 智能手机，智慧使用

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「所以要治死你们在地上的肢体，就如淫乱、污秽、邪情、恶欲和贪婪，贪婪就与拜偶像一样。」歌罗西书3:5

智能手机是现代文明的产物，今天我们生活的大部分都在智能手机上进行。它可以是一个祝福，也可以是一个咒诅，全在于使用者的属灵悟性和毅力。

首先，智能手机是商家赚钱的契机，它自然就成了罪恶的大闸门，许多男女老少在意志软弱时纷纷跌入欺诈、淫诱的深坑中，不能自拔。

除此以外，智能手机上形形色色的活动，使人在当尽的责任和所立的志向上分心，比如学习、工作、看顾孩子等，以致荒废学业、失去奖学金、工作无法进深、孩子发生意外等。即连基督徒也在主的召唤上分了心，无法专一爱主，持守圣洁。若不自制，分心必堕入沉迷，久迷就必贪，贪婪就是拜偶像！你看见吗？你若没有智慧，你的智能手机必反过来牢笼你！

上主日教会讲台呼吁大家一起摆脱智能手机的牢笼，从三小步开始：

1. 严拒与你的手机睡觉；
2. 早上起身第一个动作不是拿手机，而是祷告，感谢主在你睡觉时保守你，求主帮助今天的心思意念、一举一动都合神心意，像一个坐在天上的人。
3. 不要把手机带到家庭的餐桌上；吃饭是好好与家人彼此关心。

不要轻看这三小步。你若能培养这三个习惯，就会发现你开始对你的手机反奴为主了，接下来你就可以按圣灵的引导做出更大的改变。但不要以为你可以靠着自己的毅力，因为凡属灵争战都必须靠圣灵方能得胜。这是属灵的智慧。

基督徒徒父母必须从自己开始跨出这三小步，这也是属灵的智慧。以色列历史上有一个王，他遗臭万年比卖我们主的加略人犹大更甚，就是耶罗波安。他为巩固自己的政治势力，造了两个金牛犊让以色列民祭拜，导致历代的以色列儿女们都陷在拜偶像的罪中，「效法尼八的儿子耶罗波安使以色列人陷在罪里的那罪」这句话不断在《列王记》中重复。圣经每逢提到耶罗波安这大罪，必然提到他是「尼八的儿子」，显然尼八在为人父母上大大失责，所以神要他同担耶罗波安的罪，同受神的审判。

所以，为着我们的下一代，基督徒父母当先养成智慧使用手机的好习惯，在你的家中树立智慧使用手机的好文化，带着神给你的儿女，靠着神的话和圣灵的力量，成就我们的文化使命！

**Be Phone-Smart with your Smartphone**

*30 April 2023**Written by Rev Zheng translated by Ho Shiao Hong*

“*Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.”* Col 3:5

Smartphones are the product of modern civilization. Today, much of our life takes place on the phone. The phone can be a blessing or a curse – it all depends on how perceptive and determined we are.

In the first place, we must remember that businesses sell smartphones for the purpose of growing profit. Naturally, it becomes a door to sin. Many people, whether young or old, men or women, inch towards this door and in their moment of weakness, slip into the deep abyss of deception and lust; and cannot get out.

The ultra-stimulation of phones is extremely distracting. We are supposed to focus on our responsibilities and goals, like our studies, our job, our children, etc. but our attention gets scattered. Eventually, we squander our education, lose our scholarship, slack in our job, and our children get hurt, etc. We who are Christians also get distracted from answering God’s call. We do not love the Lord with our whole heart. We do not hold fast to holiness. The lack of self-control leads to distraction; distraction, obsession; and obsession, greed. And greed is idolatry! Do you not see? Be wise, or be trapped by your smartphone.

There are 3 small steps we can take to break free from the bondage of the phone. These were from the sermon last week:

1. Do not sleep with your phone.
2. When you wake up, do not reach for your phone first. Instead, say a simple prayer to God: *Dear God, thank You for keeping me safe through the night. Please help me to live this day in a kingdom way, and to please You in all I think and do and say. Amen.*
3. Do not bring your phone to the dining table. Instead, interact with and care for your family during the meal.

Do not underestimate these 3 steps. If you can cultivate these 3 habits, you will realize that you are starting to be a master to your phone. Then you can make even more changes by the Holy Spirit. Do not think that you can rely on your own strength. Every spiritual battle can only and will surely be won by the Holy Spirit. This is spiritual wisdom.

Christian parents must start with themselves to take these 3 simple steps. This too is spiritual wisdom.

Israel had a king more infamous than Judas Iscariot. His name is Jeroboam. To fortify his power, Jeroboam built 2 golden calves for Israel to worship. As a result, generations of Israelite men and women fell into the trap of idolatry. In the books of Kings, you will keep reading this phrase, “*[so and so] followed the ways of Jeroboam son of Nebat, which he had caused Israel to commit*”. Each time the Bible mentions the grave sin of Jeroboam, he is called the “son of Nebat”. Evidently, God also held Nebat responsible for the sin of Jeroboam, his son, and judged him for it.

So, Christian parents, for the sake of the next generation, we must first cultivate the good habits of being phone-smart with your smartphone. Lead the children whom God has given you, by the Word of God and power of the Spirit, to fulfil our cultural mandate!