SAINT BASIL OF OSTROG - WINTER CAMP 2024

CHRISTIAN EDUCATION ACTIVITIES

(CYBER) ADDICTION

(YOUNGER GROUP)

"Our thoughts determine our lives; and so, if we are constantly distracted by worldly things, we will be unable to cultivate a life of prayer and spiritual growth."

"Addictions are a sign of spiritual sickness. The remedy is to turn to Christ in humility, to seek His help, and to live according to His commandments."

Elder Thaddeus of Vitovnica

INTRODUCTION

Hello, campers! Today, we are going to talk about something very important: cyber addiction. Together, we will learn what addiction is, how it can affect us, and how we can get better with God's help. Let us make this a fun and meaningful time while learning how to live healthy, happy lives!

WHAT IS ADDICTION?

Addiction happens when it becomes hard to stop doing something, like playing too many video games or spending too much time on a phone, even when it starts to make us unhappy.

Signs of cyber addiction:

- Feeling upset, sad, or angry when you cannot use your gadgets.
- Forgetting to do your chores or homework.
- Big changes in your eating or sleeping habits.

ORTHODOX CHRISTIAN PERSPECTIVE ON ADDICTION

God loves us and wants us to make good choices. He wants us to live happy and healthy lives. Jesus teaches us to avoid things that can hurt us and to ask Him for help when we feel tempted.

The Church teaches that getting better from addiction needs more than just medicine. It needs the person's strong will, love and support from family and friends, and faith in God.

Jesus is our healer, and with His love, we can overcome any addiction. We can also pray for others who are struggling and be kind and supportive.

DISCUSSION QUESTIONS	
1	How would you help a friend who is spending too much time on their phone or computer?
2	What fun activities can you do instead of using gadgets too much?
3	Have you ever prayed for help when something was difficult?
4	How can faith and prayer help someone feel better?
5	What can you do to remind yourself not to use your gadgets too much?
6	How can you help others use their gadgets in a healthy way?

ACTIVITY 1 - ROLE PLAY	
Scenario	Pretend you are talking to a friend who spends too much time on their phone or computer. Show that you care and want to help them by suggesting fun activities or praying together.
Objective	Learn how to be kind and helpful when talking about addiction.

ACTIVITY 2 - "HEALTHY FUN" ART PROJECT	
Art	Draw or color a picture showing fun activities you can do instead of spending too much time on gadgets. Examples could include playing outside, reading a book, or praying.
Sharing	Show your drawing to the group and explain your favorite healthy activity.

ACTIVITY 2 - BIBLE EXPLORATION	
Verses to Discuss:	• Ephesians 4:13 - "Till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ." • Matthew 25:40 - "And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'" • 1 Corinthians 10:13 - "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."
Discussion	What do these verses teach us about making good choices and helping others?

ACTIVITY 3 - "LET US MOVE!" HEALTHY FUN GAME	
How to Play	As a group, take turns acting out healthy activities like running, jumping rope, or praying. Others guess what you are acting out!
Objective	Show that there are many fun things to do instead of spending time on gadgets.

CONCLUSION

Understanding and dealing with cyber addiction is very important for living a happy and healthy life. Addiction is not just a physical or mental issue but also a spiritual one. By combining help from friends, family, and faith in God, we can overcome it and feel better.

You, as young Orthodox Christians, have the chance to build healthy habits and make good choices. Encourage each other to try new activities, spend time with family, and pray every day.

Let us take what we have learned and use it. Together, we can create a kind and loving environment, where everyone feels supported and cared for. Remember, through faith and community, we can grow stronger and live happy, Christ-centered lives.

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