



Freedom from Digital Addictions

CHAD LANDMAN

Galatians 5.1



When was the last time that you can remember being **without** your phone?



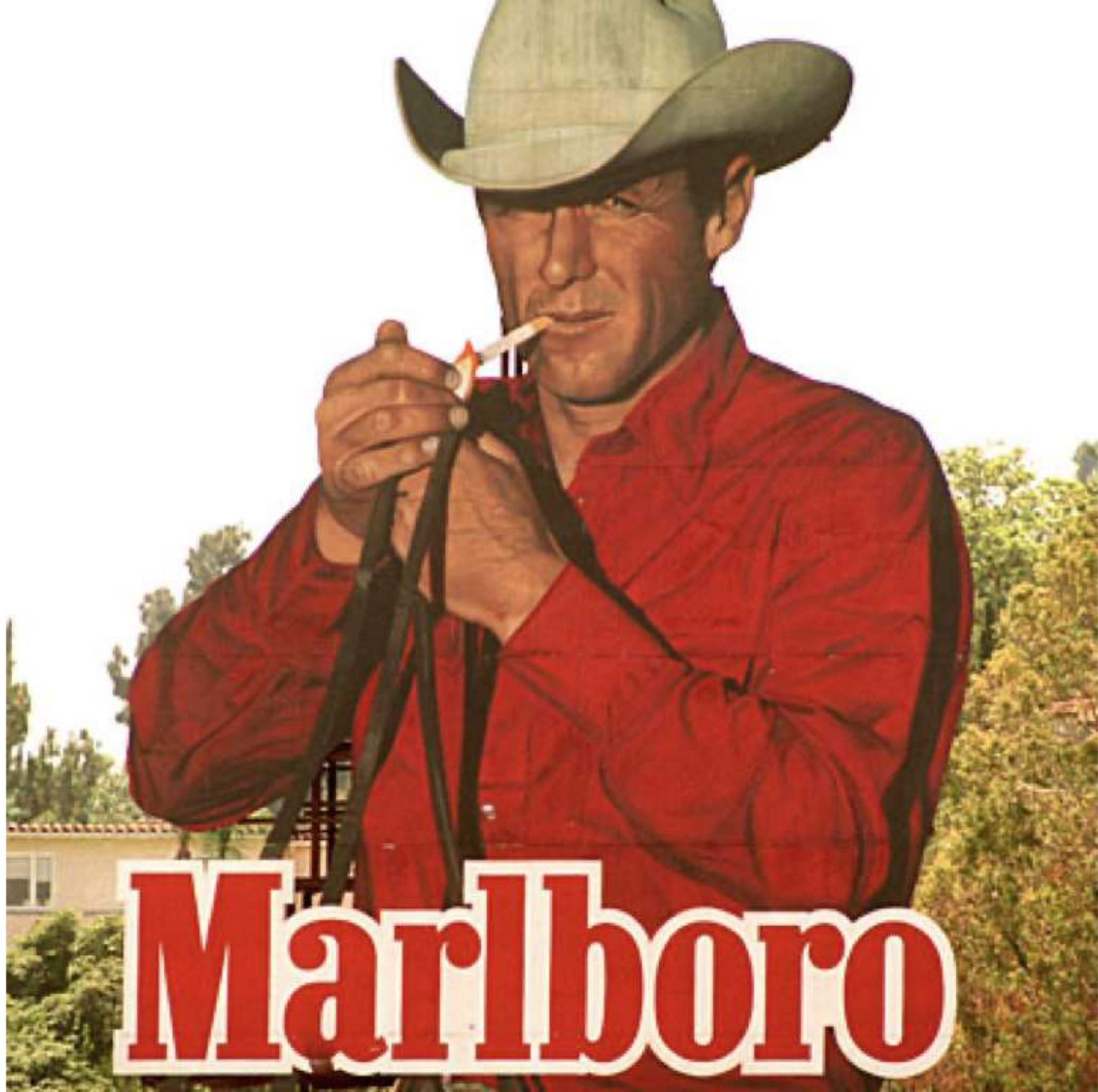
Spoiler Alert:
We're all addicted.



What our addiction actually is

What scripture says

Real steps to help us deal with it



Marlboro



1.5 Billion + users and growing

What would the Apostles done with Instagram?

What if Jesus had a YouTube account?

How would Paul have used Twitter?

...

