



Devotion Guidelines:

1. Keep it short and interactive
2. Read the Scripture passage together.
3. Remember that Bible study is for application and transformation. Discuss how you and your family members will apply the lesson from the verses.
4. Pray for each other's requests and ask for God's help to apply what you have learned.

Read Together:

1 Corinthians 6:12 *“All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.”*

Talk Together:

1. How much time do you spend on your smartphone each day?
2. Discuss the benefits and the dangers of using technology and digital devices?
3. 1 Corinthians 6:12, what does *“I will not be mastered by anything”* mean?
4. What practical steps will you take to prevent or overcome digital addiction?

Conviction:

I choose not to be enslaved by digital technology. Instead, I will use it as a tool to reach out and share God's love to others for His honor and glory.

Application:

- PARENTS! Lead by example and make face-to-face interaction more important than being on your smartphone.
- Set limits on screen time.
- Have screen-free zones in your house.
- Organize family activities, embrace art, music, cooking, and go outdoors.

Pray Together:

Dear Father, may we not lose our awareness of Your presence in our life because of technology. By the power of the Holy Spirit, help us not be mastered by anything, even by our smartphones. Instead, instill in us a strong desire to seek joy and satisfaction in You. In Jesus' Name, Amen.



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