

Message Notes

March 2.2025

Reorient: Our Digital World
(Luke 10:38-42)
Brian Schwarberg

The Problem

- ◆ We are in a battle with what gets our _____ . Rom. 12:1-2
- ◆ We are _____ by what we give our attention to. Ps. 115
- ◆ We need a _____ to _____.

The thief comes only to steal, kill and destroy; I have come that they may have life, and have it to the full. *John 10:10*

- ◆ Digital _____ has tragic consequences, particularly for mental health.
- ◆ Technology can _____ us to live _____ the way of Jesus.

The Better Way

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken from her. *Lk. 10:41-42*

- ◆ Jesus says the most _____ thing/the _____ decision is to give our attention to Him. Mt. 6:33, 22:37; Lk. 10:27
- ◆ Jesus offers us true _____ and true _____ in this chaotic world. Mt. 11:28-30
- ◆ The way of Jesus is _____ and leads to peace and joy. Gal. 5:22-23
- ◆ What do you _____? What needs to _____?
- ◆ An invitation: _____ from _____ during Lent.
- ◆ Decide what to _____ on.
- ◆ Will I choose what is _____ and give Jesus my _____?

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?