Addictive By Design



Dr. B. J. Fogg

Founder

Persuasive Technology Lab

Stanford University

“We design machines to
change humans.”



WONDER 4 JACKPOTS!

WONDER 4 JACKPOTS!

WONDER 4 JACKPOTS!

MINIMUM JACKPOT!

WONDER 4 JACKPOTS!

GAME OF THRONES PLAY

Wild Panda \$208.12
MAGIC MIGHTY \$222.86
GRAND \$2,144.68
\$211.48
\$202.84

Wild Panda \$208.12
MAGIC MIGHTY \$218.44
GRAND \$2,131.14
\$219.15
\$212.69

Wild Panda \$233.68
MAGIC MIGHTY \$212.21
GRAND \$2,114.51
\$279.83
\$257.01

Wild Panda \$233.27
MAGIC MIGHTY \$369.66
GRAND \$2,185.38
\$267.36
\$213.40

Slot machine screen showing game graphics.

Slot machine screen showing game graphics.

Slot machine screen showing game graphics.

Slot machine screen showing game graphics.



What Scripture Says

Exodus 20.2-5

What Scripture Says

Exodus 20.2-5

Galatians 5.1

Control Your Tech
(So it doesn't control you)

Set boundaries!

Control Your Tech
(So it doesn't control you)

**Use ScreenTime (iOS)
or Digital Well Being
(Android)**

23:19



< Screen Time

Devices

Today

Last 7 Days

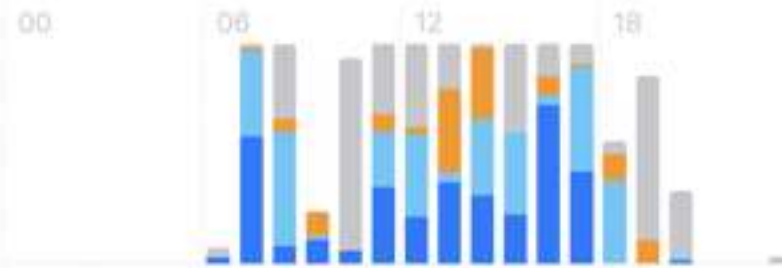
All Devices

SCREEN TIME

Today at 23:19

12h 1m

↓ 4h 30m below average



Creativity
5h 54m

Entertainment
5h

Education
2h 19m

MOST USED

SHOW CATEGORIES



Camera

4h 37m



YouTube Kids

3h 49m



Keynote

1h 38m



Photos

1h 34m



Ulysses

1h 25m



Google Maps

1h 16m

Control Your Tech
(So it doesn't control you)

**Use your phone in
greyscale
(Black and white)**

17:50



Settings



App Store



Wallet



Fantastical



Google Maps



Weather Up



Cardhop



Phone



Ulysses



Notes



YouTube



Shortcuts



Instagram



Tweetbot



Apollo



Music



Worky Work



Things



Mail



Safari



17:51



Settings



App Store



Wallet



Fantastical



Google Maps



Weather Up



Cardhop



Phone



Ulysses



Notes



YouTube



Shortcuts



Instagram



Tweetbot



Apollo



Music



Worky Work



Things



Mail



Safari





WONDER 4 JACKPOTS!

WONDER 4 JACKPOTS!

WONDER 4 JACKPOTS!

WONDER 4 JACKPOTS!

GAME OF THRONES PLAY

Wild Panda \$208.12
Mighty Viking \$222.86
GRAND \$2,144.68
\$211.48
\$202.84

Wild Panda \$208.12
Mighty Viking \$218.44
GRAND \$2,131.14
\$219.15
\$212.69

Wild Panda \$233.68
Mighty Viking \$212.21
GRAND \$2,114.51
\$279.83
\$257.01

Wild Panda \$233.27
Mighty Viking \$369.66
GRAND \$2,185.38
\$267.36
\$213.40

Slot machine screen showing game graphics.

Slot machine screen showing game graphics.

Slot machine screen showing game graphics.

Slot machine screen showing game graphics.

Control Your Tech
(So it doesn't control you)

Turn off notifications.

Control Your Tech
(So it doesn't control you)

**Delete apps that you're
using too much.**

Control Your Tech
(So it doesn't control you)

**Find opportunities to
leave your screen
behind.**

Control Your Tech
(So it doesn't control you)

**Submit to God, not some
app or false way of life.**