

# Prophetic Vision: The Outpouring of the Spirit Is Closer Than We Think

In a recent video, [Mike Thompson shared a vision he received](#) on Jan. 31, 2020, during a time of prayer.

As he sought the Lord that day, he heard a phrase in his spirit: “Tick tock, tick tock, you won’t believe the time on the clock.” The words caught his attention, but no further explanation came at that moment.

Later, he was drawn into what he describes as a profound spiritual encounter.

Thompson says he saw “a large clock... it was a clock of God, it was His timetable.” This was no ordinary timepiece. It extended far beyond seconds and minutes, marking days, years, and even centuries. As he watched, he was pulled into the second hand itself and saw “thousands, maybe millions of second hands,” each representing different events in God’s plan.

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During the vision, Thompson says he heard the Lord speak: “There are many threads in the fabric of time. Donald Trump’s thread will not end yet, but others will.” At the time, Trump was facing impeachment, but Thompson took this as confirmation that God’s plan for him was not finished. Now, in 2025, he

sees that word fulfilled, stating, "We see exactly what the Lord had planned, and it was magnificent."

The vision continued, revealing a global scene. Thompson describes seeing "a globe of the world... rotating, and suddenly faces began to come off of the Earth... faces of people that were young and old, different skin colors, different nationalities, ethnicities from every tribe and from every nation." An angel standing beside him reacted with excitement, saying, "Here they come! Here they come!" Thompson understood this to represent a great spiritual awakening, what he calls ["the greatest revival that planet Earth had ever experienced numerically."](#)

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According to Thompson, this was not a vision of the Rapture, but of mass evangelism.

He believes that God is bringing people into His Kingdom in extraordinary numbers. He also says the Lord instructed him to "continue running with the vision... train the eagles... teach My people about Third Heaven Authority." For Thompson, this means helping believers understand how to operate in the spiritual realm and step into their God-given authority.

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# Genesis 6, the Nephilim and the End Times: Are We Repeating History?

In a recent “Prophecy Watchers” interview, host Gary Stearman sat down with Pastor Matt Freeman to discuss one of the most overlooked yet fascinating topics in biblical history—Genesis 6, the fallen angels and their attempt to corrupt mankind. This conversation [dove deep into the implications of the Nephilim](#), the role of the book of Enoch and the ongoing spiritual warfare that believers face today.

## Genesis 6: The Forgotten Rebellion

For decades, many churches avoided the topic of Genesis 6, where the Bible describes the “sons of God” taking human wives and producing offspring known as the Nephilim. Freeman pointed out how this was “a real physical rebellion against God to try to corrupt and subvert His plan for redeeming mankind.” The fallen angels sought to create their own version of humanity, disrupting the divine order.

Their ultimate goal? Preventing the Messiah’s arrival.

The consequences were catastrophic. The corruption was so severe that God responded with the Great Flood, wiping out nearly all of mankind except for Noah and his family. As Freeman explains, “These fallen entities [were] trying to have their man in their image instead of how man’s made in God’s image.” It wasn’t just an act of defiance—it was a calculated attempt to alter creation itself.

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# The Book of Enoch: History, Not Scripture

One of the more intriguing aspects of the discussion was the book of Enoch, an apocryphal text that sheds additional light on these fallen angels. While the book is referenced in the Bible (most notably in Jude 14-15), it is not considered Scripture. Freeman acknowledged its historical value, [noting that it “sets the stage” for understanding the rebellious angels](#), but he emphasized that it should not be treated as divinely inspired Scripture.

The book of Enoch describes these fallen angels descending to Earth and wreaking havoc, a story that aligns with Genesis 6. Jude’s reference to Enoch’s prophecy highlights how God will “execute judgment upon all”—a reminder that no rebellion against Him goes unpunished.

## The Fight Continues

Freeman and Stearman also connected the Genesis 6 events to modern spiritual warfare. Though the angels who sinned in Genesis 6 are now “in chains of darkness” (Jude 6; 2 Peter 2:4), Satan and other fallen angels are still active. Freeman pointed to Ephesians 6:12, where Paul warns that “we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world.”

The battle may not be as physically visible as it was in Noah’s day, but it is no less real. As Freeman warned, “We have an enemy that wants to take us out. Satan roams around as

a roaring lion, seeking whom he may devour.” [This means believers must be spiritually equipped:](#)

- **Know the Word of God** – “The Word of God is our shield of faith... and it’s the sword of the Spirit. It’s our offensive weapon.”
- **Stay in Christian fellowship** – “Forsake not the gathering of yourselves together... even more as you see the day approaching.” (Heb. 10:25)
- **Be aware of deception** – The enemy seeks to manipulate and corrupt, just as he did in Genesis 6.

