  《**手机改变你的12种方式》**

2023年4月23日 托尼·瑞科 （摘录）武泽原中译

“你们若真与基督一同复活，就当求在上面的事，那里有基督坐在神的右边。” 歌罗西*3*:1

我们是蒙召作永生神的圣洁子民和君尊祭司，因祂已经籍着祂独生子的宝血拯救我们脱离永死。撒旦的技俩是把我们的注意力从神圣的呼召转移到手机上， 把属灵的精兵变得昏沉无力。我们该如何应对这个时代性的挑战？亲爱的圣徒，推荐你购阅这本书。我们的图书馆有一本，书摊有两本。愿你认真阅读，并祈求圣灵帮助你得自由。在斯巴达的时代，母亲会在儿子赴战前对他说：“提着盾牌回来——若不能够，也要躺在上面。” 温泉关战役，300名斯巴达陆兵为护守家园，奋勇地与坚不可摧的希腊大军作战，至死不渝，并在战死前的一刻报信回家， “告诉斯巴达人民：‘我已如期奋战，且奋战到底。’” 亲爱的弟兄姐妹，当死亡临近的时候，我们能否同样说出 “请告诉耶稣，我已如期奋战，且奋战到底。”？让我们拿起福音的盾牌和圣灵的宝剑，与这个时代性的诱惑奋战到底。—— 郑牧勉

1. 我们容易耽溺于干扰，且难以自拔。手机放大了我们这一软弱。
2. 手机影响着我们看待自己属灵位置的视角；我们正在逐渐丧失属灵的位份。
3. 手机不断打破身体可承受的界限，使我忽略身体对休息的需要。
4. 手机使我们无感地对待他人；我们正在变得冷漠麻木。
5. 我们渴望获得即刻的满足和赞许；手机不断地向我们满足这种需要。
6. 我们害怕被遗漏；手机帮助我们抓紧参与每一个精彩。
7. 手机削弱我们的阅读能力；我们的阅读能力正在下降。
8. 缺乏节制的使用手机会使我们越来越难以找寻终极意义；我们正在失去存在的意义。
9. 手机提供媒体输出的盛宴；我们所摄取的尽是媒体的输出。
10. 手机引诱眼目的情欲；我们正在失去眼目的约束。
11. 手机抓住我们，扭曲我们的真实身份；我们正在转变成我们在在手机上点 ‘喜欢’的。
12. 手机使我们不健康地离群和封闭；我们正在变得孤独。

 ***12 Ways Your Phone is Changing You***

*23 April 2023**Excerpt from the book by Tony Rineke*

“*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.”* Col 3:1

We are called to be a holy people and a royal priesthood for the eternal God who has saved us from eternal death with the redemption blood of His Son. Satan’s tactic is to distract us from this call. it redirects our passion to the phone, turning us into a lethargic army of God. Can we stand up to this time? Dear saints, I recommend this book for you to read. We’ve got a copy of it in the library and two in the bookstall. Read it with a humble heart and pray for the Holy Spirit to set you free. The Spartan mothers told their sons who were going to war with the invincible Greek army, “*Come back with your shield – or on it*” And the 300 Spartans stood at Thermopylae and fought to death. The eve before they died, they sent a message home, “***Tell the Spartans we have behaved as they would wish us to – and buried there.***” Dear brothers and sisters, are you able to say in view of death, “Tell Jesus I have behaved as He would wish me to”? Let us pick up the Gospel shield and lift up the sword of the Spirit and stand up to the battle of this time, and fight to the end.

*-- by Rev Zheng*

1. We are addicted to distraction. Our phones amplify our addiction to distractions.
2. Our phones splinter our perception of our place in time. We lose our place in time.
3. Our phones push us to evade the limits of embodiment. We ignore our flesh and blood.
4. Our phones cause us to treat each other harshly. We become harsh to one another.
5. We crave immediate approval. Our phones feed our craving for that.
6. We fear missing out. Our phones promise to hedge against our fear of missing out.
7. Our phones undermine key literary skills. We lose our literacy.
8. Because of our lack of discipline, our phones make it increasingly difficult for us to identify ultimate meaning. We lose meaning.
9. Our phones offer us a buffet of produced media. We feed on the produced.
10. Our phones tempt us to indulge in visual vices. We get comfortable in secret vices.
11. Our phones overtake and distort our identity. We become like what we ‘like’.
12. Our phones tempt us towards unhealthy isolation and loneliness. We get lonely.