



Your account has been locked

We're sorry to announce that due to new Australian laws, Snapchatters under 16 can no longer access Snapchat.

If you're 16 or older, you can verify your age to unlock your account. Otherwise, you can download your data to access your Memories until your account is unlocked. We look forward to seeing you back on Snapchat when you're 16!

Learn more about the [Social Media Minimum Age law](#).

[Verify your age](#)

Spain, Greece weigh teen social media bans, drawing fury from Elon Musk

By Reuters

February 3, 2026 2:24 AM MST · Updated February 3, 2026



'Our children's brains are not for sale': Macror says France to fast-track social media ban for under-15s

JAN 25, 2026

By Pierre P Bairin, [Christian Edwards](#)



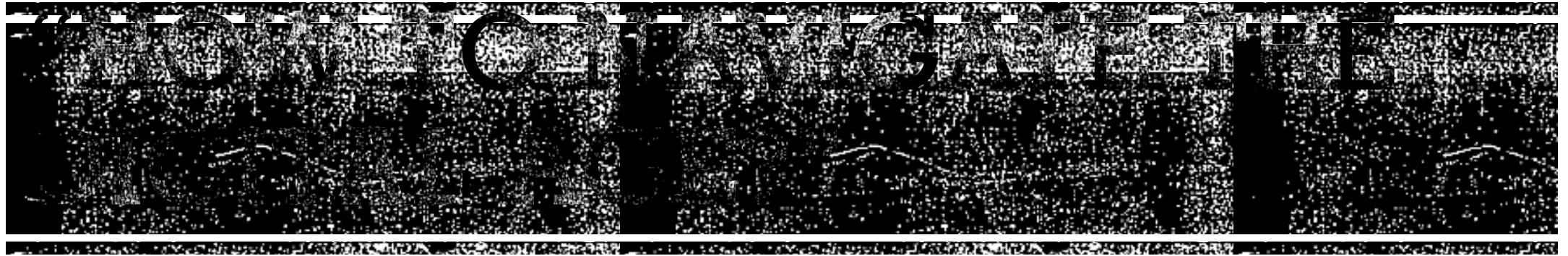
Growing calls in India to restrict children's social media use

2 days ago

Abhishek Dey

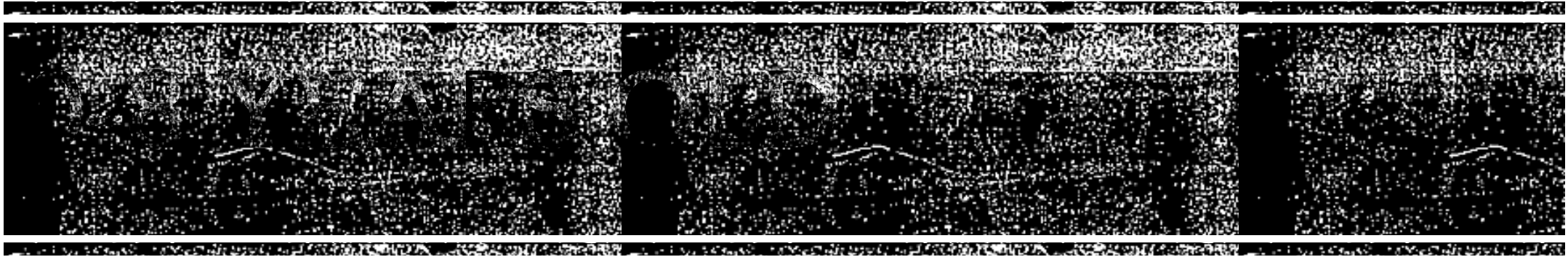
Guwahati





- Parents and Governments Are Wondering
- They Aren't Alone
 - Children
 - Teens
 - Adults
 - Seniors





2025

The Common Sense Census:

Media Use by Kids Zero to Eight

 common sense®

- 51% - Have a Cell Phone or Tablet¹
- Average Screen Time / Day
 - Under 2 – 1:03
 - 2-4 – 2:08
 - 5-8 – 3:28





- **Device Usage 9-12 Years**
 - 4.87 hours/day²
- **Device Usage 13-17 Years**
 - 5.29 hours/day³



“Fully 35% of teens say they are using at least one” social media platform “almost constantly.”

