



A Life Well Lived



Ahead

Introduction

Living Well

Suffering Well

Ending Well

Testimonies



Starting Well



“Well done, good and faithful servant.”

Matthew 25





“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”

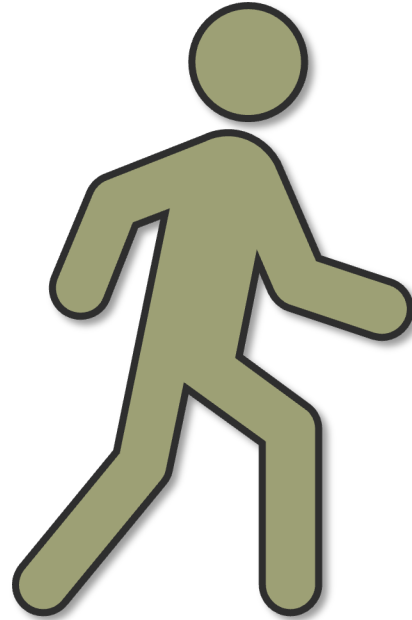
- Colossians 3:1-2





Living Well

A Life Well Lived: The Body



Living Well: The Body



Sleep



Living Well: The Body



Sleep



Food



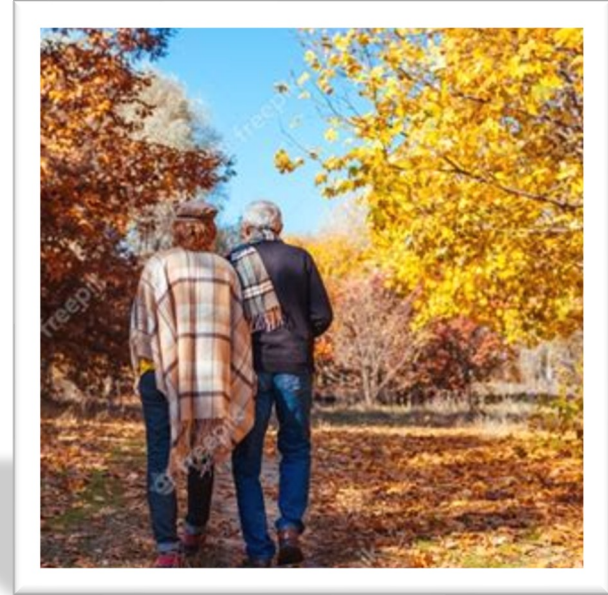
Living Well: The Body



Sleep



Food



Activity



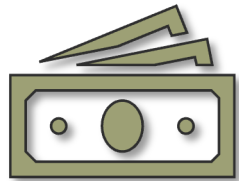


Living Well

A Life Well Lived: Our Environment



A Life Well Lived: Our Environment



Be practically mindful.

Money.

Choices.

Food.

Relationships.





Technology



Technology

“Is technology good or bad?”



Technology Neutral?





Technology Neutral?

- Smart phones... *Smart homes.*





Technology Neutral?

- Smart phones... *Smart homes.*
- *Rest is technology.*





Technology Neutral?

- Smart phones... *Smart homes.*
 - *Rest is technology.*
- *Living life* on social media.





Technology Neutral?

- Smart phones... Smart homes.
 - Rest & technology.
 - Living life on social media.
- Wheels, diagnostic imaging & ovens.





“Zilah also bore Tubal-cain; he was the forger of all instruments of bronze and iron.”

- Genesis 4:22





“And they carried the ark of God on a new cart and brought it out of the house of Abinadab, which was on the hill. And Uzzah and Ahio, the sons of Abinadab, were driving the new cart, with the ark of God, and Ahio went before the ark.”

- 2 Samuel 6:3-4





Technology's Access

- The Good: Connecting people, helpful content





Technology's Access

- The Good: Connecting people, helpful content
 - The Bad: Time wasted, unhelpful content





Technology's Access

- The Good: Connecting people, helpful content
 - The Bad: Time wasted, unhelpful content
- The Ugly: Ungodliness, wicked content, used as a “shield.”





“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

- Ephesians 4:29





“Let no corrupting talk come out of your [keyboards], but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

- Ephesians 4:29





Technology's Hold



Technology's
Hold





“Give no opportunity to the devil.”

Ephesians 4:27





“All things are lawful,’ but not all things are helpful. ‘All things are lawful,’ but not all things build up.”