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## **The End Times and What’s Coming**

Freeman and Stearman also discussed how these ancient events tie into the end times. Freeman referenced Daniel 12:4, which describes an increase in knowledge in the last days. Advances in AI, genetic modification and other modern technologies parallel the corruption of humanity in Genesis 6.

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# Steve Deace's 'Nefarious' Sparks Spiritual Battle, Is This the Most Controversial Christian Film Ever?

Steve Deace never set out to write a book about a demonic takeover of America, but as he told "The Christian Post," "inspiration struck me out of nowhere, and I just had to follow where it led."

That inspiration has since turned into a [best-selling novel, a hit film and now a highly anticipated sequel, "Nefarious 2."](#)

What makes "Nefarious" so compelling is its unapologetic confrontation with real evil. Unlike typical horror films that rely on cheap scares, the movie forces audiences to reckon with the supernatural battle raging all around us. "We didn't want to make a cheesy faith-based film," Deace explained. "We wanted to confront real evil in a way that forces people to think."

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And confront it they did. The production of ["Nefarious" faced an unusual amount of resistance](#)—both spiritual and physical.

Deace himself nearly died from a severe MRSA infection on the day of the film's premiere. Crew members suffered car accidents and even a Catholic priest involved in the production required emergency surgery.

These unsettling occurrences only reinforced Deace's belief that the film was exposing something the enemy did not want revealed. "If the enemy didn't want this movie made, that just

means we were onto something,” he said.

Despite this opposition, “Nefarious” resonated deeply with audiences, spending weeks as a top-selling film on Amazon Prime and drawing both believers and skeptics alike.

Deace shared that he has received countless messages from people who found their way back to faith after watching the film. “I didn’t think I could get my son back in church. I didn’t think I’d get my prodigal daughter to come back, and your movie helped me bridge a divide,” he recalled hearing from viewers.

The upcoming sequel, [“Nefarious 2,” will dive even deeper into spiritual warfare](#), exploring the impossibility of neutrality in the battle between good and evil. Deace warned that the protagonist, Dr. James Martin, will learn firsthand that “there’s only two sides to the war.” Neutrality, as “Nefarious” reveals, is a dangerous illusion.

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As reported by “The Christian Post,” Deace sees this project as more than just entertainment; it’s a mission. “We have to stop playing nice and start confronting people with reality.” In a culture that increasingly rejects the concept of sin and spiritual warfare, ‘Nefarious’ serves as a much-needed wake-up call.

For Christians, the battle against darkness is not theoretical—it’s real, and it’s relentless.

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## **This Biblical Artifact Reveals a Chilling Truth About the End Times**

Perry Stone's latest video discussion explores how ancient biblical customs and artifacts provide insight into end-times prophecy. In the video, he examines key biblical symbols—such as oil lamps, grinding at the mill and an ancient tool called the tribulum—to illustrate themes of separation and judgment described in Scripture.

Through historical context and scriptural analysis, Stone connects these elements to what he believes is a prophetic message about [the Tribulation and the coming of the end times.](#)

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## **Understanding Biblical Culture**

Stone begins with a simple but crucial point: “The biblical culture was different than our culture today.” He reminds us that to truly understand scripture, we have to step outside of our modern world and into the ancient one. That means recognizing that when Jesus spoke about lamps, tombs and even

grinding at the mill, He wasn't using modern imagery—He was pulling from the everyday life of His time.

Take the parable of the 10 virgins from Matthew 25. “You read the Bible talk... keep your lamp trimmed and burning—we use light bulbs. What does it mean to keep a lamp trimmed and burning?” Stone explains that in Jesus' day, lamps weren't electric but clay vessels filled with oil and a wick. If the oil ran out, the flame died. A simple but powerful metaphor: without preparation, you're left in darkness.

Then there's the matter of graves. “We bury people six feet under—they do not do that in the Middle East,” he says. Instead, Jewish burial customs placed bodies in limestone boxes above ground, a practice that reshapes how we visualize biblical tombs. Even the manger we associate with Christmas wasn't the wooden structure of Western nativity scenes but “made of stone... a feeding trough for the animals.”

