



INTERNET GAMING DISORDER - 3

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MARCH 2021

RESOLUTION

- Issues to be resolved
 - ✓ Taking Radical Measures
 - **Managing Time and Priorities**
 - Displaced Love

OVERVIEW OF MANAGING TIME & PRIORITIES

- The first step was the urgent step of taking radical measures
 - Taking away electronic devices for game playing
 - Filling voids with useful, beneficial activities, e.g., household chores, work, church or community service
 - Replacing games with purpose or goal-oriented activities that build discipline, self-control, self-responsibility, cooperation & character
- The second step is properly managing time & priorities

OVERVIEW OF MANAGING TIME & PRIORITIES

- Why manage time and priorities to address internet gaming disorder?
- Four symptoms reflect poor managing of time & priorities:
 - Preoccupation with gaming
 - Need to spend more time gaming to satisfy the urge
 - Deceiving others about the amount of time spent on gaming
 - Loss of significant opportunity, missing school or work
- Recreation (78%) is main motivation for gaming
 - Killing boredom = killing time

PROPERTIES OF TIME

- Time is:
 - Finite for man but infinite for God
 - Has a beginning (creation) and end (eschaton)
 - Non-renewable
 - Lost time and lost opportunities cannot be replaced
 - One-directional
 - Time is irreversible (cannot go back in time)
 - Similar to entropy (Third Law of Thermodynamics)
 - Time should be managed as a **FINITE, NON-RENEWABLE, ONE-DIRECTIONAL** resource
 - Time has an imputed monetary value (hour-based wages & billing)₅

MANAGING TIME & PRIORITIES (1)

- Scripture tells that time is to be *valued*:
 - Ephesians 5:15-16 , “Therefore be careful how you live, not as unwise men but as wise, making the most of your time, because the days are evil.”
 - Psalm 90:12, “Teach us to number our days, that we may gain a heart of wisdom.”
 - Wisdom does not come from frittering away time
 - James 4:17, “If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.”

MANAGING TIME & PRIORITIES (2)

- Ephesians 5:15-16 , “Therefore be careful how you live, not as unwise men but as wise, making the most of your time, because the days are evil.”
 - ἐξαγοραζόμενοι is the key verb in the original Greek meaning “making the most of time”
 - “Because the days are evil” gives the reason for why we should be making the most of time
 - The reason: we don’t know when Satan will attack or snatch us away.
 - When that happens, the time becomes Satan’s and not ours

MANAGING TIME & PRIORITIES (3)

- Psalm 90:12, “Teach us to number our days, that we may gain a heart of wisdom.”
 - Point of “numbering the days:” to be aware of how many days we have left
 - Point of “heart of wisdom:” when we become aware of our own mortality,
 - We become wiser and
 - Importance of time should register in our minds.

MANAGING TIME & PRIORITIES (4)

- Proverbs 27:1, “Do not boast about tomorrow, for you do not know what a day may bring forth.”
 - Point of “not boasting about tomorrow:” to not plan for certainty what will happen the next day
 - Point of “you do not know what a day may bring forth:” be aware about the contingency of life – that you may not live to see tomorrow
- The point of all three verses is time is live everyday as if it were the last day of your life—how you spend every hour is important

MANAGING TIME & PRIORITIES (5)

- Misusing *time* can be sinful
 - James 4:17, “If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.”
 - Failing to do good is a sin of omission—not sin of commission
 - Failing to use *time* to do good or to do what we ought to do is such a sin
 - The point of this verse: when there is homework to do, an exam to study for, or work to go to, it is sinful to be game playing instead.

MANAGING TIME & PRIORITIES (6)

- Establish a goal of reducing amount of time on game-playing even when there is no homework or work to do
 - Set time limits on amount of time on game-playing to attain agreed-upon goal
 - Parents should monitor the game playing
 - Make sure the game has a rating and contents that you approve
 - See slide on ESRB ratings
 - Enforce time limits & curfews on game playing or install game playing monitoring software
 - Example: software product called "Sentinel" at <https://www.computeraddictiontreatment.com/sentinel-gaming-system>.

