



INTERNET ADDICTION

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.”

— 1 Corinthians 6:12



INTRODUCTION

In today's world, the internet has become a major part of our daily lives. We use it for school, entertainment, communication, gaming, social media, and learning new things. While the internet can be very helpful, it can also become dangerous when it begins to control how we live.

Internet addiction happens when a person develops an obsessive urge to spend too much time online, causing them to neglect important parts of their lives, such as their relationships, schoolwork, responsibilities, health, and personal growth. What may begin as "just a few minutes online" can slowly turn into hours of endless scrolling, gaming, chatting, or watching videos.



BACK GROUND

Many teenagers do not realize they are becoming addicted until they start losing focus in school, avoiding family and friends, sleeping late, or feeling anxious without their phones or internet access. Internet addiction can affect a person mentally, emotionally, physically, socially, and spiritually.

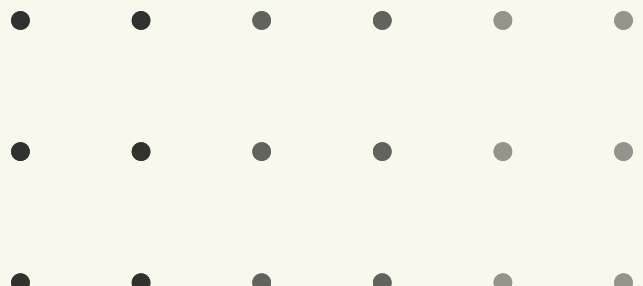




THIS LESSON WILL HELP US UNDERSTAND:

- What internet addiction really is
- The signs and symptoms of internet addiction
- The dangers and effects it can have on teenagers
- How to build healthy internet habits
- Ways to balance online life with real-life responsibilities

The goal of this lesson is not to make teenagers afraid of the internet, but to teach them how to use it wisely, responsibly, and in a healthy way.





LESSON EXPLANATION



The Apostle Paul teaches an important principle in this verse: 1 Corinthians 6:12
just because we are allowed to do something does not mean it is good for us or should control us.

HOW TEENAGERS CAN APPLY THIS BIBLE VERSE

1

**Ask: “Is This
Beneficial?”**

2

**Do Not Let
the Internet
Control You**

3

**Set Healthy
Boundaries**

1: ASK: “IS THIS BENEFICIAL?”

Before spending hours online, teenagers should ask:

- Is this helping me grow?
- Is this improving my future?
- Is this drawing me closer to God or distracting me?
- Is this worth my time?

Paul says:

“I will not be mastered by anything.”

This means that nothing should control us except God. When teenagers cannot put down their phones, stop scrolling, stop gaming, or stay away from social media for even a short time, the internet may be mastering them instead of them controlling it.



2: DO NOT LET THE INTERNET CONTROL YOU

A teenager should be able to:

- Put the phone away during class
- Sleep without staying online all night
- Spend time with family without checking notifications
- Focus on prayer, studies, and responsibilities

Self-control is a sign of maturity.



3: SET HEALTHY BOUNDARIE



Practical ways to reduce internet time include:

- Setting daily screen-time limits
- Avoiding phones during meals or Bible study
- Turning off unnecessary notifications
- Having “offline hours” each day
- Spending time outdoors, reading, or exercising



DISCUSSION QUESTIONS FOR TEENAGERS

1. What online activities take most of your time?
2. Do you think the internet controls some teenagers today?
3. How can social media affect your relationship with God and family?
4. What practical steps can you take this week to reduce screen time?
5. How can you use the internet in a positive and healthy way?

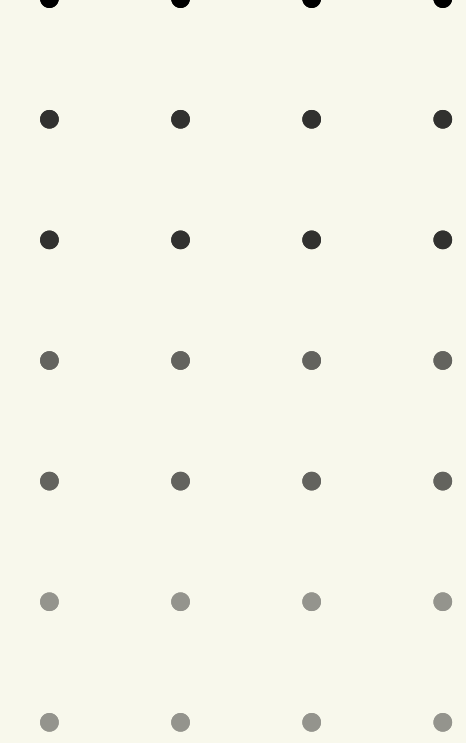
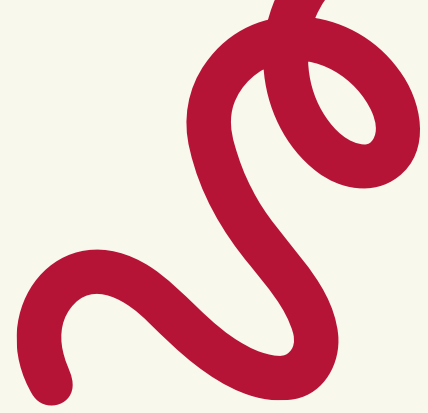




CONCLUSION

1 Corinthians 6:12 teaches teenagers to live with wisdom and self-control. The internet is a tool, not a master. Teenagers should learn to use technology wisely without allowing it to control their lives, steal their time, damage their relationships, or weaken their spiritual growth.





THANK YOU

We are happy to
answer any questions.

