



The Cell Phone Crisis

Sabbath October 9th 2021

The impact of cell phone usage on



Spiritual health



Mental health



Physical health

Issues with



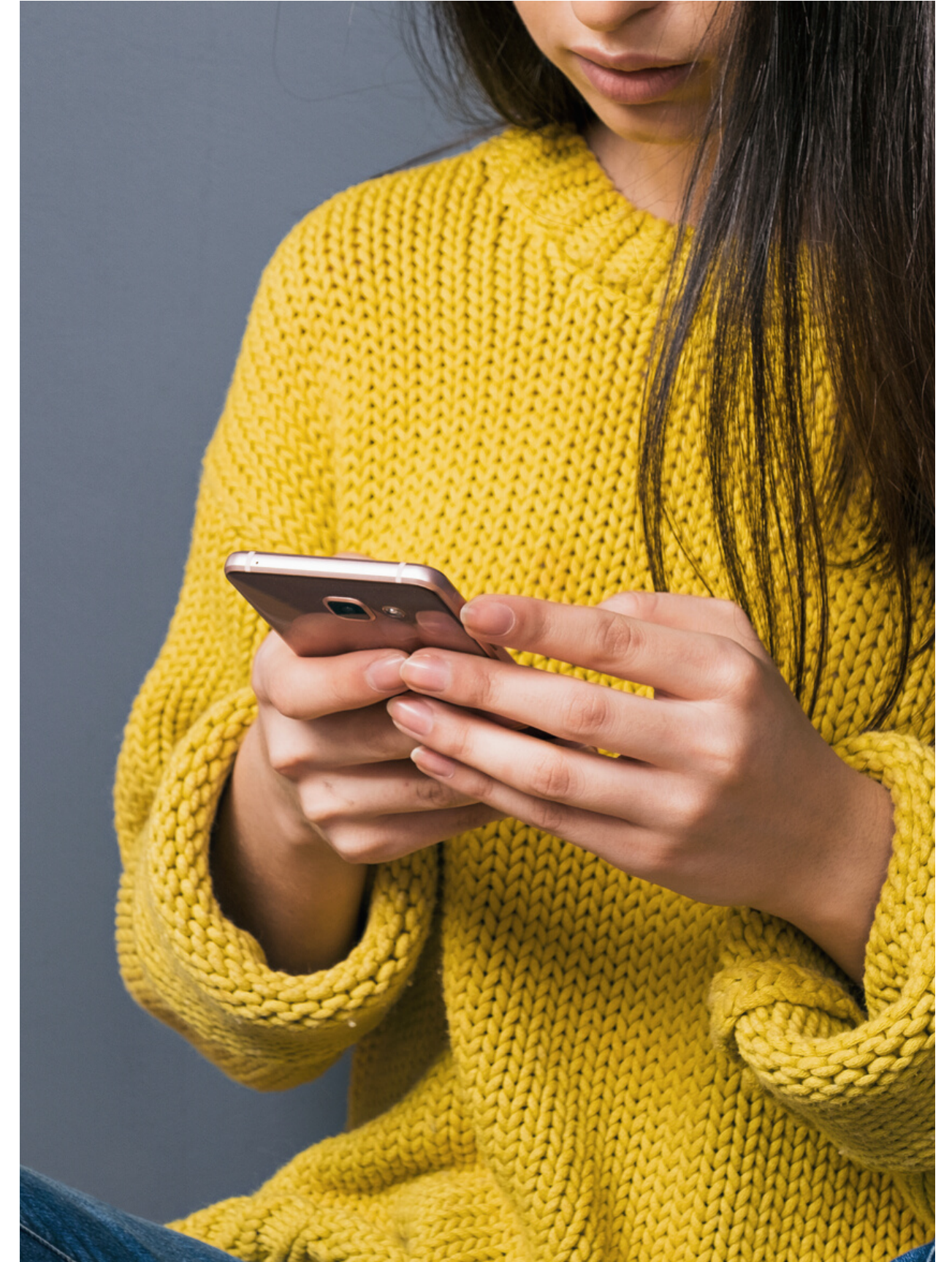
What we do with it / What do we watch or listen to



How long we use it / When we use it



How we use it



CELL PHONE IMPACT ON
SPIRITUAL
HEALTH







PSALM 101:3

"I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me."



