

Message Notes

January 21, 2024

Simplify: Digital Noise
(Romans 12:2)
Brian Schwarberg

◆ While simplicity feels like a _____, it is actually great _____. Mk. 8:36

The Problem

❶ If we don't talk about digital noise, _____ informs how we think and behave.

❷ When we _____ so much digital noise, it's hard to hear the voice of God.

◆ Digital _____ has tragic consequences.

A Better Way

◆ In response to God's mercy, give yourself _____.

Jer. 29:13; Mt. 6:33, 22:37; James 4:7

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing and perfect will. Rom. 12:2 NIV

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. NLT

Don't let the world around you squeeze you into its own mould, but let God re-mould your minds from within. Phillips

◆ Transformed = *morphoo* = _____. Mt. 17:2; Mk. 9:2; 2 Cor. 3:18

◆ Passive Imperative: as we spend time with Jesus, _____ changes us from the _____ - _____. Acts 2:40; 2 Cor. 5:20; 2 Cor. 13:11; Eph. 5:18

◆ The way of Jesus is _____ and leads to peace and joy.

◆ What do you _____? Mt. 20:32, Mk. 10:51, Luke 18:41; John 1:38

◆ What needs to _____?

SMARTPHONE COMPULSION TEST

David Greenfield - Center for Internet and Technology Addiction

1. Do you find yourself spending more time on your smartphone than you realize?
2. Do you find yourself mindlessly passing time on a regular basis by staring at your smartphone?
3. Do you seem to lose track of time when on your smartphone?
4. Do you find yourself spending more time texting, tweeting, or emailing as opposed to talking to people in person?
5. Has the amount of time you spend on your smartphone been increasing?
6. Do you wish you could be a little less involved with your phone?
7. Do you sleep with your smartphone (turned on) under your pillow or next to your bed on a regular basis?
8. Do you find yourself viewing and answering texts, tweets, and emails at all hours of the day and night—even if it means interrupting other things you are doing?
9. Do you text, email, tweet, Snapchat, Facebook message, or surf while driving or doing other similar activities that require your focused attention and concentration?
10. Do you feel your use of your cell or smartphone decreases your productivity at times?
11. Do you feel reluctant to be without your cell or smartphone, even for a short time?
12. Do you feel ill at ease or uncomfortable when you accidentally leave your smartphone in the car or at home, have no service, or have a broken phone?
13. When you eat meals, is your cell or smartphone always part of the table place setting?
14. When your smartphone rings, beeps, or buzzes, do you feel an intense urge to check for texts, tweets, emails, updates, and so on?
15. Do you find yourself mindlessly checking your smartphone many times a day, even when you know there is likely nothing new or important to see?