



APPNOTES

Date: October 07-October 11,2019

Series: Chasing Carrots

Psalm 119:97-99 Digital distractions: yep, I'm guilty. Google reports the day's commute, weather, and schedule. YouVersion Bible reads my devotions and verse of the day. My smart speaker plays white noise at night to sleep. Spotify is on while I type this devotion! Some uses of technology are useful and add to our lives. But our tech-heavy reliance hurts us when we use it to soothe our hurts or ease our stress. God wants us to bring our cares, our fatigue, and our sorrows to Him because He's the only one who can truly bear our burdens. To paraphrase our scripture for today: When we make God and His Word our meditation, we gain greater understanding and deeper insight to what's troubling us. When God's Words live in us, we don't have to worry about a bad wifi connection or using too much data. Upload the Word of God. Don't worry: you don't need a password.

Matthew 14:11-13 My job isn't physically demanding, but it's emotionally difficult. Customers arrive with anxiety-laden chips so large on their shoulders, they barely make it in the door. At the end of the day, all I want to do is veg out with my Hulu queue. But I don't live alone; there are others in my house carrying the stress from their day. Taking time on my commute home to unpack with God gives me the ability to refresh so I can respond to my family with support, love and/or comfort. My job's stress doesn't equate to the pain of losing a beloved cousin, like Jesus did in our scripture, but His response to that sorrow teaches us so much. He didn't tweet about it, vent on Facebook, or go live on the 'Gram. He got quiet with His Father. Whether your burden today is as heavy as Christ's or as daily as mine, God is waiting to take it from you. Won't you let Him?

Luke 6:12-13 Today's scripture talks about the selection of the apostles. Did you catch what Jesus did first? He separated Himself for a long conversation with God. If the Savior of the world needed to step away from everything and get quiet, then I most assuredly do. My mind runs a zillion miles an hour, so slowing down to get still with our Lord is a challenge. What works for me are tasks like driving, washing dishes, or folding laundry. Keeping my hands busy helps my mind stay focused on God. Some folks go out for a run to get that time alone with Him, some have a special place in their house that helps, other people journal. It's a discipline, and it's okay if you have to work at it. Your to-do list today may not include selecting a group of men to start the greatest faith movement that ever happened, but God still wants to know all about it and is waiting for you. What's distracting you from it?

Hebrews 12:1-3 This scripture hits the nail on the head concerning our topic this week. If I could boil it down (from the Amplified version): ‘...stripping off every unnecessary weight (and) focusing our eyes on Jesus...’ What is your unnecessary weight? Is it your phone, the latest episode of some show, a podcast? The term 'sleight of hand' is a phrase that means skillful deception for entertainment or manipulation, and our digital age overflows with them! No, your tablet or phone is not a sinful thing of itself; in fact it can be very beneficial! When we allow it to keep us from our relationship with God, it becomes sinful. So, what do we do about it? We could leave our devices upstairs while we commune with God downstairs or get an accountability partner to help us keep on track. What do you do to keep technology from distracting you from time with God? Share your tips and techniques to help others with this same struggle.

Philippians 4:8 Well now, these verses got a little sticky, didn't they? Instead of simple distraction, we're dealing now with actual content. Debating trends, gossip, and politics on Facebook isn't really "lovely" or what brings about a lot of "peace". Trolling someone you disagree with, no matter how wrong they were, wouldn't fall under "worthy" or "deserving of praise". Sharing that post from a friend's feed that you can't verify (but it could be true!) isn't exactly "of good repute." What about those images or short films that couldn't be described as "whatever is pure and wholesome" no matter how hard we try? We need to take a hard look at what we're doing with all this amazing technology and be honest with ourselves whether it's adding to our life or harming us. It's time for a technological check-up. Maybe we have to enlist the help of others, because you're not alone! Let's do what we have to in order to re-center our minds on Christ.

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