## A Clue About the Rapture?

Stone's most compelling point comes when he shifts to grinding at the mill—a passage from Matthew 24 that many overlook. “Two women shall be grinding at the mill, one will be taken, the other left.” For Stone, this isn't just a casual reference to ancient labor—it's a coded message about the Rapture. He makes an important distinction: “You cannot grind... until there has first been a harvest.”

The imagery is clear: the harvest (the gathering of believers) comes first, and the grinding (tribulation) follows. Just as in ancient times, wheat had to be crushed after harvest, [so too will a great separation take place before the tribulation begins.](#)

# An Ancient Tool With a Prophetic Message

And that's where an ancient tool called the tribulum enters the conversation. Found in Israel, this wooden board embedded with sharp stones was used to separate wheat from chaff. "A man would stand on this... tied to a mule," Stone describes, "and this board would go over the grain... crushing it, separating the chaff from the wheat."

That separation, he argues, is precisely what the Tribulation will bring. He doesn't just present this as an interesting historical artifact—he ties it directly to biblical prophecy. "The tribulation is a time of separation," Stone warns. "It is a time where the wheat... is collected and the grain is crushed."

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## Tribulation: The Great Separation

The Bible consistently presents a theme of separation:

- The wheat and tares
- The sheep and goats
- The good fish and bad fish

All of these point to an unavoidable moment when the true followers of Christ will be distinguished from those who only appeared to be.

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# **‘Liquid Death’s’ Soul Contract: A Joke, or a Real Occult Agenda?**

## **Is Liquid Death’s “Sell Your Soul” Campaign Just a Joke?**

At first glance, Liquid Death—yes, the water brand—might seem like a clever marketing gimmick. They package their product in edgy, beer-style cans, slap on some irreverent branding and call it a day. But their latest campaign has taken things to a new level: [they’re inviting people to “sell their soul”](#) in exchange for free membership in their so-called “Country Club.”

Christian YouTuber Kap Chatfield recently tackled this topic in a now-viral video, questioning whether this is just harmless fun or something much darker.

“The extremely famous water company Liquid Death is now inviting customers to sign a contract to sell their souls,” Chatfield points out. And as he digs deeper, the implications become more unsettling.

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# The Contract: More Than Just a Joke?

Chatfield highlights a section of the actual contract, which states: “This bill of sale for one Eternal human soul... is executed and delivered by [blank], the seller, to Liquid Death, a Delaware corporation.” He responds plainly: “Guys, I mean, I’m just being honest—that’s crazy.”

For many, this is where the debate begins. Skeptics argue that it’s just a publicity stunt, a tongue-in-cheek way to grab attention. But Chatfield notes, there’s a deeper problem: “They’re going to tap into people who just think that all this spiritual stuff is just entertainment.”

## Liquid Death’s Occult Ties

The campaign alone would be concerning enough, but Liquid Death doesn’t stop there. In 2022, they literally hired a practicing witch to cast spells on the outcome of a Super Bowl bet. In a promotional video, the witch states, “Through the means of witchcraft, I can affect the outcome of the game.”

Chatfield responds bluntly: “Like, it’s just a game, it’s just entertainment—meanwhile, they’re literally hiring a witch to try to manipulate the outcome of a game.” His concern is clear: why is a water company putting real money behind witchcraft if it’s all just a joke?

[Look for Kap Chatfield’s upcoming new book through Charisma House, releasing early 2026!](#)

But it gets even more disturbing. Liquid Death released

another marketing stunt where a self-proclaimed witch “summons demons and traps them inside cans of water.” The witch in the video proclaims, “Now is the time of the dead. I ask you, spirits, those who are listening.”

Chatfield reacts strongly: “I’m not going to lie—even while watching this, my spirit is like, [‘I cancel all of that in the name of Jesus. I rebuke that.’](#) I shut that down in the Spirit, in the mighty name of Jesus.’”

## What Does the Bible Say?

For Christians, the question isn’t just about whether Liquid Death’s marketing is distasteful—it’s what Scripture teaches regarding participation in the occult. Chatfield references 1 Corinthians 10:21, which says, “You cannot drink from the cup of the Lord and from the cup of demons, too.”

He warns fellow believers, “If you say that you’re a Christian and you’re supposed to be holy—which means to be set apart—but you’re participating with witchcraft... what are you doing?”

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## Why Christians Should Pay Attention

So, what’s the takeaway? Should Christians be afraid of Liquid Death?

No.

Chatfield reminds us, “We have the upper hand. We got King Jesus, for crying out loud, who literally—the devils tremble at the name of Jesus. So why are we trembling at these devils?”

