



Academics, God & COVID-19



1. Everything is permissible for me, but not all things are beneficial. Everything is permissible for me, but I will not be _____ by anything [and brought under its power, allowing it to _____ me]. 1 Corinthians 6:12 (AMP)

2. The neurotransmitter that causes us to feel pleasure is called _____.

3. Symptoms of Digital Addiction

a. _____ / _____

b. _____ / _____

c. _____

d. _____

e. _____

f. _____

4. If you are addicted, you must _____ first. In other words, if you are addicted, strategies to balance tech use will _____ work.

5. A digital detox takes at least ____ to ____ weeks. You cannot look at any screens, including _____. Then return to _____ technology. You _____ go back to the way things were.

6. Keep a _____ schedule.

7. Remove _____ technology from bedrooms.

8. When you are not using your webcam, always keep it covered with a webcam _____.

9. Teenagers need _____ hours of sleep per night.

10. Be finished with screen time _____ hours before bed.

11. _____ screen time _____ school.

12. No _____ —EVER.

13. Research shows that you learn more when you read from _____ instead of a _____.

14. Research also shows that you learn more when you take notes on _____ instead of _____ them.

15. MRI scans reveal _____ _____ _____ impact children's _____ in the same way as _____ and _____.

16. _____ - a lot.

17. Reading can extend _____ _____.

18. Benefits to Digital Discipline

a. No _____ in the brain.

b. Decreased _____, anxiety and _____.

c. Decreased _____.

d. Increased _____ _____.

e. Proper _____.

f. No more _____ _____.

19. Peace I leave with you, My _____ I give to you; not as the world gives do I give to you. Let not your heart be _____, neither let it be _____. John 14:27 (NKJV)