



RAY EDWARDS

LIVE WITH JOY LEAD WITH PASSION PROSPER WITH PURPOSE

Don't Take Your Laptop to Bed

Hey everyone, this is Bryan Holmes from BryanHolmes.com and the Strategic Living Podcast. You're listening to thought leader, faith builder, business innovator and overall great guy, my friend Ray Edwards.

It is the Ray Edwards Show, episode 127. You know those little intros where fancy people say hi this is Cliff Ravenscraft the Podcast Answer Man and you're listening to the Ray Edwards Show. If you'd like to be someone who does that to start the show off, let's call them my show kickoff, send it to me as an mp3 via DropBox and I'll be glad to use it. Sound quality needs to be good and make sure you say something nice. I'd love to promote you, your podcast or your website.

If you're always plugged into the Internet you might just be unplugging from some of the most important relationships in your life. Today I'll discuss five reasons why you might not want to take your laptop or your iPad or iPhone or any other electronic gizmo to bed with you.

I would like to say thank you so much and I mean this from the bottom of my heart. For everybody who has subscribed to the show in iTunes and especially those who took the time to rate and review the podcast. You have no idea how valuable and helpful that is, because it helps new people discover what we're doing and helps us serve more people more fully. If you haven't done that yet I'm asking you to do me a favor, subscribe to the show in iTunes and give us a star rating, five would be fabulous but be honest in your rating and then write a quick review of what you get from the show and what you think others may get from the show. I would appreciate that so much.

Tip of the Week

I'm so happy to announce this. It's late in coming but the Hemingway app is now downloadable. What is this you may ask? I'm glad you did because it gives me the chance to explain. The Hemingway app is an editor you can put your text through for your blog posts, books, articles or whatever you're writing and it will treat it as Hemingway would have. It will look for words, sentences and paragraphs you can make shorter and ways you can make your writing more active, vigorous and powerful just like Papa's. Check it out it's \$5. I've waited a long time for these guys to come up with a downloadable version of this web app. It's fabulous.

You'll find a link in the show notes at RayEdwards.com/127.

Spiritual Foundations

Here's a question that comes in occasionally.

Are you one of those greasy grace guys?

Let me explain where this comes from. I often talk about how we misunderstand and under-represent and under-appreciate the power, meaning and the scope and width and the depth of God's grace in sending his Son to atone for our sins and put us in a right relationship with God. I talk about how grace isn't a doctrine it is the gospel. The gospel is grace and some would argue and say God is the gospel or Jesus is the gospel. Yes, He is. But the scripture says we have the law and the prophets through Moses but grace and truth came through Jesus Christ. So grace is the gospel.

There's nothing we can do to earn our right place with God. There's nothing we can do to make ourselves righteous, only He does that and it's a gift and that's what I believe. I believe it to the very fiber of my being.

So, people who are worried about what they call greasy grace say in essence, what you're saying is you can do anything you want and there are no consequences. Therefore, you slide through life doing whatever you want you're just greasy with grace, using it as a license to sin. I'm familiar with this argument because I read about it a long time ago in the Bible. It's an argument they leveled against Paul.

I don't think there is such a thing. In fact, I have a three part answer to this question.

1. There is no such thing as greasy grace, there is only the gospel and the gospel is grace.
2. Grace is a gift so all your working at it, striving you want to do about being holy; you can't ever get there by doing that stuff. You can not ever deserve it. The word we translate as grace actually means unmerited favor, so there's no way to work your way into it.
3. The number one accusation hurled at the Apostle Paul was that he proposed too much grace and too much freedom.

Read about it in the letters he wrote where he defends his apostleship and where he says what, are people saying I'm telling you that you should sin more so you can have more grace? No! He went on to explain in those passages how the full appreciation of who we are in Christ will cause us to stop behaving like mere human beings and the fruit of the realization of what Jesus has done for us through extending his grace to us will cause us to be holy. It's the fruit... you don't get grace by being holy enough you become holy enough by receiving grace.

If we as Christians, as ministers of the gospel are not accused of the same things that Paul was accused of than are we really preaching the same thing Paul preached? That's a question worth pondering.

So my final thought is the very use of the term is a pejorative, a judgmental criticism. You can feel the sarcasm dripping from it. So you're a greasy grace guy... if grace is greasy than yes I am Kentucky Fried Chicken.

Feature Presentation

Let's switch gears now and get to today's topic.

