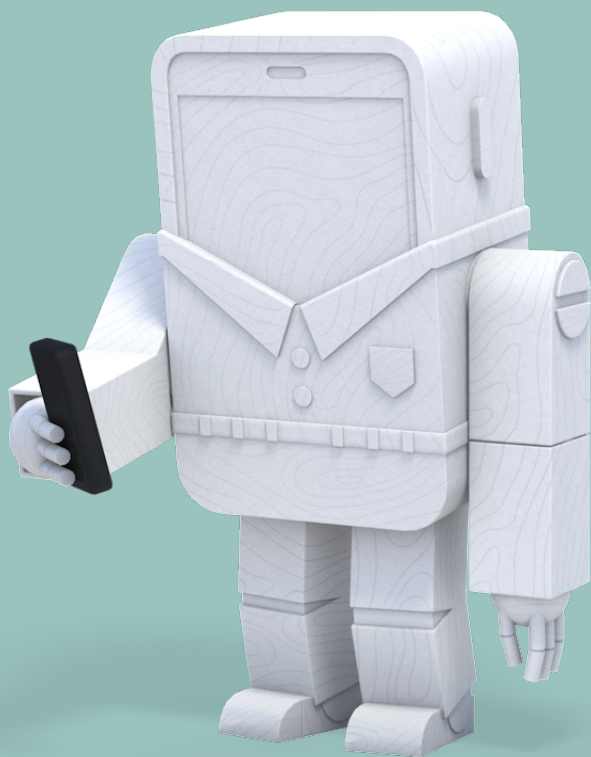


# DO YOU CONTROL YOUR PHONE . . .

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## OR DOES YOUR PHONE CONTROL YOU?

