INTRODUCTION

Proverbs 4:23 - "Keep your heart with all vigilance, for from it flow the springs of life."

Matthew 22:34-40 -

2 Corinthians 11:3 - "…I am afraid that as the serpent deceived Eve by his cunning, <u>your thoughts</u> will be led astray from a <u>sincere and pure devotion to Christ</u>."

I. CONFRONTING THE LIES WE ARE TEMPTED TO BELIEVE

Lie #1 - "When it comes to loving God, digital distractions are no big deal."

Note: A distraction is anything that steals your time and attention from that which is truly important.

1) Unchecked distractions can BLIND us to the reality of God.

Matthew 13:22 - "As for what was sown among thorns, this is the one who hears the word, but the <u>cares of the world</u> and the <u>deceitfulness of riches</u> choke the word, and it proves unfruitful."

2) Unchecked distractions can HINDER our daily communion with God.

Luke 10:38-42 -

3) Unchecked distractions can NUMB us to the urgency of this life.

Luke 21:34-36; 1 Timothy 4:7-8 -

Lie #2 - "Life is all about me, and so it doesn't really matter how I spend my time."

Note: Beware the danger of "nothing"!

Psalm 39:4-5 - "O Lord, make me know my end and what is the measure of my days; let me know how fleeting I am! Behold, You have made my days a few handbreadths, and my lifetime is as nothing before You. Surely all mankind stands as a mere breath! Selah."

Psalm 90:12 - "So teach us to number our days that we may get a heart of wisdom."

Note: When we believe the lie that life is all about us, we forget that we will soon step into eternity.

Ephesians 5:15-17 - "Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish but understand what the will of the Lord is."

Lie #3 - "I can crave and live for the approval of others and still honor God at the same time."

Note: We must choose between the glory of God and the approval of man.

John 12:43 - "for they loved the glory that comes from man more than the glory that comes from God."

Note: When it comes to approval, only God is truly/fully qualified to evaluate us.

2 Corinthians 10:18; 1 Thessalonians 2:4 -

Matthew 6:1 - "Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven."

Note: We need to (continually!) deprogram ourselves from this hunger for the praise of man by choosing to remember and delight in our eternal acceptance in Christ.

Colossians 2:8-10 -

Lie #4 - "If I don't stay digitally connected 24/7, I'll miss out on something really important."

Note: FOMO unchecked can lead us to envy, despair, jealousy, and resentment.

1) We can develop the practice of praising God for the blessings that others experience.

1 Corinthians 12:26 - "If one member suffers, all suffer together; if one member is honored, all rejoice together."

2) We can remember that God is sovereign over the blessings we DO have and DO NOT have.

John 9:2-3 - "It was not that this man sinned, or his parents, but that the works of God might be displayed in him.'"

3) We can rejoice that those in Christ don't really "miss out" on anything this world has to offer.

Hebrews 4:1 - "Therefore, while the promise of <u>entering His rest</u> still stands, <u>let us fear</u> lest any of you should seem to have failed to reach it."

Psalm 16:11 - "You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore."

Take Home Questions for Further Study & Reflection & Application…
1. Do my tech habits expose an underlying addiction to entertainment and mindless amusement?
2. Do my tech habits reveal a compulsive desire to be seen and affirmed?
3. Do my tech habits distract me from genuine communion with God?
4. Do my tech habits provide an easy escape from clear, honest thinking about Christ's return?
5. Do my tech habits preoccupy me with the pursuit of worldly success and attention?
6. Do my tech habits build up my fellow Christians and my local church?
7. Do my tech habits center on what is necessary and beneficial to me and others?
8. Do my tech habits disengage me from the needs of those God has placed right in front of me?
9. Am I willing to ask those close to me for their input, counsel, and advice regarding my tech habits?
10. What changes does God want me to make regarding my tech habits?