



Unsocial Media

# ASK YOURSELF

These 10 questions are taken from Tony Reinke's book, *12 Ways Your Phone Is Changing You*. They help us think through how we use our phones and the unknown impact that they have on our lives.

## ASK YOURSELF:

1. Do my smartphone habits expose an underlying addiction to untimely amusements?
2. Do my smartphone habits reveal a compulsive desire to be seen and affirmed?
3. Do my smartphone habits distract me from genuine communion with God?
4. Do my smartphone habits provide an easy escape from sombered thinking about my death, the return of Christ, and eternal realities?
5. Do my smartphone habits preoccupy me with the pursuit of worldly success?
6. Do my smartphone habits mute the sporadic leading of God's Spirit in my life?
7. Do my smartphone habits preoccupy me with dating and romance?
8. Do my smartphone habits build up Christians and my local church?
9. Do my smartphone habits center on what is necessary to me and beneficial to others?
10. Do my smartphone habits disengage me from the needs of the neighbors God has placed right in front of me?

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