Having a laptop, iPad or iPhone sure makes it easy to stay plugged in, even when we should be unplugged. It's been said that we live in a world that is more connected than ever before and yet we feel lonelier than ever before.

The recent loss of Robin Williams to suicide, because he felt despair and hopeless and probably alone is testament to that. We need to unplug from media and the Internet and apparent connection and have real connection in our lives, not just to one another but to our Creator as well. Here are five reasons why taking your gadgets to bed with you might not be such a great idea.

1. If you're married, taking your laptop to bed robs your spouse of your presence. It sends the signal that your gadget is more important to you than them.

You might disagree that it robs them of your presence because you're right there, six inches away from my spouse, so we're together. Physically that's true, but mentally, emotionally and spiritually you are not present with the other person if you're absorbed in the screen. Think about it.

Have you ever had a conversation with someone where you just knew they went absent on you? They were looking at you, you were talking and they were staring you in the eye and maybe even making the appropriate facial expression based on what you said, but somehow you knew they weren't present with you and you probably could have said anything and they would have nodded and continued with the conversation even if what you said was outrageous.

You could have said and then I had a mud sandwich and drank dirty dishwater and it was great. They would nod and say uh-uh yeah, because they weren't present with you. Presence is one of the rarest commodities in our continually plugged in lifestyle. It's one of the greatest gifts you can give to someone. If you're with the most intimate relationship in your life at the time of the day when you should be relaxing and being in one another's presence and you're shutting them out, then you're not only robbing them of yourself, but you're sending them a message that says, what I'm sucking from this screen is more important than you are. That isn't a message you want to convey and it's not one you want to receive.

2. It's purely physiological, that that softly glowing light actually interferes with your ability to sleep well, even after you turn it off.

This has been proven through neuroscience, that the very frequencies of light that are generated by your iPhone, iPad, laptop or whatever other electronic screen you have, including your TV, actually activates the parts of your brain that keep you awake and disturb your sleep. So if you especially have trouble sleeping, and we are a nation of sleep deprived people, this could be one of the primary causes of your trouble. Turn off the light. Don't stare into the screen an hour before you go to bed.

3. The mental stimuli is also damaging the quality of your sleep.

Whether you're reading something that's engaging and has you intellectually engaged or whether you're watching a video, movie or looking at photographs or even playing a video game, you're stimulating your thinking brain at a time when you're allowing it to become quiet and restful, so you can have peaceful sleep. Instead, along with the light you're bombarding your brain with that wakes you up you're letting a river of ideas pour into your brain that is cognitively waking you up.

4. Communicating with the world and your co-workers during all hours of the day and night sends the message that you have no boundaries and those people will respond accordingly.

They will learn that you post on Facebook at 2:00 a.m. You tweeted on Twitter at 11:30 p.m. on Saturday. It's okay, you send an email to them on Sunday morning about work. It's okay there's no boundary so it's okay for me to communicate with them any time day or night and expect a response. Setting boundaries begins behaviorally not just verbally and being connected 24/7 clearly announces to the world you have no boundary.

5. You're teaching your subconscious mind that even your bedroom is not a place of rest and retreat.

So, where in your life does that place of rest and retreat exist if not your bedroom? Is that a message you want to teach to your inner most self? There's nowhere I can rest or relax in my home, certainly not in my bedroom, because that will teach you the lesson internally subconsciously that if there is a place for you to rest and relax it must be somewhere else. That is not a message you want to receive, learn or believe.

- You're rejecting/robbing spouse of your presence
- The light will make it difficult for you to sleep
- The mental stimuli will make it difficult for you to sleep
- Communicating with the world around the clock removes all boundaries in your life
- You're teaching your inner most being that you can't relax and you have no solitude or place of rest in your own home

So my question for you if you would like to join the conversation, join in by going to RayEdwards.com/127 I'd love to hear from you. Add your comments and responses to this question. Do you take your laptop or other device to bed with you? If you do, do you think it has a positive or negative effect on your life and your most intimate relationship? I look forward to hearing from you on this.

What to Do Now

I'm experimenting with a shorter and more concise simplified podcast approach, tell me what you think. If you like it we'll do more of the same, let me know.

Until next time, I pray that God will bless you with crazy favor in your life and that He does more good stuff for you than you can imagine. In fact, that He does things for you so good that you have to question, does He really know what He's doing? I think that's what He wants to give you.

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