



TOUCH YOUR SPOUSE (NOT YOUR PHONE)!

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all right Pastor Mark and Grace here because Grace won't do the intro how come you won't do the intro you got you're cute I don't know I just you know what you're saying and I don't so okay welcome to the uh Real Marriage podcast this is going to be a two-part little series more scroll in more scrolling more marital problems subtitle is less sex more divorce worries for couples distracted by phones the the evidence is in you can either touch your spouse or touch your phone if you touch your phone too much you could lose your spouse wow so um we'll talk about this um maybe let the younger folk know that now that we're the older folk what was it like before um smartphones amazing cuz we started dating we started dating before there were smartphones yeah I think they just had um wireless home phones maybe yeah cordless home phones just so you kids know previously there was a cord that would go from the phone company all the way to your house and then another cord from the wall to your phone which means if you wanted to talk on the phone stay in one place you had to stay in one place cuz there was a cord and then also um if people called it was just busy and they'd have to call back yes and uh or they they got or they'd get on their dinosaur and ride to your house just to have a face to-face conversation and then we got cordless phones and that was crazy yeah this is where people started talking to each other house in the bathroom which I still don't understand if I'm on the phone and I hear a flush I know that we we have a broken relationship so that was the beginning the cordless phone was like was the beginning of the demonic possession of the universe by the smartphone so then smart so then cell phones started coming out but they were gigantic mhm like literally the size of a brick yeah size of a brick super expensive and uh and to work you needed to have a giant antenna on your car which they thought made you look cool because it showed how rich you are but it was just very weird yeah because there's hardly anybody like in the early 9s that's so important that the call can't wait so then they started coming out with flip phones mhm and uh not to brag and get all bougie but at one point I had a Blackberry oh I did I did um me and Obama and then the Canadian company went bankrupt cuz if you give a bunch white people technology that's the end result and uh and then we ended up getting smartphones and so now you know you think about the world we live in we live preapps pre-text um pre youube preg Google preg Google oh just to just to visit that moment in my heart feels like a Deliverance at the sole level a lot stressful so what is different now just having technology in a dating and marriage relationship and do you think it's better or worse to have it cuz we were told technology is going to make us closer now we call we could text we could email we could post on social media it's going to make us closer no that didn't work people are more lonely more depressed more mental health than ever um because you don't have to do face to face time and that's when you can look each other in the eye see if you're lying see if you actually care see if you are intentional I mean I don't I like the convenience of phones and looking stuff up and you know talking to people but I hate the phone at a cellular level yeah I mean you wouldn't be able to talk to as many people obviously if you a phone which is you're an introvert so that's like that seems like I should just shave some money off my monthly budget and have less relationships and it seems like I don't see a downside I'm winning on every front yeah and young people think we're crazy to say they can't exist some are going to the flip phone and the dumb phone and so I don't know you know every generation gets a name I don't know what the young people are they're uh but they like uh they like the old school technology so that if there's an emergency somebody can call you but otherwise you're left alone so phones with no apps they're going back so what this means is um we were cool yeah and now the kids are catching up yeah so you're welcome kids um just don't bring back parachute pants um so in that what do you think the benefits of technology and marriage are and then we'll talk about the detriment especially the phone I mean you can get things done efficiently if you

need need to with a phone versus which means you can spend more money more quickly yes it does mean that too um but I think it probably has more detriments honestly and we're seeing that in our culture and with the articles that are coming out I will bring out evidence here we go I'll read I'll read a fact um uh teens who use social media this is from The Institute for family studies which is a wonderful organization teens who use social media excessively are more likely to experience depression anxiety and sleep deprivation I would add and also become Democrats all these downsides recently the US Surgeon General VC Murthy issued an advisory warning uh that social media uh are causing a profound Mental Health crisis among emerging Generations America's children yeah I mean I'm glad they did the study but you can just like look around and see that's happening um it's really sad to see cuz people used to look up to talk to each other and or they get together maybe have a meal a cup of coffee but now they're just head down texting all the time and yeah it's really sad to me I like to look a person in the eye I I mean it's convenient to be able to communicate through text and not have to call some of the people that you need information from but you really want to call them so that is convenient yeah cuz they're going to talk for a long time they're going to tell you about their medications and their o average yeah on average it's very it's great to get together and have coffee and so I'm going to ask you a dangerous question you need to be honest do you have your phone on you it's over there mine's in the other room yeah I feel so good about that um and when it you're going to judge Meen aren't you oh for sure um so rude well we'll talk about that after the episode we're not going to get that real but so do you think I'm on my phone too much yeah dang okay I would agree with that now um to defend myself I'm doing research for preaching and so it's for Jesus okay and I also like to look at uh real estate and sports well I'm getting recipes for cooking and talking to Okay so so you didn't you need to ask me the question I already know you've already told me you think I'm on my phone too much so I don't need to ask you yeah you you don't usually you just offer information that's you know that I need to know so I don't have to ask the question well so can I share with you and really the whole point of this episode was for me to get more neck rubs so this is where the conversation is driving when you're on your phone we can't hold hands we can't snuggle I mean I can text with one hand but yeah for the most part well I'll just to me that that that feels like the world's worst you know polygamous relationship me you and the phone so I'm high touch yes um I like to hold hands I like to snuggle I have been known to fake an injury to get a neck rub um and so if your hands are filled with the phone I feel like you're not available good point and um and also then too uh I feel like it allows other people to invert our priorities so um so and I do this too I mean not nearly as much as you oh yeah but you know so I mean I'm I'm working on it and I'm praying for you I I'll start pointing it out thank you I appreciate that I suck at this too um but our priorities are God each other the kids the grandkids you know extended family church family other people but what happens with the phone is people get to decide when and where and why they're going to enter your life they skip to the front of the line they skip to the front of the line and so to me it triggers some jealousy like Hey we're having dinner yeah you know just cuz you know you found a funny fart video doesn't mean that we need to stop what we're doing right now okay you know and well people send you these things and you're like me I don't have those friends that's a guy thing well apparently I need new friends Junior High guy but what happens is uh so counselors will talk about triangles and this is where there's anxiety and so then you tag somebody else in to share the anxiety and what cell phones allow and Technology allows is people who are getting anxiety immediately they're they're triggering other people they're like I'm freaking out you need to freak out too yeah there's no building of self-control which is a fruit of the spirit because it's just an immediate response to

your emotion you're not stopping to think about it pray about it talk to the Lord about it anything you're just immediate response yeah it's dangerous well it also becomes a a damage to prayer life for sure previously you're like well there's you know there's nobody here so I guess I should talk to the Lord now you're like well I'm going to keep texting people or calling people I don't know if anybody does email anymore posting on social media until I get somebody else involved MH and true or false in marriage you could be oversharing a lot of information if you're emotional in a moment and you're not taking time to pray and process about what you're sharing completely I mean that can happen with any uh husband or wife that's just emotionally reactive and not um prudent with their thought life and their words um out of the Overflow of the heart the mouth speaks and so we have to be careful in those anxious moments not to just speak yeah um but to speak to the Lord um I know even with just a phone in the beginning of our marriage if I if we were in an argument and I called my mom to tell her about it which I shouldn't have been doing in the first place but if I did that then she would get worked up for me but she kind of liked you more so it really kind of backfired but it really worked out in my favor but but then if I didn't call her back to tell her that we actually worked it out she was thinking that we were still in the middle yeah and so it's not I didn't need to bring her in um I needed to bring the Lord in so when I when I was young and still learning how to be emotionally healthy and that's a lifelong process but I really did um if I had had text I would have texted and then it's in writing and then people use it against you and it's it's just not a safe uh platform to communicate it really like you're saying it really does replace stopping and praying taking a deep breath breath asking the Lord to give you know bring some self-control and some head space that's neutralized um and it just yeah it replaces that because we get so worked up and people get worked up about crazy stuff way more you know little stuff than they used to when we were well and the misinformation and diff disinformation means if you're being emotionally responded or distracted you know let's say your spouse is right there and something you know goes viral in the news and next thing you know you're worked up about it then you find out a day later it wasn't even true you're like I just blew up date night for nothing exact I just interrupted dinner for nothing y you know we were in bed and rather than touching each other we were both touching our phones which is in retrospect the dumbest idea in the history of the Universe I hate the phone at dinner I hate the phone at bedtime and I hate the phone when we're trying to have a conversation yeah cuz it's like hey man let's connect cuz usually whatever is on the phone it seems urgent cuz it comes with an alert or it comes with a buzz it's not right what's important is the person that you're in Covenant with and spending the rest of your life with and if this is you know cutting in line for that priority over time it does do damage to the relationship yeah yeah there was a um social media post that I saw with a dad and his kid and they did the kind of the two sides of a dad that's fully engaged in his phone and the kid's just sitting there playing on his own but the dad's just sitting there he thinks he's there with the kid and then the other side where the dad is actually engaged with the kid so it was this whole you know video of the two sides of a dad thinking he's spending time with his kid but actually he wasn't cuz he was on his phone the whole time and how kids see that they don't feel loved and nurtured by someone who's on the phone and in same way in marriage is what you're saying you don't feel paid attention to and so you feel jealous that the phone is getting more attention than you as a spouse and and then if you don't talk about it it just keeps going and the kids pick it up and they do it too and on it goes and so you do have to be intentional about I mean you can turn off all your alerts and then that way when you have time to pick up your phone and look for what you want to look for or respond to something you want to respond to then you can choose who you know when your life is interrupted and when it's not well yeah and

