

THE PARENT INSIDER

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Are You Married to Your Smartphone?

Technology is evolving so quickly that many of us are barely aware of how our changing behavior threatens our most important relationships.

By Dave Boehi

You're driving down a city street and find yourself stuck behind someone going 15 mph below the speed limit. What's your first thought? That guy needs to get off his phone!

You're sitting in the stands at a high school football game. You notice that many of the students are not only ignoring the game but are also disregarding the friends seated beside them—because they are busy texting other friends.

You drive past a young boy playing basketball by himself in his driveway ... while his father stands nearby, totally absorbed in his smartphone.

Sound familiar? In the last decade, the smartphone has conquered the world. I could make a list of 50 ways that smartphones have improved our lives. But if you're like me and can remember what life was like before we all got these devices, you may wonder if all the

changes are really for the good.

Remember those days when you could go to a movie—or to church—and not worry about being distracted by ringing phones or by the white glow of someone texting a friend or checking Facebook? Remember when people didn't text while driving?

And here's one more scene we all see regularly:

You walk into a restaurant and you notice a couple seated near you. You observe that they really are not together because one or both of them are hunched over a smartphone. And you think, How sad that they aren't talking to each other. It's a picture of 21st-century isolation.

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Youth Beat: Quick Stats

- A 2013 study showed that 93.7 percent of adolescents ages 12–14 who drank alcohol got it for free the last time they drank. (National Survey on Drug and Alcohol Use 2013)
- “My friends smoke” and “I thought it was cool” are two of the main reasons those between the ages of 12 and 17 start smoking. (Canadian Lung Association)

TOP TEN MOVIES



Movies 2/10/2017 - 2/12/2017

Source: Box Office Mojo

	<u>Box Office Movies</u>	<u>Gross Income</u>
1	The LEGO Batman Movie	\$55.6 mil
2	Fifty Shades Darker	\$46.8 mil
3	John Wick: Chapter Two	\$30 mil
4	Split	\$9.3 mil
5	Hidden Figures	\$8 mil
6	A Dog's Purpose	\$7.4 mil
7	Rings	\$5.7 mil
8	LaLa Land	\$5 mil
9	Lion	\$4.1 mil
10	The Space Between Us	\$1.8 mil

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Top Ten Video Games

1. Hitman (2016) (PS4)
2. Resident Evil VII: Biohazard (PS4)
3. Hitman (2016) (XOne)
4. Yoshi's Woolly World (3DS)
5. Digimon World: Next Order (PS4)
6. Resident Evil VII: Biohazard (XOne)
7. Kingdom Hearts HD 2.8 Final Chapter Prologue (PS4)
8. Madden NFL 17 (PS4)
9. Pokemon Sun/Moon (3DS)
10. Uncharted 4: A Thief's End (PS4)

U.S. Video Game Sales Week
Ending February 4, 2017

Source:VGChartz

Celebrity Quotes

"God wants to make us people who are more interested in what he wants for us than what we want for ourselves. He will not relent until we are free from our slavery to an agenda of personal happiness."

Timothy S. Lane and Paul David Tripp, in the devotional book Heart of the Matter: Daily Reflections for Changing Hearts and Lives , pg. 358.

PRAYER CENTRAL:

Things to pray about, with, and for your kids

- Pray for our schools.
- Pray for Gospel conversations to be happening in your life and your teens.
- Pray for serving opportunities.

Prayer is vital to us! Make sure you are taking time everyday to do it and encouraging your teen to do the same!

Verse of the Month

"25 Whom have I in heaven but you?
And earth has nothing I desire besides you.
26 My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever."

- Psalm 73:25-26

God's Word is such a great reminder of so many things. No matter what life throws at us, He is still who He is. Take time to dig into His Word. Encourage your teen by sharing with them what richness you experience by being in His Word.

