

Phubbing - Godly Or Not - Titus 2

Intro

Exodus 13:21 And the LORD went before them by day in a pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night:

Deuteronomy 18:9-14 When thou art come into the land which the LORD thy God giveth thee, thou shalt not learn to do after the abominations of those nations. 10 There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, 11 Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. 12 For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee. 13 Thou shalt be perfect with the LORD thy God. 14 For these nations, which thou shalt possess, hearkened unto observers of times, and unto diviners: but as for thee, the LORD thy God hath not suffered thee so to do.

Genesis 2:9 And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil.

Exodus 20 The 10 Commandments - The first table was on their relationship with God. The second table was on their relationship with mankind.

Titus 2:1-15 - 1-8 But speak thou the things which become sound doctrine: 2 That the aged men be sober, grave, temperate, sound in faith, in charity, in patience. 3 The aged women likewise, that *they be* in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; 4 That they may teach the young women to be sober, to love their husbands, to love their children, 5 *To be* discreet, chaste, keepers at home, good, obedient to their own husbands, that the Word of God be not blasphemed. 6 Young men likewise exhort to be sober minded. 7 In all things shewing thyself a pattern of good works: in doctrine *showing* uncorruptness, gravity, sincerity, 8 Sound speech, that cannot be condemned; that he that is of the contrary part may be ashamed, having no evil thing to say of you.

1 Timothy 3 & Titus 1 Referred to God's expectations for Religious Leaders.

Titus 2:9-12 *Exhort* servants to be obedient unto their own masters, *and* to please *them* well in all *things*; not answering again; 10 Not purloining, but shewing all good fidelity; that they may adorn the doctrine of God our Saviour in all things. 11 For the grace of God that bringeth salvation hath appeared to all men, 12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world;

Leviticus 11:45 For I am the LORD that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be Holy, for I am Holy.

Matthew 5:48 Be perfect, even as your Father which is in heaven is perfect.

Titus 2:13 Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; 14 Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works. 15 These things speak, and exhort, and rebuke with all authority. Let no man despise thee.

Hebrews 12:6 For whom the Lord loveth He chasteneth, and scourgeth every son whom He receiveth.

Titus 3:10 A man that is an heretick after the first and second admonition reject;

John 10:28,29 And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of My hand. 29 My Father, which gave them Me, is greater than all; and no man is able to pluck them out of My Father's hand.

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 8:29 For whom He did foreknow, he also did predestinate to be conformed to the Image of His Son, that He might be the firstborn among many brethren.

Could Phubbing Be Secretly Ruining Your Relationship?

June 13, 2017 - Kylie Matthews - WHIMN

New research suggests this problem is causing emotional havoc. Do you spend more quality time with your phone than you do with your partner? Are you compulsively checking for notifications and endlessly scrolling through your social media feeds while in the presence of your significant other? If this sounds like you, you may be one of millions of people experiencing what is a relatively new psychological condition known as 'phubbing' that, according to influential new research, may be slowly eroding your relationship with your partner.

Phone addiction is a 'thing.' Seriously.

Phubbing is a portmanteau of 'phone' and 'snubbing' and occurs when conversation is interrupted by attention being given to a smart phone rather than the person you're with. When it's your loved one who bears the brunt of this compulsive action, it's called phubbing - partner phone snubbing. It's a phenomenon directly resulting from the emergence of 'phone addiction' that, according to an extensive review of recent studies on the condition, is a problem tightly linked to unprecedented technological development over the past decade. Unlike other forms of behavioural addiction such as gambling or gaming, in the same report it was noted that phone addiction seemingly affects young, extroverted women more than anyone else. This isn't surprising according to one of Australia's foremost experts on

relationships. "This is uncharted territory for us as a society," says Julie Hart from The Hart Centre. "For younger people, technology of this kind has always been a part of their lives and they're so dependent on it." Julie says phone addiction, like all addictions, has a way of creeping up on you. "The line between addiction and non-addiction can be quite blurred because it's a graduated thing," she says. "According to studies in US and UK, on average we check our phones every four to six minutes of our waking hours ... that's over 150 times a day." Julie believes tech companies like Facebook, Instagram and Twitter deliberately feed on our inherent psychological need for interaction and acceptance to manifest digital addiction and keep us coming back to them time and time again.

(Explained new physical problems from digital devices.)

"You can be so seduced by the neurochemical hit of dopamine it provides, of constant connection at a safe distance ... who else wants to reach me, the number of likes I've got, another funny story to read, the excitement of something new ... that it can easily become what you do with your spare time," she says. "So it's not much of a jump from that to also continuing to do so when you are with your partner, instead of using this time as an opportunity to connect with them."

A relationship wake-up call.

