



# Scrolling

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Eternally Speaking Now

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Doom Scrolling.  
Zombie Scrolling.  
Mindless Scrolling.

We've heard about it.  
What exactly is it?

Let's settle on the phrase *mindless scrolling*. There are many articles about this online, and they all say essentially the same thing, defining it this way:

*"Mindless scrolling refers to the act of compulsively swiping through content on social media platforms, news feeds, or other digital interfaces without any specific goal or purpose."*  
[neurolaunch.com/mindless-scrolling-dopamine/](https://neurolaunch.com/mindless-scrolling-dopamine/)

Yup, we've seen people do this everywhere, haven't we?

Before we continue forward with a personal pat on the back, declaring we're too busy doing important things to waste hours on TikTok or FaceBook, consider what the article cited above further states.

*"This behavior has become so commonplace that many of us engage in it without even realizing it, filling idle moments throughout the day with a constant stream of information and stimuli."*

Can you relate? Upon honest personal inventory, it's likely we all can see evidence of this in our lives, at least the tendency to fall for it.

Even I, who avoid social media like the plague and am genuinely too busy to waste time on a screen (for the most part), have still felt that tug within me to mindlessly scroll. Why do we get trapped into this behavior so easily? The article I've quoted sums it up perfectly, capturing what the majority of other sources conclude as well.

*"At the heart of this behavior lies dopamine, a neurotransmitter that plays a crucial role in the brain's reward and pleasure centers... The act of scrolling through social media feeds or other digital content triggers the release of dopamine in the brain, creating a sense of pleasure and reward. This neurochemical response reinforces the behavior, encouraging us to continue scrolling in search of the next dopamine hit."*

Simply stated, it's how we're wired. We're created to seek after the dopamine hit. We were literally fashioned and constructed with a complex system of neurotransmitters, including dopamine, which, when released, makes us feel good. Mindless scrolling fulfills that need. For the moment.

Dopamine explains so much in life, doesn't it? It's the lure for every addiction, and it's the reward for every lust.

I hope this makes you feel a bit better.

I mean, I'm not looking to make everyone feel better necessarily, but I do think that acknowledging dopamine as a part of our human design is a good place to begin, especially if we want to make a change. As I've heard and spoken often, the first step towards change is awareness of the problem.

What is the problem exactly?  
*We are in danger of mindlessly scrolling.*  
Mindless scrolling embraces wasted time.  
It coddles idle time.  
It consumes and ravages minutes and hours that we lose and never get back again.

This is especially dangerous for Christians,  
as the primary means by which we fulfill God's purpose and calling  
is through the use of time. Time is a gift from God,  
and as our Gift-Giver, He has instructed us to  
use His treasures wisely. Further, we are warned to be on guard against  
exposing ourselves to and participating with 'idle babblings,'  
a warning which mindless scrolling easily ignores.

**"See then that you walk circumspectly, not as fools but as wise,  
redeeming the time, because the days are evil."**

*Eph 5:15-16*

**"Be diligent to present yourself approved to God,  
a worker who does not need to be ashamed,  
rightly dividing the word of truth.  
But shun profane and idle babblings,  
for they will increase to more ungodliness."**

*2 Timothy 2:15-16*

**"O Timothy! Guard what was committed to your trust,  
avoiding the profane and idle babblings and contradictions  
of what is falsely called knowledge— by professing it,  
some have strayed concerning the faith.  
Grace be with you. Amen."**

*1 Timothy 6:20-21*

So, what is the solution to this problem?  
Shift from scrolling mind**lessly** to scrolling mind**fully**.

It seems that the problem isn't necessarily with the *act* of scrolling,  
but rather with the *type* of scrolling and our *reason* for doing it.  
This blog is definitely not a bash on the use of our phones or devices.  
Not at all. On the contrary, I encourage their use,  
just with *intention, purpose, and self-control*.

I've been personally challenged with this, for which I'm grateful. I've found that the  
simple shift from mindless to mindful scrolling can bear great fruit.

One of the many books that immensely impacted me years ago as a new believer  
is, *Desiring God: Meditations of a Christian Hedonist*, by John Piper. In his writings,  
Piper dedicates his attention to exposing and proving the fact that we are not only  
made to seek pleasure, but we *must* seek pleasure; and our pursuit of it is to be  
found in God Himself.

One of Piper's most well-known quotes is,  
**"God is most glorified in us when we are most satisfied in Him."**  
I cannot agree more.

So, how do we find our satisfaction in the Lord?

The full and glorious answer to that question goes beyond the scope of this blog, so to stay true to the issue at hand, I'll remain focused on the topic of scrolling-- which, I guarantee, will provide a powerful means of daily fulfillment and pleasure.

### **The first step: eliminate mindless scrolling.**

A simple way I've incorporated this into my daily routine is to stop, think, and pray whenever I grab my phone or device. (Yes, this may seem excessive, especially if you're one who runs to your phone a lot; but the more I've done this, the easier and more natural it has become.)

Then I'll ask the simple question, "Am I mindlessly scrolling?" If the Holy Spirit assures me the answer is no, then I'll freely proceed with the task, communication, or research at hand. If the answer is yes, then I'll thank the Lord for showing me and remove myself from the technological temptation to squander His gift of time.

Once we've begun to address mindless scrolling, we then replace it with mindful scrolling.

The most rudimentary way to do this is for *us to use the device*, not *the device to use us*. This may be painfully obvious, but it deserves mention: Practice intentionality with electronics. Scroll with purpose. Research the health benefits to cilantro or learn how to change your air filter, then stop and put the phone down when you have what you need.

So there! Practice the habit and it becomes a way of life.

But, wait. I said that was the first step, right?