Cutting Edge Music:

Brantley Gilbert- "The Devil Don't Sleep"



Background: An American country music singer, songwriter and record producer from Jefferson, Georgia. He was originally signed to Colt Ford's label, Average Joes Entertainment, where he released *Modern Day Prodigal Son* and *Halfway to Heaven*. He is now signed to the Valory division of Big Machine Records where he has released two studio albums—a deluxe edition of *Halfway to Heaven*, *Just as I Am*, *The Devil Don't Sleep*, and

eleven country chart entries, four of which have gone to number one. He also wrote Jason Aldean's singles "My Kinda Party" and "Dirt Road Anthem".

What Parents should know about their new album: We've all seen cartoons and movies featuring a character with an angel on one shoulder and a devil on the other. And it turns out that's a pretty good image to keep in mind on hard-rockin' country crooner Brantley Gilbert's fourth effort, *The Devil Don't Sleep*. It's an apt title, in a couple of ways. On one hand, the album's title track laments the fact that the devil don't fight fair, that "you don't hear him creepin." Elsewhere, angelic lyrics talk about forgiveness, baptism, church, unconditional love and heaven. On the other hand, sometimes Brantley seems to cave to the devil on his other shoulder, the one who's more interested in the fleshly kinds of "heaven" we can experience here on earth. Oh, Brantley. So much good stuff here. Mingled right next to so much predictably naughty stuff, too. I love this album's emphasis on trusting God, resisting the devil, and finding forgiveness. But just as often, there's behavior on display here that's definitely gonna require God's forgiveness later.

For the full write up, visit www.pluggedin.com/musicreviews. Also, visit pluggedin.com for other

Latest Research: Dating Abuse Through Technology

As our children and teens integrate smartphones and other devices into their lives at younger and younger ages, we must become increasingly diligent in not only monitoring the way they use these devices, but in setting borders and boundaries. In effect, it is our parental responsibility to both protect our kids from being harmed, and from harming others. Researchers at the University of Texas have found that fifteen percent of sixth graders report that they have perpetrated at least one form of abuse toward a dating partner through technology. Of course, the fact that sixth graders even have dating partners is cause for concern in and of itself. The most common form of dating abuse was using a partner's social media account without their permission, and instilling fear in the partner if calls or messages were not answered and returned. Our Christian kids need to learn that they are to follow Jesus onto the digital frontier. Are you monitoring your kids and teaching them how to be digital disciples

Featured Film: Newly Released in Theater

SYNOPSIS— Beauty and the Beast —Opens March 17

Starring: Emma Watson, Dan Stevens, Luke Evans, Ewan McGregor, Gugu Mbatha-Raw

Rated PG –Peril, Frightening Images and Some Action Violence



Live-action retelling of the Disney animated classic from 1991. As before, this fairy tale centers on a young woman named Belle who is forced to live with the Beast in his enchanted castle.

For more information on the movie check out www.pluggedin.com under their media section

Check out www.pluggedin.com for more information on new

Other
Movies
in
Theaters

Title	Rating	Red Flags	Genre	Starring
Logan Opens March 3	R	Language Throughout, Brief Nudity and Strong Brutal Violence	Action/ Fantasy	Hugh Jackman, Patrick Stewart, Stephen Merchant, Richard E. Grant, Eriq La Salle
Kong: Skull Island Opens March 10	PG-13	Intense Sci-Fi Violence/Action and Brief Strong Language	Action/ Fantasy	Tom Hiddleston, Brie Larson, Samuel L. Jackson, John C. Reilly, Tom Wilkinson
Power Rangers Opens March 24	PG-13	Some Crude Humor, Action and Destruction, Sequences of Sci-Fi Violence and Language	Action/ Fantasy	Ludi Lin, Elizabeth Banks, Bryan Cranston, Becky G., Naomi Scott

Plugged in 24/7

Adjusting to new forms of technology is nothing new. Just think how telephones and automobiles changed our culture. Or air-conditioning. Radio, television, computers, and many other new inventions sparked significant changes in our culture and in the way we related to our family and friends. But the pace of change since 1995 has been breathtaking. We've seen the emergence of the internet and of mobile phones, and then the convergence of the two in 2006 with smartphones. We can now be plugged in wherever we are, 24/7. The technology is evolving so quickly that most of us are barely aware of how our behavior is changing and our relationships are affected. As one reader wrote after I wrote about this issue a few years ago, "These mobile devices can take over your life." Another said, "I understand technology has its advantages, but we are being ruled by the technology rather than using it as a tool." A number of readers were dismayed at how addiction to the new technology was affecting their marriages. For example:

