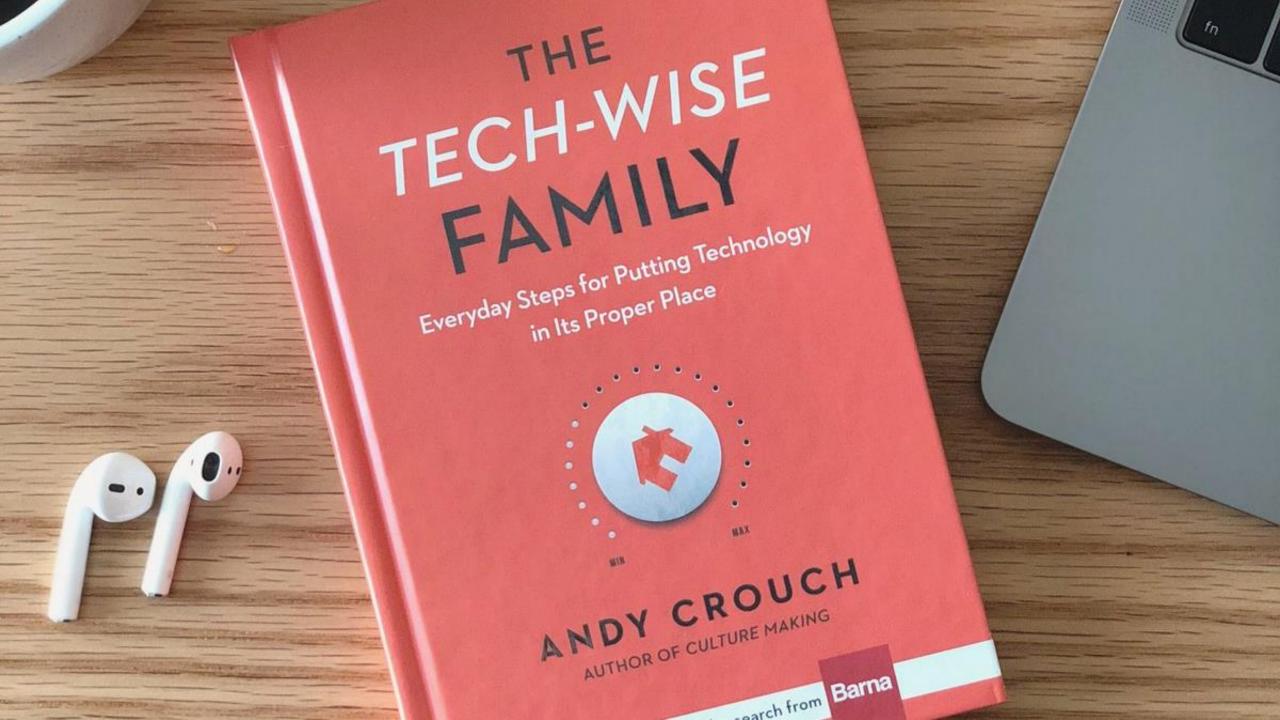


The risks of technology: 1. Distraction. Ephesians 5:15-16 Psalm 46:10 The risks of technology: 2. Confusion. James 3:16 Philippians 4:8-9 The risks of technology: 3. Isolation. Proverbs 18:1 1 Corinthians 12:14 The risks of technology: 4. Addiction. Romans 6:16 1 Corinthians 6:12

The risks of technology: 5. Indoctrination. 1 John 2:16 Romans 12:2

Practical solutions to the risks of technology:

1. Take a break. 2. Turn off notifications. **3.** Put devices to bed before you, and wake them up after you. 4. Ask others if you're an over-user.





defending yourself against the risks of technology?