

We are more connected than ever, but less _____ than ever.

Scrolling Stats

- Nearly _____ of U.S. teens say they are online almost constantly.
- About one in four teens who spend four or more hours a day on screens recently reported symptoms of _____ or _____.
- Adults who use screens before bed have a _____% higher rate of poor sleep quality.

Our phones may not be evil, but they are _____ us.

Jesus Shows Us Real Life Joy

1.

Your attention is _____.

What gets your attention gets your...

2.

God gave you a real life joy. Don't settle for a _____.

3.

Exodus 3:14 NIV: "_____ WHO _____."

God is present. but many of us are missing the present because we are distracted, anxious, and absent.

What is one real life step I need to take this week?

- | | |
|---|--|
| ☐ No-phone dinner | ☐ Family game night |
| ☐ Walk outside | ☐ Screen-free hour before bed |
| ☐ Worship before scrolling | ☐ Ten quiet minutes with God |
| ☐ Call a friend | ☐ Other: |

6 Scriptures to Start Living!

Ephesians 5:15–16 "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."  **Goal:** I will treat my minutes as ministry and make the most of the time God has given me today.

Colossians 3:2 "Set your minds on things above, not on earthly things."

 **Goal:** I will intentionally lift my attention from endless scrolling to the things of God.

Psalms 46:10 "He says, 'Be still, and know that I am God...'"  **Goal:** I will create still moments in my day where my phone is silent and my heart is listening to God.

Colossians 4:5 "Walk in wisdom toward those who are outside, redeeming the time."

 **Goal:** I will walk wisely and be present with people in front of me, not lost in my phone.

Psalms 16:11 "You make known to me the path of life; in your presence there is fullness of joy..."

 **Goal:** I will seek real joy in God's presence instead of chasing shallow distraction on my screen.

Isaiah 55:6 "Seek the Lord while he may be found; call on him while he is near."

 **Goal:** I will seek the Lord in the moments I'm tempted to numb out with mindless scrolling.



**Are you ready for
your Next Step?**

Want to learn more or
start the conversation?
Scan to learn more!



God of Fun

**God is not anti-fun.
God created joy.**

**Continues all month!
Bring a friend!**

**A summer series for tired souls, busy families,
and anyone who forgot how to smile.**

**Download
The Joy List**

**Simple ways to add
faith, fun, and
connection to your
summer.
Scan to get it free.**



Make a Difference

**We're glad you're here.
Let's connect.**

**Sean Alexander is in Ghana
doing Missions Work!
Pray for open hearts to receive
the Good News of Jesus!**



**Have a blast
doing it!**



**Start a conversation.
Share a prayer request.
Find your next step.**

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Mission: Help people FIND & FOLLOW Jesus Christ.

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CHURCH**