MANAGING TIME & PRIORITIES (7)

- Parents should be able to teach child how to prioritize tasks
- How do we know biblically that **importance** & **urgency** are the keys for prioritizing tasks?
 - Read Luke 10:38-42, Story of Mary & Martha (read in both E & C)
 - What was Mary doing when Jesus came to visit?
 - What was Martha doing when Jesus came to visit?
 - What did Jesus say to Martha?

MANAGING TIME & PRIORITIES (8)

- Eisenhower Decision Matrix for prioritizing tasks
 - Devised by U.S. President Dwight D. Eisenhower
 - Popularized by Stephen Covey's "Seven Habits of Highly Effective People"
 - It prioritizes tasks according to their **importance** & **urgency**
 - **Importance** is hierarchical ordering of value of a task outcome
 - **Urgency** is chronological ordering of tasks according to deadlines
 - 2 x 2 matrix of prioritized tasks

MANAGING TIME & PRIORITIES (9)

- How to discern **importance** of tasks
- Bible gives clues what is **importance** of tasks in one's life
 - Exodus 20 gives hierarchical order of Ten Commandments
 - Ephesians 5-6 give hierarchical order of relationships
- Combining both leads to the following hierarchical order of **importance** of tasks involving a relationship with
 - God
 - Parents (before marriage when Genesis 2:24 takes effect)
 - Spouse
 - Children
 - Master (workplace)
 - Neighbor

MANAGING TIME & PRIORITIES (10)

Important & Urgent (I)

1. Mid-term exam tomorrow
2. Paper due in two days
3. On-time for Sunday worship

Urgent but not important (III)*

1. Pick up reserved book on knitting
2. Use 25% discount coupon (expires today)
3. Watch 6 o'clock news

* can be delegated

Important & non-urgent (II)

1. Schedule dentist appointment
2. Buy more dog food in three days
3. Do daily devotion/Bible reading

Non-urgent & not important (IV)*

1. Play newest video game with friends
2. Go shopping for new jacket
3. Plan for summer vacation

*can be dropped/delayed indefinitely

MANAGING TIME & PRIORITIES (11)

- Post a calendar in a prominent place
 - Record all appointments, deadlines, due dates and other important dates
 - Include important dates for celebrating family events
 - Include time for spiritual activities: prayer, devotion & worship
 - When date/times conflicts, prioritize them by previous hierarchy
 - Carry out the date-conflicting tasks in order of prioritization
 - Allow sufficient time for completing time-consuming tasks
 - It forces oneself to plan, an essential self-disciplining skill

COUNSELING HOMEWORK-3A

- Write out & memorize Ephesians 5:15-16
- Write out & study Psalm 90:12, Proverbs 27:1 & James 4:17
- Write an essay on how Ephesians 5:15-16 relate to James 4:17 to answer the following questions:
 - Why is it in modern times with all the labor-saving devices, we find ourselves paradoxically always running out of time?
 - Is “making the most of time” an efficiency issue or “quality of time” issue?
 - What is the Christian world view of “quality of time”?
 - Make a list of your daily activities and then discuss how you would bring them in line with Ephesians 5:15-16, Psalm 90:12 , Proverbs 27:1 and James 4:17

COUNSELING HOMEWORK-3B

- Make a list of your daily activities and prioritize them according to the Eisenhower Decision matrix.
- Continue with time limits and curfews on game playing
- Attend a bible study or church fellowship group
- Attend Sunday worship and Sunday School
- Serve in a church ministry

REVIEW (1)

- The volitional aspect of the heart: reducing time on game-playing
- One cognitive aspect of the heart was addressed: ***believing*** time is valuable resource
- Why is time a valuable resource?
- Can you recover lost time?
- What makes you realize time is limited?

REVIEW (2)

- How would a young person learn time is limited and time is valuable?
- Summarize three important characteristics of time
- Why make the most of your time?
- What is a sin of omission?
- How does a sin of omission differ from a sin of commission?
- Give an example of a sin of omission with the use of time.
- What are the two factors used to prioritize activities?
- What is the hierarchy for prioritizing importance?



NEXT WEEK:

Displaced Love



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