

DIGITAL REHAB:
Learning to Live Again in the Real World
By Brad Huddleston

Rescuing Our Children from the Digital Culture

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Books:

Digital Cocaine: A Journey Toward iBalance

Digital Rehab: Learning to Live Again in the Real World

My Stand on Technology

1 Corinthians 6:12

Understanding Digital Addiction

Emotionally numb: Anhedonia

(*Thrilled to Death* by Dr. Archibald Hart)

“Spending two hours on a game station is equivalent to taking a line of cocaine in the high it produces.”

-Steve Pope

Adult Video Gaming

Global average age of a video gamer is _____

Teen/Pre-Teen Video Gaming

Yes, it is possible for a child to recover from video game addiction!

“I strongly recommend _____ video gaming in any amount, _____. It’s simply not worth the risk.”

Moms and Smartphones

John 8:32

Digital Addiction Symptoms

- Anger/Aggression
- Anxiety/Depression
- Irritability
- ADHD/ADD
- Sleep Loss
- Emotional Numbness

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The Metaverse:

Online avatar - someone you create to represent you online

"The Metaverse cannot become a second life, it's at best going to become an imprisoned reality."

Satan is attacking our identity-

In schools

Online

Navigating The Woke World

Furry Fandom

1 Corinthians 15:33

2 Corinthians 6:17

Definition of wokeness:

"The state of being consciously aware of and "awake" to the hidden, race-based injustices that pervade all of American Society; this term has also been expanded to refer to the state of being "awake" to injustices that are gender-based, class based, etc."

- Christianity and Wokeness by Owen Strachan

Live Not by Lies by Rod Dreher

Generation Z: those born between 1997 - 2012

1 in 6 Gen Z identifies as LGBTQ

Solutions

If you are addicted, you MUST detox first - In other words, if you are addicted, strategies to balance tech use will not work.

- _____ to _____ weeks to detox
- _____ screens at all, including television.
- Then return to limited technology. You cannot go back to the way things were.

2 Corinthians 6:17 - Separation, holiness, set apart for God's use

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Replace all addictive activities with analog activities:

Enjoying peace of mind, worship, outdoor activities, Scripture reading, and being with family and friends face to face.

Remove _____ technology from bedrooms. Use a traditional alarm clock.

You learn more when you read from paper instead of a screen.

All family members use the same social media accounts.

No music while studying and sleeping.

Be finished with all screen time _____ hours before bed.

_____ screen time before school.

Replace all smartphones with dumb phones.

DELETE TikTok FOREVER.

NEVER watch anime.

Ask your children and grandchildren if they are an ALLY to any persons or groups on social media.

_____ play video games _____.

Replace all video games with board and card games. And don't sell your video games. Otherwise, you are a drug dealer.

Replace all electronic babysitters with humans.

Get out in nature. A LOT.

Exercise A LOT.

Ask God to replace all of that wasted time with an unquenchable thirst for His Word and His presence.

Read as many good Christian books as you can get your hands on and ask God to reveal Himself to you.

Make a complete and detailed list of all of your technology uses. Then take that list before the Lord and talk to Him at length about each item on your list.

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Our Ultimate Purpose

To lead young and old to Christ and then disciple them with the Scriptures, line upon line.

Gospel Illustration

Bus driver

Deuteronomy 11:19

Closing Prayer

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

Romans 12:2



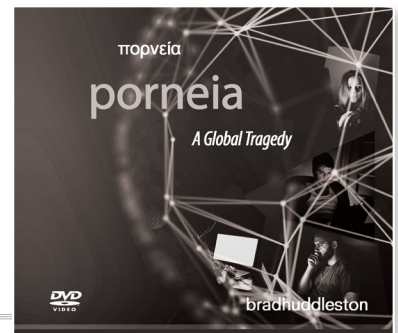
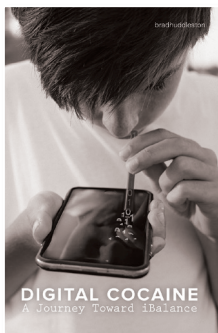
Brad Huddleston

Brad Huddleston is an internationally respected speaker, consultant, teacher and author on the important issues such as technology and culture. He has worked with universities, schools, churches and law enforcement, and spoken to tens of thousands around the world on both the advantages of well-used technology tools and the dangers of the growing trend toward technology addiction. Brad has an on-going collaboration with the Bureau of Market Research (BMR) and its Neuroscience Division at the University of South Africa. Brad has a degree in Computer Science and a Diploma of Biblical Studies. He's also a frequent guest on radio and television and author of *Digital Cocaine: A Journey Toward iBalance* and *The Dark Side of Technology: Restoring Balance in the Digital Age*. Brad's most recent book is *Digital Rehab: Learning to Live Again in the Real World*.

These resources and others can be found at www.bradhuddleston.com/shop

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