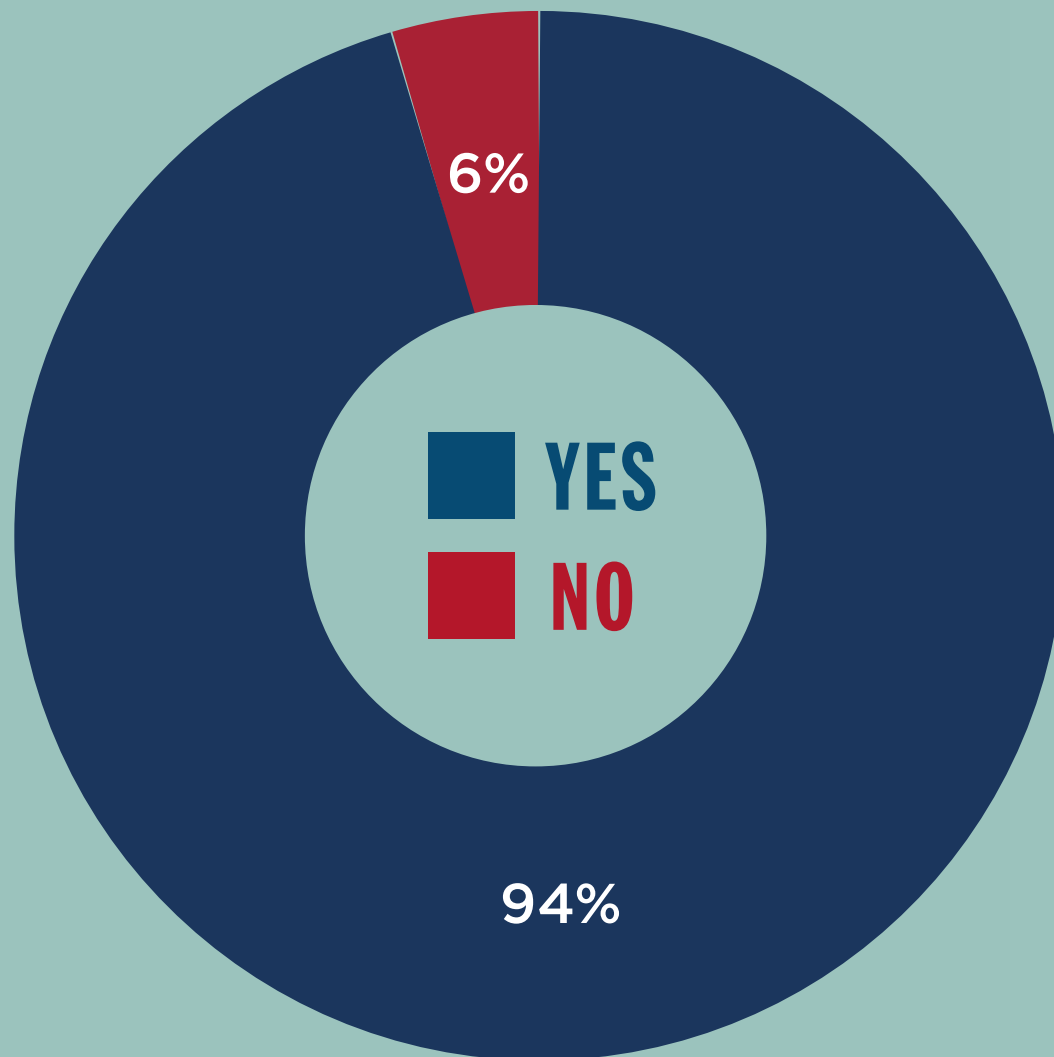


Within a few years of its unveiling, the smartphone had become part of us, fully integrated into the daily patterns of our lives. Never offline, always within reach, we now wield in our hands a magic wand of technological power we have only begun to grasp. But it raises new enigmas, too. Never more connected, we seem to be growing more distant. Never more efficient, we have never been more distracted.

In January 2017, Crossway sent a survey to nearly 7,000 readers, asking questions about their smartphone usage. Some of the results from that survey are presented below.

# DO YOU HAVE A SMARTPHONE?

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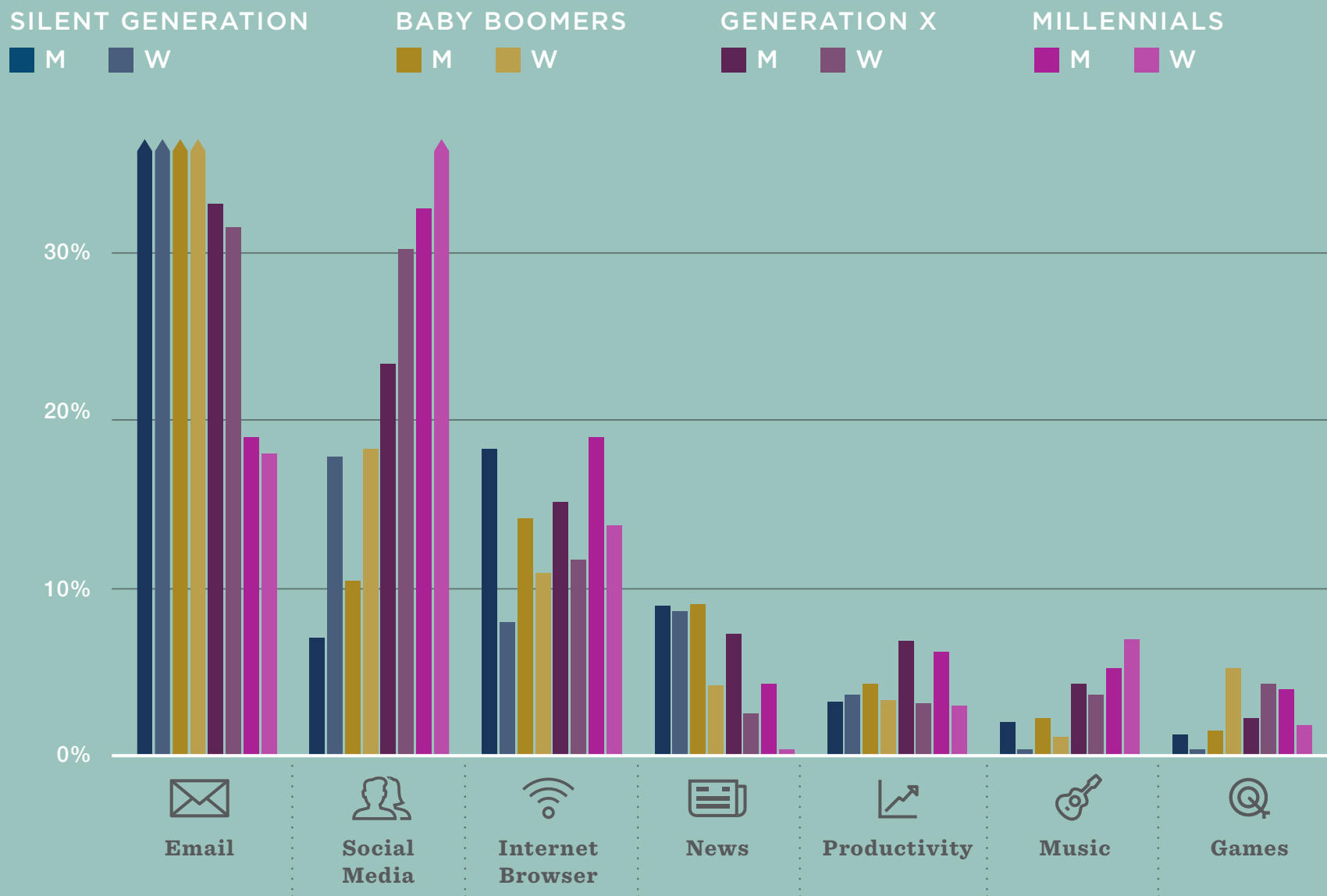
## TAKEAWAY

