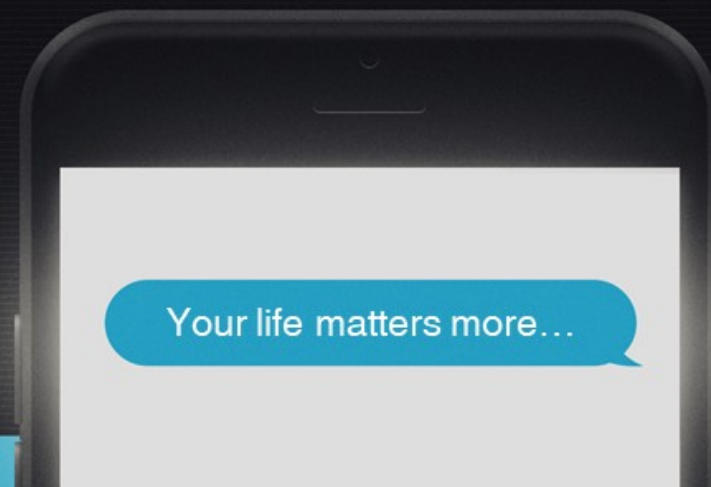


#HeadsUp



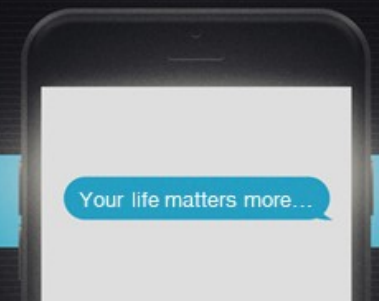




“So be careful how you live. Don’t live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don’t act thoughtlessly, but understand what the Lord wants you to do.”

- Ephesians 5:15-17

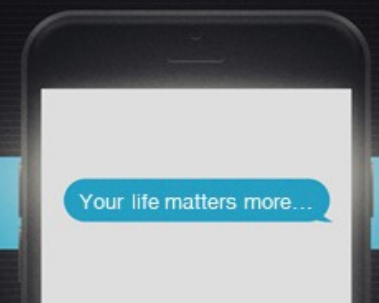
#HeadsUp



“You say, ‘I am allowed to do anything’ – but not everything is good for you. And even though ‘I am allowed to do anything,’ I must not become a slave to anything.”

- 1 Corinthians 6:12 / also see 10:23

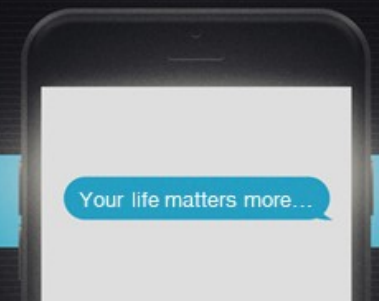
#HeadsUp



“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.”

- 1 Corinthians 6:20

#HeadsUp



Instead of asking “Am I **ALLOWED** to do this?” we can start asking:

Is this best?

1 Cor. 6:12a



Does this bind?

1 Cor. 6:12a



Does this build?

1 Cor. 10:23b



Does this bring glory to God?

1 Cor. 10:31

Aims of This Series

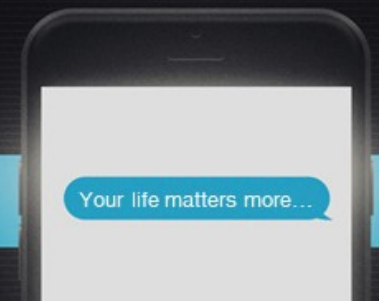
1. Reclaim and renew our minds
2. Explore God's Word regarding purpose, purity, productivity, and relationships
3. Learn how to enjoy and use tech without being enslaved to it
4. Enter into real abundant life



**The PURPOSE of life is found in
the Great Commandments**

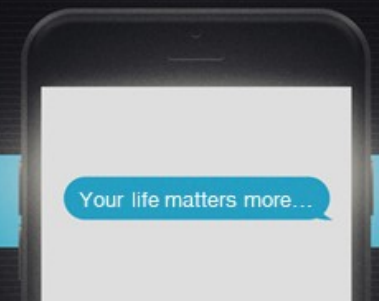
**The MISSION of life is found in
the Great Commission**

#HeadsUp



The greatest danger of a media-heavy lifestyle is that you could unknowingly be forfeiting God's purpose for your life.

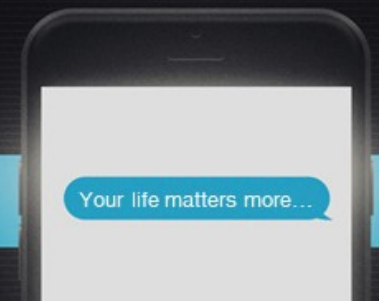
#HeadsUp



**“...You must love the Lord your
God with all your heart, all
your soul, all your mind, and
all your strength.”**

- Mark 12:29

#HeadsUp



Seeking and Loving God First

“The one thing I ask of the Lord – the thing I seek most – is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.”

- Psalm 27:4

#HeadsUp



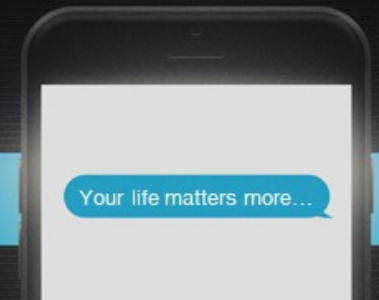
Your life matters more...

My Media Temptation

Am I putting off things that matter to
make time for things that don't?

Eccl. 12

#HeadsUp



**“My heart has heard You say,
‘Come and talk with me.’ And
my heart responds,
‘Lord, I am coming.’”**

- Psalm 27:8

#HeadsUp



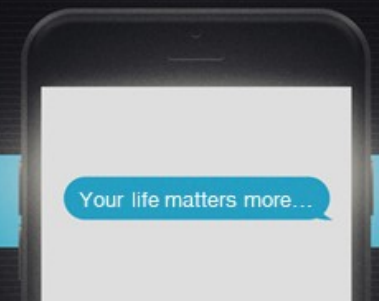
Your life matters more...

Yet, what does God see?




**Is my media distracting me
from having a vibrant,
attentive relationship
with God?**

#HeadsUp



“Just remaining quietly in the presence of God, listening to Him, being attentive to Him, takes a lot of courage and know-how.” - Thomas Merton

#HeadsUp



Your life matters more...

PRACTICE this week

**Spend 5 minutes each day in
media-free, silent 'attention'
to God.**



5 Minutes of Total Silence?

- Set a timer so you don't have to worry
- Close your eyes, so you can be alone with God
- "Lord, what do you want to say to me?"
- "Lord, I love you because..."
- Each day, make a note of one thing you learned after five silent minutes with God.



**“Let all that I am wait quietly
before God, for my hope
is in Him.”**

- Psalm 62:5



#HeadsUp