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# **Are We the Last Generation? Daniel's Prophecies May Hold the Shocking Truth**

[Are we living in the last days?](#)

In a recent episode of the End Time Headlines podcast, Pastor Ricky Scaparo takes a deep dive into Daniel chapter 12, unpacking powerful prophetic clues that may reveal why our generation matches what Daniel saw centuries ago. From signs pointing to the coming Tribulation to the rising push for a Third Temple and the looming emergence of the Antichrist, this discussion sheds light on key events unfolding right before our eyes.

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Scaparo breaks down the mysteries of Daniel's vision, explaining how rapid advancements in technology, global shifts and increasing spiritual deception all point toward the fulfillment of end-time prophecy.

Could we be the generation that witnesses these events firsthand? If you've ever wondered how biblical prophecy aligns [with what's happening today](#), this episode is one you can't afford to miss.

Don't just take our word for it, watch the latest episode now and see the evidence for yourself. Stay informed, stay prepared and stay grounded in God's Word as we navigate these prophetic times.

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## **Are Scientists Playing 'God' with Our Food? The Alarming Truth**

Fruit salads will never be the same again—at least, that's what the scientists at a biotech company are promising. [Their latest breakthrough?](#) A genetically altered banana that doesn't turn brown for 24 hours after being peeled.

“No more slimy, brown bananas!” declares Gilad Gershon, the company's chief executive. He assures consumers that these

bananas taste, smell and feel just like the real thing—except they last longer. According to “The Mail on Sunday,” British scientists have figured out how to disable the genes responsible for browning without introducing foreign genetic material. That means a fresher, more visually appealing banana that could be sold in the U.S., Canada and several other countries as early as this month.

At first glance, it seems like an exciting development. Who wouldn’t want bananas that stay fresh in their fruit salads?

But is it really that simple?

Or are we venturing into dangerous territory by altering the very DNA of the food we eat?

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## **When God Made Bananas, He Said They Were Good**

From the very beginning, when God created the heavens and the earth, He declared all things good—including the fruit we eat. The banana, in its natural state, was designed to nourish and sustain life, just as every other plant He gave for food. But in our modern age, mankind is determined to improve upon what God has already perfected.

The scientists at Tropic, of Norwich, England, insist their method isn’t the same as genetic modification; rather, [they describe it as “like evolution on fast-forward.”](#) When we begin tinkering with God’s creation, even in small ways, we must ask: what are the consequences? As reported by the “Daily Mail,” these bananas may seem harmless now, but we don’t know the long-term effects of altering their genetic structure. What unintended consequences might arise from consuming fruit that has been manipulated at the genetic level?

# The Risks of Playing God

History is filled with examples of mankind's overconfidence in its own ability to control nature. Whether it's pesticides that turned out to be carcinogenic, pharmaceuticals that led to unforeseen side effects or artificial sweeteners linked to health issues, time and again we've seen the dangers of altering what was naturally given.

What happens when we interfere with the natural processes of fruit ripening and disease resistance? Are we on the verge of opening Pandora's box?

Robert F. Kennedy Jr., [now serving as Secretary of Health and Human Services](#), has long championed the fight for clean, untainted food. He ran on a platform of improving the quality of the food Americans eat and believes he was placed in this role by God to protect the health of the people. He has warned about the dangers of unregulated genetic interference in our food supply.

So, we must ask ourselves: is there a spiritual battle being fought over the food we eat?

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## A Spiritual War for Our Health

Scripture reminds us that the enemy comes to "steal, kill and destroy," (John 10:10). One of the most effective ways to weaken a people is to taint their food. If what we eat is no longer natural, if it is manipulated and altered beyond recognition, are we unknowingly stepping into a trap?

The push for gene-edited bananas is just one piece of a much larger movement to alter our food at the molecular level. While scientists claim these changes are safe, history warns us to be cautious.

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## **A Wake-Up Call: The Coming Storms Demand Urgent Action**

A powerful early March storm is set to sweep across nearly two dozen states from Monday night through Wednesday night, [bringing widespread severe weather](#), AccuWeather reports. With as many as 170 million people in its path, this is a storm system that demands both practical preparation and prayer.

The storm will first bring powerful winds to the southern Plains, with gusts reaching 50-70 mph. These strong winds, combined with dry conditions, could spark dangerous wildfires in parts of Texas, Oklahoma and Kansas. As the system intensifies, it will begin drawing in moisture from the Gulf of Mexico, fueling the development of severe thunderstorms.

