

Instamacy: Social ME-dia and I-Phones

Week of August 9, 2026

READ

Ephesians 5:15–17 ; Luke 15:11–24 ; Matthew 22:37–39 ; Colossians 3:2 ; Psalm 46:10 ;
1 Corinthians 6:12 ; John 10:10 ; Romans 12:2 ; John 1:14 ; Romans 5:8 ; Hebrews 12:1–2

KEY POINTS

- Our attention shapes our affection - Whatever consistently captures our attention is gradually shaping what we love, pursue, and ultimately worship.
 - Technology is a tool, not a master - Smartphones are not inherently good or bad, but they become dangerous when they begin directing our thoughts, habits, relationships, and spiritual lives.
 - Wisdom creates intentional boundaries - Following Jesus requires intentionally guarding our attention instead of allowing culture and endless distractions to determine how we spend our lives.
 - Jesus offers something technology never can - No amount of information, entertainment, or online connection can satisfy the deepest longings of our souls. Only Christ provides lasting identity, peace, purpose, and life.
 - The gospel calls us home - Real change doesn't come from simply reducing distractions, it comes from fixing our eyes on Jesus, whose greater love reorders every other affection in our lives.
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QUESTIONS

1. *"Whatever consistently has your attention is shaping your affection."* Where do you see that principle at work in your own life?
2. Paul tells believers to "be very careful how you live." (Ephesians 5:15–17). What does living intentionally look like in today's world of constant notifications and distractions?
3. When do you find it hardest to be fully present with God or with the people around you? What usually competes for your attention?

4. Paul writes, "I will not be mastered by anything" (1 Corinthians 6:12). Is there anything in your life that may be subtly mastering your attention or habits?
 5. Jesus consistently slowed down to notice people. How can choosing presence over performance change the way you love your family, friends, coworkers, or neighbors this week?
 6. Behavior change alone isn't the gospel—Jesus is. Why is focusing on Christ more powerful than simply trying harder?
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LIFE APPLICATION

- Take an Attention Audit - Spend a few minutes this week honestly evaluating where your time and attention go. Ask yourself: *Is this drawing me closer to Jesus or pulling my heart away from Him?*
 - Make First Things First - Before starting your day, spend a few minutes reading Scripture, praying, or simply sitting quietly before the Lord. Let His voice be the first one shaping your day.
 - Create One Healthy Boundary - Choose one practical change this week, turn off unnecessary notifications, make meals screen-free, charge your phone outside your bedroom, or schedule intentional phone-free time with loved ones.
 - Choose Presence - This week, intentionally give someone your undivided attention. Put your phone away, make eye contact, ask good questions, and remind them they matter by simply being present.
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PRAYER

Heavenly Father,

Thank You for loving us enough to pursue us through Jesus. Forgive us for the ways we allow distractions to compete for our hearts and attention. Help us to be wise stewards of the technology You've placed in our hands, never allowing it to become our master. Teach us to fix our eyes on Christ first each day, to be fully present with the people You've entrusted to us, and to find our deepest satisfaction in You alone. Shape our hearts so that our greatest affection is always Jesus.

In Jesus' name, Amen.