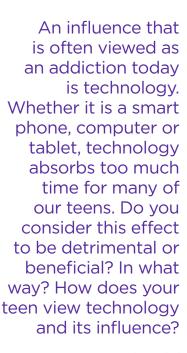
Struggling with the Influence of Technology*

By Dr. MaryAnn Waldon



*BALANCE BIBLE STUDY Christ Filled Living with Adolescents, Chapter Three, by Dr. MaryAnn Waldon, #LWML20442 Dr. MaryAnn Waldon, a retired professor, is an active LWML member at her home church, Hope Lutheran, in Friendswood, Texas. She is married, has five children, two step-children, 12 grandchildren and 13 great grandchildren. She has a bachelor's and master's degree from the University of Nebraska and a doctorate from the University of Houston.



Opening Prayer: Dear Lord, we ask Your Holy Spirit to be our guide as we deliberate a current issue in our society and its influence on our teens. Help us use wisdom in determining what is detrimental and what is useful in technology. We know that deliberation and insights given through Your Word will provide knowledge that we can use with our teens. We ask this in Jesus' name. Amen.

Read **Proverbs 15:21**. What does this passage say that could be applied to technology?

What do **Proverbs 15:14** and **Proverbs 23:12** indicate about the use of technology? What do you think is the parent's responsibility?

Read **James 1:14–15**. What does this passage indicate might be promoted through various uses of technology? Name some possible consequences.

Technology can be a valuable tool in learning, but it can be a detriment also. Parents need to be wise in guiding the use of technology by their teens.

Did you indicate pornography as one of the temptations? Read **Proverbs 16:25**. What is the warning in this passage?

Teens might be encouraged to do sexting. What do you know about sexting? To what do you think sexting might lead?

Remind your teen how thoughts lead to actions. Read **Philippians 4:8–9**. What kind of actions are we counseled to perform?

Another serious danger is the use of technology in the bullying of your teen, or your teen bullying another teen. This is called cyberbullying. On the following page, list steps you might you take if you should find this happening.

	In John 8:3–11 , what example does Jesus give us? What other instances of His compassion and gentle guidance do you remember from your reading of Scripture?
If your teen is being bullied, how can you support or encourage him or her?	
Suggest ways a parent might help build a teen's self-concept so that bullying can be resisted and ignored.	Instruction is given in Hebrews 12:1 that is excellent advice for a parent. How could you apply this to the example you set and to your teen's life and activity?
How could you apply Proverbs 16:23–24 in helping a teen gain a better self-image?	Always turn to the Lord in prayer. He is your constant strength and will provide wisdom as you assist your teen. Draw strength from His church, His Sacraments, and His Holy Word.
The support and love of a parent give a teen armor against	Proverbs 19:18a is very direct about a parent's responsibility. How do you understand these words?
bullying. Together different solutions may be found. According to Hebrews 13:6 , whose support do we always have?	Another passage also provides a caution. Read Proverbs 11:14. If we interpret discipline as guidance, then we must consider how important the role of the parent is in shepherding the use of technology.
Parenting is never easy, but it can be especially trying for parents of teens. At times our frustration and anxiety levels are very high. What encouragement and hope do Psalm 31:21–24 and Romans 15:4–5 provide?	If supervision is not given, the use of technology and social media can lead to regrettable circumstances with consequences which affect both family and friends. What encouragement does Proverbs 16:20–21 reiterate for a parent?
Even though you trust your teen, it is wise to use caution and check on behavior that appears questionable. Knowing your teen better than anyone else, you can discern much by paying close attention to subtle clues and observing changes in behavior. Always be aware of what your teen is viewing.	Careful attention to the use of technology and monitoring access to social media in a teen's life will allow technology to be a beneficial resource for learning and communication rather than a detriment to self-esteem. However, parents must be able to discern how the teen is using technology. Parental guidance makes the difference.
If you find that your teen has succumbed to temptation and has used technology in a detrimental way, reread the words of our Lord in Matthew 6:14 . What are we to remember when we make mistakes? Read Galatians 6:1 . Describe your thoughts from this	Closing Prayer: Dear all-knowing Lord, difficult days may come into our lives when constant new discoveries occur in technology. Sometimes technology appears and changes so fast that we are not even aware of it before our teens are using it in their lives. Give us the wisdom to determine what is beneficial and what is detrimental. Help us to guide our teens in the wise use of technology. Strengthen us to offer protection, through discipline, should it become detrimental in their lives. We trust Your loving guidance and rely on our
passage as they apply to your teen. How do you interpret the words, "restore him in a spirit of gentleness?"	Savior, Christ Jesus. Amen. Closing Hymn: Sing or say together "Oh, That the Lord Would

Guide My Ways" (LSB #707; LW #392; TLH #416).