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By Tuesday, storms will quickly become more dangerous, spreading across northeastern Texas, Arkansas, Louisiana and

western Tennessee. This area is at high risk for tornadoes, and the fact that some of these tornadoes could strike after dark makes the situation even more dangerous. Nighttime tornadoes are particularly deadly because people are often asleep and [unable to receive timely warnings.](#)

As the system moves northeast into Wednesday, the threat will expand across the Midwest, Great Lakes and East Coast. Along with continued high winds, some areas will face large hail, flash flooding and lightning. Airports are likely to be affected, with major hubs from the Mississippi Valley to the Atlantic Coast anticipating delays and possible cancellations.

## **A Time for Wisdom and Prayer**

The Bible reminds us in Proverbs 22:3 that “The prudent sees danger and hides himself, but the simple go on and suffer for it.” Now is the time for wisdom. If you are in the affected areas, take this forecast seriously. Secure outdoor objects, review your emergency plan and have a safe place to go in case of tornado warnings. If you’re traveling, check your flight status and have backup plans in case of delays or cancellations.

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But beyond taking practical steps, we also need to seek God’s protection and guidance. The Bible tells us that God is our refuge and strength in times of trouble (see Ps. 46:1). Let us pray for those in harm’s way—that lives will be spared, families will be protected and emergency responders will have wisdom and strength as they work.

Something else worth considering is that this storm is set to tear through the very center of the X that formed [during the Great American Eclipse in 2024](#). Is this merely a coincidence, or is there something deeper at play? Could the Lord be trying to get our attention, calling us as a nation to repentance?

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# **Is Bible Prophecy Happening Now? The Signs Are Unmistakable**

As the world spirals toward chaos, many believers are searching for answers about the times we are living in. Are we on the cusp of biblical prophecy unfolding before our eyes? L.A. Marzulli sat down with Mondo Gonzales of Prophecy Watchers to discuss recent events and their potential connection to the final days. Their conversation covered everything from the ongoing conflict in Israel to [the mysterious role of the red heifer](#) and the inevitable rise of the Antichrist.

## **Hamas and the Red Heifer**

One of the more intriguing aspects of their discussion centered around the red heifer—a biblically significant animal

required for Jewish purification rites. Some have speculated that [the red heifer ceremony played a role](#) in triggering the Oct. 7, 2023, attacks on Israel by Hamas, but Gonzales dismissed this notion outright.

“If you go back to [Hamas’] charter, they don’t need a reason to kill Jews,” Gonzales states plainly. He points out that Hamas is notorious for propaganda, often fabricating narratives to manipulate global opinion. “They create whole scenarios... dress people up in makeup, put a child there and record it like it’s a real event.”

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## **The Third Temple and the Coming Antichrist**

Perhaps one of the most pressing topics in Bible prophecy today is the rebuilding of the Third Temple in Jerusalem. Scripture foretells that the Antichrist will make a covenant with Israel to allow the construction of this temple, an event that many believe to be politically impossible at the moment. However, Gonzales and Marzulli both emphasize that circumstances can shift rapidly.

“When people say, ‘There’s no way in a million years this could happen,’ I would argue that everything is changing right before our eyes,” Gonzales observes. He pointed out that Saudi Arabia—an Islamic powerhouse—has quietly signaled that it has no issue with a Jewish temple in Jerusalem. “They’ve even offered to take over control of the Temple Mount’s management from the Jordanians.”

Marzulli added, “Look at Syria. A couple of months ago, no one saw that coming. Assad flees the country, the prisons are emptied... Everything changed in an instant. That’s how fast

this could happen.”

## **The Millennial Kingdom: Literal or Allegorical?**

Marzulli and Gonzales strongly reject the idea that the Millennial Kingdom is merely symbolic. “There are people out there who say we’re already living in the Millennial Kingdom,” Marzulli says, incredulously. “Two World Wars, Korea, Vietnam—if this is the Millennial Kingdom, I’ll shave my head and become a Buddhist.”

Gonzales took a more scholarly approach, tracing this theological error back to St. Augustine in the 4th century.

“When Christianity became the dominant power of the Roman Empire, theologians started allegorizing prophecy because it didn’t fit their worldview.” However, he pointed to the Bible’s explicit promises that [Christ will reign physically from Jerusalem for a thousand years](#). “Zechariah 14 is crystal clear—His feet will touch the Mount of Olives. That’s not allegory.”

## **The Mark of the Beast: A Genetic**

# Transformation?

One of the more unsettling parts of their discussion involved the Mark of the Beast. While many believe this mark will be an economic system tied to buying and selling, Gonzales suggested it may involve something far more sinister—a transformation of the human genome.

