

What do I spend my time thinking about? What is consuming me?

Let's think about what we devote our mind's attention to. Is it thoughts of how great God is and how to win souls? Or is it worries, what people think about us, or our next fix of pleasure? Some statistics:

There are **7.7 BILLION** people in the world, **2 BILLION** of which own smartphones. These phones are checked an average of **150 TIMES** a day. **89 PERCENT** of teens own smartphones and **70 PERCENT** use social media daily. As their main social media site, **41 PERCENT** of teens use Snapchat, **22 PERCENT** use Instagram, and **15 PERCENT** use Facebook.

According to brain scans, social media lights up the same "addiction centers" in the brain as people who are addicted to heroin. Social media companies make money through advertisements. On social media, you are not the consumer: you are the product being sold. Your attention and your data is marketed to the highest bidder. While we are playing checkers, the enemy is playing chess.

Matthew 24:4-14

The truth of this passage is becoming more evident with each passing day. There are storms, earthquakes, and natural disasters everywhere (v7); people are offended at everything (v10); there are false prophets proclaiming every kind of false teaching possible (v11); people are hating and love is growing cold (v12). Are we so entangled in the digital world that we are missing the call of God?

The message is not that smartphones are bad. But we must be careful how we are using them, and how they are using us.

Genesis 19:12-26

Lot's wife had an emotional connection to the mess in Sodom and Gomorrah. It had a hold of her heart and mind that led her to ignore the command of the Lord. We cannot let social media hold us back from the instruction of God. We want God to be pleased with us. Don't let an attachment to the temporary connections on social media distract you from your eternal connection with God and what He has called you to do.

We are in a battle for our minds. We have to start winning this battle for our minds!