

A Biblical Approach to Smartphones

Elders and Homegroup Leaders open session, 13th October 2025

Introduction

'Every once in a while, a revolutionary product comes along that changes everything'¹

- ⇒ The Smartphone is not neutral, it is a piece of technology that changes us as we use it
- ⇒ Technology has always changed us (eg. Printing press, radio, television)
- ⇒ The worst thing we can do is to regard technology as neutral

Discuss:

- How has your smartphone changed your life, for good and for ill?
- How have you seen it change life/ changing life for a younger generation?

How Smartphones Change Us

- ⇒ They have made some aspects of life easier!
- ⇒ But beware lest we become like the idolaters of psalm 115; 'those who make them become like them; so do all who trust in them'
 - Smartphones distract us mentally
 - Smartphones distract us from embodied relationships

Discuss:

- What Biblical principles/ ideas are relevant, given the way phones have/ are changing us?

¹ Steve Jobs, Apple iPhone launch, 2007

Biblical Principles

1. Listen to Jesus first (Luke 10:38-42)
2. Prioritize embodied relationships (John 1:14)
3. Use your phone in a godly way (Philippians 4:8)
4. Be a creator, not just a consumer (Genesis 9:7)

Discuss:

- How might you put these Biblical principles into practice in your life?
- What has struck you?
- What questions are you left with?

Personal Practices

- Take regular breaks from your phone
- Buy an alarm clock
- Use focus and do-not-disturb settings
- Develop a social media mission statement
- Read your Bible on paper

Conclusion

- ⇒ Smartphones should serve us, not master us.
- ⇒ Let us be formed by Christ, not by technology.
- ⇒ Let us beware that we are not, 'welcoming the frenziedness into our souls.'²

Suggested Further Reading – 12 ways your phone is changing you, Tony Reinke

² Carr, The Shallows