A recent study on how smart phone use impacts on romantic relationships has found that 'phubbing' decreases relationship satisfaction overall - especially for people who are already insecure in their relationships - and indirectly impacts depression. Of the 450 people surveyed in the high profile Baylor University study, more than 46 percent reported being 'phubbed' by their partner and 22 percent of relationships experienced conflict as a direct result. "There are three important connection factors that will give us a sense of satisfaction in our relationships. The first one is accessibility, that you're both open and listening to one another," Julie says.

(Ephesians 5:31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.)

"The second is responsiveness, as in you both empathise and try to understand how the other feels, as in 'get' each other, and the third is engagement, so you're both making the time to be fully attentive to each other. "Phubbing interferes with all three of these important factors so it's no surprise to me that people are feeling less satisfied with their relationships because they're just not having quality time, and they're not feeling their partner 'gets' them or is there for them because there's always this constant distraction away." She says it's a worrying trend that she's been witnessing more and more over the last decade - particularly in the last five years. "I have more and more people, couples - one or both partners - coming to me and saying, 'My partner is constantly on their device and there is no time for

me, I feel so completely unimportant in their life'."

Phubbing up the wrong way

Julie says phubbing may seem easier than focusing on your partner but it's also far less satisfying. "Communicating on your smart phone is quite superficial interaction in comparison to spending time with your partner," she says. "It can also be a way for some people to avoid confrontation or to deal with the difficulties of life or issues in a relationship." Phubbing seriously undermines the quality of your relationship by sending a strong, implicit message to your partner that he or she is not as important to you as your phone or the people you're communicating with on it. "It suggests that there is never a time that you will put him or her ahead of everything else," Julie says. "It implies that 'you're not really that important to me, I will never put you first over other things and that there will never be a time when I choose you over my phone'." Julie says the 'phubee' needs to broach the issue with their partner before it gets completely out of hand. "Have a talk with your partner and tell them this is actually a thing - there's a name for it now and that phubbing does impact relationship satisfaction," she says. "And tell them that while the occasional disruption doesn't matter, it's this constant attention being taken away from spending any quality time that does matter and it's making you unhappy."

How to live phub-free

Julie says you can save your relationship by employing a few strict boundaries around smart phone use when you and your partner are together. "Sit down together and set out some rules about phone-free time, where you basically put your phone away somewhere where you can't hear it, for a full hour every night while you and your partner spend some quality time together," she says. She suggests making the bedroom a completely phone-free environment and, if you have a family, to also ensure dinner time and time in the car is phone-free as well to increase opportunities for bonding and conversation. "Most people would be amazed at what a dedicated hour a day of phone-free time can do for their relationship over time," she says.

You know you're a phubber if...

- You have your phone out and close to you when you are with your partner, at all times**
- You keep your conversations with your partner short because your attention is more focused on what is on your phone**
- You break your attention from the conversation you are having with your partner to look at or respond to your phone**
- You check your phone when there is a lull in the conversation**
- If you are watching TV together, you look at your phone when there is an ad break**
- If you take a call that is not urgent when you are having quality time with**

your partner.

Source: Julie Hart, The Hart Centre

Ephesians 5:21 Submitting yourselves one to another in the fear of God.

Isaiah 6 Referred to Saul/Paul seeing God.

Acts 9 Referred to Isaiah seeing Jesus.

Ephesians 5:22 Wives, submit yourselves unto your own husbands, as unto the Lord.

1 Corinthians 7:34 There is difference also between a wife and a virgin. The unmarried woman careth for the things of the Lord, that she may be holy both in body and in spirit: but she that is married careth for the things of the world, how she may please her husband.

Ephesians 5:23-26 For the husband is the head of the wife, even as Christ is the Head of the church: and He is the Saviour of the body. 24 Therefore as the church is subject unto Christ, so *let* the wives *be* to their own husbands in every thing. (Complimentaryism) 25 Husbands, love your wives, even as Christ also loved the church, and gave Himself for it; 26 That He might sanctify and cleanse it with the washing of water by the Word,

Isaiah 35:8 And an highway shall be there, and a way, and it shall be called The way of Holiness; the unclean shall not pass over it; but it shall be for those: the wayfaring men, though fools, shall not err therein.

Ephesians 5:27 That He might present it to Himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be Holy and without blemish.

Matthew 7:15 Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves.

Nehemiah 13:3 Now it came to pass, when they had heard the law, that they separated from Israel all the mixed multitude.

Ephesians 5:28-33 So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. 29 For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church: 30 For we are members of his body, of his flesh, and of his bones. 31 For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh. 32 This is a great mystery: but I speak concerning Christ and the church. 33 Nevertheless let every one of you in particular so love his wife even as himself; and the wife *see* that she reverence *her* husband.

1 John 1:9 If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Prayer suggestions.

Pastor T. John Franklin

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