



*"When something becomes so important to you that it drives your behavior and commands your emotions, you are worshipping it."*

—J.D. Greear

Summertime or not, there are always things trying to grab your attention. One of the most attention-grabbing things is our devices: our phones, tablets, gaming devices, computers, etc. We see them everywhere.

Here are some facts to consider:

Only 1% of teens 13 to 17 years old in the U.S. do not have access to a device.

4% only have access to one device. The majority have access to multiple devices.

88% percent of teens own their own smartphone.

92% of teens go on the internet daily.

24% are online "almost constantly."

The average teen sends 30-50 texts a day.

Electronics are such an easy attention-grabber. Non-electronic things grab our attention, too. Things like sports, friends, and even food can capture our eyes for a good while. All of these in moderation can be fun and awesome, but we are called to so much more than to live for temporary things.

Jesus offers us so much more than just the here and now. He offers us an eternal inheritance (Hebrews 9:15) by making us free when he died for our sins and took the punishment we deserve! We were made to live for so much more. Pastor John Piper reminds us, "A mind fed daily on TV diminishes. Your mind was made to know and love God."

That is not meant to shame you into throwing your nearest electronic device into the garbage disposal, but to get you to consider what forces in your life grab your attention away from spending time with God who has shown us mercy and died for us.

Questions:

What are things in your life that “call” for your attention? List the top three.

Are these three things good or bad? Do they bring you closer to or further from God?

The things in your life that call for your attention may be good things. Pastor and author Paul Tripp posits the question, “Could it be that desire for a good thing has become a bad thing because that desire has become a ruling thing?” What are some good things that we turn into ultimate things that distract us from God?

Read Proverbs 9:13-18. Verse 13 says that folly is seductive and knows nothing. Despite this, the passage still indicates that foolish (folly) things scream for our attention and try to distract us. Are the people, places, or things in your life that are calling for your attention considered folly or wise?

Verse 18 tells us that someone who is not wise forgets about the eternal and just lives for the here and now. Or they could be distracted from enjoying the present time by doing worthless things. They forget that at the end, the things will rust or break and be gone.

Read Luke 12:13-21. Especially verse 15. What do you think the principle of this passage is? How does it relate to how we should spend our time?

[Life is about finding our inheritance/abundance/riches in God, not in storing up security on earth. Finding life in the temporary blessings God gives us is foolish. HE is our biggest treasure of all!]

Read Hebrews 12:1-2. What clings to us? How does that affect our walk with God? What should be our focus according to this verse and why?

[Lay aside the sin that clings to us and can weigh us down. This can affect our endurance and joy. We should be looking toward Jesus, the perfecter of our faith who conquered death and sin.]

Challenge for the Week: Read Psalm 119:37. Pray and ask God to show you an area in your life that is a time-waster. Make a choice to not do that thing this week. Choose to spend time pursuing something that stirs your

heart for Jesus. Examples: serve at your church, listen to music that makes you think about God, etc.

Verses for the Week: Take time each day this week to read over these passages. Journal them in a notebook or in your phone. What are the principles and lessons found in these verses? If you had to sum up those lessons in one sentence, what would it be?

Day 1 - Proverbs 29:25

Day 2 - 1 Corinthians 6:12

Day 3 - Galatians 4:9

Day 4 - Matthew 6:19-20

Day 5 - 1 John 2:15-17

Day 6 - Philippians 4:8