

DEVOTIONAL | WEEK 2

unleashed  phone

## re-read

Let's review what we read Sunday. Read Acts 2:1-41.

## reflect

### Their Time

What especially strikes you from this story? Write a brief paraphrase in your own words of what is happening.

### All Time

What principle(s) can you learn from this passage? Write out the timeless truth(s) from the section you paraphrased above.

### My Time

What is the personal application of the all-time principle(s)?

## challenge: empty to be filled

This week's theme is **phone**. The introduction of smartphones into our culture has made them become a central piece of our lives. If we were to be honest, these devices may have a level of control over our lives that can become a hindrance. This week, take an intentional step to cut back on your "screen time."

Below are some suggestions on what you could do:

- Remove an app (or multiple) that takes up a lot of your time.
- Select a two-three hour block of time that you will put your phone down and on "Do Not Disturb." Better yet, agree on this time as a family.
- Think of an event or activity where you will intentionally not take your phone with you.
- Make a commitment to not look at your phone (or anything else on your phone if you are doing this through the app) until you've completed the daily devotional.
- Turn your phone completely off when you don't need to use it.
- Only use your phone to respond when people call or text you.

These are merely suggestions. Your intentional step is your choice and can be something totally different. You may want to consider including other mobile devices like tablets or iPads.

What is your intentional step going to be? How do you plan to take advantage of this time of silence to listen for the Holy Spirit's impressions?

*\*Note: Phones are not evil. Your standing with God is not measured by how little or how much you use your phone. The heart in this exercise is to create space for the unleashing of the Holy Spirit in your life.*

## learn from others

As mentioned yesterday, phones are not evil. If they were, we wouldn't be offering all these next steps in mobile format! At the same time, we need to pause and consider how significantly our phone usage is affecting our lives. Take some time to read one or both of these articles that challenge us toward some of the spiritual implications of our phone usage.

### **The Spiritual Consequences of Tech Addiction by Adam Jeske**

Read the article by visiting <https://tinyurl.com/NMCPPhone1>

### **Six Ways Your Phone Is Changing You by Tony Reinke**

Read the article by visiting <https://tinyurl.com/NMCPPhone2>

## reflect

As you read the articles, what did you learn, or what especially struck you regarding your phone usage?

## words to remember

Each week, we will focus on a promise or commandment from Scripture that ties to that week's theme. Allow the Holy Spirit to speak to you through the Word. Commit these verses to memory. If you were at NMC on Sunday, you should have received a ring with cards on it. These cards contain the verses for the entire series and can be used to help you memorize each week's theme. If you did not pick up a ring, you can find digital copies of these cards on our app under the "Sermon Resources" tab or on our website. You can always pick up physical copies at the Ministry Center at NMC.

This week's verse:

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**Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.**  
**Romans 12:2**

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## reflect

To gain context for this verse, read Romans 12:1-8. What struck you as you read it?

In what ways could your mobile device be conforming you to the patterns of this world?

In what ways are you (or could you be) using your mobile device to renew your mind?

As you practice your intentional step of silence, allow this verse to be on the forefront of your mind.

## *Digging Deeper: Unleashed Stories*



Every week, we will talk with different people in the NMC family who have experienced or are experiencing their own journey of being the Church *Unleashed*. Listen to it on:

- **Our app:** Tap “Sermon Resources” on the home page
- **Our website:** [nmc.church/media/sermon-resources](http://nmc.church/media/sermon-resources)
- **Our Facebook Page:** [facebook.com/nmconline](https://facebook.com/nmconline)
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast

### reflect

Write out any impressions or takeaways from this week's conversation below.

## lessons from silence

What are you learning from intentionally stepping away from activity on your phone?

## finding silence in Scripture

Take some time to read these other verses/passages that speak toward how we engage with technology around us. Write out any thoughts or impressions.

Psalm 101:3

Proverbs 118:1

Ephesians 5:15-17

1 John 2:15-17

Go back to Romans 12:2 today and do the following two things:

1. Try to memorize it.
2. Turn it into a prayer.

## pre-read

Take some time to prepare for week three of our study by reading and reflecting on the Scripture we will cover.

Read Acts 2:42-47.

## reflect

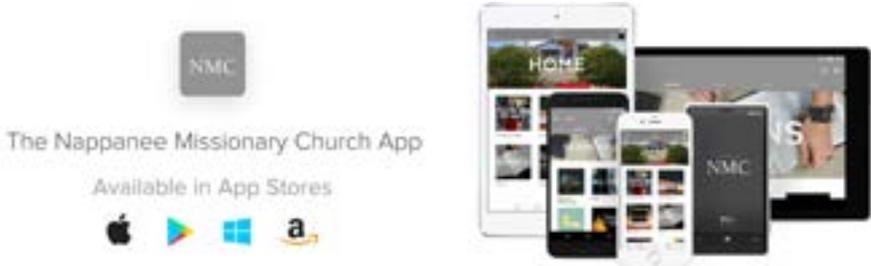
! How do you see our *Unleashed* theme being carried out in this part of the story?

"..." What is one verse or section that especially resonates with you?

? What is one question that comes up for you in this Scripture?

## app

You can work through this devotional week-by-week on our app! Each day will save to your phone, even after you close the app. Just tap on **Sermon Resources** on the home page, and you'll find this devotional, each week's verse, and the *NMC Digging Deeper* podcast.



## weekly verses

Each week, we will focus on one verse that reinforces that week's theme. These verses will be posted on our social media pages (Facebook, Instagram, and Twitter) and on our app. Physical copies will also be available at the Ministry Center. Take one for yourself, a family member, and a friend, and let's be the Church *Unleashed* together!

## Digging Deeper: Unleashed Stories

*Digging Deeper* is a NMC podcast that explores this series on a deeper level. Every week, we will talk with different people in the NMC family who have experienced or are experiencing their own journey of being the Church *Unleashed*.

This podcast will be released every Thursday and can be accessed on the following platforms:

- **App:** Tap "Sermon Resources" on the homepage
- **iTunes:** Subscribe to the *NMC Digging Deeper* podcast
- **NMC Website:** Visit [nmc.church/media/sermon-resources](http://nmc.church/media/sermon-resources)
- **Facebook:** Visit [facebook.com/nmconline](http://facebook.com/nmconline)