

Stewarding Tech with All Our Hearts

Lesson for Sunday, June 28, 2026

INTRODUCTION:

- ⇒ We have been using a definition for “technology” throughout this series. Who can remember what it is?
 - *Technology is a God-given, man-made tool that shapes our _____, _____ and _____.*
- ⇒ Today we will begin to develop a biblical framework regarding our tech so we can be faithful stewards before the Lord. Our key text is a familiar one: Matthew 22:36-40
 - The main point of verse 37 is that we are to love Jesus with _____! He wants nothing less than our total lives. He wants it all – even our technology.

BIBLE STUDY:

1. The _____ of the Heart
 - a. In the Bible, the heart refers to the core of one’s being. Consider: Proverbs 3:5; Matthew 15:18-19.
 - b. In our text, Jesus leaves no wiggle room! We are to love Him with _____ our heart.
 - c. Our hearts naturally gravitate toward what we spend the most time viewing and valuing.
 - d. Jesus is making the point that it is easy to have a _____ heart, and a divided heart is a heart that is not loving Jesus with everything.
 - e. *The way we use our technology is an indicator of where the loyalty of our heart lies.*
 - f. Application Questions:
 - i. When you wake up, are you reaching for your phone to check notifications before spending time with God?
 - ii. Does your screen time reflect a passionate pursuit of His kingdom (Matthew 6:33), or is it filled with fleeting distractions?
2. The _____ of the Heart
 - a. Read together Proverbs 4:23.
 - i. The word “keep” means to guard with fidelity, to watch over and preserve.
 - ii. We each have the responsibility to stand guard over our hearts.
 - b. When is the last time you thought about your responsibility to protect/guard your heart? Read how Paul describes our challenge in 2 Corinthians 10:3-5.
 - c. Social media feeds and digital entertainment can easily fill our minds with comparison, anger or anxiety. Taking thoughts captive means actively filtering what we consume online through the lens of God's truth that we find in God’s Word.
 - d. Application Questions:
 - i. Do your online habits bring peace and edification, or do they stir up frustration and comparison?
 - ii. What boundaries do you need to set to ensure you are filling your mind with things that are "pure, lovely, and admirable" (Philippians 4:8)? Get specific!
3. The _____ of a Protected Heart
 - a. What are specific practices that we can put into our daily habits that will help protect our hearts? Consider these and discuss each as a class:
 - b. Protecting the heart begins with _____ the Lord.
 - i. What do you allow to set your thinking each day? Do you allow God to speak to you through His Word and your daily time with Him, or do you immediately reach for your phone first?
 - ii. A healthy discipline would be: No phone before my Bible. Commit to start each day with the Bible on your lap – literally!
 - c. Protecting the heart continues with establishing clear tech _____.
 - i. Consider setting _____ time limits.

- ii. Consider using no tech during _____ times.
 - 1. This would begin with your daily time with God. Don't allow yourself to be easily distracted when you meet with God.
 - 2. Leave your phone in the car when you come to church.
- iii. Consider using no tech during time with _____ and _____.
 - 1. We will discuss this more in a few weeks, but loving Jesus with all our hearts means loving others – especially those that are close to us.
 - 2. Put your phone away during family dinner. Put it away when you meet a friend for coffee or lunch. Love the important people in your life by giving them your full attention.
- iv. Consider designating daily and weekly time for a digital _____.
 - 1. Do you feel restless when you are away from your phone? Consider establishing boundaries to protect your focus and prioritize your soul's rest.
 - 2. Set a simple goal: designate one hour a day with no technology. Then consider a day (maybe Sunday) where you minimize your use of technology.
 - 3. Loving God means trusting Him enough to step away from your digital world to rest. If you are constantly plugged in, it leaves little room for silence, prayer, and listening to God's voice.

CONCLUSION: Which one of these applications will you attempt to follow this coming week? Write it in the space below:
