Philippians 4:8-13 November 15, 2026
Constant Distraction The Spirit of This Age -4

Introduction: The General Challenges of Distraction

So easily _____-_____!

Your attention has _____ value.

_____-Scrolling: when we spend an _____ amount of time looking through online content…

One reason it's called _____-scrolling is because of the _____ feelings it creates in us.

I. The Spiritual Challenges of Distraction

As Christian believers, we know that constant _____ are not good for our _____ health either… "Soul _____" = a _____ on our spiritual health.

The _____ that happens so easily online is also spiritually _____. Comparing can make us feel worse about _____ and worse about the _____ that God has for us.

_____ is a sin that happens in our _____. It is when we wrongly _____ what does not belong to us.

Whatever our _____ is, we can _____ find it and feed it.

II. Seeking Biblical Solutions

Verse 8 talks about _____ our minds and thoughts on what is beautiful, _____, and hopeful. We must build our _____ and focus on _____ content.

Philippians 4:8- "Think about things that are excellent and worthy of praise."

_____ thinking is also to recognize our core _____ that I am made in the _____ of God. A loving God has put me together and given me _____ and put me on this earth at this time and place for _____ plan and purpose.

_____: We either have _____ in our soul from the love of Jesus, or we will _____ in vain for other things to make us content.

Our soul is _____ for something: it is longing to be _____ to our Creator God.

Philippians 4:9- "Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you."

We don't _____ into spiritual health accidentally, we have to _____ it and put it into practice. So, we have to _____ the behaviors that draw us _____ to God and the behaviors that pull us _____ from God.

The best _____ we have to constant temptation is the presence of the _____ _____ in our lives because the Holy Spirit can _____ our desires.

And, resist temptation by _____ with the world around you.

Don't use _____ on your phone to _____ real life.

Conclusion:

God knows that there are a million people working to _____ your attention every time you pick up your _____.

But, God is also working today to get your _____, and God has a better _____ for your life.

(Over)

Questions for Further Reflection or Discussion:

1) In what ways does constant distraction impact your everyday life?
2) In what ways does the constant distractions impact your spiritual life?
3) How will your Christian faith help you manage your use of technology?