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The smartphone has become securely entrenched as an indispensable tool of modern life for the majority of Americans. In just a few short years, the smartphone went from high-tech toy for the wealthy to assumed tool of the masses.

# MOST POPULAR APP CATEGORIES

The most popular app categories by demographic:



## TAKEAWAY

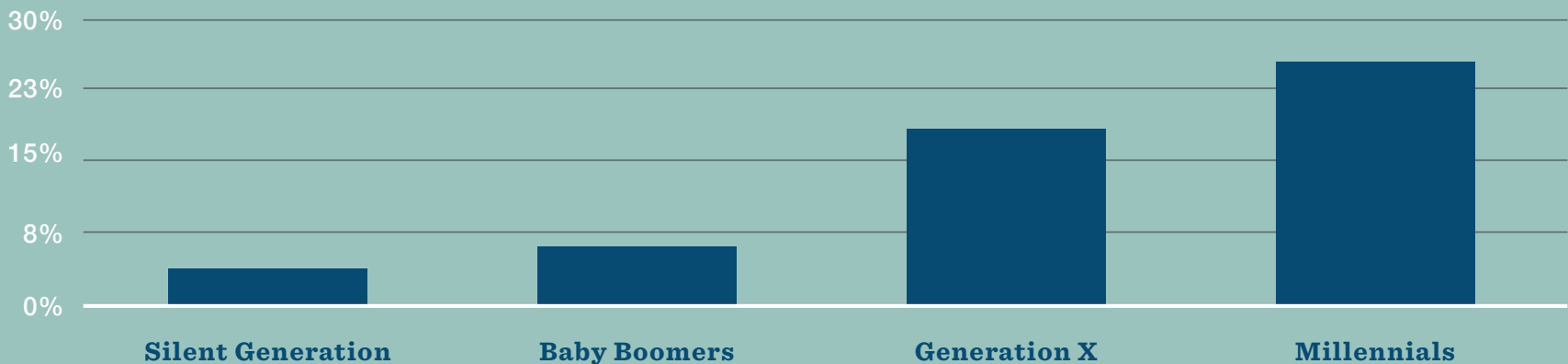
Men and women of all ages are increasingly using their phones to stay connected to others, with more people using email and social media than any other category of apps. However, this ever-present connectedness can also become an ever-present opportunity for distraction.