um you know for me like let's say we're in the kitchen we're having a conversation and then the phone rings and you're usually pretty good enough about not answering the phone so I appreciate that but like if you're the person that just has kind of completion compulsion task oriented your reactionary if you're always answering the phone imagine being your spouse like we're having a conversation and then anybody in the universe can call and then our conversation is over MH whatever we were connecting on or working on is over and that person now is literally in our kitchen because they've decided that's what they're doing right now it's like this is crazy we wouldn't allow this for right we wouldn't allow this for non-digital interaction it's like it's nobody would leave their front door open and just tell their friends you know anytime you guys want just drop on by and talk to us about whatever and if we're in bed you know just climb in and talk about you know memes it's like what this is crazy we didn't even let our kids interrupt if they were like Mommy Mommy Mommy Mommy we would say just a minute we'd make them wait and now we're just letting anything come in and say and do whatever it wants to do but it's it's ruining human connection interaction it's ruining uh Joy bonds attachment uh maybe talk a little bit cuz I know you like to study in that area about Joy bonds and attachment that can't happen through technology mhm yeah I mean even from you know the beginning when a woman is pregnant her homes are starting to change and adjust and adapt so that when she becomes you know when the child is born um she can interact and bond with the child and so if you're if you're not touching your child if you're not interacting with your child from day one you're literally creating some anxieties because the child only has you to connect with and so you're your responsibility and honor as a mom as parents is to create Joy bonds with your kids and to engage with them and help them feel loved and secure so that when they get out into that the crazy world they're not anxious because they don't even know how to connect with people and so it starts really at Birth and before that and our hormones adapt to that and literally it changes our brain as moms and so we have to resist that to not bond with our children um and so it's super important from the earliest of Ages to really do that and and that is a joy Bond and so kids live off of that and that carries into their life and it helps them build relationships that are healthy because they know what a healthy relationship looks like they know how to interact with people that neural pathway is built they can then travel on it in another relationships it literally is hardwiring the brain for warm relationship yes and I would say going into election season this is going to be a crazy year m mhm I mean if you want to know what it's going to look like just watch one of The Purge episodes and get yourself ready for where we're going but a lot of people will be bringing the news into their living room their dining room their bedroom their car rides their family dinners their date nights um their you know appetizer moment at the restaurant they're going to be pulling in the head-on collision that is our broken political system into their marriage and family and if you're a person that doesn't have good boundaries in that this year is not only going to break our country it's going to break your family yeah U because if you want to have non-jooy and you want to have anxiety just do a lot of politics in your house yeah yeah and you get caught up in all the arguments and everything and you forget that God's still in control and that's not a trit statement but we still need to remember that God's in control over everything even though there's chaos house in the world and so it's easy to get so emotionally wrapped up in any issue that's going on um outside and I mean I don't really watch the news for the most part because I don't know you tell me what I need to know but um it's just it's too anxiety ridden and I'd rather spend time in prayer asking the Lord to give me wisdom give me discernment you know show me how to love the people in front of me so that I can just cuz that's what I have control over and that's it I don't have control over you know everything that's crazy in the world

so well if it's crazy and it's broken and it's corrupt and it's bad like why do you want to bring it to your dining room table why do you want to bring it to your bedroom ex yeah exactly um so we'll just leave it there we'll follow up in the next episode we'll talk super practical and uh conclude this conversation but thank you baby