- 1 Corinthians 10:23



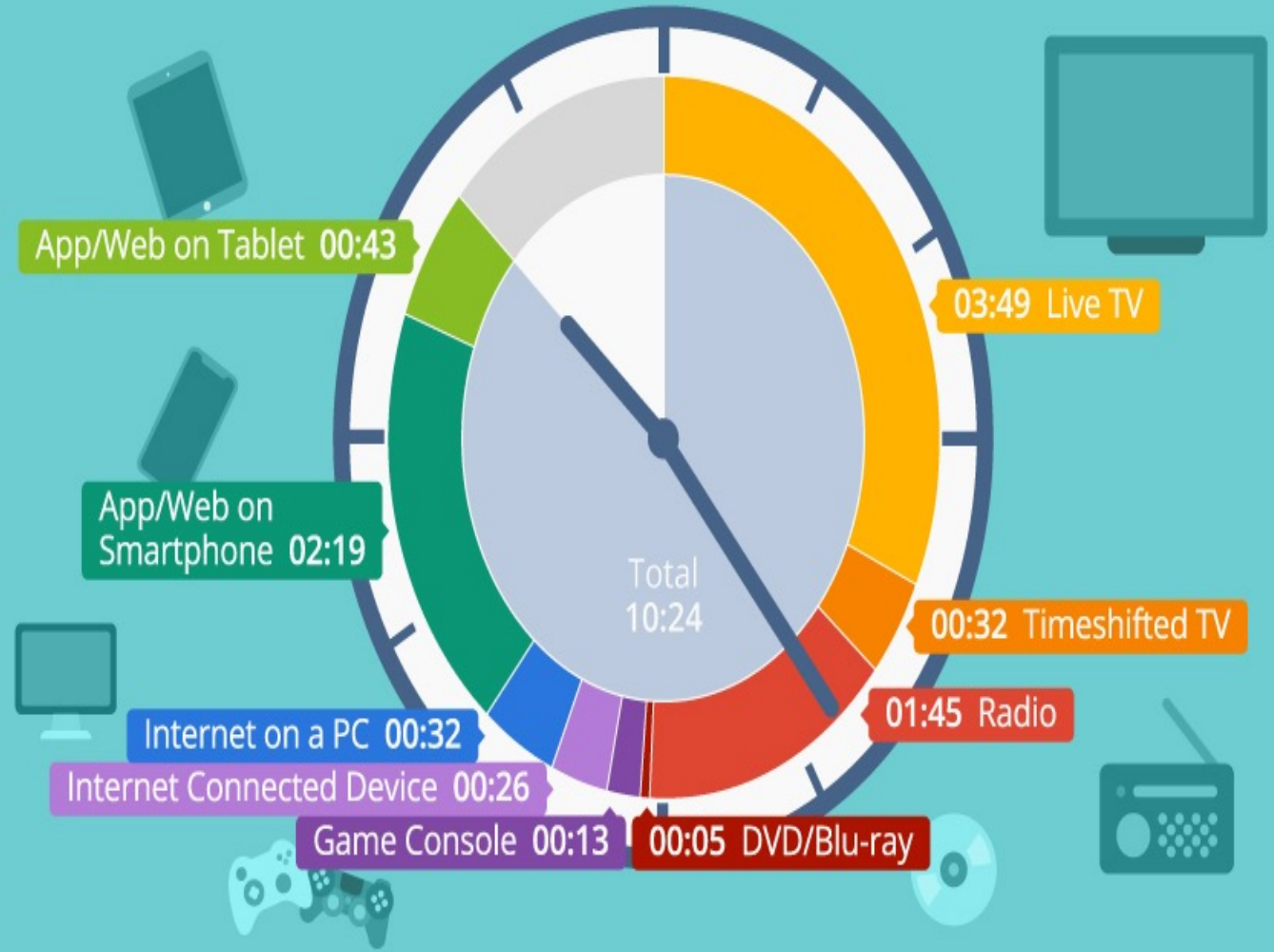


Technology's Dominance

Technology's Dominance

Always On: Media Usage Amounts to 10+ Hours a Day

Average time U.S. adults (18+) spent with electronic media per day in Q2 2018 (hours:minutes)*





Technology Saturation

- 4 hours, 21 minutes: Television (live, recorded, all forms)
 - 2 hours, 19 minutes: Smartphone
 - 58 minutes: Internet on a PC
 - 43 minutes: Tablet





Harnessing Technology





Boundaries.



- Limit screen time. Cut in half?



Boundaries.

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- Set times for TV, computer, etc.



Boundaries.

- Limit screen time. Cut in half?
- Set times for TV, computer, etc.
- Set places for technology.



Boundaries.

- Limit screen time. Cut in half?
- Set times for TV, computer, etc.
- Set places for technology.
- “What are you using it for?”



Boundaries.

- Limit screen time. Cut in half?
- Set times for TV, computer, etc.
- Set places for technology.
- “What are you using it for?”
- Consider ‘technology’ **fasts**.



“All things are lawful for me.’ but not all things are helpful.
‘All things are lawful for me,’ but I will not be dominated by
anything.”

- 1 Corinthians 6:12






Your Phone.






Your phone.

- 
- Mute your phone. Turn off your notifications.



Your phone.

- 
- Mute your phone. Turn off your notifications.
 - Keep your phone **away** from you as much as possible.
 -
 -
 -




Your phone.

- Mute your phone. Turn off your notifications.
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- Set times to 'check' email, news, etc.




Your phone.

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- **Mute** your phone. Turn off your notifications.
 - Keep your phone **away** from you as much as possible.
 - **Set** times to 'check' email, news, etc.
 - Charge your phone anywhere, **but in** your bedroom or beside your bed.



Your phone.

- 
- **Mute** your phone. Turn off your notifications.
 - Keep your phone **away from you** as much as possible.
 - **Set times** to 'check' email, news, etc.
 - Charge your phone anywhere, **but in your bedroom or beside your bed.**
 - Consider your phone plan (**usage**).

Technology: Recap



- Technology is used for *the good, the bad & the ugly*.
- Technology has a hold and can *dominate* us.
- Define technology's purpose, give it *boundaries*.
- Re-think how you interact and use *your phone*.



Upcoming.



Next Week:
Money



Questions?