# PHONES AND FREE TIME

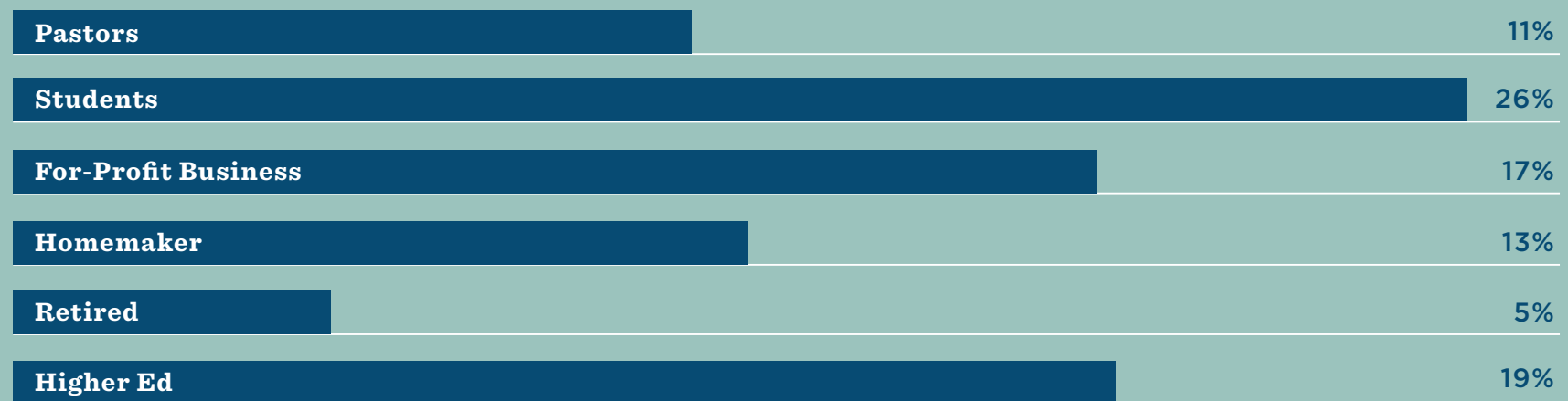
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The percentage of people who say they spend much/all of their free time on their phone:

## BY GENERATION



## BY OCCUPATION







## TAKEAWAY

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Across all ages, but increasingly with younger generations, people are filling silence and much of their free time using their phones—in some cases nearly eliminating the potential awkwardness of being still or alone.

# I CHECK MY PHONE . . .

BY GENDER				
	before getting out of bed	while driving	during meals	while trying to fall asleep
Men	46%	22%	15%	50%
Women	55%	14%	15%	57%

BY AGE . . . . .				
21-30	69%	26%	29%	74%
31-40	59%	28%	18%	67%
41-50	51%	21%	13%	53%
51-60	36%	16%	9%	38%
61-70	26%	9%	4%	25%
71-80	15%	5%	3%	15%

BY FAMILY STATUS . . . . .				
Single	65%	18%	26%	66%
Married w/Kids	42%	20%	10%	45%
Married w/out Kids	54%	22%	20%	61%

## TAKEAWAY

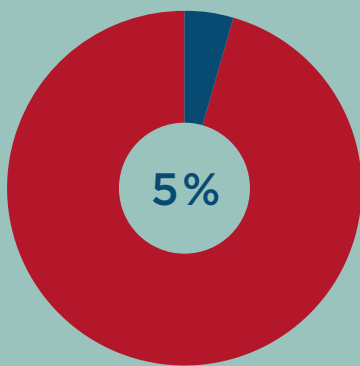
At the beginning and end of each day, and at times that used to be undistracted, people are staring at their phones instead of giving undivided attention to people or everyday routines.

