



INTERNET GAMING DISORDER - 2

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OUTLINE

- Foreword
- Outline
- The Problem
- Background
- What are the symptoms?
- Who has this problem?
- What are the motivations?
- Issues to be addressed
- Resolution

THE PROBLEM

What is the problem?

- Spending excessive time & energy playing games on electronic devices

Who has this problem?

- Youth, teens and young adults

Why should this problem be solved?

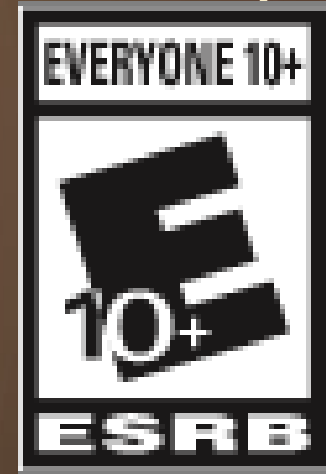
- It diverts time & energy away from more serious goals

How will I know this problem has been solved?

- When self-control takes place to limit amount of time and energy playing games

ESRB GAME RATINGS (1)

- Entertainment Software Rating Board (ESRB)
 - ESRB is non-profit, self-regulatory Entertainment Software Rating Board founded by the Interactive Digital Software Association (renamed Entertainment Software Association in 2004) that rates video games
 - Ratings: EVERYONE, EVERYONE+10, TEEN, MATURE 17+, ADULTS ONLY 18+
 - Content Descriptors: BLOOD/GORE, GAMBLING, HUMOR (adult/sexual), LANGUAGE (profanity), NUDITY, SUBSTANCE (drugs, alcohol), SEXUALITY and ALL
 - The rating box appears on the device, game package, download website, or advertisement (see graphic in upper right).



ESRB GAME RATINGS (2)



- Content Descriptors: BLOOD/GORE, GAMBLING, HUMOR (adult/sexual), LANGUAGE (profanity), NUDITY, SUBSTANCE (drugs, alcohol), SEXUALITY and ALL

RESOLUTION

- Issues to be resolved
 - **Taking Radical Measures**
 - Managing Time and Priorities
 - Relying on God instead of Oneself
 - Fearing God instead of Fearing Man
 - Rejoicing instead of Escaping Tests & Trials

TAKING RADICAL MEASURES (1)

- Most important step is changing the child's heart
 - It requires praying for God's help
 - It requires establishing a relationship
 - It requires training obedience
- Most urgent step is to take radical measures
 - Performing "Radical amputation"
 - Replacing voids
 - Reducing idle time

takes time but must do

TAKING RADICAL MEASURES (2)

- What is the first radical measure?
 - Matthew 5:29, “If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.”
 - Is the child supposed to gouge his eye ?
 - The English translation does not do justice to the original Greek
 - Faithfully translated, it should read, ““If--and let’s assume that it’s true for the sake of argument, your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.”

TAKING RADICAL MEASURES (3)

- What did Jesus really mean?
 - Jesus was speaking to the disciples about the Pharisees when he said this verse.
- Interpretation
 - Jesus was provoke them to think deeply about the cause of sin
 - Does the eye really cause one to sin or something else?
 - If the eye causes sin, think 2x because after gouging out an eye, it cannot be replaced.
 - Think about whether it is the heart or the eye that really causes sin
 - If gouging an eye is undesirable, then take radical measures to cease & desist sinning
 - Jay Adams was first to apply this verse, which he called "radical amputation," to biblical counseling,

TAKING RADICAL MEASURES (4)

- More on “Radical Amputation”
 - “Radical” is not necessarily for parent but can be for the child
 - “Radical” has a shock value
 - It stuns the person into a state of alertness (“sobriety”)
 - It makes the person take the situation seriously
 - It is unforgettable
 - Why start with “Radical Amputation”?
 - Because of the habit-forming nature of these games, children do not listen and obey at first to stop playing electronic games

TAKING RADICAL MEASURES (5)

- Applying “Radical Amputation”
 - Take away all electronic devices that have access to games for a limited amount of time
 - Allow use of computer only under supervision for homework during set times
 - Allow use of computer after the limited time under supervision on contingency or probation basis
 - Analogy: Take away car keys for a limited amount of time
 - Allow use of car only for emergencies or family errands
 - Allow use of car after the limited time on contingency or probationary basis

