

SCREEN VS. SOUL

PRECEPT

Colossians 3:2

²"Set your mind and focus habitually on the things above [the heavenly things], not on things that are on the earth [which have only temporal value]."

PROMISE

Do you know how screens are affecting us, not only personally but also affecting our relationships? Let's be careful because kids are not the only ones in danger here. We, adults, are also guilty and in danger of being addicted to screens, too. This is not just about screen time, but about our soul formation. Screens are starting to discipline our souls today, and this is the sad reality. The enemy doesn't need to destroy you—if he can distract you. He doesn't need to ruin your life in one moment because all he needs to do is let you scroll one at a time. If the enemy can control your attention, he can influence your direction.

Most of us don't have a sin problem (adultery, murder, slander, or other personal obvious sins). What we have is a — focus problem. What captures our attention will shape our direction.

FILTER YOUR INPUTS. Not everything deserves access to your mind. Limit social media scrolling (set app timers). Be intentional with what you watch and ask this question: Is this feeding my faith... or draining it?" Whatever fills your mind repeatedly can one day control your actions, so filter what can access your mind.

OPEN YOUR BIBLE BEFORE YOUR PHONE. The first voice you hear in the morning is the most important because it sets the tone for your entire day. Before checking notifications, read 1 passage, even for 5–10 minutes in the Word. Start with the Bible app instead of scrolling through social media.

CREATE QUIET MOMENTS. God's voice is often found in silence, but constant noise can drown Him out if we never pause. Take a moment of silence daily, no music, no phone, just you and God alone. Sit, pray, reflect, listen.

UNPLUG REGULARLY. You don't need to be available to everyone all the time. Even Jesus withdrew Himself from the crowd. If you don't unplug, you'll burn out. Set aside a Sabbath from screens, no phones at mealtime, and focus on family time together.

SET YOUR MIND IN THINGS ABOVE. Focus is not automatic; it's intentional. You have to choose what your mind dwells on. Replace scrolling with Scripture, meditate on one verse throughout the day, and when you are distracted, redirect your thoughts to God. You can't control every thought that gets in, but you can choose what you want to stay focused on.

The issue is not screen time itself; it's what's controlling you because the same tool that can build your life can also slowly destroy it—if left unchecked. Screens are not the problem. Uncontrolled screens are the problem.

PRACTICE

- 1. Focus.** What has been capturing your attention lately?
- 2. Screen vs. Soul.** What is one area of your life where screens are currently interfering with what you want to reclaim/focus on? And how can we pray/encourage you regarding this?

PRAYER

I. Life Worship

- May their talents glorify God and inspire others to draw near to Him.

II. Life Link

- Pray that our ushers will serve our brethren filled with the Holy Spirit.

III. Life Kids

- Pray for more dedicated volunteer and for our children to encounter God.

IV. Life Sports

- Thank God for a healthy body, abilities, and the gift of sports.

V. Life Line

- Pray that we foster genuine connection through our social media postings.

VI. Ministries

- Pray that God will continue to equip and protect our ministries.

VII. Community

- Pray for safety and may His presence and love be felt in our communities.