours

140 min. every day

980 min. each week (16.33 hours)

849 hours each year (35 days or 46 days if you don't count sleep)

Hebrews 10:24-25 And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.

## Deuteronomy 6:5-9

- Will they remember you tucking them in at night or an ipad

- Will they remember your voice, insight and care or the backside of your phone?

- The long drives and crazy times in the car or the mindless movie?

Ephesians 5:19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

**Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.**

*Filled with the same power that rose Jesus from the grave*

**To live a mediocre life? To do the easy things?**

**In closing... what do we do with all this?**

**Don't freak out... just focus!**

**Lost sheep... Shepherd leaves the 99 and maybe tonight there are a few lost sheep that have wandered into this place...**

**This week, the next 7 days, step back and inventory your time. Take a look at your family, your life, your time. The only difference between you and Lincoln is what you do with your time.**