MARK 9:43

"And if thy hand offend thee, cut it off: it is better for thee to enter into life maimed, than having two hands to go into hell, into the fire that never shall be quenched"



2 CORINTHIANS 4:4

"In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them"

PHILIPPIANS 4:8

**"FINALLY, BRETHREN,
WHATSOEVER THINGS
ARE**

**TRUE
HONEST
JUST
PURE
LOVELY
OF GOOD
REPORT**

**IF THERE BE ANY VIRTUE, AND
IF THERE BE ANY PRAISE,
THINK ON THESE THINGS."**



**WORDS
FROM THE
SPIRIT OF
PROPHECY**

“A bewitching influence seemed to be passing as a wave over our people there, and I saw that this would be followed by other temptations. Satan works with intensity of purpose to induce our people to invest their time and money in gratifying supposed wants. This is a species of idolatry

“When Satan is defeated in one line, he will be all ready with other schemes and plans which will appear attractive and needful, and which will absorb money and thought, and encourage selfishness, so that he can overcome those who are so easily led into a false and selfish indulgence.”

TESTIMONIES TO THE CHURCH.VOL. 8, PG.51- 52

**What do
we watch
or listen
to with
our
phones?**



**Does what we see or listen to help us to
develop a Christ-like character?**



CELL PHONE IMPACT ON
**MENTAL
HEALTH**





- **Lack of human contact**
- **Stress**
- **Addiction**
- **Depression**
- **Shortness of temper**
- **Sleep disorders**
- **Aggressivity**
- **Psychological problems**
- **Bullying**
- **Lack of Compassion and love**



- **Family members, friends or guests feel neglected**
- **Temptation to find attention outside of the family circle**
- **Children want to copy & spend time on the phone**
- **Children listen to what we say over the phone / Gossip**
- **Parents might seem hypocrite in the eyes of children.**
- **Children learn from our behavior and our language**

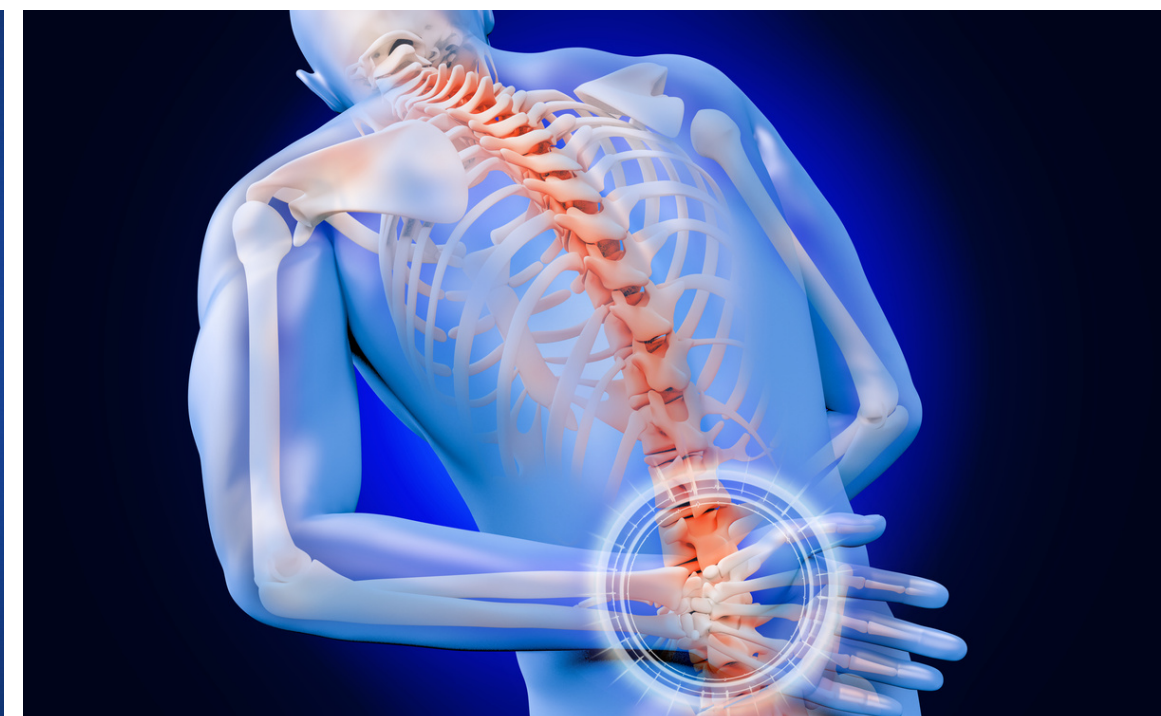
CELL PHONE IMPACT ON
**PHYSICAL
HEALTH**





**People who talk
on the phone for
several hours a
day are 50% more
likely to develop
brain cancer**

- **Back pain**
- **Neck pain**
- **Hand pain**
- **Headaches**
- **Breathing issues**



