



Part 1: The Risks of Technology

The risks of technology:

1. Distraction.

Ephesians 5:15-16

Psalms 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.**

THE TECH-WISE FAMILY

Everyday Steps for Putting Technology
in Its Proper Place



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research from **Barna**



A hand holding a smartphone against a dark, textured background. The phone's screen displays a question in white text on a black background. The hand is positioned on the left side of the phone, with fingers visible. The phone is tilted slightly to the right. The background features a grid of small, light-colored dots, some of which are highlighted in a bright yellow or orange color, creating a digital or network-like aesthetic.

**Are you
defending
yourself
against the
risks of
technology?**