“In Revelation 14, God sends an angel to warn the world, ‘Do not take this mark!’” Gonzales emphasizes. “Why? Because those who take it are irredeemable.” He theorized that the mark might alter people at a fundamental level, potentially making them “modern-day Nephilim,” a term referring to beings who are no longer fully human. “There’s something either spiritual or biological happening that prevents redemption.”

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## **Are You Addicted? 10 Signs Your Phone Is Controlling Your Life**

Smartphones have changed everything. They started as simple tools for calling and texting but have now become extensions of ourselves—shaping our thoughts, emotions and even our

faith.

[Pastor Vlad Savchuk of HungryGen Ministries](#) recently sounded the alarm on the dangers of digital addiction, calling it more than just a bad habit; it's a spiritual battle.

## **Satan is Using Your phone Against You**

In a recent video, Savchuk warns that our phones are more than just distractions—they are traps.

“See, your attention is someone’s business model,” he says, referencing Columbia law professor Tim Wu’s book “The Attention Merchants.” Social media giants design their platforms to keep us hooked, selling our time for profit. As former Google engineer Tristan Harris put it, “You’re not paying for the product because you are the product.”

But beyond the economic consequences, Savchuk argues that the smartphone is a weapon used by the enemy to steal our intimacy with God, weaken our faith and keep us spiritually weak.

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## **10 Signs You’re Addicted to Your Phone**

Savchuk offers a self-checklist, asking: “Are you already hooked on this? Have you already fallen prey to the plan of the enemy?” Here are 10 warning signs:

1. Checking your phone first thing in the morning.
2. Feeling anxious without it.
3. Aimlessly scrolling for hours without realizing it.
4. Neglecting relationships because of screen time: “Someone in your circle is complaining, ‘You’re always on your phone.’”
5. Seeking validation through likes and comments: “You need

that dopamine rush.”

6. Struggling to focus on prayer and Bible reading: “When you open the Scriptures, you can’t focus because of so many notifications.”
7. Prioritizing entertainment over spiritual growth: “You have no plan for your development, but your default setting for numbing yourself is your phone.”
8. Losing sleep due to late-night scrolling: “You’re missing prayer early in the morning because you stayed up scrolling.”
9. Texting and driving: “This is a big one.”
10. Using your phone during worship: “People can’t worship without capturing a worship moment for Instagram.”

If any of these sound familiar, Savchuk warns that your phone may be controlling you, not the other way around.

## The Devil’s Tactics

Savchuk argues that the smartphone is one of the most effective tools of distraction, much like how Eve was lured away by what she didn’t have in Genesis 3.

The phone doesn’t just waste time—it pulls people into sin. Savchuk highlights several ways this happens:

- **Pornography and Lust** – “What starts as aimless scrolling becomes something you look at that you’re not supposed to look at.”
- **Gossip and Drama** – “People love drama, hate, division. And Christians can be the meanest of them all.”
- **Comparison and Envy** – “Social media helps us see the

perfect lives of others, and we begin to covet what they have.”

- **Wasting Time** – “Even if it’s not a sin, the devil wants you to waste your time, your potential. Ephesians 5:16 says, ‘Redeem the time because the days are evil.’”

## Steps to Reclaim Your Life

So what’s the solution? [Savchuk offers practical steps to break free](#) from smartphone addiction and take control of your time:

1. **Digital Detox:** “Fast from your phone. Try a 24-hour phone fast every week or a 30-day reset.”
2. **Prioritize Prayer Over Scrolling:** “Psalm 5:3: ‘In the morning, Lord, you will hear my voice.’ Don’t check your phone before prayer.”
3. **Delete Time-Wasting Apps:** “Most social media apps my ministry is on are not on my phone.”
4. **Turn Off Notifications:** “Remove notifications so that you have to search for it to go on it.”
5. **Replace Scrolling with Real Activities:** “Memorize Bible verses, work out, go outside, join a small group.”
6. **Create Phone-Free Zones:** “No phone at meals, church, bedtime or while driving.”
7. **Make Social Media Purposeful:** “Use it for ministry, encouragement and wisdom—not mindless scrolling.”

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Savchuk shares his own journey, admitting, “Social media has been one of the most effective tools to take my attention from the things that matter.” But he reminds his audience that smartphones are just tools—it’s up to us to control them, not

be controlled by them.

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**Don't miss Vlad Savchuk's newest book "Make the Devil Homeless" releasing Fall 2025!**

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