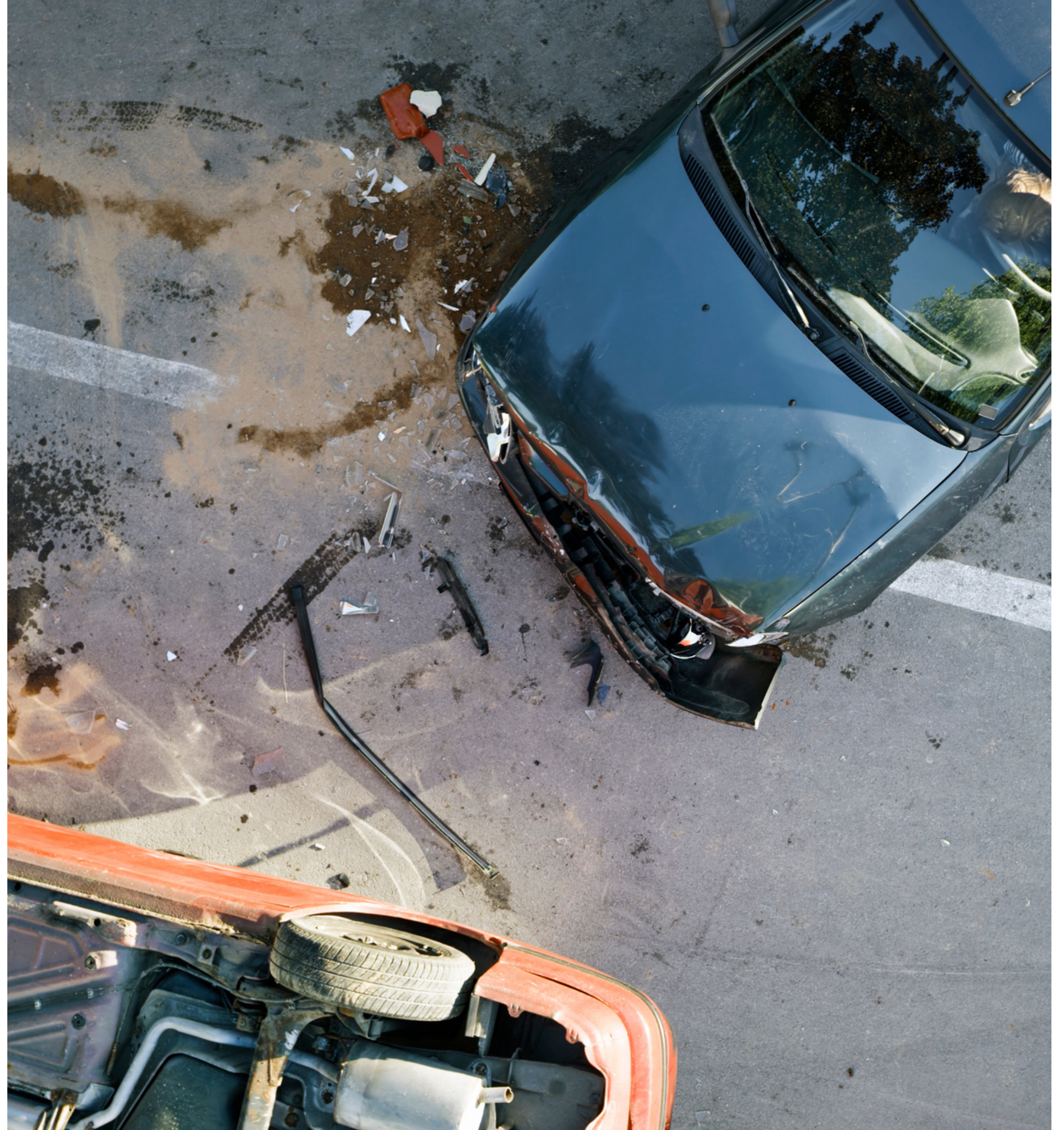


- **Blue light is harmful to your eyes**
- **Increases alertness at night**
- **Compromises alertness the next morning**
- **Sleep disorders**



Car Accidents

MENTAL &
PHYSICAL
INJURIES
AND DEATH



TIPS DURING CALLS

- **Use speaker mode or headset but not wireless headsets. Use the ones with hollow air tubes.**
- **Don't hold phone close to your head while on a call**
- **Don't wear phone at your waist, which expose hip bones to radiation**
- **Don't wear phone in pocket near heart**





GENERAL TIPS

- Switch off notifications
- Have a time limit
- Airplane mode / turn off phone
- Do a phone fast
- Stop using electronic devices 30 minutes before bed
- Put your phone away in another room
- Establish rules in your house
- Keep meal times free from cellphones
- Prioritize your relationship with your loved ones
- Most of all pray about it, God can help with any issues and addiction

Remember

1 CORINTHIANS 9:25

*"And every man that striveth for the mastery is temperate **in all things**. Now they do it to obtain a corruptible crown; but we an incorruptible."*

1 CORINTHIANS 10:31

*"Whether therefore ye eat, or drink, or whatsoever ye do, **do all** to the glory of God."*

1 JOHN 5:21

*"Little children, **keep yourselves from idols**. Amen."*

