

Loving God with Your Mind Notes

Psalm 13

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Main Point: No matter how you are feeling or what you are going through, God is your ever-present hope.

Perfect Storm

1. Increased godlessness, information overload, and digital media _____.
2. What do we do with this restlessness, always searching for more, never satisfied?
 - We must show the world an _____ lifestyle (Matt. 22:37).

Psalm 13 Breakdown:

1. _____ (vs. 1-2) - Questioning God...
2. _____ (vs. 3-4) - plea for help.
3. _____ (vs. 5-6)
 - A _____ (circumstances haven't changed)
 - God is ever _____ (Psalm 34:8, Zephaniah 3:17, Hebrews 13:5, Psalm 23).
 - Anxiety, depression, mental health struggle – God may not take it from you, but he does promise to be with you through it.

Why Do We Have to go Through Hard Things? (Why Me?)

1. We live in a _____ and broken world where the possibility of evil, pain, and suffering is realized.
 - Sometimes we may have no control over it (Genesis 2-3, Romans 8).
2. Sometimes our own _____ lead to this.
 - Is there sin in your life? if there is, we must _____ it (Galatians 5:24).
 - Must deal with the root _____, not just treat the symptoms.
3. God uses the _____ in our own lives to help others who are struggling and some who may not even know Him (2 Corinthians 1:3-4, James 1:2-3)
 - You don't know your _____ -God redeems our story and can use it in the lives of others.

What Do We Do with the Information Overload of Today?

1. In the book *Scrolling Ourselves to Death* by Brett McCracken, he warns us that the information crisis we face is threefold:
 - Too much information that _____.
 - Too _____ and is algorithmically tailored to be.
 - Too _____ on me.
2. We are being over-informed yet under _____.

- Most of the information we consume is not something we can actually do anything about!
3. Because of this we become anxious, angry, addicted, numb, lonely, delusional, and detached from reality.
 4. “We should _____ fixing our minds on problems we can’t solve”
 5. The Bible has a lot to say about our minds (Romans 8:5-6, 12:1-2, 1 Corinthians 2:16, 2 Corinthians 10:5, Ephesians 4:23, Colossians 3:2, 1 Peter 1:13).
 6. In the midst of information overload, we need a strong healthy diet of God’s _____.

What Do We Do in the Age of Distraction We Find Ourselves In?

1. We no longer have to _____ anything because of our phones – causing memory problems.
2. What about our physical _____.
3. Ages 9-15 are some of the most formative years
 - Studies today are showing highly _____ effects in general when it comes to your kids and phones.
4. Parents should prayerfully consider this
 - No smartphones before high school
 - No social media before 16
 - Phone-free schools
 - More independence, free play and responsibility in the real world
5. What does the Bible say here? (Psalm 101:3, 119:37, 16:8, 1 Corinthians 6:12).
6. It is a tool that I _____, not my life

Action Steps:

1. We need the _____ of God (Philippians 4:6-7, Matthew 6:25, 27, 33)
2. We need wise _____.
3. We need much _____ habits.
 - Limit the amount of information you are consuming.
 - Set limits on your phone usage.
 - Resting, eating right, exercising, walking/hiking out in God’s creation.
 - Not meant to live a sedentary life.
4. We need the _____.
- We were never meant to do life alone - we need godly community
5. We need to _____ Christ (Matthew 11:28-30, John 10).