

# DAILY DEVOTIONAL

I Have Questions / Is my phone good or bad?

## WEEK 1

DON'T BE OWNED BY YOUR PHONE.

So, my dear  
friends, **flee** from the  
worship of **idols**.

1 CORINTHIANS 10:14

### DAY 1

TALK // Although your phone can be used for many great things, it also can be a source of distraction, whether we're driving, trying to study, or just being present with those around us. Paul knew there were things that had the ability to have power over us, and those things were called "idols." In the same way, our phone can be an idol when it becomes the primary focus of our lives. So what does Paul say we should do? Flee—run FAST—from whatever's attempting to grab that top spot in our life. What does it look like for you to flee from your phone's control this week? Whatever it is for you, tell your Small Group about it. Then, ask them to hold you accountable.



They promise FREEDOM,  
but they themselves  
are slaves of sin and  
corruption. For you  
are a slave to whatever  
CONTROLS you.

2 PETER 2:19

### DAY 2

PRAY // Think back to when you first got your phone. What kinds of freedoms did it bring you? Perhaps it was the ability to change after-school plans with a quick text, look up lyrics to a song in an instant, or take pictures whenever you want. However, you may have also noticed that the opposite is true, and that our phones can be quite controlling. Now, any time you hear your phone buzz, you can't help but check to see what it was. Or, instead of using the Internet to search for helpful information, it's become a temptation to look at things you shouldn't. God never wants us to be slaves to anything in this world. If you find yourself tied to your phone constantly, pray and ask God to give you strength to break its control in your life.



Do not love this world  
nor **THE THINGS IT OFFERS**  
**YOU . . .** For the world offers  
only a craving for physical  
pleasure, a **CRAVING** for  
everything we see.

1 JOHN 2:15a-16a

## DAY 3

HEAR // When was the last time you checked your social media? How did you feel after spending time scrolling, snapping, or watching others' videos? Were you encouraged, or did your life seem a little lousy and boring afterwards? Maybe it even made you feel like you don't have the right clothes, the right body, or even the right friends. You see, when we spend too much time looking at our phones, it's easy to end up comparing our lives to others and lose sight of all God has done for us. Challenge yourself this week to spend a few minutes on your Bible app before opening any social media to help you filter what you see through God's perspective first.



"No one can serve  
two masters. For you will  
**HATE** one and **LOVE**  
the other; you will be  
**DEVOTED** to one and  
**DESPISE** the other."

MATTHEW 6:24a

## DAY 4

LIVE // Have you ever had to choose between rooting for two sports teams that play in the same conference? Or choose between two clubs that meet at the same time? Or between two instruments in the marching band? When it comes down to it, it's nearly impossible to have equal loyalties to anything that competes for attention in our lives. At some point, we have to choose one over the other. Similarly, Jesus tells us that when we devote ourselves to anything or anyone other than Him—friends, sports, phones, movies, music—it is the same as hating Him. While that's pretty tough language, the point is clear: He is to be the only One we devote our lives to. How can you live this week showing Jesus that you're solely devoted to Him?



We hear that  
some of you are  
living idle lives,  
refusing to work and  
meddling in other  
people's business.

2 THESSALONIANS 3:11

## DAY 5

LIVE // If you are honest with yourself, how often do you use your phone for entertainment, social media, texting, or watching videos? Probably most of the time, right? While your phone is a great way to connect with your friends and family, it can also keep us disconnected from our responsibilities at school, home, or work—while also leading to an unhealthy focus on other people's business. This week, think about putting boundaries around your phone (like turning off wifi or data) to help you stay focused when it's time to get your work done.