TAKING RADICAL MEASURES (6)

- Applying “Radical Amputation”
 - One angry parent smashed and destroyed his child’s computer
 - Is this good or bad?
 - In one family, the father took away the computer. Then, the mother loaned the child her computer?
 - Is this good or bad?
 - What should the mother do? (at least two things)
 - It is necessary for parents to impose discipline from the outside when a child cannot impose discipline on himself or herself

TAKING RADICAL MEASURES (7)

- What is the second radical measure?
 - Ephesians 4:28, “Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands . . .”
 - If “stealing” is replaced by “watching indiscreetly,” “hand” by “eye,” then this verse applies to video game-playing
 - The point is that taking away an activity leaves a void
 - If a void is not filled, the child will relapse into the same or worse misbehavior
 - Have the child replace a void with homework, household chores, helping at parents’ workplace (if feasible), church or community service

TAKING RADICAL MEASURES (8)

- What is the third radical measure?
 - Proverbs 16:27a (TLB), “Idle hands are the devil’s workshop,”
 - This verse says idleness can be a breeding ground for sin, either the same sin or a different one.
 - Again, albeit that “idle hands” are the parts of the body that are explicitly specified, “idle eyes” can be substituted for “idle hands” to render the same meaning. The point of this verse is that taking away an activity leaves a void that has to be filled.
- Fill the void with useful, purpose- or goal- oriented activity

REPLACEMENT ACTIVITIES (1)

- Replacement activities should be purpose- or goal-oriented
 - Build discipline
 - Building discipline also helps train one for
 - Self-control
 - Self-responsible
 - Building discipline required to
 - Study independently at college-level
 - Work independently on any job

REPLACEMENT ACTIVITIES (2)

- Replacement activities should be purpose- or goal-oriented
 - Build cooperation
 - Interactive people skills/teamwork
 - Conflict resolution
 - Tests and temptations
 - Build character
 - Humility
 - Integrity
 - Courage (also confidence)

REPLACEMENT ACTIVITIES (3)

- Types of replacement activities
 - Cognitive: volunteer tutoring, teaching literacy, book club
 - Communication: debating, public speaking (Toastmasters)
story writing, poetry
 - Music: instrument-playing, singing
 - Kinesthetic: dancing
 - Role playing (empathy): drama, acting, thespian club

REPLACEMENT ACTIVITIES (4)

- Types of replacement activities (continued)
 - Mechanical: automotive repair, woodworking, electrical, plumbing, metalwork
 - Art: drawing, painting, sculpture, photography, model-building, decorating, flower arrangement, origami, kite-building
 - Athletics: team and individual sports
 - Eye-hand coordination sports: archery, baseball, golf
 - Outdoors: scouting, orienteering, hiking, rock climbing, biking, gardening, bird watching, astronomy, conservation work
 - Taste: cooking and pastry making

REPLACEMENT ACTIVITIES (5)

- Replacement activities can not be forced upon a child
 - Use incentives or enticements to attract the child to a replacement activity
 - Consider including friends or relatives in a suggested activity
 - Pay for the expenses of the replacement activity (e.g., class fees, tools, instruments, and equipment)

REVIEW (1)

- The three aspects of the heart
- Performing “triage:” urgent vs important
- Most urgent volitional step
- The first radical measure
 - What did Jesus mean by, “Cut out the part of the body that causes one to sin”?
- The second radical measure
 - What happens when a void is left?

REVIEW (2)

- Establish goals for reducing time on game playing
- Parent responsibilities (two)
- Child responsibilities
- Attend Bible study or church fellowship group or join service ministry
- Attend Sunday worship and Sunday School

COUNSELING HOMEWORK- 1

- Write out & memorize Matthew 5:29 and study Matthew 5:29-30 in context.
- Write out what Matthew 5:29 means and why such radical measures are needed.
- Write out what Ephesians 4:28 means and why it is needed to complement Matthew 5:29.
- Additional reading:
 - chapter 7 of Stuart Scott's *Killing Sinful Habits*
 - chapter 4 of Heath Lambert's *Finally Free*
 - Be ready to discuss the reading at the next session
- Attend a bible study or church fellowship group
- Attend Sunday worship and Sunday School



NEXT WEEK:

Managing time and managing priorities



CONTACT INFORMATION

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