

Are you reading this on your phone?

This may seem like a strange article being as this is coming to you via e-mail and will get posted to Facebook. It will make sense in the end. As I tell people, I write about real things in the real world. It doesn't get more real than this.



What does “Dealing with stuff.” Mean. Do you have a hangnail? A broken leg? A broken heart? In a 30 second exchange the writer is feeling better. OK, but why? Because they feel loved and validated? Yes. But what was the issue? Was it “fixed”? Probably not. How would the recipient of the message know? They don't.

What ever happened to picking up the phone and calling someone? Meeting over a beverage? Talking about your personal issues with a close friend who could help you sort out your emotions? Expressing your opinions with others in a respectful debate “live and in person”? Reading between the lines of an actual conversation? Hearing emotion in someone's voice and the inflection of their words?

We have become a “dissociative” society that airs everything on public platforms. Often it's life in bits and pieces that cause the reader to inquire as to what's going on. Catering to our need for validation and ego building.

This is what our life has boiled down to. Cryptic words of no real substance. My level of frustration when I see things like this is higher than I'd like to admit.

“Snaps” of smiling folks at a fabulous restaurant on vacation doesn't portray the argument that ensued over where to eat. The Instagram image of a beautiful piece of jewelry received by a friend from her significant other “just because”, when the real reason is because she got smacked around the day before. The guy beaming with the new car/truck/motorcycle that he purchased disregarding the family finances that are already stretched to the limit. Of course, I know that's not always the case. Social media creates a world in which we become absorbed by images of what others have or are and think we have to live up to other. Creating envy, poor self-worth, unrealistic expectations and unhealthy comparisons. It isn't real people! (I won't even go into the Twitter and “fake news” aspect of it.) I don't think social media is what Paul was talking about in his letter to the Ephesians and Hebrews, but it fits.

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.*

Ephesians 4:29

Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

Hebrews 13:5

Our lives are not made better dependent upon how many “friends” and “followers” we have, how many likes, shares, re-tweets or views some posting received. Our lives are made better by human interaction. Real conversations in a real world.

How can we lift one another up (edify*) through a maze of postings, emojis and cryptic abbreviated messages? SMH??? (Shaking my head) 😞

Oh, I am all for short cuts that save time and money. Quick text messages. Facebook Events. Group chats. BUT...they shouldn't be the only means of communication. I still use "snail mail" to send cards and invitations, I write e-mails that can be novellas, I pick up the phone (I have a landline) and call people. And, gasp, I leave the house without my cell phone! People even come to my house and visit, or I go to theirs. There have been times a conversation started out electronically and then went to a phone call because there was just too much to address in an online exchange and I couldn't judge the mood of the conversation. It doesn't matter how many times someone types LOL or posts laughing emojis. It's just not the same as hearing laughter. Not to mention, sarcasm doesn't always translate well if it's not heard. (Not that I'm ever sarcastic, LOL)

How many times have you been out and observed people sitting in a restaurant with their faces in their phones, not conversing? Has it ever happened to you? You are physically with someone and they, or perhaps you, are intent on what ever is on your phone? PUT IT DOWN!

Wherefore receive ye one another, as Christ also received us to the glory of God.

Romans 15:7

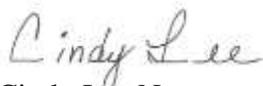
How can we *receive one another* when we can't take our eyes off our phone? Christ delivered us through His life, death and resurrection. Our salvation is received through prayer. Not via group chat or an E-Vite. Here's a little secret...God doesn't have WiFi!

When was the last time you picked up a phone to have a real conversation? Hours? Days? Weeks? Give someone, and yourself, the building up they and you need by making an overdue phone call today. Or, text them and set up a visit live and in person. You'll be glad you did!

If ever you need to talk, I'm here! Call or come by! I'll put on some coffee. 😊

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Ghost, be with you all. Amen.

2 Corinthians 13:14



Cindy Lee Nonnemacher
Author

*Read more about edification [HERE](#).