

## How To Talk About Tech and Marriage Boundaries

by Louise Bettelli

At the end of each week my phone gives me a “screen time report.” This report surprises me every single week. It shouldn’t surprise me because it is usually around the same number of hours every single week. But it does. How is it possible that I spend that many hours a day looking at my phone? Some of those are work hours, but if I’m honest, most of that time is spent aimlessly scrolling through social media or texting. Maybe we could use a screen time report about tech and marriage, too. I end up asking myself the same question every week, “*How could I have used that time better or more effectively?*”

### How to talk about tech and marriage boundaries

Technology has become a huge barrier in many marriages. Instead of working through issues or taking the time to talk, we take out our phones and numb our minds through endless scrolling. The smart phone has become a crutch and a distraction from what is truly important in life.

My husband & I have had many conversations about how Jesus would have used technology if it was available when he lived on earth. Would he have used a smart phone? Of course, there are no right or wrong answers to those questions, but I am certain that he wouldn’t have let technology take time away from his relationships.

Technology is here to stay, ignoring it isn’t the answer. The simple fact is most people need technology to function effectively in our day. With that in mind, I think the question to ask ourselves is how can we use technology efficiently & effectively without letting it take over our lives and ruin our relationships?

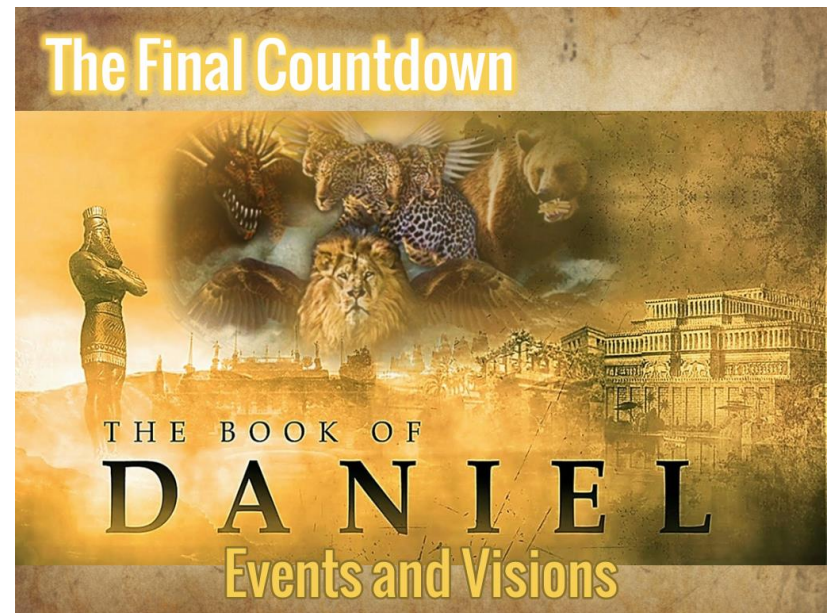
One answer to that question is **boundaries**. Technology without boundaries is an unhealthy way to live. Marriages across the country are suffering because we spend more time with our phones than we do our spouse.

Try taking a date night in the next couple weeks to discuss some healthy boundaries you can put into place in your home to keep healthy boundaries with technology.

### **Questions to start a conversation on tech and marriage.**

Here are some questions to get the conversation started. Remember to use this time to be vulnerable and honest with your spouse without taking offense.

1. Do you believe my use of technology is affecting our relationship in a positive or negative way?
2. Do you have any ideas on how we can work together to set realistic boundaries in our home when it comes to technology?
3. How can we practically change some habits in order to pour more time and energy into our marriage?
4. How do you think I can use my phone more efficiently and effectively in daily life?
5. How can we hold each other accountable when it comes to technology use?



## WELCOME TO LAKEVIEW CHAPEL

Sunday, July 18, 2021 / Worship 10 AM

Welcome

Invocation

Song

Great Things

Song

Goodness Of God

Song

10,000 Reasons (Bless The Lord)

Announcements

Missions Moment Video

Worship Prayer

Jeff

Scripture Reading

Daniel 10:1-14 & 12:1-13

Brenda

Sermon

The Final Countdown Pastor Dave Havener

Song

Come Lord Jesus (Even So Come)

Song

The Lion And The Lamb

Benediction

Sermons are available online at:

<https://www.lakeviewwego.com>

<https://www.facebook.com/lakeviewwego>

## Events and Information

**THE RED CROSS IS EXPERINCING A SEVERE BLOOD SHORTAGE** – The Red Cross will hold a blood drive Thursday, July 29th from 1 PM to 6 PM at Lakeview. You can call 1-800-RED CROSS or visit [redcrossblood.org](http://redcrossblood.org) to make your appointment. Many time slots are available, schedule your appointment today! Please pass the information along to others that might have interest.

**OFFERING & TITHES** – Offerings and tithes can be placed in the offering box next to the missions table or mailed to Lakeview Chapel.

**WI-FI** - Guest Wi-Fi is available at Lakeview but is password protected. The password is lakeviewowego.

**SAVE THE DATE** – Our Annual Chicken Barbecue will be held Saturday, September 11th at Hickories Park in Owego. More details to follow.

**SUMMER JUNIOR CHURCH & NURSERY** – Summer Junior Church is for children who are in Pre-School up to kindergarten. We also have a nursery service for infants up to 3 years old. Older children are asked to remain in church for the service. Thank you!

**JUNIOR CHURCH & NURSERY HELP** – Want to make an impact on a child's life? Why not join the Junior Church or the Nursery Team! Please see Patti.

## PreK to K., Junior Church, & Nursery

### **This Sunday – July 18th**

Junior Church Worker  
Nursery Workers

Kristie  
Holly & Liz

### **Next Sunday – July 25th**

Junior Church Worker  
Nursery Workers

Brenda  
Kelly & Dawn



## Youth Programs

**IMPACT** - Teen Group (6th–12th grade) meets every Wednesday night from 6:30 PM – 8 PM at Lakeview.

**SUMMER NIGHTS WITH JESUS** – For kids of all ages including teens! Invite your friends! Please see Melissa or Patti for more information.

**S'MORE OF JESUS!** - The next Summer Night with Jesus will be July 30th at 5:30 PM on the church lawn. Campfire, games, and food for all. Kids bring your favorite adult for a fun evening. Please sign up by July 25th to help us know how much food to prepare.

**CHURCH FAMILY CAMP OUT** – Be sure to mark your calendars for our Summer Nights with Jesus Church Family Camp Out on August 27th at Lakeview. More details to follow.

## This Weeks Calendar

Tuesday	9:30 AM	Women's Bible Study
	9:30 AM	Small Group
	6:30 PM	Small Group
Wednesday	6:30 PM	IMPACT Teen Group
	6:30 PM	Prayer Meeting
	6:30 PM	Men's Bible Study
Thursday	6:00 PM	Elder's Meeting
Friday	7:00 PM	Adult Small Group

*Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.  
Psalm 91:1 (NIV)*

**We are building a community of faith in God  
that LIVES WELL but not by SIGHT.**