# AN EVER-PRESENT SOURCE OF DISTRACTION

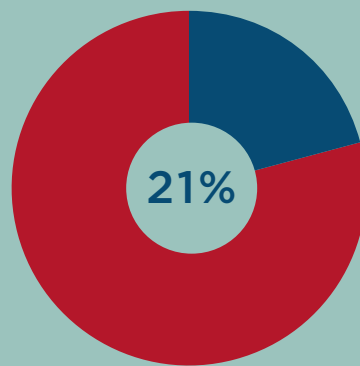
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DOES YOUR PHONE MAKE YOU MORE DISTRACTED IN LIFE?

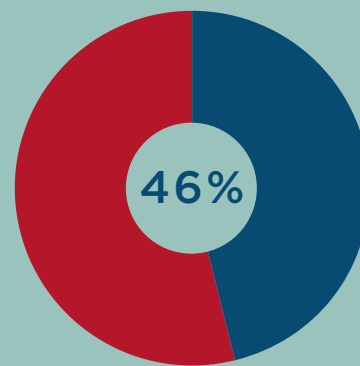
■ YES ■ NO



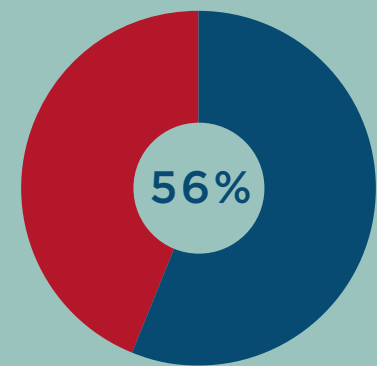
**Silent Generation**



**Baby Boomers**

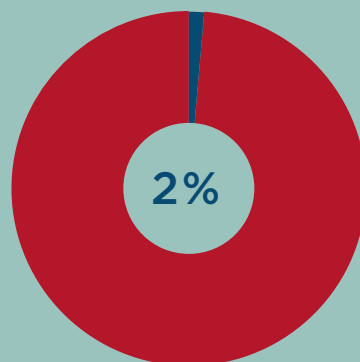


**Generation X**

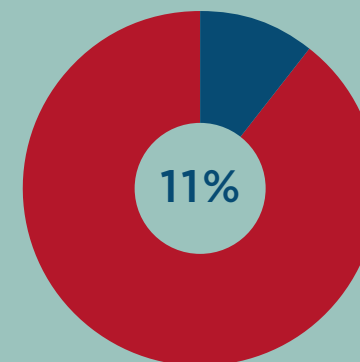


**Millennials**

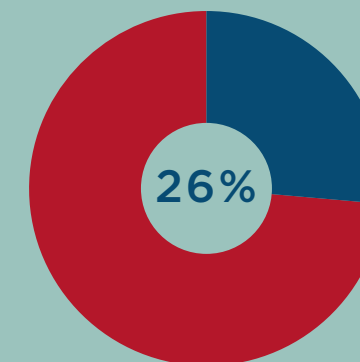
DOES YOUR PHONE REGULARLY PULL YOU AWAY FROM FLESH-AND-BLOOD RELATIONSHIPS?