- "I'm usually the spouse waiting for my husband to get off the cell, iPad, Instagram, text messaging, Facebook, or some other game that has him hooked. I'm tired of having my conversations through text messages and would enjoy an old-fashioned conversation face-to-face. But the truth is we barely have anything to say to each other anymore."
- "My husband and I have struggled for the last 25 years of our marriage with conversation, but what has happened now is Facebook has taken over. If dinner isn't ready when he comes home, he's on Facebook until it is. Every morning he gets up and hits Facebook to see who's been on. Sadly he does not see it as an issue. And I fear I am not alone in this."
- "I am one of those people at the restaurant with her spouse, waiting and feeling lonely. My husband is always looking at his phone, checking his email or his bank account, his Facebook, and his texts. I just sit waiting and thinking to myself, *Why am I not good enough for him? Why does he have to be entertained by everyone and everything else?* It deeply depresses me and he just cannot understand my point of view."

Replacing conversation with connectivity

Some people gravitate toward texting or Twitter for communication just as they did years ago toward e-mail—it's simpler, faster, easier. What they don't realize is how much is lost in those mediums—emotion, facial expressions, tone of voice, and much more. It can be dangerous to replace conversation with connectivity. One woman wrote about problems in her marriage: "... many arguments occur because of something that was texted and was misunderstood by one of us. Today my husband texted me after refusing to have a conversation last night. I thought the tone of his text was ugly and didn't respond. Later he texted me asking why I didn't respond and I said I would rather talk than text because texting can be misunderstood. His response was 'I enjoy texting. Speak message. Little emotion. Can get right to point.'" What a classic quote, and so typically male: "I enjoy texting. Speak message. Little emotion. Can get right to point." The problem is that real relationships require real conversation and real emotion. Digital connectivity is missing one crucial element: true connection. "When we text, e-mail, Face-

book, and the like, we lose a vital piece of relationships: the emotional connection," wrote another reader. "Without the sound of our voices, the body language, the touch, we as humans lose what God intended to be a vital part of how we are supposed to relate and a vital part of how we are supposed to receive love and be in communion with others."

Household rules

It's not that the technology is inherently bad; far from it—it helps us connect with people in many positive ways. The problem is that so many people are unable to control it. It's as if they are married to their smartphones. I received some great tips from readers about the boundaries they were implementing to promote face-to-face communication in their marriages. Here are some highlights:

- 1. No devices at the dinner table.** This was mentioned many times in e-mails. Dinner time should be reserved for face-to-face conversation. There will be plenty of time after dinner to reply to phone calls and text messages. One family calls this rule "TTT—Timeout from Technology at the Table."
- 2. No technology on dates.** "My husband and I have made a deal for date nights," wrote one wife. "He is way too plugged in to TV and his phone. Therefore, when we are out at restaurants, we are not allowed to use our phones unless it is a call from the babysitter. Also we do not go to restaurants that have televisions because he will be too distracted, and I will be mad that he is not totally engaged. We all need to find time daily to disconnect from all the information and reconnect with our families with good 'old-fashioned' conversation." Another reader said she and her husband leave their phones in the car before they enter a restaurant.
- 3. When you have something important to talk about, do it in person. No texting or talking on the phone.** One reader said, "There is a huge gap in a 'conversation' when texting because you don't fully understand what that person really means unless you hear the tone in their voice or see their face, and a lot can be taken the wrong way, creating bad feelings, etc."

Love the one you're with

All these boundaries establish a strong value for your marriage and family: *When you're with someone, make that relationship your priority.* Establishing this value will require some retraining if anyone in your family is addicted to their devices. But keeping them in their rightful place will, in the words of one reader, "open up the door to more intimate communication." I also liked the comment from a reader who pointed out, "Anything that becomes a necessity has the ability to become an idol." In other words, you can become so attached to your smartphone that it basically becomes the most important thing in your life, something you worship. "Life is too short," this reader said. "Let's not invest what little time we have in meaningless endeavors."

