



**Sermon Notes**  
**Get Your Life Back: Unplugging**  
**Pastor Ron Wood**  
**September 27, 2020**  
**Psalm 1**

**Unplugging**

We suffer from CPA. C \_\_\_\_\_ P \_\_\_\_\_ A \_\_\_\_\_.

**The World Beyond Your Head.** Matthew Crawford  
 We have an \_\_\_\_\_ Response.

**The Shallows: What the Internet Is Doing to Our Brains –**  
 Nicholas Carr

Deep thinking requires a calm attentive mind.  
 So does \_\_\_\_\_ and \_\_\_\_\_.

Higher emotions emerge from processes that are \_\_\_\_\_.  
 Antonio Damasio

Carr- *“When we enter entrenchment of frienziedness of technology we welcome frienziedness into our souls!”*

This is \_\_\_\_\_ by the Covid-19 Lockdown.

“Why we’re all Addicted to Texts, Twitter and Google”  
 Susan Weinschenk,  
 Psychology Today, September 11, 2012

Let’s be honest: We prefer \_\_\_\_\_!

**“Mobile Blindness”** Seth’s Blog. March 21, 2018  
 Seth Godin

**But We Have a C \_\_\_\_\_!**

**We can welcome God’s Intrusion.**

By way of \_\_\_\_\_ - God speaks to us.  
 In a \_\_\_\_\_ like he did to Elijah.

**Bible Story.-** Psalm 1

Contrast of Two \_\_\_\_\_.  
 The Bible speaks of M \_\_\_\_\_.  
 We have lost our \_\_\_\_\_ for Meditation.

**Our Response to the Culture.**

Romans 12:2 Do not conform 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.

“Don’t let the world squeeze you into its \_\_\_\_\_.”

**Unplugging:**

**5 Ways you can Care for your Neglected Soul**

Adapted from: **Get Your Life Back** by John Eldredge

1. Turn off \_\_\_\_\_.
2. Fast from S \_\_\_\_\_ M \_\_\_\_\_.
3. Turn your \_\_\_\_\_ off at 8:00 p.m.
4. Don’t \_\_\_\_\_ your \_\_\_\_\_ as soon as you wake up in the morning.
5. When your \_\_\_\_\_ chirps or vibrates, don’t \_\_\_\_\_.
6. Do \_\_\_\_\_ things.