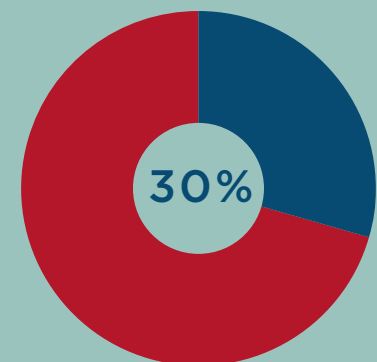
**Silent Generation**



**Baby Boomers**



**Generation X**



**Millennials**

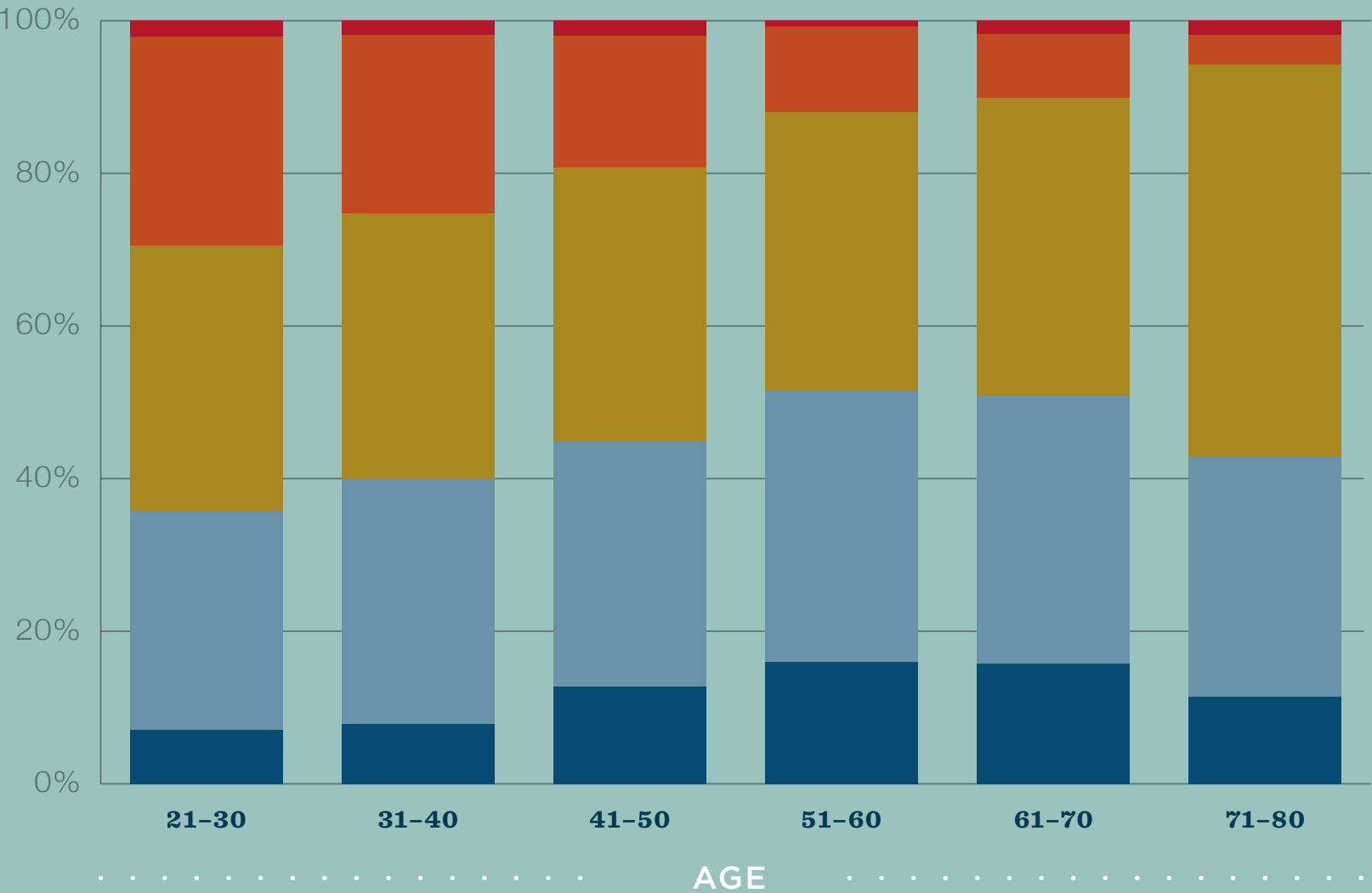
## TAKEAWAY

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Increasingly more so with each generation, people are allowing their phones to distract them from the real-world stuff of everyday life, including flesh-and-blood relationships. This problem is particularly rampant among millennials, who came of age at the same time as the smartphone.

