

How do we control our technology so that it doesn't control us?

Some practical things you can do:

Use ScreenTime to see how much time you're actually spending on your screen. [Settings > ScreenTime]

Use your phone/device in greyscale (black and white) mode.
[Settings > Accessibility > Display & Text Size > Color Filters]

Turn off notifications. [Settings > Notifications > Toggle OFF for all apps]

Delete any apps that you are using too much or getting in the way of your spiritual or social life.

Find opportunities to leave your screen behind.

Submit to God, not the false reality that our screens promise.

Things to keep in mind:

God is not surprised by our technology. [Genesis 11, Isaiah 54:16-17]

God wants us to glorify Him, in all things. Even on TikTok and Snapchat.
[Acts 17:6]

God does not want us to be slaves to our screens. [Exodus 20:2-5]