Article found at www.familylife.com

Youth Group News

Events

Movie Night- On March 3 from 6 pm to 10 pm we will be having a movie night. There is no cost and we will have pizza, popcorn and drinks. The youth have a choice between three different movies – Trolls, Secret Life of Pets and Miss Peregrines Home for Peculiar Children.

Dare2Share- This youth conference that teaches kids about evangelism is March 17-19. We still have a few spots available. Cost is \$20 for the tickets and money for 3 meals. We will be meeting at the church at 1 pm on March 17th to leave. We will be staying at Pathway Church in Troy, IL, a suburb of St. Louis. We will be leaving after lunch on March 19th to return.

News

Mission Trip- We will be heading to Nashville, TN for mission trip this year! Cost is \$350 plus spending money. The fundraising schedule is out. Copies are in the youth room and online. If anyone wants to help with the fundraisers, even if they aren't going, we definitely welcome that!

Trivia Night- Our annual trivia night and silent auction will be on April 1. We are currently looking for businesses and organizations to donate to it. Also, start getting tables together! You can sign up in the commons.

Disciple Now Retreat- Our Spring retreat will be April 28-30. Cost is \$30. This retreat will be in host homes from members of FFC. We will gather together at time for group activities and worship. The theme for the retreat is “Imitator”.

On the Horizon

Trivia Night- April 1- Trivia fundraiser for mission trip.

Disciple Now- April 28-30- Discipleship Retreat that takes place at FFC. Cost is \$30.

Grad Banquet- May 20- Our annual banquet to honor our graduating seniors. Starts at 6 pm.

Youth Group Teaching Schedule

March 5: **Salt-** Why does God let bad things happen?

March 12: **Salt-** What makes for good relationships?

March 19: **Study of Psalms-** Psalm 1

March 26- **Study of Psalms-** Psalm 23

Youth Culture Music Artists Top Ten

All information for Radio Airplay was for the week of 2/14 from Mediabase.

Rank	Radio Airplay
1	MGK X Camila Cabello – Bad Things
2	Ed Sheeran – Shape Of You
3	Alessia Cara – Scars To Your Beautiful
4	Zayn/Taylor Swift – I Don’t Wanna Live Forever
5	Maroon 5 – Don’t Wanna Know
6	Ariana Grande – Side To Side
7	Rihanna – Love On The Brain
8	The Weeknd – I Feel It Coming
9	Shawn Mendes – Mercy
10	The Chainsmokers - Paris

M A R C H 2 0 1 7

S U N	M O N	T U E	W E D	T H U	F R I	S A T
			1	2	3 Movie Night @ 6	4
5 Sunday School @ 9:30 am VBall @ 1 pm Youth Group @ 5:00pm	6	7	8	9	10	11
12 Sunday School @ 9:30 am Youth Group @ 6:00pm	13	14	15	16	17 Dare2Share	18 Dare2Share
19 Sunday School @ 9:30 am Youth Group @ 6:00pm	20	21	22	23	24	25
26 Sunday School @ 9:30 am Youth Group @ 6:00pm	27	28	29	30	31	

Youth Trends: "Selfies, Self-Esteem and Satisfaction"

The word selfie wasn't even a part of our vocabulary fifteen years ago. Now, selfies, selfie-taking, and selfie-curating are taking up huge amounts of our time. For our kids who have been born into our self-obsessed culture, taking and posting selfies is a part of their daily routine. Researchers are now discovering that we are spending lots of time viewing other people's selfies. The result is not benign. It seems that the more a person views their own and other's selfies, the lower their level of self-esteem and life satisfaction. Of course more research needs to be done on why this is, but we can speculate that we are basing our value and worth on how our selfies and the online response measures up to the amount of likes and comments posted on other people's selfies. Why is it that we are so obsessed with comparing ourselves to others? Parents, we must teach our kids to live to the glory and honor of the audience of one. That would reduce so much pressure.

Source: CPYU