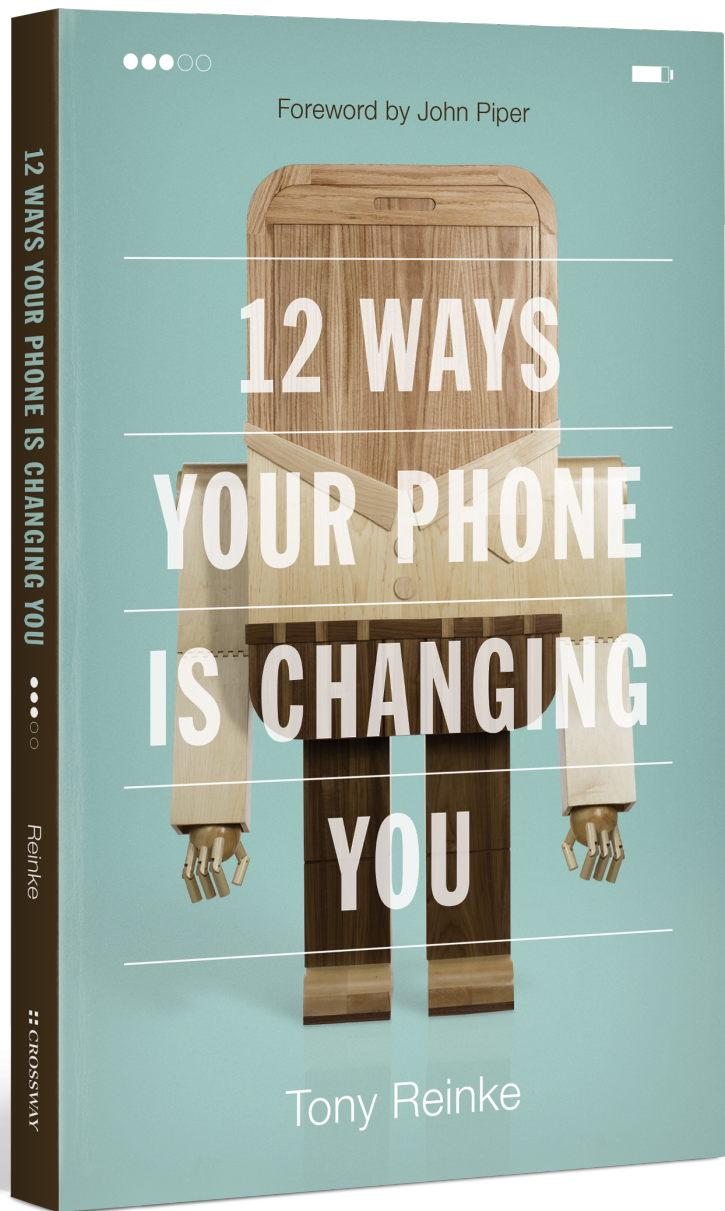
# IS YOUR PHONE A POSITIVE OR NEGATIVE FORCE ON YOUR WALK WITH GOD?

VERY POSITIVE   POSITIVE   NEUTRAL   NEGATIVE   VERY NEGATIVE



## TAKEAWAY

While phones and electronic devices can prove helpful in facilitating spiritual growth and discipline, they can also introduce temptations that distract us from or even harm our relationship with God. In light of this, great wisdom is needed as we navigate our technological age.



# 12 WAYS YOUR PHONE IS CHANGING YOU

BY TONY REINKE

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Drawing from the insights of numerous thinkers, published studies, and his own research, writer Tony Reinke identifies twelve potent ways our smartphones have changed us—for good and bad—in his newest book *12 Ways Your Phone Is Changing You*.

Ultimately, Reinke calls us to cultivate wise thinking and healthy habits in the digital age, encouraging us to maximize the many blessings, avoid the various pitfalls, and wisely wield the most powerful gadget of human connection ever unleashed.

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[CROSSWAY.ORG/12WAYS](https://crossway.org/12ways)

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