



#FOLLOW ME — Turn My Eyes & Give Me Life

Warm-Up Question:

How much time do you spend on a phone each day? What apps do you most use?

READ: Ecc. 1:9-10; **Ps. 119:37**; 27:4,8;
 Heb. 12:1-2; Rom. 12:2; 2 John 12; John 10:10

I. Move From DOPAMINE ADDICTION — TO — SPIRITUAL ATTENTION

- ▶ Read Ecc. 1:9-10. How can there be nothing new considering new technology? (Think about what remains constant in the midst of changing technology)
- ▶ Read Ps. 119:37. How can technology in general and our phones specifically be both good in ways and “worthless” in other ways?
- ▶ In what ways does your phone “give you life” in unhealthy ways? The more you use your phone in a given day, do you feel your joy increases or decreases?

II. Move From DISLOCATION — TO — EMBODIED PRESENCE

- ▶ From Ps. 27:4&8, what is David actually asking for? Why do you think he desires this so strongly? (Think about what it means to have “God’s face”)
- ▶ In what ways does your phone keep you from pursuing this more than you do?
- ▶ What are some ways and examples Jesus demonstrated giving people his face and attention. How do you think that affected those people?
- ▶ What is John saying he wants in 2 John 12, and therefore plans to do? What is motivating him to do this?
- ▶ Who are some people you are around that you’d like to give more of your “face”/presence when you are with them? What steps can you take to do that?

CHALLENGE — Fast from an app that you feel most prevents you from giving your attention to Jesus or others around you

What is one main take-away you want to apply in your life this week?

“For many of us, the great danger is not that we will renounce our faith. It is that we will become so distracted... that we will settle for a mediocre version of it.” — John Ortberg

“Your phone is a liturgy. It’s training you. It’s discipling you into a way of being in the world.”
 — John Mark Comer

For Prayer:

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SEVEN RIVERS
 C H U R C H

#FOLLOW ME: Following Jesus in a Digital Age

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Scriptures Used

Eccl. 1:9 What has been is what will be, and what has been done is what will be done, and there is nothing new under the sun. **10** Is there a thing of which it is said, "See, this is new"? It has been already in the ages before us.

Psa. 119:37 Turn my eyes from looking at worthless things; and give me life in your ways.

Psa. 27:4 One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple. **8** You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."

Heb. 12:1 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, **2** looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Rom. 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

2 John 12 Though I have much to write to you, I would rather not use paper and ink. Instead I hope to come to you and talk face to face, so that our joy may be complete.

John 10:10 The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.