

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 **habits, hearts and habitation**.*
 - It is “God-given” because everything we make comes from the materials that were created by God.
 - It is “man-made” because in obedience to the Creation Mandate, we are to use the created materials God has supplied to exercise dominion.
 - The focus of our series has been on how digital technology is shaping our lives in the areas of our habits, hearts and habitation (the world around us).
- ⇒ 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 (read together).
 - The main point of verse 37 is that we are to love Jesus with **everything!** He wants nothing less than our total lives. He wants it all – even our technology.
 - At the same time, Jesus delineates between three areas – our hearts, souls and minds.
 - Then in verse 39 Jesus points out that we are also to love our neighbors.
 - These areas will be the focus of our next four lessons.

BIBLE STUDY:

1. The **Priority** of the Heart
 - a. In the Bible, the heart refers to the core of one’s being. Consider: Proverbs 3:5, 4:23; Matthew 15:18-19.
 - b. In our text, Jesus leaves no wiggle room! We are to love Him with **ALL** our heart.
 - c. Our hearts naturally gravitate toward what we spend the most time viewing and valuing. Remember these words of Jesus in Matthew 6? “Where you treasure is, there will your heart be also” (vs. 21) and “no man can serve two masters” (vs. 24).
 - d. Jesus is making the point that it is easy to have a **divided** heart, and a divided heart is a heart that is not loving Jesus with everything.
 - e. Loving God with all your heart in the digital age means intentionally directing your affections, time and focus on Him, rather than letting algorithms and screens dictate your attention. *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 **Protection** of the Heart
 - a. Read together Proverbs 4:23.
 - i. The word “keep” means to guard with fidelity, to watch over and preserve.
 - ii. Think of the watchman stationed on the tower, assigned to protect the city from outside forces that want to attack and destroy.
 - iii. 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?
 - i. Read how Paul describes our challenge in 2 Corinthians 10:3-5.
 - ii. We are to take every thought captive! What a challenge! What does that mean in practical terms?

- 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 **Practices** 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 **prioritizing** 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 **boundaries**.
 - i. Consider setting **daily** time limits. This may be difficult since it is so easy to lose track of time while scrolling our devices, but if we are serious about bringing every thought captive then this is something we should consider.
 - ii. Consider using no tech during **spiritual** 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. Somehow, we survived centuries without people having the ability to reach us at any time and at any place.
 - iii. Consider using no tech during time with **family** and **friends**.
 - 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 **sabbath**.
 - 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: Leave your class some time to determine one thing they will try this week. Have class members share what they will do (you lead by example). You may want to try the same thing as a class so you can talk about it during the week.