BY GENERATION – HOURLY USAGE ⁵

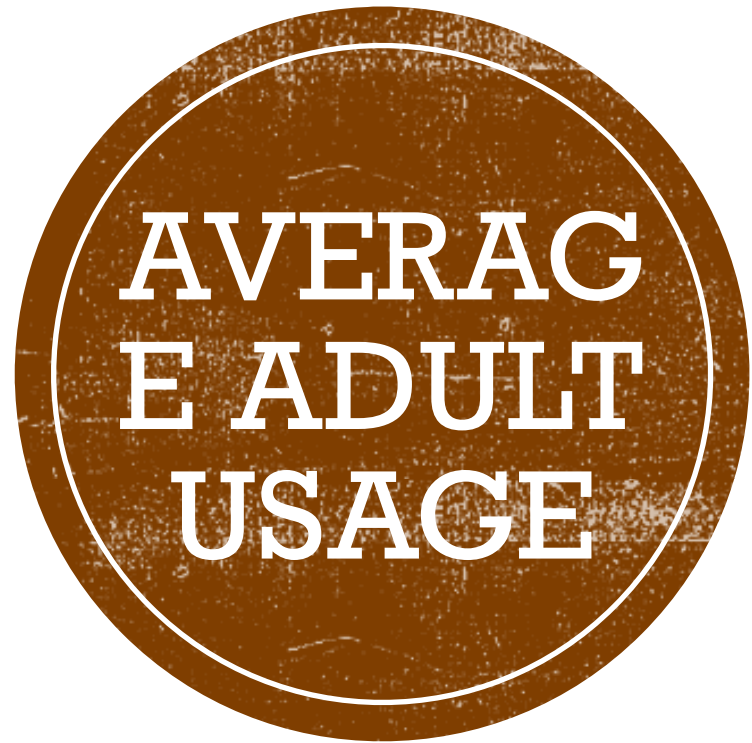
Gen Z (14-29) – 3:38

Millennials (30-45) – 2:30

Gen X (46-61) – 1:50

Boomers+ (62+) – 1:00





- **North America**
Adults ⁶
 - 2:13 Day
 - 34 Days / Year

Average Time Spent In a Lifetime

ETACTICS.COM/BLOG/SELF-CARE-IDEAS



1 Years, 8 Months
Doing Housework



1 Years, 11 Months
Socializing



2 Years, 2 Months
Shopping



3 Years, 7 Months
Eating & Drinking



6 Years, 8 Months
Using Social Media



8 Years, 4 Months
Watching TV



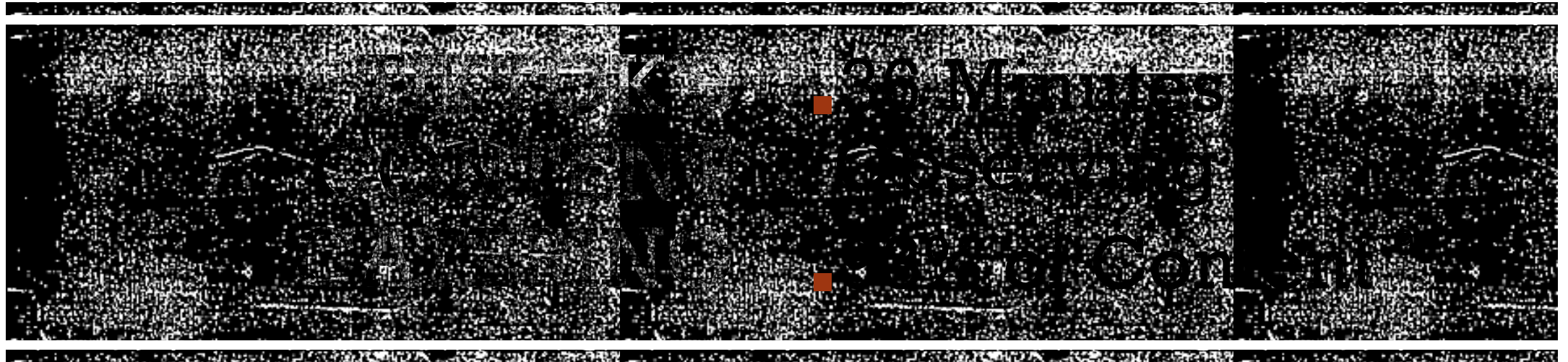
26 Years, 5 Months
Sleeping

WHAT'S THE HARM?

