

# “Not So” Social Media & Addiction

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**Key Verse:** *“A man without self-control is like a city broken into and left without walls.”* (Proverbs 25: 28 ESV)

No walls or boundaries describes social media. Addiction to SM is on the rise in staggering numbers. Consider these survey stats. 60% keep cell phones on—next to them in bed; 50+% check emails during the night, and the “average” person spends two hours on SM daily. That equates to more than five years of your life.

Can you imagine what your life and the church would be like if Christians spent even half that time in communion with our God through prayer or reading His Word? Talk about life-altering and world-changing! Too many people, addicted to this cultural phenomenon, allow others to overly influence or control their lives—often destructively.

**An Encouraging Word.** *Self-control* is a fruit of the Holy Spirit, given freely to those who seek it. If you find yourself among these dreadful statistics, get out now. Turn off the phone or computer and stop letting other people define you. If you are in Christ, He has clearly done so. *You are a son of the most-high God, fully loved, and precious in His sight no matter where you are right now. Your Father cares for you and wants to see you become the man He designed and accomplish all He purposed for you.*