Yes. There is a second one, and it is *absolutely amazing*.

### **The second step is this: do more Bible scrolling.**

I had some fun studying the word scroll in the Bible.  
The results will bless you.

Did you know the English word Bible  
was derived from a Greek word that means scroll?  
For real. Check it out:

**The Greek word *biblion* (in the New Testament, Strong's G975)  
is translated in our English Bible as:  
roll, bill, scroll, writing.**

The word *Bible* comes from *biblion*, which means scroll.

In twenty-eight New Testament verses, the use of *biblion* almost always refers to God's Word. His Book. *The Bible*.

We simply cannot find  
satisfaction,  
joy, and  
thrill in the Lord,  
if we don't know Him,  
spend time with Him,  
and have living,  
breathing,  
walking,  
talking  
relationship with Him.  
His scroll-- His Word-- is the way to accomplish that.

Truly the only way I've found to fulfill my inherent need for pleasure is to dive into, absorb, succumb to, and literally eat up God's Word. Some of my favorite verses documenting the lives of the Old Testament prophets are those that instructed them to consume God's Word.

**Moreover He said to me, "Son of man, eat what you find;  
eat this scroll, and go, speak to the house of Israel."  
So I opened my mouth, and He caused me to eat that scroll.  
And He said to me, "Son of man, feed your belly,  
and fill your stomach with this scroll that I give you."  
So I ate, and it was in my mouth like honey in sweetness.**

*Ezekiel 3:1-3*

The word scroll in these verses is the Hebrew word megilla, which means, "the volume of the book; the book of the law." Ezekiel was told to eat God's Word, and we are called to do nothing less.

Jesus is the Word.  
He is the bread of life.  
We are to **"eat His flesh"** and **"feed on His flesh,"**  
for His flesh is **"true food."**  
*(John 1:1, John 6:35, John 6:53-55)*

The latter was such a disturbing message for the people of Jesus' day to hear, that many turned away from following Him. They just didn't understand. It sounded like cannibalism. Today though, we have the full written Word, and these sayings are clearly interpreted by what Jesus ultimately did for us on the Cross and by what other Scriptures speak: God is calling us to know Him and let Him know us, through abiding in and living out what He's written for us in the Bible.

**And Jesus said to them, "I am the bread of life.  
He who comes to Me shall never hunger,  
and he who believes in Me shall never thirst."**

*John 6:35*

Sounds like a description of total satisfaction.  
A serious dopamine rush that doesn't end.

# CHALLENGE

How incredible is it that the act of swirling our finger across a screen has been called scrolling? Isn't it wonderful how that word has led to the very Word of God?

Additional uses of the word *biblion* in Scripture refer to a specific book that God calls the Lamb's Book of Life.

It's a special register of names for those who have surrendered their lives to Jesus and who will consequently enter heaven upon death.

Is your name on that scroll?

If it isn't, I plead with you today:

repent of your sins and turn to the Lord for salvation.

Acknowledge your need for a Savior,

and call upon the name of Jesus.

It's that simple:

A fresh beginning,

as a new creation in Christ,

with your name written in the Lamb's Book of Life.

Jesus said that heaven and earth will pass away, but His Words will remain forever.

This was prophesied in the Old Testament hundreds of years prior to Jesus speaking it in the flesh, and it was also documented in the New Testament, in a vision of the future that God revealed to John the disciple.

**"All the host of heaven shall be dissolved,  
and the heavens shall be rolled up like a scroll;  
all their host shall fall down as the leaf falls from the vine,  
and as fruit falling from a fig tree."**

*Isaiah 34:4*

**"Then the sky receded as a scroll when it is rolled up,  
and every mountain and island was moved out of its place."**

*Revelation 6:14*

Notice the word *scroll* in these two verses: the first verse was written about 700 years prior to the second verse, and both speak of the same time to come. Jesus' words in Matthew 24:35 bear repeating.

**"Heaven and earth will pass away,  
but My words will by no means pass away."**

Let's intentionally scroll, running to God's Word first and then continually throughout the day. The days here will pass like a vapor, and then we'll enter eternity. Every moment here matters. Every minute is an opportunity to invest in the eternal.

Which scroll will we choose to use as our investment?  
What will I seek for my next dopamine hit?  
Mindless screen scrolling, or mind renewal from God's scroll,  
encountering the presence of the Holy Spirit as I read His Word?

Let's utilize screens with intention and self-control:  
we are free to scroll, as long as our choices *honor God's scroll*,  
and as long as our use of time and brain energy is  
fitting for a person whose name is *listed on His scroll*.

So, go get that recipe,  
connect with a friend,  
look up the best way to do something,  
or find the address for your destination.  
Research the latest news (from credible sources),  
discover the optimal replacement part for a product,  
place an outstanding order, or  
gather a group together for productive online discussion.

Coupled with an hourly diet of God's Word,  
that will make for some  
good, healthy, mindful scrolling.

**"Therefore, whether you eat, or drink,  
or whatever you do,  
do all to the glory of God."**

*1 Corinthians 10:31*

*Spring is here! SCROLL down for additional Blogs & Podcasts that embrace the topics  
of life, new beginnings, and personal resurrection.*

### **My Father's Planting**

Here's an encouraging story about  
rows of baby sprouts that eventually  
grew into healthy, grandiose trees--  
illustrating a valuable truth for us as  
we persevere in life.

[Blog: My Father's Planting](#)

[Podcast: My Father's Planting](#)

### **I Tree, You Tree**

I tree, you tree, we're all... trees?  
You've got to hear what I  
discovered about this topic from  
some of my favorite Scriptures!  
Read, listen, thrive, and bear fruit,  
little tree.

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