- **Business Model**
 - Keep Users Engaged
 - Sell Pin-Point Accurate Advertisements
- **How?**
 - Know Individual Users Intimately
 - Keep Feeding Engaging Content



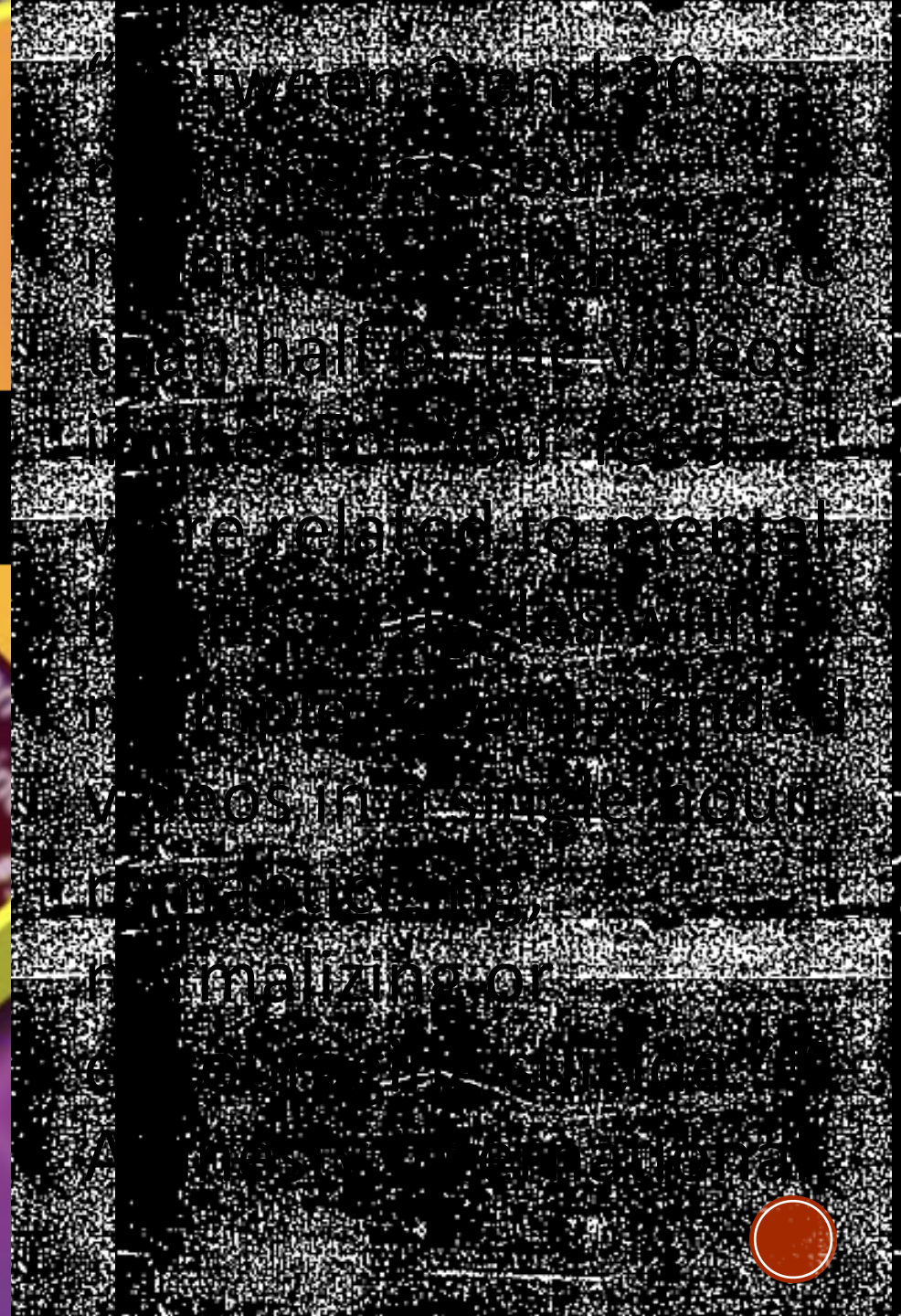
TikTok



DRIVEN INTO THE DARKNESS

How TikTok encourages self-harm and suicidal ideation

TAKE ACTION



UT PASTOR PURSUES NFL DREAM



■ Corroborate Information

■ Don't Close

■ Don't Believe

■ Admit When You Get



THOSE WHO
HOPE IN THE LORD
▶▶ WILL RENEW ◀◀
THEIR STRENGTH.
THEY WILL SOAR ON WINGS
LIKE EAGLES.

