

- Most people are addicted to their devices
 - 2 out of 3 people with smartphones are addicted to their phones.
 - The average person spends 5.4 hours per day on their phone and check it 52 times
- Tech companies want you to spend more time on their platform so you see more advertisements
- The more advertisements you see, the more profits the tech company makes
 - They want to get you hooked and addicted to your phone so they can increase their profits
 - Their goal is to capture your attention
- Digital vegetables vs digital candy
 - all the ways we use a device can be categorized as either a functional tool or enjoyable entertainment
 - digital vegetables are useful tools – calculator, facetime distant relative, GPS, Bible app
 - digital candy is pure entertainment – Tiktok, steaming movies, amusing videos
 - the addicting part of our devices aren't the useful tools but the entertaining digital candy
 - Too much of a good thing is a bad thing
 - Illustration: like eating cotton candy
 - Immediately sweet, keeps you busy eating but leaves you hungry
 - Quiet time is good – Psalm 46:10 – “be still and know that I’m God”
 - we need time to process and think about what happened during our day
 - Our minds need rest.
 - Some downtime is healthy

Places and times to consider screen-free

- Meals together
- Car rides together
- Bedrooms
- Vacations
- Choose one weekend day or week day
 - Hopefully you have had some family conversations about setting guidelines for your devices

Who is in control?

- We closed the last message with the question: Who is in control?
- Do you control your devices or do your devices control you?

- 1 Corinthians 6:12 – “All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”
 - You CAN do whatever you want, HOWEVER,
 - Not everything is best for you
 - And you should never engage in something that causes you to lose control
 - “Brought under the power of any” is like a wrestler overpowering his opponent into a submission hold
 - Have your devices ever overpowered you by putting you into a submission hold?
- Tonight, I want to ask the question: Who *should* be in control?
 - illustration: 2 armies fighting over the same piece of land
 - Whoever gains control of the land has the power to develop the land
 - One army is God and the other is the world
 - The land is your heart
 - Control of your heart is your attention
 - Whoever controls your attention is developing what you think and believe in your heart
- Tonight we will be talking about the battle for your attention
 - The biggest danger of technology is that it captures your attention which can easily manipulate your thinking/beliefs and drown out God’s Spirit from working in your life.
 - 2 Cor 10:3-5 - For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ
 - Who is influencing your mind and heart the most?
 - God or the world?

Let’s take a step backward,

- What is the ultimate goal of a Christian?
 - The goal of the Christian is not just to be good but to be godly
 - Godly think about God in every circumstance
 - Godly live for God’s glory
 - Godly pray and turn to God
 - Godly trust and apply the Bible for every area of life
 - Godly have a burden for lost and share the gospel
 - Godly live by faith
 - The way God works in our heart to make us more holy and godly is through our attention
 - Starts with salvation with God giving you a new heart

- Romans 10:9 - That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.
 - Salvation is a change of belief in your heart, not a half-hearted prayer to get out of hell
 - It is possible for the church to have people that said a sinner's prayer from the head and still have a heart that is lost.
 - These church attenders are still spiritually dead and nothing will help their growth until they are genuinely born again
 - Romans 8:15-16 - For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God:
 - After salvation, God begins the process of transforming your life from the inside out
 - Romans 12:1-2 - I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but **be ye transformed by the renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God.
- Process of God changing you to be more godly
 - Never stop learning, growing and being willing to change as you study your Bible
- Put off – Eph 4:22 – remove the wrong
- Put in - Eph 4:23 – renew your heart
- Put on – Eph 4:24 – replace with right
- Col 3:16 - Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.
- Josh 1:8 - This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.
 - Constant awareness of God and His Word develops a heart for God
 - A heart for God results in obedience to God
 - Obeying God results in God prospering your way
- Notice that the process of God working in our heart demands **ALL** of our attention on God

- Mark 12:30 - And thou shalt **love** the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.
- Psalm 10:4 - The wicked, through the pride of his countenance, will not seek after God: God is not in **all** his thoughts.
 - The difference between a godly Christian and a carnal Christian is the amount of attention that is given to God and His Word.
 - Are you starting to see the dilemma with the tug of war of God and devices wanting ALL of our attention?
- Control the content of what has your attention
 - Luke 6:45 - A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.
- Maximize your positive influences
 - Phil 4:8 - Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.
 - Don't be blind about bad but don't be consumed with it
 - Limit your negative influences
 - 1 Cor 15:33 - Be not deceived, evil communications corrupt good manners
 - GIGO – garbage in, garbage out
 - Show me your friends and I'll show you your future
 - With whom you associate you will impersonate
 - Hang out with dogs you will eventually get fleas
 - Hang out in a dumpster you will eventually stink
 - The reverse is true too
 - Iron sharpens iron
 - Hot coals stay hot around other hot coals
 - A drop of water is warmed up in a pot of boiling water
- Christianity is not just something you do on Sunday, it is who you are every day and every moment
- It's not about doing Christian things, it's about being a Christian
- It is who you are in person and on your devices
- God becomes woven into every fiber of your being as you cling tightly to His hand and loosen your grip on the things of this world
 - Have our devices tightened their grip on us and caused us to loosen our grip on God?

Altar call – Who is in control?

- Does God have all of you?
- has a device or something else in your life been controlling you more than God's Spirit?

- Have you given control to God's Spirit in your life or have you given the controls to another?
- Is there more attention you could or should be giving to God in your life?
- Is technology bringing you closer to God or is it putting a wedge between you and God?
- Is technology making you more godly or more worldly?
 - Perhaps make it a goal each morning to not turn on a device until you have prayed and spent some time in your Bible.
 - Maybe you need to set some limits on devices to let God have more of your attention to be able to have more influence in your life.