



## YOUR NOTES

How does this story relate to us? Because we can find ourselves right in the midst of Jesus and instantly our focus is shifted. Our technology rings, chimes, buzzes or glows. We miss the moment intended for us. We miss the moment we needed. We become captivated by things of lesser importance. We become distracted.

The distraction can be defined as *shifting one's attention from something of greater importance to something of lesser importance.*

Today we want to look at two major ways technology distracts us, what the consequences are and what steps to take so that we can master our gadgets and bring glory to God.

1. Technology distracts us from \_\_\_\_\_.

*We are distracted in prayer, during worship, and we lose focus with God's word.*

2. Technology is distracting us from \_\_\_\_\_.

*We are distracted from our families, neighbors and people in need.*

*We need to look \_\_\_\_\_. We need to look \_\_\_\_\_.*

### **So what do we do?**

- Turn off your \_\_\_\_\_.
- Rest.

Physically -1 Cor. 6:19, Gen. 2:2-3

Mentally -Rom. 12:1-2, Phil. 4:8

Spiritually - Heb. 4: 9-11

- Set your \_\_\_\_\_ on things \_\_\_\_\_ not below. - Col. 3:2
- Make a \_\_\_\_\_. - Pro. 21:5

### **Here are a few examples.**

No phones at the table. Do Not Disturb settings. Leave work at work. No technology on vacation. Technology sabbaths. One hour per day. One day per week. One week per year. Trade off Netflix with time in the Word. Pray first thing in the morning. No screens before the weekend. Be present with your spouse. Be present with your kids. Set up no tech family days. Go outside. Use car rides to talk to one another, not to listen to music.