ISAIAH 40:31

ChristianQuotes.info

Nine of the top
20 Christian Facebook

pages were pulled by
another way not used

before. The MIT
Technology Review



MAY

Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Wanted: THE

1. Count the Cost

Ps 90:12 - So teach us to

number our days

that we may gain wisdom

- Count the Cost

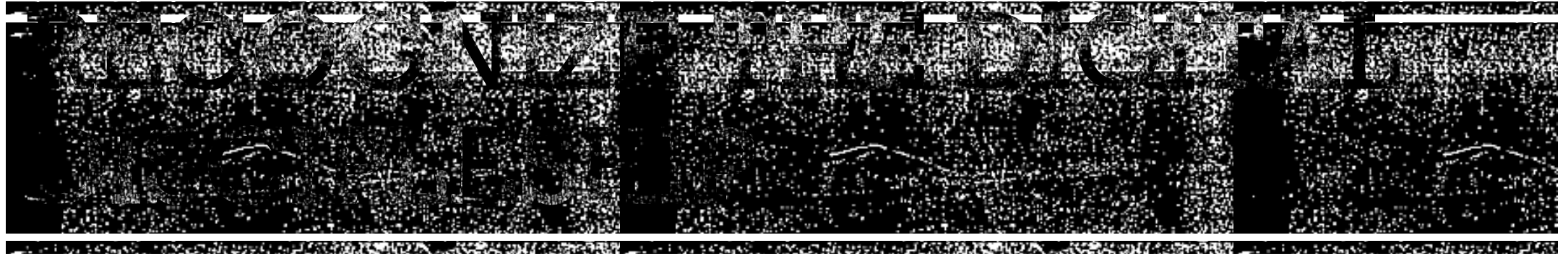
- Count the Cost



RECOGNIZE THE DIGITAL DISCIPLESHIP

“Artificial intelligence—using neural networks and sophisticated machine-learning algorithms—is shepherding my church *into* the valley of the shadow of death.” (*I Lost My Mom to Facebook*)





- “Your scrolling is not neutral. You are becoming something. Your search history tells a story about your soul.” (*The Scrolling Soul*)
- “We cannot help but be shaped by what we look at. Social media forms malleable humans into an image.” (*Digital Discipleship*)



What is discipling your soul?



EXAMPLE #1 – 15 SECOND THEOLOGY

■ Greek Orthodox

- Argument from Tradition (Church Fathers')
 - First sign: Started wearing head coverings for the wife (claiming tradition + exegesis)
 - Second sign: Not taking communion (Church fathers believed in the real presence, NOT remembrance)
 - Third sign: Sola Scriptura could not be trusted (Bible + Fathers)
 - Fourth sign: Try to convince others of the same



EXAMPLE #2 – 15 SECOND THEOLOGY

■ Reformed Theology

- Argument from Tradition (Church Reformers)
 - First sign: Willingness to separate over 5 points of Calvinism
 - Second sign: Unwillingness to accept the “traditional markers” of what it means to be “reformed”:
 - Covenant Theology
 - Christological interpretation of the OT
 - Paedo Baptism
 - Amillennialism
 - Adherence to Creeds and Confessions



EXAMPLE #3 – 15 SECOND THEOLOGY

■ Eschatology

- Growing US, Anti-Israel Sentiment: Tucker Carlson/John Rich, Ted Cruse, Doug Wilson; etc.
 - First sign: was a separation of long-term service in the church
 - Second sign: a willingness to separate over an assumptions with no counsel from the elders.
 - Outcome: Left the church family they knew, love, and served for years





- Engage Now
 - Engage with the pastors in your life
 - When trials hit your life and family – what number are you going to call?





- Don't Replace the Local Assembly
 - Participate / Engage / Grow
- Submit to and Know Your Elders (Heb 13:7, 17)
 - Remember and imitate (Heb 13:7)
 - “As those who keep watch over your souls” (Heb 13:17)



CONCLUSION

- Who/what is discipling you and your children right now?
- What habits are shaping your loves?
- What would change if Scripture formed you more than your feed?



CITATIONS

1. <https://www.common sense media.org/sites/default/files/research/report/2025-common-sense-census-web-2.pdf>
2. Andy Crouch, *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place* (Grand Rapids: Baker Books, 2017), 128.
3. Andy Crouch, *The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place* (Grand Rapids: Baker Books, 2017), 128.
4. <https://www.statista.com/statistics/1324245/children-owning-an-electronic-device-at-home-by-type-us/#:~:text=Activities%20performed%20on%20electronic%20devices&text=In%202021%2C%20children%20aged%20between,84%20minutes%20per%20day%2C%20respectively.>
5. <https://www.broadbandsearch.net/blog/average-daily-time-on-social-media>



CITATIONS

6. <https://www.broadbandsearch.net/blog/average-daily-time-on-social-media>
7. **2025 Article** - <https://www.broadbandsearch.net/blog/average-daily-time-on-social-media>
8. <https://www.nytimes.com/2021/12/05/business/media/tiktok-algorithm.html>
9. https://www.amnesty.org/en/latest/news/2023/11/tiktok-risks-pushing-children-towards-harmful-content/?utm_source=chatgpt.com
10. <https://www.technologyreview.com/2021/09/16/1035851/facebook-troll-farms-report-us-2020-election/>
11. Crouch, *The Tech-Wise Family*, 170.

