

STRESSED OUT

INTO THE BIBLE

Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

1 John 2:15-17 NIV

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2 NLT

But avoid useless controversies, genealogies, pointless quarrels, and arguments over the law, which will get you nowhere.

Titus 3:9 TPT

Who says you are better than others? What do you have that was not given to you? And if it was given to you, why do you brag as if you did not receive it as a gift?

1 Corinthians 4:7 NCV

But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

Luke 10:40-42 NLT

SERMON TAKEAWAYS

HAZARDS OF THE DIGITAL AGE

1. **I can waste precious time** (1 Corinthians 10:23)
2. **I can be seduced by the world's values** (Romans 12:2)
3. **Drawn into unproductive arguments** (Proverbs 26:4, 21)
4. **Tempted to compete and show off** (Matthew 6:1)
5. **Addicted to the approval of others** (Galatians 1:10)
6. **Distracted from what is important** (Luke 10:40-42)

DISCUSSION QUESTIONS

1. *What is one thing you learned in this message concerning smartphones that you didn't know before?*

2. *After hearing this message would you consider yourself addicted to your phone? Why or why not?*

3. *What practical steps can you take to reclaim your phone for your good and God's glory?*

4. *Out of the 6 hazards of our smart phones, which one tempts you the most?*

5. *How does viewing my phone as a ministry platform change the way I use it in everyday life? Out of the 5 ways to use social media for social ministry which one do I need to improve upon?*

6. *How do you feel about the 7 day social media fast? How is it going?*

PRAYER FOCUS

This week, focus on God alone. Seek to hear His voice louder than everything else competing for your heart and mind. Give God a platform in your life by allowing Him to speak to you through prayer and reading the Bible.

ANNOUNCEMENTS

RISE UP IS BACK ON SUNDAY, OCTOBER 4th!!!

Rise Up Youth Ministry is back on October 4th! We have an incredible night planned for our students so make sure you get yours there!